# RESEARCH-INFORMED PRACTICE AT THE BATTLE BACK CENTRE

Road Biking

**Rock Climbing** 

WIS personnel

Wheelchair Basketball

Level 2: Skills courses

developed for returning

LBU staff develop

research with

months after

MoDREC application

to conduct long-term

participants up to 12

attending Battle Back

Annual staff training introduced.

Research findings presented to delivery staff to further improve

course experience

New in-depth research begins, interviewing participants and their Battle Back experience

Level 2: Skills courses allow returning

MAC participants to develop their ability in

Expedition to support the

and promote Battle Back

3 WIS participants

Run by Battle Back

Cotopaxi Expedition

First Level 3 Project

Battle Back research included

4-year MAC

impact report produced

Battle Back PhD

completed and

doctorate awarded

in LBU Research Excellence Framework Submission

recovery of WIS participants

a chosen sport to support their recovery

Additional courses for injured rugby players commissioned in 2018 and 2019

Research findings presented to the Rugby Football Union Injured Players Foundation

First adaptive adventure sports course for spinal cord injured rugby players at the Battle Back centre

MoDREC ethical approval granted to conduct well-being research with junior soldiers 16-18 years

Long-term well-being impact research begins

First Families Resilience Course

MoDREC ethical approval

First Level 2 MAC delivered

MAC 2 courses allow returning

WIS participants to extend their

knowledge of MAC content to help their mental and physical

MAC 2 impact report

produced after 6 courses

granted to conduct long-term

well-being impact research

MAC 2 impact report produced

> First MAC for junior soldiers from (AFC) Harrogate

First Veterans

course

RAF mandate

Research presented to CO (AFC) Harrogate

> 2 more courses commissioned in 2019

LBU for 5 more years to 2022

New PhD student appointed for Veterans research

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2 more junior

soldiers MACs

Longevity research begins on veteran courses 2019

TRBL extend contract with

4 more veterans courses

> Battle Back research chosen to be included in European Commission Project documenting the benefits of Outdoor Sports for Society

Second Level 3 **Project - Mission Himalava** 

10 Veterans

3 WIS personnel

**Expedition research** conducted on the well-being impact for the participants by LBU Battle Back Senior Research Fellow

5 year long-term wellbeing impact research being Supporting recovery and personal development of participants

Celebrating 100 years since the end of the First World War

A team summited Mera Peak on Remembrance Day (6476m)

Second team summit on 12th November

RESEARCH PUBLICATION RELEASED

CONFERENCE PRESENTATION

STAFF TRAINING WITH RESEARCH FINDINGS PRESENTED

### **ABBREVIATIONS**

LBU - Leeds Beckett University

MODREC - Ministry of Defence Research Ethics Committee

MAC - Multi Activity Course

WIS - Wounded, Injured and Sick

TRBL - The Royal British Legion

AFC - Army Foundation College

MACs delivered at full operational capacity. 24 per year

Canoeing and Kayaking

Indoor Rock Climbing

Mountain Biking

Fishing

Archery

Quantitative research procedures introduced to measure wellbeing impact on participants

> Self determination theory identified as a foundation framework for MAC content

Staff conference pilot research presented

Leeds Beckett University Professorial Staff and Practitioners develop the academic underpinning on which to base the content and teaching on the Battleback MACs

Pilot MACs delivered and research by PhD student

MoDREC Ethical approval to conduct well-being impact research on MACs awarded to LBU

and develop and research Battle Back for 5 years

Promotion to Senior Research Fellow

Research Fellow

Research Fellow

appointed at LBU to work

full-time on Battle Back

research for 18 months

contact made

permanent

PhD student appointed

LBU appoint Research Assistants to research every course

(1)

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TRBL agree contact with LBU to deliver

