



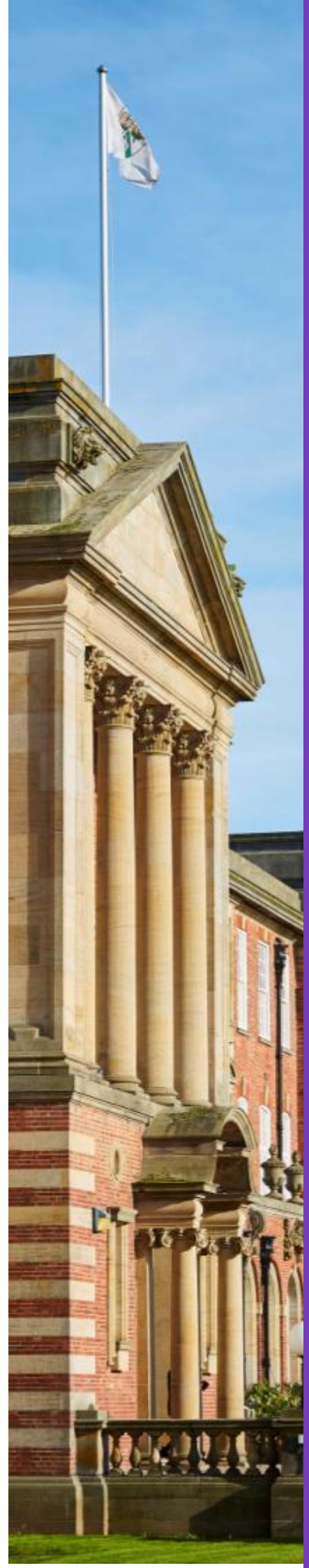
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(AFC) HARROGATE BATTLE BACK COURSE 2018

12 Month Impact Longevity Research

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Course Content & Structure

The first Adaptive Sport and Adventurous Training Battle Back Programme for Harrogate Army Foundation College (AFC) was held at The Battle Back Centre, Lilleshall, between 30th April and 4th May 2018.

Each morning began with a brief, in which new concepts and self-reflective practices were introduced to the participants to develop their understanding of behaviour change and personal development.

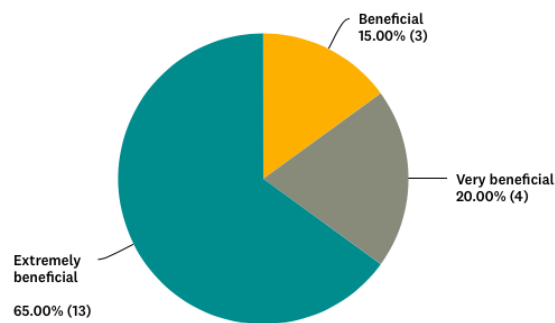
The staff contextualized that teaching throughout the week in various adventurous activities and sports including wheelchair basketball, indoor rock climbing, indoor caving, mountain biking, archery, sitting volleyball, clay pigeon shooting and kayaking. There were also evening activities which included a quiz, a cinema trip, a health and nutrition discussion and a presentation from staff member Lyndon Chatting-Walters on his experience in the Army and his recovery process. After the day's activity, participants and staff congregated for a daily review; this focused on the enjoyment of the activities, but also introduced new topics and models to promote self-awareness, learning, and reflection for participants.

At the end of each day, participants provided their opinion on various aspects of the course and how they felt it had influenced their lives. Data from this research is presented in this report.



Inspirational Impact

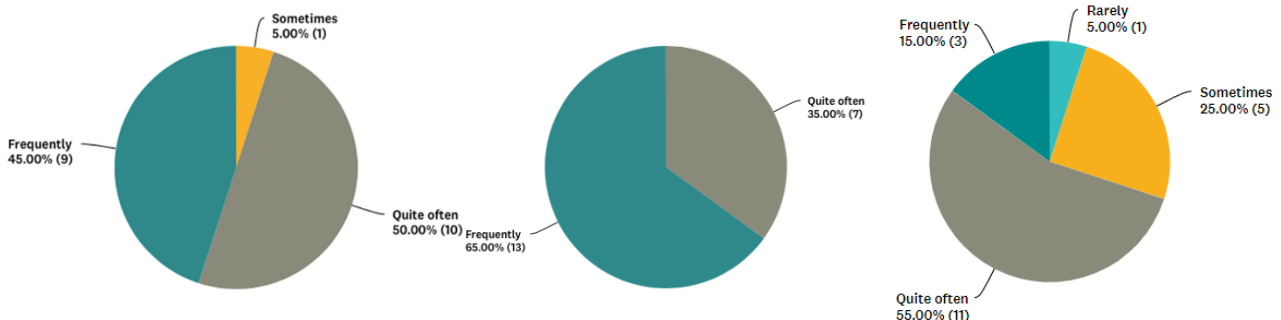
The level of maturity and open mindedness which these junior soldiers applied to this course was exceptional. Taking part in the personal development sessions, speaking openly about their circumstances to their peers and reflecting on their current approach to their lives was a surprise to many who thought they would just be taking part in sports and adventurous training. It soon became apparent to them all that The Battle Back programme is about so much more and that these activities are a tool to facilitate development or indeed promote recovery of the mind and the characters of the people who attend.



