

The Multi Activity Courses (MACs)

5-day multi-activity courses are delivered at the Battle Back Centre to wounded, injured and sick (WIS) armed forces personnel and Veterans. The course adopts a participant-centered approach, underpinned by the Self-Determination Theory, to deliver developmental adapted adventurous activities supported by personal well-being coaching. The MAC is now a mandated part of the recovery pathway for all Army and Royal Air Force WIS personnel.

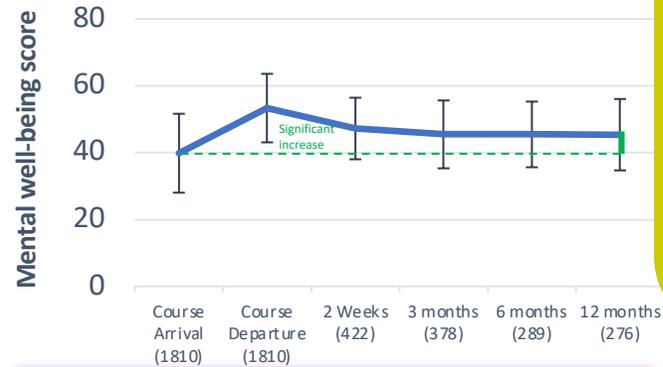
Leeds Beckett University investigates the longitudinal effectiveness of attending the course in positively influencing physical and mental well-being.

Research Methods

Quantified data from the positive mental well-being scale and qualitative feedback regarding the attribution of influence are presented here. This primary evidence documents the courses' positive influence on participants' recovery, personal growth and respective futures.

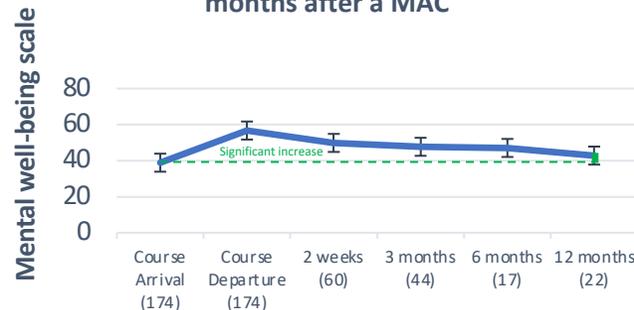
WIS

WIS' positive mental well-being 12 months after a MAC



Veterans

Veterans' positive mental well-being 12 months after a MAC



Conclusion

The sustained improvements in mental well-being represent 'meaningful change'. The supporting quotes displayed provide personal contexts for, and practical applications of, participants' Battle Back experiences.

Top social health benefits

"Helping others makes me feel better which has been necessary at work since the company has gone into liquidation"

"[I'm] being more active with people and be interested in them"

"[I am now] more patient and understanding of people"

"Have also been back in touch with old friends"

"Talking to others more and I still talk to some I met on the battle back course"

"Battleback is probably the best thing for Vets to meet each other"

Top Educational benefits

"Relaxation and breathing exercises"

"Breathing and the importance of exercise"

"Drinking more water"

"I now accept my PTSD and the incident did happen. I'm not blaming myself now. I don't have to forget it but I won't let it get in the way. I have chatted to people and hopefully putting in place changes to get out and do some climbing"

Top physical health benefits

Participants feel their Health and Fitness has improved as a result of attending

"BBC has made me extra focused to learn a new skill, such as Aikido Karate"

"I'm taking up mountain biking"

Top mental wellbeing benefits

"Positivity believing in myself"

"I now express my feelings and thoughts more which I locked up before"

"More confident in dealing with difficult personal issues and being more compassionate to myself"

"My anger at myself and my injuries as well as certain people has been a waste of energy and time affecting my day to day life and feelings. I have come to terms with certain issues with my life and now have a clearer focus of life moving forwards"

Top environmental benefits

All participants "feel closer to nature"

Most felt they "learned something about the natural world"

All "took the time to appreciate my surroundings"



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