



SUPPORTING SERVING AND FORMER
MEMBERS OF THE ARMED FORCES,
EMERGENCY SERVICES AND FAMILIES



A LONGITUDINAL EVALUATION OF THE IMPACT OF SURF ACTION IN USING OCEAN THERAPY TO SUPPORT THE PHYSICAL & PSYCHOLOGICAL WELLBEING OF 200 MEMBERS OF THE ARMED FORCES COMMUNITY FROM 2013-2019

THE BEACH: AN ADDICTIVE,
MOOD and MIND ALTERING
DESTINATION

Common side effects may include complete
serenity, joy, happiness, stress free relaxation,
peacefulness, and pure tranquility. Ask your doctor
if the beach is right for you.



AN EVALUATION OF SURF ACTION'S FIVE YEAR
'CENTRE OF EXCELLENCE' PROJECT FUNDED BY
THE NATIONAL LOTTERY 'REACHING
COMMUNITIES FUND'

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Foreword

There is overwhelming scientific evidence that being physically active leads to a healthier and happier life and that these benefits are even more prevalent when activity takes place in or near the ocean/green spaces. Surf Action has been at the vanguard of the development of ocean-based activities and its acceptance in the mainstream. It is a complimentary therapeutic approach that enables an element of space, creativity and fun that is often lacking in traditional therapy options. Surf Action has been delivering surf therapy to the armed forces community for over five years and latterly, it has also successfully worked with vulnerable families and individuals from the wider civilian community who have experienced rape, domestic violence and a wide range of other traumas.

There is a common tendency when reporting on services to use a lot of pictures showing the service users being active and smiling and to 'let the picture tell a thousand words' and Surf Action is not immune to this however, they realise that a picture is only the encapsulation of emotions at that specific moment and sometimes a photograph can be a façade, masking many hidden emotions. This report seeks to examine the effects of the surf therapy programme over the longer term and to get beneath the façade of pictures. **Surf Action has collected both quantitative and qualitative data throughout its delivery and this report is an examination of the aggregated data looking at the delivery, efficacy and outcomes of the Surf Action Surf Therapy model.**

Surf Action is not a surf school!

- Through its funding streams and ethos, Surf Action uses ocean therapy and surfing as therapeutic tools. It aims to create safe surfers, not expert surfers and to get participants to utilize all the physical and psychological benefits of being active in the ocean environment and to carry them forward in their daily lives.
- Surf Action wants its service users to be able to move on in their lives and are delighted when they do so. Those who wish to take up surfing as a sport as a result of their participation are taught all the necessary health and safety considerations and encouraged to do so however it needs to be done by either volunteering for Surf Action or at their own expense either individually or by joining a surf school/club.

The full, anonymised dataset and spreadsheet are included in the Annexes at the end of this report and this demonstrates Surf Action's belief in the openness of their surf-therapy model and research.

We hope you enjoy reading our report, we are happy to answer any questions you may have.

Surf Action



EXECUTIVE SUMMARY

This report is a longitudinal analysis of the delivery, efficacy and effectiveness of Surf Action's five year 'Centre of Excellence' Project which was funded by the National Lottery Reaching Communities Fund.

Throughout the project Surf Action has collected data in numerous audit areas and then reviewed its service and delivery at the end of each year making appropriate changes/improvements which were then carried forward into the following years. This included developing Surf Action's own 'Joined-Up Recovery Model' and doubling the number of audit areas from 12 to 24 at the end of the first year. As the complexity of the project increased this also involved fundamentally re-structuring the charity itself and bringing in additional expertise to ensure the best quality delivery, oversight and governance. At the end of each year a comprehensive report was also submitted to the National Lottery.

Both qualitative and quantitative data is used to illustrate the effect of the project on its participants over time. The quantitative data is derived from a baseline (T1) and 9-month post intervention (T2) questionnaire completed by all participants since 2013 (and subsequently modified). In the first year this involved the collection of some personal data and the completion of a validated wellbeing and emotional needs audit. From the second year onwards more personal information regarding employment, alcohol intake, healthy eating etc was collected in addition to the wellbeing measure.

This report focuses on the analysis of the data collected from 200 'armed forces community' participants over five years.

This reports analysis is carried out with the hypothesis that 'Surf Action's Surf Therapy provision and 'Joined-Up Recovery Model' has a positive and sustained effect on the wellbeing of participants'. The analysis looks for evidence which supports this and for evidence which supports the opposing null-hypothesis, namely that 'Any positive effect in wellbeing as a result of participation can be attributed to other outside environmental/social factors'.