Most respondents deemed the course to be either 'extremely beneficial' or 'very beneficial'

Participants commented on the opportunity the programme gave them for new experiences, improving confidence, learning new topics, and gaining new insights and perspective. Participants commented that the programme *"helped me look at my life differently"*, *"made me more confident in myself and what I do and has made me see what I need to do in life"*, *"I've learnt a lot about myself in the week which I've been here, especially that when I put my mind to something I can complete it"*, *"it's shown me that I can stop my fears and be calm in a perceived stressful situation"*, and *"it has given me a new perspective on training and life in general"*.

Facilitating Relatedness, Competence and Autonomy whilst at The Battle Back Centre



How well participants made friends and connected with others

How often participants felt a sense of achievement

How often participants made their own decisions and make choices

Intentions of Behaviour change

They said they would start or continue to...

"Identify clutter or unhelpful thoughts and take a step back, calm down and find peace"

"Trying new activities and focus on fitness"

"Build confidence and self-belief"

"Think more rationally"

"Challenge myself and development"

"Connect with more people"

"Making up irrational fears"

"Worrying and doubting myself"

"Judging other people and instead help them"

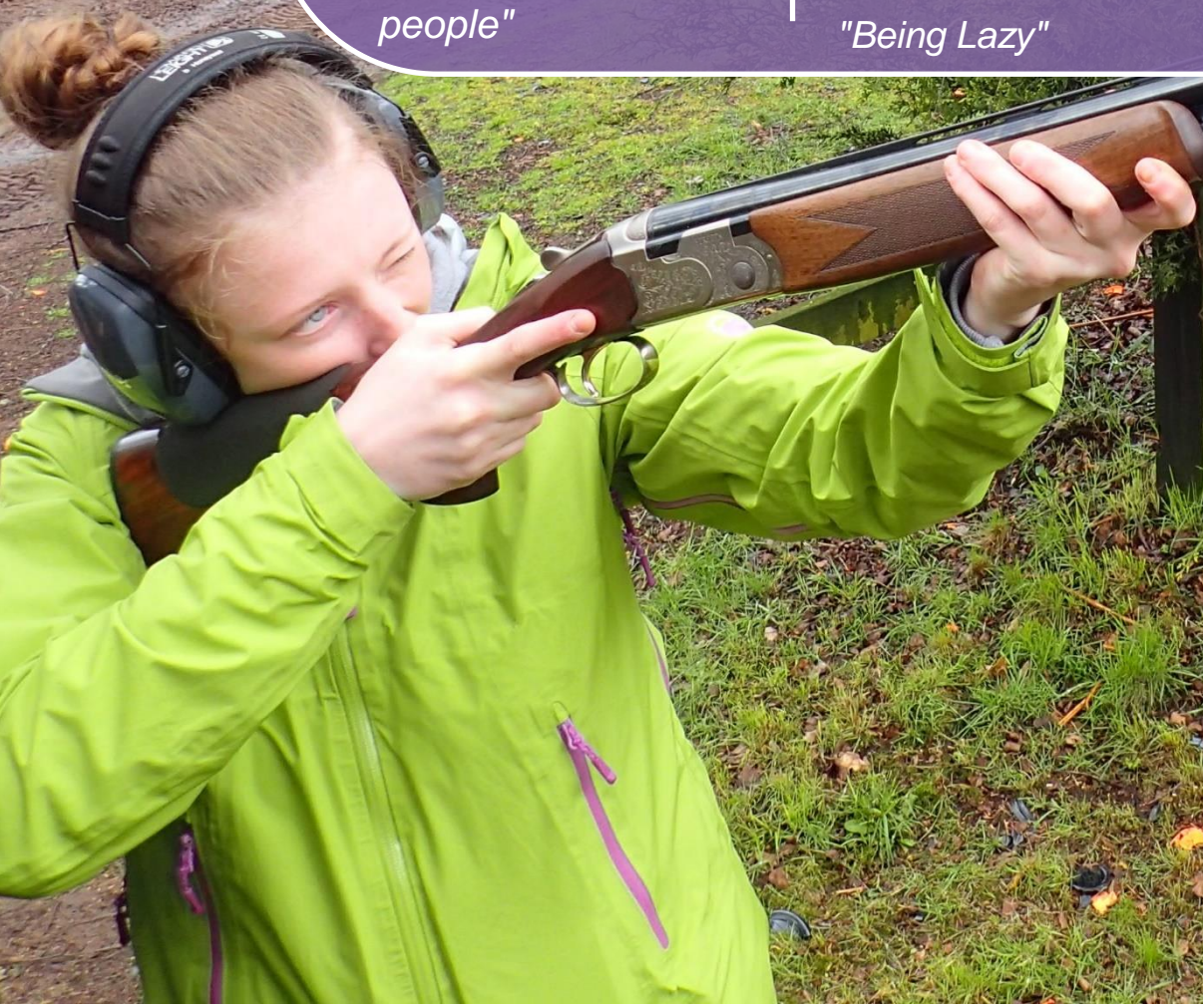
"Dwelling on Past decisions"

