



TURN TO STARBOARD

ROUND BRITAIN CHALLENGE 2017

Can your sailing club help turn an injured veteran into a qualified Yachtmaster?

Dear Commodore,

This summer a team of veterans who have been affected by military operations will embark on the journey of a lifetime. Harnessing the power of the wind, 21 crew members will challenge their mind and bodies to sail 2000 miles on the **Turn to Starboard Round Britain Challenge 2017**.

Turn to Starboard is a registered charity based at Falmouth Marina in Cornwall and was set up four years ago by former RAF squadron leader Shaun Pascoe. The charity has helped hundreds of military personnel suffering with physical injuries or mental trauma by providing sailing courses and family sailing trips in a supportive environment. Shaun was the leader of a helicopter medical emergency response team (MERT) in the RAF, and after finding it difficult to adjust to normal life outside of the forces he embarked on a RYA Yachtmaster course, and within two weeks of sailing he felt in a better place. He now invests his time in helping others to feel the same way.

The 2000-mile **Turn to Starboard Round Britain Challenge 2017** sets sail on August 5 from Falmouth and will spend approximately 8 weeks sailing the coast of Britain, stopping at ports including Liverpool, Newcastle and Southampton. The team – many with little or no sailing experience - will live, sleep and work on board a 92-foot tall ship donated to the charity by The Prince's Trust.

Shaun said: "Following the success of last year's Round Britain Challenge, we are excited to announce that **The Royal Foundation** and **International Paint** have agreed to support a second expedition to sail a group of veterans, serving or retired and affected by military operations around the British Isles. Once again the aim of the challenge is to help participants re-engage and reintegrate while raising awareness of the challenges veterans can face after leaving Service life.

"Since completing last year's expedition, fifteen crew members have gone on to achieve Yachtmaster status or are close to gaining the coveted qualification. Our follow up research also found that the experience had a positive impact on participants' lives and many are now engaged in another form of activity or employed."

(continued overleaf)

HOW YOU CAN HELP US

We invite you to host a film screening event for your sailing club members using the enclosed DVD of the Round Britain Challenge 2016. The 25-minute documentary tells the story of the epic expedition and takes a close look at how the voyage acted as a driver for change and development. At the end of the film is a message to your sailing club from CEO Shaun Pascoe.

As the voyage will be FREE for successful applicants with all training, kit, food and refreshments provided, we invite your sailing club **to try and raise £50** over the next 12 months towards helping a veteran rebuild confidence and gain new skills.

Donations can be made via our website at turntostarboard.co.uk or over the phone on 01326 314262. Alternatively, cheques can be made out to Turn to Starboard and sent to Turn to Starboard, Falmouth Marina, North Parade, Falmouth, Cornwall, TR11 2TD. Please do not send cash through the post.

HOW WE CAN HELP YOU

Should you choose to support our expedition, **we will fly your club's pennant on our tall ship 'Spirit of Falmouth' throughout the voyage.** We will also include your sailing club's name on our 'wall of fame' which will be promoted via our social media platforms and media coverage.

Turn to Starboard Round Britain Challenge 2017 is the ultimate opportunity for injured Service personnel to rebuild their lives and focus on a successful future.

Your support is greatly appreciated,

RAF Squadron Leader (Rtd) Shaun Pascoe
Founder & CEO Turn to Starboard

Keep a live track on the progress of the boat and crew on our website at turntostarboard.co.uk.



Tel: 01326 314262.

Turn to Starboard, Falmouth Marina, North Parade, Falmouth, Cornwall, TR11 2TD

Registered Charity number 1161201