The analysis shows the following:

COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ORIGINAL AUDIT AREAS FOR 200 VETERANS IN YEARS 1-5												
Audit Area	Safe Environment	1 Close Relationship	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Healthy Lifestyle
% sustained increase in wellbeing at 9 months	11.11	10.24	20.85	21.66	14.94	21.36	18.02	15.12	19.54	18.6	33.01	19.03

COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ADDITIONAL AUDIT AREAS FOR 160 VETERANS IN YEARS 2-5												
	Family Relationships	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stress	Depression	Anger	Alcohol	Esteem
% Sustained increase in wellbeing at 9 months	8.5	10.34	10.06	6.86	5.5	20.19	19.02	18.02	13.46	14.28	15.65	18.31

- The outcomes are statistically very significant and justify the rejection of the 'null-hypothesis'.
- The group outcomes 9-months after the completion of the ocean-therapy courses show a statistically significant sustained increase in wellbeing scores both by individual veteran and audit area. This demonstrates improved psychological resilience.
- Those who showed the lowest wellbeing scores at T1 benefited the most from the intervention showing very large increases in their wellbeing scores at T2.
- The group outcomes in the Emotional Needs audit shows an average sustained increase of 18.6% at T2 across all audit areas. This demonstrates substantially improved psychological resilience.
- The group outcomes in the 12 extra audit areas added from year 2 onwards, shows an average 13% sustained increase even in those areas which are the most difficult to practically improve. This indicates that improved resilience makes it easier for participants to face-up to challenging problems which may have seemed unsurmountable before.

- The average sustained increase in wellbeing scores per participant is an excellent 18.5%. This demonstrates significantly improved psychological resilience.
- There is a significant improvement in the quality of sleep, and this is fundamental to improved wellbeing and is also associated with a reduction in nightmares and distressing images.

Surf Action can justifiably say:

- Providing a mixture of high intensity water-sports, physical activities and family activities, PTSD information sessions and facilitating access to therapy over the last 5 years, Surf Action has made a demonstrable improvement in the quality of the veterans' lives. Sustained improvements were evidenced in all 24 audit areas and endorsed by qualitative and quantitative data.
- By actively encouraging families to attend surf clinics and by providing shared activities where families can have fun and connect in a more open and beneficial way, Surf Action has helped facilitate a positive change in both family relationships and connection. This also improves/strengthens community relationships.
- By providing a platform where veterans and their families can meet others with shared experiences, Surf Action is helping reduce the sense of isolation which many veterans feel and to boost family and community engagement and cohesion.
- By providing information sessions about the brain and its structures, Post Traumatic Stress Disorder and similar spectrum conditions, referral routes, its background, effects, coping mechanisms and treatments to the veterans, their families and volunteers, Surf Action is helping veterans and their families better deal with PTSD and other similar spectrum conditions in their day-to-day lives with the associated benefits to family life and bonds.

The Surf Action project has developed over the last 5 years and is now a research backed, effective and cost-efficient route-pathway to help people who are living with physical and/or psychological difficulties as a result of their service and to assist them into making the transition into civilian life. By giving a significant and sustained boost to the physical and emotional resilience of the participants, they are better able to deal with any problems they face in their lives without feeling overwhelmed and hopeless. This programme has equal validity in helping the wider civilian population.

Surf Action relies heavily on volunteers both veteran and civilian. This report is written by a veteran diagnosed with chronic complex PTSD due to his service who went through the project and subsequently volunteered to assist the charity.



Surf Action

Surf Action is the trading name of Combat Surfers, a Cobseo registered military charity (Charity Number: 1140191) with the primary objective to support the Military Covenant by **promoting and protecting the physical and psychological wellbeing of serving and former serving members of the Armed Forces and the Blue-Light Emergency Services and their families who are living with physical and/or psychological difficulties as a result of their service and to assist them into making the transition into civilian life.**