"Making up excuses not to exercise"

"Overthinking/Negative Thinking"

"Being Lazy"

They said they would stop..



The Course Staff & the Supportive Coaching Sessions

With no negative responses regarding the staff, participants identified several positive aspects about the coaching team including the following:



"They are all friendly, kind, caring, and amazing people"



"Their personality and the way things are taught"



"The new skills which they brought to the table and how understanding they were"



"They treated us like we were men and women and helped us understand how to become ourselves"



"The approach because they used their own examples that were similar to our own as they have been through the same stuff"



"They were encouraging and approachable"



Participants Reflections

Participants engaged in a task where they chose a picture card from a selection on a table that resonated with them, this elicited various insightful comments:

“I chose a lion, I can be aggressive but it’s both positive and negative, can be a good thing as long as you manage it”

“The Course brought out a lot in me this week, being with different people and I feel confident”

“I’ve had fun and bonded with people, it’s improved my confidence and I feel like I’ve really connected with others”

“It has put me back on track, I really appreciate the help this week, and learning to control the chimp”*

“I chose a rollercoaster because I was very nervous at first like at the start of a ride, but as the week went on it got more fun”

“Sitting and talking about things was motivating, and hearing others’ stories was inspirational”

“I didn’t want to come at first and felt so nervous, but I’ve pushed myself and I’m proud of my achievements”

“I picked the mountain with the lake, because no matter how big the challenge, if you put yourself forward you can achieve, and like the water you can reflect back on it too”

(A picture of a helping hand) *“I feel I can take some things from here and help out other people at camp that I know are struggling to come out of their shell”.*

(A climber at the top of a mountain) *“Achieving things and overcoming fears that I can use when I come to new situations”.*

(A man jumping between boulders) *“I now feel 100% ready to seek out and find things I’m not confident in, do them, gain confidence and move on to the next thing for me to develop”.*

(An incomplete puzzle) *“The lessons still to be learnt, in order to complete myself as a person”.*

*The Chimp relates to an aspect of teaching on the Battle Back Courses which uses an analogy of a chimp to represent certain types of behaviour

Usefulness of the Supportive Coaching Sessions and Daily Reviews

Participants were asked how useful they found the morning briefs and daily reviews. In these sessions they learned about self-awareness, reflection, how the brain processes information and how they can influence their decision-making and behaviour.

