

FUNKY FURNITURE

Run by Rich Inight, Jacques Cabin is a Cornwall-based company that rebels against mass-produced furniture. Rich scours North Cornish beaches for scrap wood and metal to salvage, and then transforms it into quirky creations that have a minimal

impact on the environment. He has made distinctive tables, chairs, cupboards and sideboards, which are all unique, and often retain characterful evidence of their previous uses (jacquescabin.co.uk).



GREAT GADGET

The C&C Bottle Cutter is a brilliant way to recycle and reuse your emptied bottles, and it's not as complicated as it looks at first glance. You use the cutter to score your chosen bottle, and split it into two halves using alternate lashings of boiling and chilled water, then sand the sharp edges, and voila! You have a brand new recycled object. We suggest that you start off with some simple shapes such as candle-holders, glasses and mini plant pots (ccbottlecutter.com).



TURNING LIVES AROUND

WHAT'S THE CAMPAIGN?

According to a UK study publicised by the Mental Health Foundation, 36.7% of serving army personnel suffer mental disorders on their return home, including Post Traumatic Stress Disorder (PTSD) and alcohol misuse. Falmouth-based charity Turn to Starboard aims to support these veterans and their families, helping them to settle into civilian life through the therapeutic effects of ocean sailing and maritime training. Projects include family sailing weeks, Royal Yachting Association courses and boat-building courses, as well as 'Zero to Hero' Yacht Master cruising courses.

WHAT CAN WE DO?

Turn to Starboard has backing from Help for Heroes, The Royal Air Force Association, The Prince's Trust, and Rustler Yachts, but does not receive any government funding. You can help by making a donation at turntostarboard.co.uk or by visiting a fundraising event. If you want to get involved personally, email the founder, Shaun, on shaun@turntostarboard.co.uk – you could help with organising events, or even become a Turn to Starboard Yachtmaster.

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