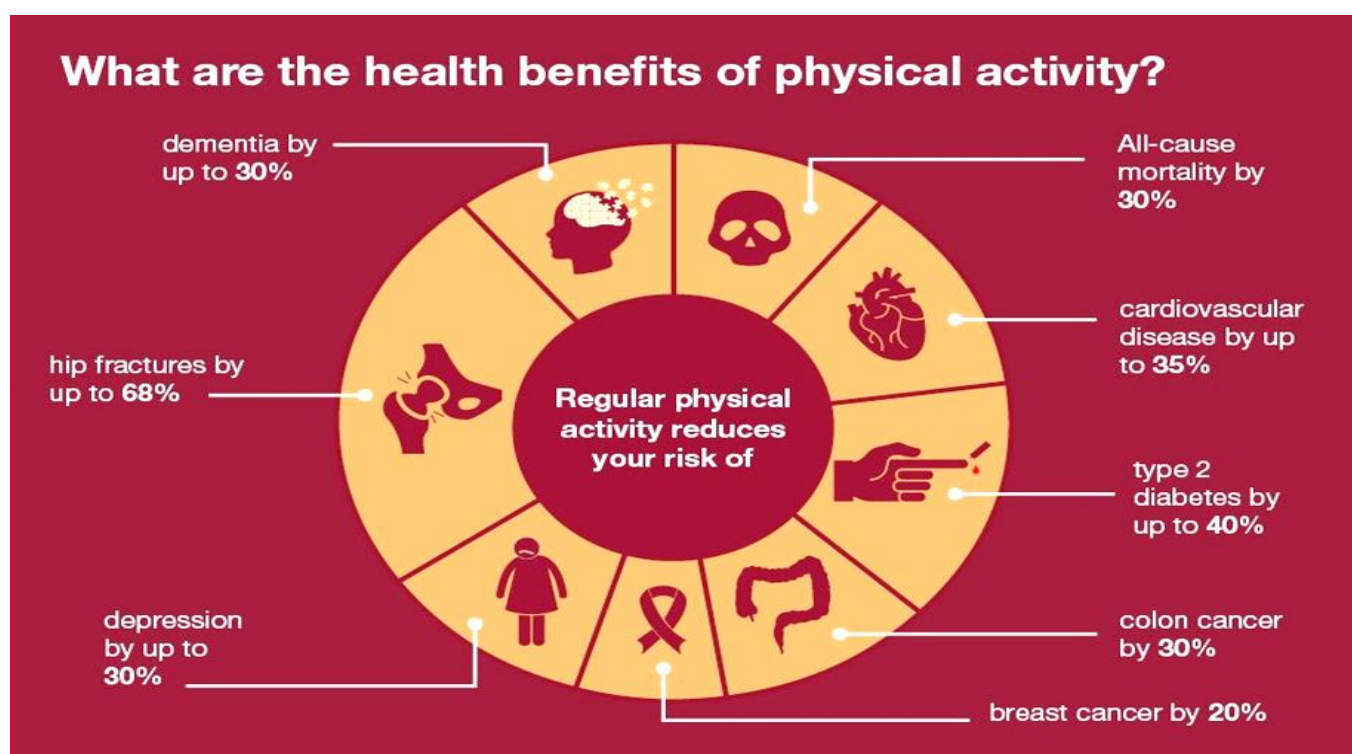
Surf Action promotes good physical and mental health through personal development, good personal choices, solution focused therapy, education and empowers its service users to lead healthy, fulfilled and independent lives and to become valued and active members of their community. Core to achieving this is the use of the blue gym concept and involving their service users and their families in surfing, kayaking, paddle-boarding, and other high intensity water-sports in the magnificent coastal environment with the resulting recognised physical and psychological health benefits.

Surf Action Joined-Up Recovery Model

Surf Action has developed and refined its own educational route pathways through which the service users can achieve their specific needs and they are incorporated within Surf Action's '**Integrated Joined-Up Recovery Programme**'.

Surf Action defines 'Recovery' as 'living well in spite of any difficulties people may have to face'. They view recovery as a journey, a movement from the place a person is in to places that are better to be in, learning and making use of new skills and understandings along the way. The joined-up recovery model is a multi-dimensional (holistic) approach to improving one's mental health, which considers individuals' needs, environment, social network, relationships, diet, physical wellbeing and so forth. Surf Action recognises that recovery:

- Does not necessarily mean getting back to where you were before
- Happens in 'fits and starts' and, like life, has many ups and downs
- Is profoundly influenced by people's expectations and attitudes
- Requires a well organised system of support from family, friends or professionals
- Requires services to embrace new and innovative ways of working





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SURF ACTION JOINED-UP RECOVERY MODEL

**A HOLISTIC, MULTI-DIMENSIONAL INTEGRATED RECOVERY
PATHWAY LEADING TO A FULFILLING AND INDEPENDENT LIFE**

Comprehensive Client Needs Analysis

- Including a physical, psychological and emotional needs audit (Griffin & Tyrrell)
- Signposting where beneficial during initial engagement