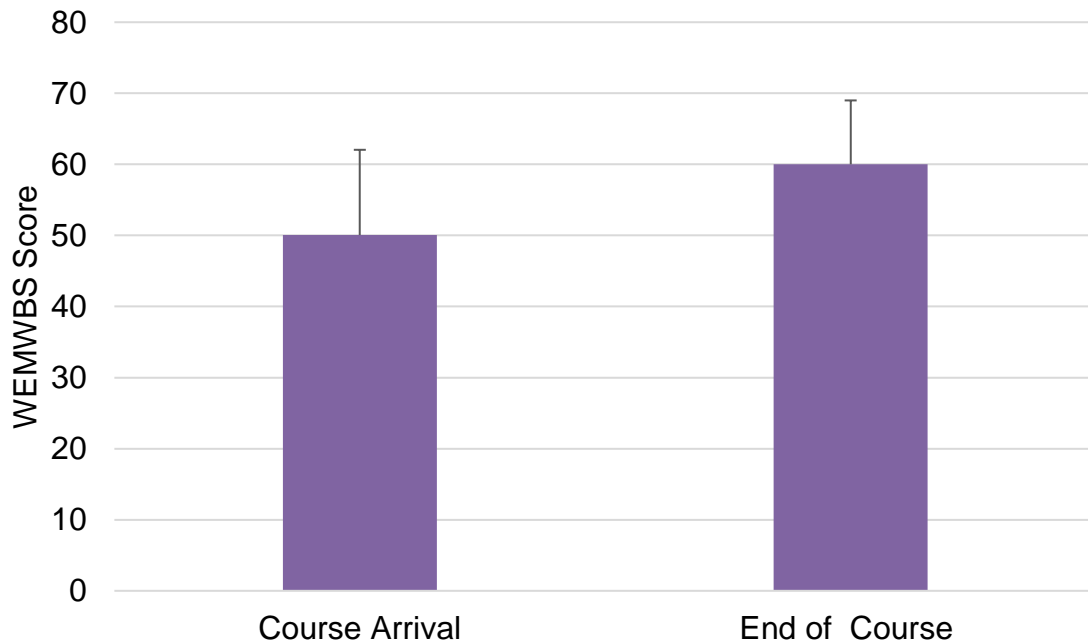


When asked to highlight the topic they found the most useful, participants highlighted various themes and take home-points:



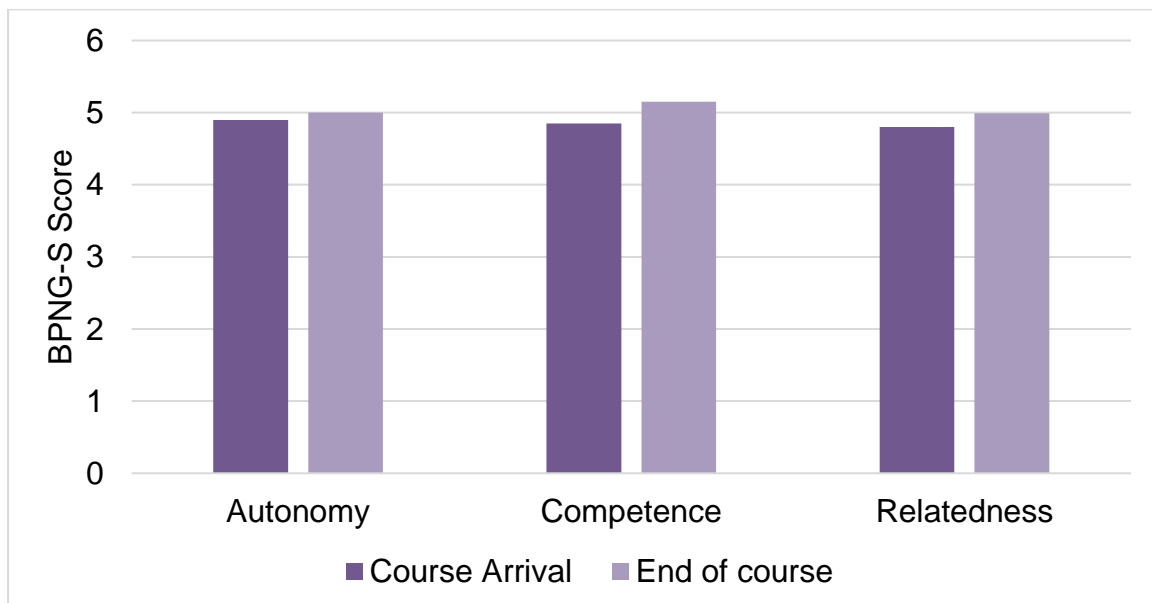
The Effect of the Multi Activity Course on Participants' Mental Well-being

The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was completed by 19 personnel at the beginning and the end of the course. There was a significant increase in the mental well-being scores of the participants between the beginning and the end of the course ($P < 0.05$).