# BATTLE BACK RESEARCH

### **PUBLICATIONS**

- 1. Kaiseler, M., C. Kay, and J. McKenna, *The Impact of an Outdoor and Adventure Sports Course on the Wellbeing of Recovering UK Military Personnel: An Exploratory Study.* Sports, 2019. **7**(5).
- Peacock, S., Outcomes from a one week recovery and development course using adapted sport and adventurous training with wounded, injured and sick UK military personnel. Sports, 2019. 8.
- 3. Peacock, S., D. Carless, and J. McKenna, *Inclusive adapted sport* and adventure training programme in the PTSD recovery of military personnel: A creative non-fiction. Psychology of Sport and Exercise, 2018. 35: p. 151-159.
- Carless, D. and K. Douglas, Narrating embodied experience: sharing stories of trauma and recovery. Sport, Education and Society, 2016. 21(1): p. 47-61.
- Carless, D., et al., *Disability, inclusive adventurous training and adapted sport: Two soldiers' stories of involvement.* Psychology of Sport and Exercise, 2014. **15**(1): p. 124-131.
- Carless, D., Narrative Transformation Among Military Personnel on an Adventurous Training and Sport Course. Qualitative Health Research, 2014. 24(10): p. 1440-1450.
- 7. Carless, D., et al., Psychosocial outcomes of an inclusive adapted sport and adventurous training course for military personnel.

  Disabil Rehabil, 2013. 35 (24): p. 2081-2088

## BATTLE BACK RESEARCH

### **PRESENTATIONS**

Kay, C. W. P. & McKenna, J. (2019) Battle Back, Adaptive Adventure Sport and Military Recovery, The European Network of Outdoor Sports Conference, Vianna Do Castelo, Portugal

Kay, C. W . P. & McKenna, J. (2019) Battle Back Courses – Military Recovery Research, Research and Enterprise Conference, Leeds, UK

Kay, C. W . P. & McKenna, J. (2019) Battle Back – Evidencing Impact, The Benefit of Outdoor Sport for Society (BOSS) Research Project meeting, Paris, France

Kay, C. W. P. & McKenna, J. (2019) Battle Back – Adaptive AT and Military Recovery, RAF Force Development Conference - Robson Academy of Resilience, Crickhowell, Wales

Peacock, S., Carless, D., McKenna, J. & Cooke, C. (2018, August) Adapted adventure for the recovery of military personnel. International Adventure Therapy Conference 2019. Sydney, Australia.

Kay, C. W. P., Peacock, S. & McKenna, J.(2017) The enduring impact of The Battle Back Adaptive Adventure Sports Programme in the lives of recovering Armed Forces personnel, Presented at The Leisure Studies Association Conference, Leeds, UK

Kay, C. W. P. & McKenna, J. (2017) Guest lecture on Partnerships in Sport for Sports Marketing students, Leeds, UK

Peacock, S., Carless, D., McKenna, J. & Cooke, C. (2015, May) Perceptions of Wounded, Injured and Sick Military Personnel of a 5-day Adapted Sport and Adventure Training Recovery Course. Presented at The British Psychological Society Annual Conference. Liverpool, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2014, September) Outcomes from a one week recovery and development course using adapted sport and adventurous training with wounded, injured and sick UK military personnel. Presented at the Disability Sport: Changing lives, changing perceptions? conference, Coventry University, UK.

Peacock, S. (2014) Findings from a 5-day Multi Activity Course for wounded, Injured and Sick Service Personnel. Presented at Institute for Sport, Physical Activity and Leisure Research Day, Leeds Metropolitan University.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2014, May). Short term outcomes resulting from an adaptive sport and adventurous training programme in the recovery of wounded, injured and sick UK Armed Forces personnel. Presented at The British Psychological Society Annual Conference 2014. Birmingham, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2013, June). Short term SDT outcomes resulting from an adaptive sport and adventurous training programme in the recovery of wounded, and sick service personnel. Poster presented at the 5th International Conference on Self-Determination Theory, Rochester, USA

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2012, March). Battle Back - Returning the injured to sport and adventure training. Presented at The Royal Society of Medicine: Military Rehabilitation - Optimising the Road to Recovery, London, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (January 2012, April 2012) Findings from the Evaluation. Battle Back Centre Staff Conference.

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Dr Chris Kay Prof. Jim McKenna