8 Week Evidence Based Ocean Therapy Course

QUALITATIVELY EVALUATED AND PUBLISHED (2015) BY DR NICK CADDICK OF THE 'PETER HARRISON
CENTRE FOR DISABILITY SPORT' AT LOUGHBOROUGH UNIVERSITY

- Weekly high intensity physical activity in the coastal environment
- Based on the published work of Carly Rogers MA OTR/L, an Occupational Therapist based at the University of Southern California and a director of the Jimmy Miller Memorial Foundation. Ocean Therapy is being delivered to both veterans and serving personnel in the USA in order to boost physiological, psychological and emotional wellbeing and resilience.



Empowerment and Education

Building on the benefits of the Ocean Therapy we deliver programmes to develop:

- Improved motivation, self-belief, self-discovery and social development
- Improved family situations, relationships and peer friendships
- Re-engagement with society through volunteering or part-time/full-time work
- Stronger connections between the military and civilian communities
- Improved social integration and inclusion through strong community cohesion
- Independence not dependence



Into Work, Part-Time Work or Volunteering

Some veterans are still in the recovery stage from their injuries, whether they are physical and/or psychological, and are not ready for full-time work but they may be capable of doing part-time work or volunteering. Similarly some are on specific benefits and limited in the number of hours of work or volunteering which they can do.



The Ocean Therapy remains accessible throughout the Integrated Pathway.

Wellbeing is monitored and reported on throughout via a Wheel of Life Emotional Needs Audit (Griffin and Tyrrell) and the Universities of Warwick and Edinburgh Mental Well-Being Scale.



Educational and Motivational Courses

Those who are not ready for part-time work or volunteering are encouraged to attend some of our vocational and non-vocational life-skills courses at the Surf Action Veterans Centre. This helps build their self esteem and team skills, boosts their practical knowledge base, gets them back into a good routine and is good for their psychological wellbeing. This should all help in their recovery and move them in to a position where full or part-time work or volunteering is practicable.

The in-house courses offered include:

- Trauma and the brain
- Your rights as a consumer
- Electrical safety in the home
- Fire safety in the home
- First aid
- Health and safety
- Manual handling
- Money and debt
- Photography
- Business Skills
- Boost your IT skills
- Housing – Your rights as a landlord/tenant
- Brush-up on your GCSE mathematics
- Surf skills leading to a RLSS qualification



Ocean Therapy

The 8 week Ocean Therapy Course remains at the core of Surf Action's service delivery. It uses the concept of the 'Blue Gym' and offers the opportunity to those who engage to experience the outdoor classroom environment and an exhilarating physical, emotional and social experience which can act as the foundation for improvement in health and wellbeing. Surf Action has continued to refine its delivery and to stay abreast of new research papers relevant to it and to incorporate new information where applicable.

SURF ACTION 8 WEEK OCEAN THERAPY COURSE

Based on the research of Carly M. Rogers, OTD, OTR/L at the University of Southern California.

- Rogers C, Mallinson T, Peppers D (2014), 'High-Intensity Sports for Posttraumatic Stress Disorder and Depression: Feasibility Study of Ocean Therapy with Veterans of Operation Enduring Freedom and Operation Iraqi Freedom', American Journal of Occupational Therapy 68, 395-404.

Qualitatively evaluated at Surf Action and published by Dr Nick Caddick of 'The Peter Harrison Centre for Disability Sport', School of Sport, Exercise and Life-sciences at Loughborough University:

- Caddick, N., Smith, B., & Phoenix, C. (2015). The effects of surfing and the natural environment on the well-being of combat veterans. Qualitative Health Research, 25, 76-86.
- Caddick N & Smith B (2014), 'The impact of sport and physical activity on the well-being of combat veterans; A systematic review.' Psychology of Sport and Exercise 15, 9-18.