The Effect of the Multi Activity Course on Participants' Basic Psychological Needs

The Basic Psychological Needs in General Scale (BPNG-S) was also completed by all 21 participants at the beginning and at the end of the course. All three basic needs, Autonomy, Competence and Relatedness showed a mild increase for the participants throughout the week.



12 Month Impact Longevity Research

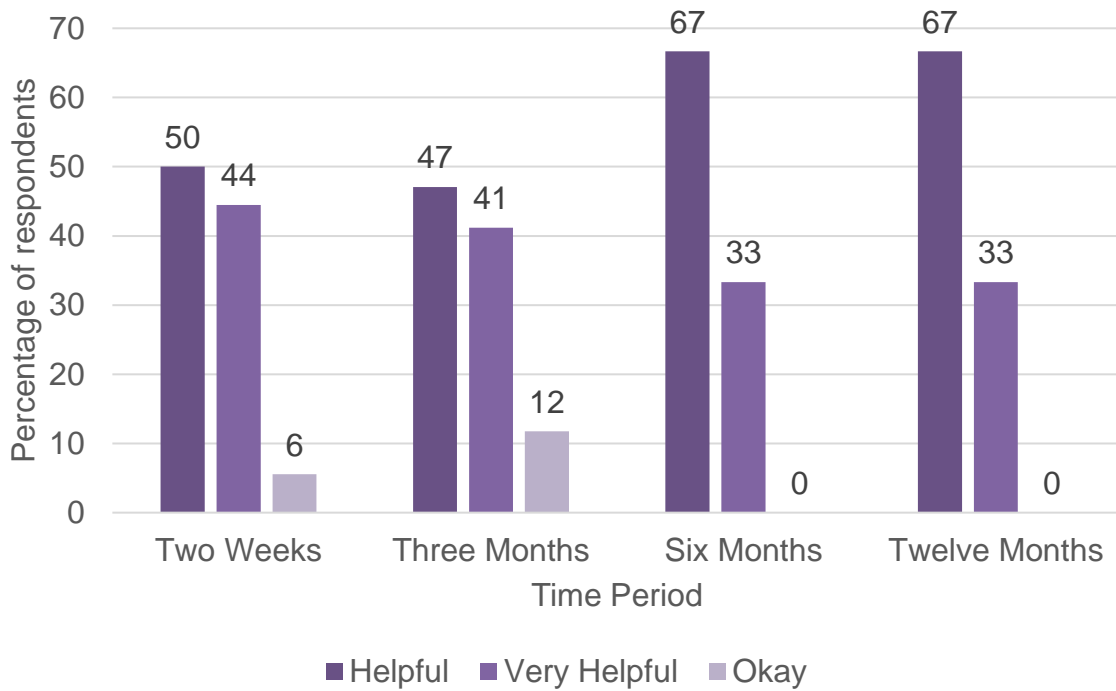
After the course, all participants were requested to continue to contribute to our research, allowing us to understand how the course has influenced their life since they attended. Information was requested two weeks, three months, six months & 12 months after the course ended. The following information comes from the feedback obtained within those follow up research surveys.

What part of the Multi Activity Course had the greatest impact on you?

