

# THE BATTLE BACK CENTRE

## 2 WEEK

# RMAC FOLLOW UP REPORT

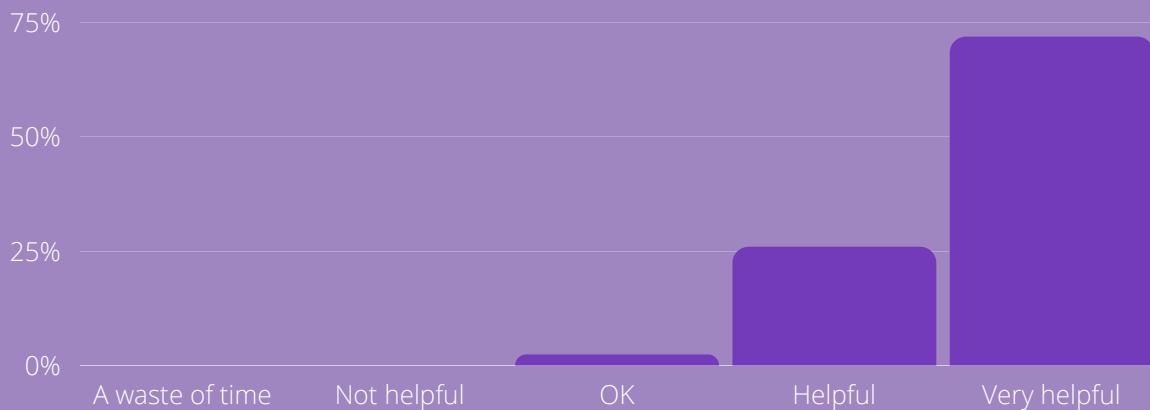


**August 2020-  
December  
2021**

**89**

Participants responded to the 2 week follow up email after their course to share their feedback.

In my recovery so far the Multi Activity Course was:



**Average Mental Well-being Scores increased from:**

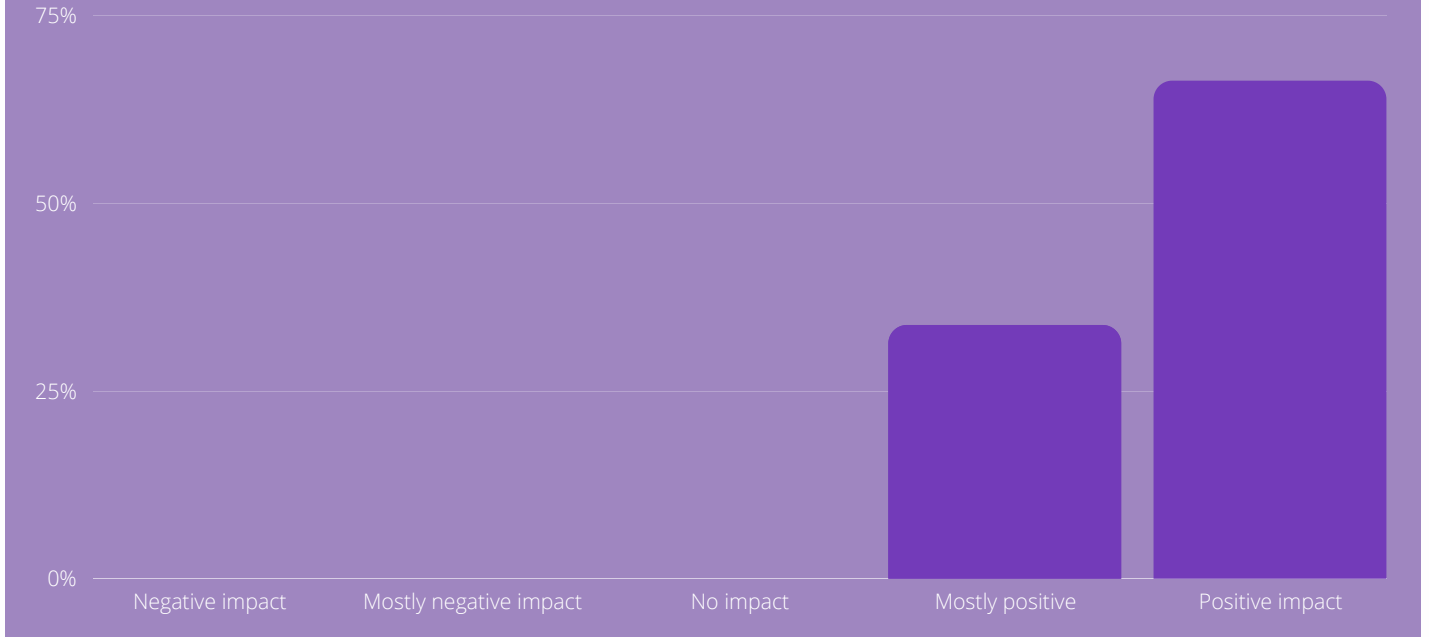
**40.8**  
Arriving at  
Battle Back



**48.6**  
2 weeks  
after the  
course

UK national  
average is  
**49.85**

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



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



Mindfulness



Daily walks

Reflection

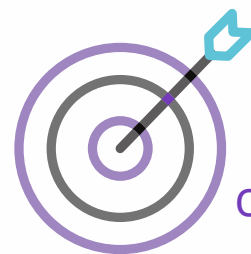
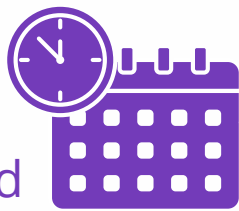


Peace and respite



A sense of belonging

Structure and developing a routine

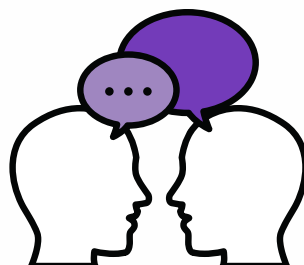


Feeling challenge and achievement

Social interaction again after social isolation



Talking about issues



Learning about my mind and body

# 91% Participants stated they have made changes in their day-to-day life

## I have started.....

*"take more time to focus on my mental health"*

"trying to communicate what's going on to my partner"

"getting involved in activities"

*"talking more"*

*"to get up earlier"*

*"I have controlled my chimp a lot better"*

"being more positive about myself"

"yoga"

*"to feel pride in what I achieve"*

*"A better routine"*

**"plan and discuss good habits"**

*"walking in the morning with my family before breakfast"*

*"interacting with family and friends"*

"standing up for myself"

"exercising and taking in water on a more regular basis"

## I have stopped.....

*"focussing on the injury"*

"oversleeping"

*"tried to stop negativity overwhelm me by using positive language"*

*"laying about as much"*

**"hiding and feeling alone"**

**"being reserved"**

*"isolating myself and bottling it up"*

**"criticising myself as much as I did"**

*"trying to overthing situations that are out of my control"*

"being as hard on myself"

*"saying yes to things I actually don't want to do or have an interest in"*

**"leaving my needs at the bottom of the list"**

**"feeling useless"**

*"accepting b\*\*\*\*\*t from the RAF"*

**"being hard on myself (work in progress)"**

**"using negative language where possible"**

*"jumping the gun"*

## I have continued.....

*"to focus on the future"*

*"to drink more water"*

**"day to day work but with a renewed flare"**

**"to spend my energy on positive actions and thoughts"**

**"trying to have a positive outlook"**

*"improve my social circle"*

**"I continue to keeping fit and healthy"**

*"to write things down and plan out my days"*

**"being positively me"**

*"to try and live in the present and enjoy my surroundings"*

**"show up"**

"look at activities to get involved with when COVID restrictions lift"

*"to structure my day with routine to ensure I include some physical activity to help with my mental health"*

**"talking to immediate family, including my thoughts and feelings"**

"experiencing new things"

# Aspects of the course participants felt had the greatest impact on them:

## Social:

**"Being in social situations again. I enjoyed the interaction and realised I've been missing out on this by hiding myself away."**

**"Meeting people"**

**"Social interaction "**

**"The members of Staff as in the group coaches were brilliant"**

**"Interacting with others "**

**"Mixing in groups"**

*"Everything I did or took part was a very positive impact in my daily life. The mentor's and the other candidates shared there experience which was helped a lot"*

## Activities:

**"Trying different sporting activities"**

*"the archery was probably the greatest impact on me"*

***"Discovered a flare for sports again Able to talk to like minded people Discovered some models to use"***

**"golf coaching"**

*"Taking part in activities again having been isolated for such a long time. It has given me my confidence back and passion for sports with the positive energy it provides me."*

**"Being able to do new activities Part of a community again"**

## Personal Development:

**"Peace and tranquillity.. and great people I've met on the MAC"**

**"The whole learning experience"**

**"The life coaching and being able to do adaptive activities."**

***"Coaching sessions, the linking together of the theory (including previous knowledge) and how it all fits into 'me' as the bigger picture."***

*"The coaching really encouraged me to think more positive and set goals that are there to help me through the dark times."*

***"The coaches the advice they give really help you think clearly. Having a one-one chat with staff. Basically told me what I needed to hear and he was very understanding about my personal matters."***

*"On the last day when other people say what they think of you."*

**"The coaching. Pivotal change in my outlook, helped me focus and make practical steps to change without it being overwhelming. Truly believe without Battleback I may not be here today. The small group of friends I made was wonderful and we are still supporting each other now."**