- Caddick N^{1,2}, Smith B². & Phoenix C¹. (2015) Collective stories and well-being: Using a dialogical narrative approach to understand peer relationships among combat veterans experiencing posttraumatic stress disorder (Journal of Health Psychology 2015, Vol. 20(3) 286–299) (¹ European Centre for Environment and Human Health, University of Exeter Medical School. ² Peter Harrison Centre for Disability Sport, University of Loughborough)
- Caddick N.^{1,2}, Smith B². & Phoenix C¹. (2015) Male Combat Veterans' Narratives of PTSD, Masculinity and Health. (Sociology of Health and Illness, 2015). (¹ European Centre for Environment and Human Health, University of Exeter Medical School. ² Peter Harrison Centre for Disability Sport, University of Loughborough)

Rationale:

PTSD and depression frequently co-occur, and both are associated with functional and social disruption, including weakened interpersonal relationships and diminished psychological resilience and self-efficacy, limited activity engagement and role function and increased risk-taking behaviour. Returning Iraq and Afghanistan veterans have reported specific occupational performance needs in leisure (social relationships), self-care (physical health, driving, sleep), and productivity. Some veterans engage in high-risk behaviour such as speeding, substance abuse, or aggressive acts to satisfy feelings of “invincibility” or sensations of “adrenaline rush”

High-intensity sports such as surfing, snowboarding, and rock climbing provide a socially acceptable alternative to risk-taking behaviours such as speeding and substance abuse. In addition, high-intensity sports may be an attractive treatment alternative for veterans who need support for reengagement in civilian life because such sports reflect the military culture of athleticism and patterns of engagement that involve physical, psychological, and environmental challenges. Participants in high-intensity sports describe them as transformative, creating new perspectives, and promoting courage through “balancing the natural state of fear with knowledge based on personal capabilities and technical expertise”. Additionally, high-intensity sports that produce an adrenaline rush and that are more in line with military culture might be beneficial as an adjunct to evidence-based treatments for PTSD such as exposure-based cognitive– behavioural therapies and medication management.

Surf Action's community-based, sports-oriented occupational therapy course (Ocean Therapy) uses the high-intensity sport of surfing in an experiential, skills-based experience specifically adapted for military personnel and veterans seeking mental health services. Consistent with conceptualizations of the transformative nature of engagement in meaningful occupations and the dynamic influence of environment on a person's performance this course combines surfing performance, focused group processing, and social participation to create opportunities for veterans to examine ways in which their individual values, abilities, and experiences can support successful transition to civilian life.

The Ocean Therapy Components:

Ocean Therapy is based on principles of occupational science and occupational therapy in which participation in meaningful activities within the natural environment (e.g. surfing) is both part of the therapeutic process and a desired outcome.

- One intention of the intervention is for participants to develop enough skills that they are confident and competent to paddle out, catch a wave, and ride it in to shore safely.
- The intervention is also designed to provide a supportive setting in which participants can reflect on the process and experience of acquiring new skills in a safe but unpredictable environment such as the ocean. For example, examining participants' responses to situational challenges on the beach, such as getting along with others or dealing with frustration if good waves do not come along, may provide lessons for successful transition to civilian life.

- **Resiliency:** Surf Action defines Resiliency as: **A person's ability to apply successful coping strategies in response to stressful life situations to resume usual activity, engagement and social relationships.** Resiliency in response to traumatic events can be facilitated by enhancing positive beliefs and attitudes and supporting creative processes (Ahmed 2007). Five themes of resiliency are used to conceptually frame the Ocean Therapy across the 8-week course;
 1. **Role Identity.** Many veterans have reported finding that their military service, skills, or leadership positions do not necessarily translate into civilian life, which can lead to frustration and a diminished sense of purpose. The content of this module is designed to guide participants in identifying their own positive traits and reflecting on the ways in which these traits are strengthened while learning to surf.
 2. **Leadership and Trust.** To address this theme, participants make connections between the leadership skills learned in military training and how they can use those skills in civilian life. Participants also consider how these same skills are manifest in learning to surf (e.g., how their instructors led in the water, how trust was built with their instructor).
 3. **Community Building.** The analogy of the “surfing family” is used to explore ways to build community or “brotherhood” (an important concept in military culture) among civilians. For example, participants reflect on the friendships made while surfing and the way their sense of community strengthened over the 8 weeks. Participants also reflect on lessons learned in surfing etiquette and how aspects of surf culture facilitate communication skills such as self-advocacy and conflict resolution.
 4. **Problem Solving.** Many veterans have reported difficulty navigating what they perceive to be the less disciplined nature of civilian life in contrast with the order and stability to which they were accustomed in the military. In addressing this theme, participants are assisted to identify the particular approaches to problem solving they used during the surfing lesson and how those skills can also be used in negotiating daily life challenges. Working with their surf instructor to stay calm in a novel environment is an example of a tangible problem-solving skill applicable to assuming the role of college student or new employee.
 5. **Transition.** In the last session, participants discuss their surfing progress achieved throughout the eight sessions and describe the ways they have begun to use the resiliency themes in their daily lives.