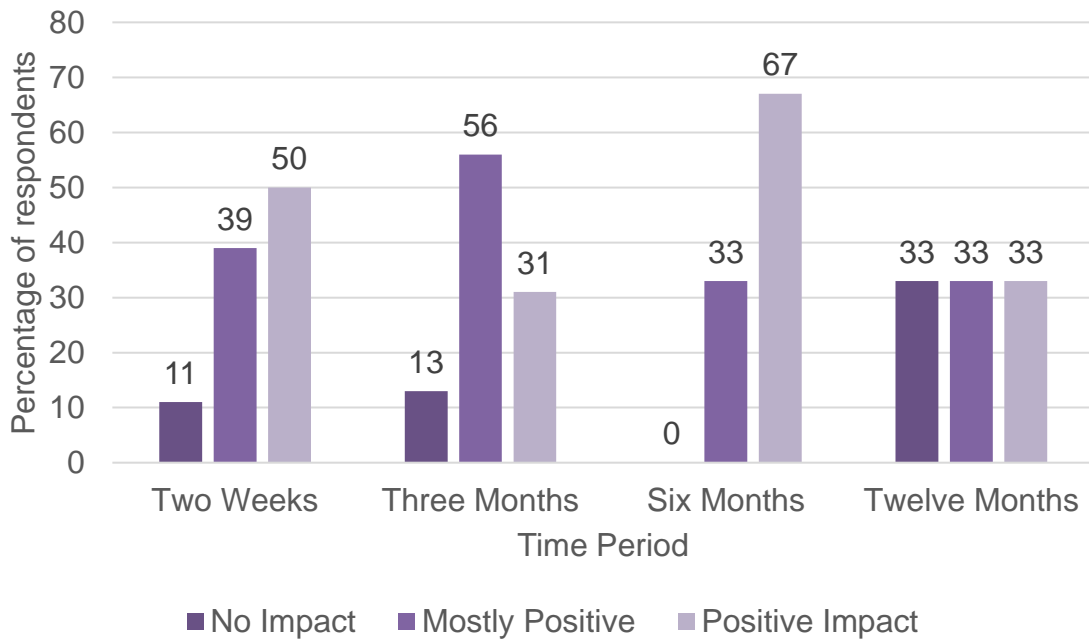
Two Weeks	Three Months	Six Months	Twelve Months
<ul style="list-style-type: none">• "Talks by the Instructor"• "Improving Confidence"• "Controlling feelings & actions"• "Having Courage"• "Staff/Coaches"• "Connecting with others"• "Thinking Techniques"• "Reframing Thoughts"	<ul style="list-style-type: none">• "Morning Talks/Briefs"• "Making new friends"• "New experiences"• "Mindset Briefings"• "Team Exercises"• "Talking to others"• "If I cannot succeed, it is still worth trying"	<ul style="list-style-type: none">• "Talking to the staff"• "One-to-One Talks"• "Talking about my development"• "Sharing my feelings"• "The course building confidence"	<ul style="list-style-type: none">• "Changing my daily routine"• "Briefings in the morning"• "The discussions after activities"• "One-to-One Talks"



In my training so far, the Multi Activity Course was:



What impact has the Multi Activity Course had on you since the course ended?



Reported Changes in the Participants Day-to-Day Life

I have started....

Two Weeks

- "Being and thinking More Positively"*
- "To be myself and not what others expect"*
- "Talking more in groups and being heard"*
- "Being more relaxed"*
- "Opening up to more people"*
- "Giving everything/pushing my abilities"*

Three Months

- "Thinking more positively"*
- "Speaking more in groups to get my voice heard"*
- "Believing in myself"*
- "Not giving in"*
- "Trying new things"*
- "Thinking differently"*
- "More fitness & exercise"*
- "Talking to and being interested in other people"*

Six-Twelve Months

- "Talking to more people"*
- "Meeting and making more friends"*
- "Think more positively daily"*
- "More exercise & fitness work"*

I have stopped...

Two Weeks

- "Not taking opportunities"*
- "Doing what pleases others"*
- "Keeping and talking quietly"*
- "Backing out of being a team leader"*
- "Worrying & doubting myself"*
- "Eating bad food"*
- "Thinking negatively"*
- "Wasting my time"*

Three Months

- "Hiding away from questions"*
- "Listening to negative comments"*
- "Giving up"*
- "Being negative to new opportunities"*
- "Playing movies in my head"*
- "Doubting myself"*
- "Keeping a closed mind"*
- "Having negative thoughts"*

Six-Twelve Months

- "Shutting myself away from social situations"*
- "Being so negative with my thoughts and approach"*
- "Wasting my time"*
- "Eating unhealthily"*
- "Bottling up my emotions"*

**Suggestions
for the
future**

A **mentoring scheme** in which those who have attended could utilise their relationship with their peers and work together to continue the teachings of The Battle Back Centre has been a noteworthy suggestion for the future.

The experience participants had on the programme has enabled them to feel able to help out others *“back at camp who are struggling”*.

Even during the course, some people commented that their highlight of the day was *“helping others during the activities”*.

Further comments which may support future courses:

*“For those that are sceptical about it all, all I have to say is that I **am proof that it works!**”* Six months later

*“The Programme is **successful** as it is, It fully **works 100%**”*
Two weeks later

*“**Best place in the world** and would **recommend it to everyone**”* During the course

*“Thank you so much. **Truly from the heart**, thank you. All staff are **wonderful** and **amazing** people that deserve the world”*
During the course

*“Just keep going with the course and **helping those in need**”*
Two weeks later

*“Thank you all so much for this experience, you **really don’t know how much you’ve all helped me** get my around things in my head and helped me realise that it’s just a feeling and it’s down to me if it becomes an action”. During the course*



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