Key Process Elements:

Experience gained in engaging many veterans with surfing has indicated that four key process elements may enhance the therapeutic experience of this occupational therapy intervention by connecting participants' surfing experiences to their previous military identity and current challenges:

1. **Relating Surfing Culture to Military Culture** - Concepts used to describe military culture include masculinity, attention to the physical body, discipline, adrenaline, and a mission-centred brotherhood (Greene, Buckman, Dandeker, & Greenberg, 2010). Returning veterans may have difficulty finding a similar culture in civilian life. The surfing culture is defined by many of the same dynamics as military culture: It is a male-dominated sport in which fitness is required to manage in vigorous ocean conditions, and the “mission” of riding a wave can be an intense challenge pairing one's actions with an unpredictable environment (Fuchs & Schomer, 2007). At its core, surfing is a sport associated with feeling a “rush” or adrenaline surge by dropping down the face of the wave (Diehm & Armatas, 2004). As a veteran participant commented, “In combat, you wait, and you wait, and then you engage in an intense adrenaline rush fighting for your life. In surfing, you wait and wait; then you engage in a natural adrenaline rush riding a wave.” Both surfing and military cultures have created specific languages that have many similarities. Surfers use various terms to define the intense and uncontrollable experiences of the sport, including “wiping out,” “blown up,” “demo'd” (demolished), “feeling stoked” and “what a rush.” Military personnel use similar phrases to describe the violent, uncontrolled experience of combat.
2. **Creating a New Kind of Brotherhood:** We ensure that we integrate surf instructors and veterans into the program. The designated surf instructors have an extensive background in surfing, surfing instruction, and ocean safety. The Volunteers come from a variety of professions, social and ethnic backgrounds, and military service appointments. Both program participants and surf instructors have reported developing a sense of kinship or brotherhood with one another over the course of the sessions. Trust is built in the water, where

participants rely on the surf instructor to support their skill acquisition and safety in a novel and variable environment. Trust is simultaneously built among participants when they begin to support one another both in the water and on the beach; some eventually make plans to surf together outside of the program. As a sense of belonging or community develops, participants identify with one another and with the sport.



3. **Storytelling and Story making:** Making sense of experiences in ways that create connections with others. Surf instructors have described the emergence of storytelling in the water as veterans begin to recount aspects of their injury and service in the military. This concept of storytelling is common in surf culture; surfers often spend time in the line-up waiting for waves, “talking story” about past surf adventures, or discussing personal issues at home or at work (Ford & Brown, 2006). Veterans have reported a similar experience while on deployment, during which much of their time is spent waiting or recovering from combat, and storytelling emerges as a way to process traumatic events (Adler, Castro, & McGurk, 2009). The use of narrative as a therapeutic tool in processing traumatic events is well documented; narrative functions to re-create a new life history or build an understanding and acceptance of illness or injury (Carless & Douglas, 2008; Mattingly, 1998). In one discussion session, a veteran shared, “I’ve never shared this openly, but my drinking is affecting my daily life. I don’t go outside. Now I look forward to surfing.” During the program, storytelling merges into story making (Clark et al., 1996), in which participants, veterans and surf instructors extend their life stories by “riding waves” in the present, providing the content for future narratives.

4. **Re-framing the Mission:** Promoting competence and self-efficacy. Veterans, who are trained to be effective in an environment in which actions are guided by orders and interactions are governed by rank, may experience disrupted self-efficacy when faced with unstructured and unpredictable civilian environments (Pietrzak et al., 2009). For example, when enrolling in a class at college, directions or procedures may be unclear; the order of actions may not be clearly defined; and the behaviours of other students and staff may appear erratic. Individuals with a high sense of self-efficacy believe in their capability to successfully perform the tasks required to accomplish life goals (Benight & Bandura, 2004). In acquiring surfing skills and witnessing their personal achievement in a novel but supportive environment, program participants are able to renew their belief in their ability to achieve goals and obtain a productive role in civilian life (Kielhofner, 2008). With direction from the Staff and Volunteers, the intervention may support self-efficacy by creating opportunities for autonomy and self-reflection and by fostering trust between participants and instructors. One veteran stated, “I didn’t think I would stand up [on the board], and I did. I wonder what else I can do!”

Ocean Therapy Session Structure:

The program comprises eight, 3-hour sessions occurring once a week for 8 consecutive weeks. The sessions combine the active experience of surfing with focused group-processing and collaborative social participation among civilian volunteers and fellow veterans. Each group consists of a maximum of 10 participants, who are supported throughout by the qualified and Surf England registered Surf Instructor, a psychologist/occupational therapist and volunteers. All group members, including participants, volunteers, and staff, engage in the discussions to enhance group partnership and trust, key elements that support the success of the surf lesson and foster transition skills.

SURF ACTION 8 WEEK OCEAN THERAPY COURSE STRUCTURE AND CONTENT								
Session	One	Two	Three	Four	Five	Six	Seven	Eight
Surfing Theme	Surf Safety, Parts of the board	Paddling out and standing up	The importance of wave selection	Ocean currents, tides and conditions	Surfing etiquette	Turning on the board	Improving your surfing	Improving your Surfing Technique
Resiliency Theme	Intro to Surf Action and the course	Trauma and the brain	Role Identity	Leadership and Trust	Community Building	Problem Solving	Transition	Do you feel different now compared

								to the start?
Key Process Elements	 The elements evolve and intertwine across each session of the Course “Adrenalin-Rush”, “A New Kind of Brotherhood”, “Story-Telling and Story-Making”, “Reframing the Mission” 							
Wheel of Life Monitoring	✓			✓				✓ and after 6 months
Notes	<p>Each session is broken down into:</p> <p>A 30-minute Presentation – Setting the framework and Resiliency theme for the week and addresses pragmatic concerns such as the schedule for the day, safety information and introductions.</p> <p>A 15-minute Stretching and Warm Up Session preparing the body for the physical demands of surfing.</p> <p>A 20-minute on-beach instruction and practice session on the surfing theme of the day (Each of the techniques required to successfully paddle out, stand up, and ride a wave in are taught in the first lesson but are specifically strengthened and developed across the eight sessions).</p> <p>A 90-minute Surf Lesson supported by the Instructor, volunteers and staff.</p> <p>A 35-minute Focused Group Session in which participants share the sensations and emotions evoked by the experience of surfing and describe how this experience relates to the resiliency theme being addressed during that specific session. Consecutively, surf instructors reinforce participant experiences by providing candid observations of the participants’ accomplishments and challenges during the surf lesson. Participants then identify a surfing skill they can improve on for the next session. Over a cup of tea and some refreshments the group reflect on how the process of learning new surfing skills and experiences while interacting with other veterans and civilians in a somewhat unpredictable environment can be applied to their current life situations.</p> <p>All wetsuits, boards and other equipment are provided by Surf Action but if participants wish to use their own it is generally allowed provided it is all in good condition. All participants need to provide their own towels etc.</p> <p>The Surf Instructor is DBS checked, Beach Lifeguard and Emergency 1st Aid trained.</p> <p>Participants with any specific medical conditions such as asthma which may impact on their involvement must make sure that the Surf Action staff, and Surf Instructor are informed.</p> <p>All activities and venues are fully risk assessed.</p>							

Although primarily designed for serving military and veterans the Surf Action Ocean Therapy Course easily translates to other uniformed services such as the **Blue Light Emergency Services** which also have a rank structure, valued ethos, sense of identity and strong workforce camaraderie and which work in a stressful environment.

The Physiological Benefits of Ocean Therapy

- Thomson Koon, J. Boddy, K. Stein, K. Whear, R. Barton, J. and Depledge, M.H. 2011. Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Well-being than Physical Activity Indoors? A Systematic Review. Environmental Science and Technology DOI: 10.1021/es102947t
- HM Government “No Health without Mental Health”, A Cross Government Mental Health Outcomes Strategy for people of all ages. (2011)

- MIND Report “Ecotherapy for Mental Wellbeing, Resilience and Recovery” (2013) (endorsed by Public Health England)
- House of Commons Health Select Committee Report “Impact of Physical Activity on Diet and Health” (March 2015) (The Chair of the Committee, said "The extraordinary benefits of exercise in improving physical and mental health should be made clear and accessible to everyone, whatever their current level of fitness. The committee calls on the NHS, Local Authorities and the government to work together to prioritise prevention and public health and we have set out achievable recommendations for action which could help to transform people's lives and wellbeing.")

There is overwhelming scientific evidence that being physically active leads to a healthier and happier life. Taking care of one's body and getting fit can also boost self-esteem and self-confidence. The 'Blue Gym' is the concept of using our stunning natural ocean, coastal and beach environments as a resource for pursuing human health and wellbeing through surfing and other strenuous water-based activities.

Surf Action's Ocean Therapy Course uses the concept of the 'Blue Gym' and offers the opportunity to those who engage to experience the outdoor classroom environment and an exhilarating physical, emotional and social experience which can act as the foundation for improvement in health and wellbeing.

- Taking exercise, especially vigorous exercise like surfing, in good natural light has long been known to be beneficial. When we exercise, hormones called ENDORPHINS are released by the PITUITARY GLAND, creating a sense of well-being.
- Exercise also increases the flow of oxygen throughout the body, stimulates the nervous system and affects levels of brain chemicals such as SEROTONIN which in turn relieve tension, induce calm and make it easier to handle anxiety and stress. SEROTONIN is a neurotransmitter linked to feelings of well-being and levels of it are artificially raised by some anti-depressants. Indeed, research suggests that the benefits of regular exercise can be very powerful and comparable to those of an anti-depressant for mild to moderate depression.
- MELATONIN is a hormone closely associated with regulating our sleep. In prescribed form it is used as a sleeping aid. When dusk falls, SEROTONIN naturally converts into MELATONIN, allowing us to drop off to sleep more easily. If we have built up a good supply of SEROTONIN during daylight hours by taking vigorous exercise such as surfing, this conversion can take place more efficiently.
- PTSD is all about the fight/flight response and high states of emotional arousal. When our body prepares for fight or flight or is in a high state of emotional arousal it is preparing for vigorous physical activity and a whole host of stress-related hormones like ADRENALIN and CORTISOL are produced. The constant high arousal that is a symptom of PTSD and the unpleasant symptoms of extreme anxiety and panic attacks are caused when hormones such as ADRENALIN and CORTISOL are not used up by fighting or fleeing. Vigorous physical activity like surfing uses up the ADRENALIN and CORTISOL thus allowing the system to calm down.
- Surfing is a very social activity and laughter boosts the immune system by decreasing stress hormones and speeding up the rate of flow through the lymphatic system by up to a factor of 15 thus increasing immune cell production and infection fighting antibodies. Like strenuous exercise, laughter triggers the release of endorphins, the body's natural feel-good chemicals. The endorphins can also temporarily relieve pain.

Surfing is not a cure, but it is a focus, a passion and an activity that requires determination, perseverance and above all the aspiration to succeed.

PROJECT GOALS

- Improving veterans' psychological and physical wellbeing allowing them to engage more with the community by removing feelings and habits of isolation as measured by regular assessment using a recognised evaluation tool.
- Increasing veterans' resilience, self-confidence and self-esteem and strengthening their family relationships by providing continuous support for veterans and their families wishing to escape the daily barriers as measured by regular assessment using a recognised evaluation tool.
- Improving veterans and their family's relationships as measured by regular assessment using a recognised evaluation tool.
- Improving veterans and their families' health and wellbeing by increasing their coping skills and knowledge of coping strategies.
- Improving the employment prospects of veterans and ex-service personnel by strengthening their knowledge of transferable skills needed in the civilian work place whilst also educating employers.

EVALUATION OF WELLBEING

An important part of the project was evaluating whether the sessions had a positive effect on the participants.

Psychological well-being is now largely accepted as covering two perspectives: (1) the subjective experience of happiness (affect) and life satisfaction (the hedonic perspective); and (2) positive psychological functioning, good relationships with others and self-realization (the eudaimonic perspective). The latter includes the capacity for self-development, positive relations with others, autonomy, self-acceptance and competence. Surf Action wanted to use a simple but psychometrically robust, validated wellbeing tool which would reflect both the hedonic and eudaimonic perspective. For the veterans, they decided to use a 12 sector 'Wheel of Life' evaluation tool (based on the recognised human givens 'Emotional Needs Audit' developed by J. Griffin & I. Tyrrell and adapted for use with veterans by Surf Action). Participants were also engaged in directed conversation by the Surf Action psychologist/occupational therapist and volunteers and additional qualitative data was gathered about what changes they had experienced as each course progressed.

The 12 original qualitative areas of life audited were:

1. A living environment that feels safe and secure
2. At least one close friendship or relationship
3. Engagement with the wider community
4. A sense of control over one's life
5. Privacy and personal space
6. Outlook on one's future
7. To give and receive healthy attention and to feel valued
8. Someone to turn to for support when one needs it
9. A sense that life has meaning and purpose

10. Time for hobbies and fun
11. A good quality of sleep
12. A healthy diet and lifestyle

At the end of Year 1 Surf Action decided to add an additional 12 audit areas in order to gather a wider range of data on which to fully assess the outcomes of the project. The additional areas included were:

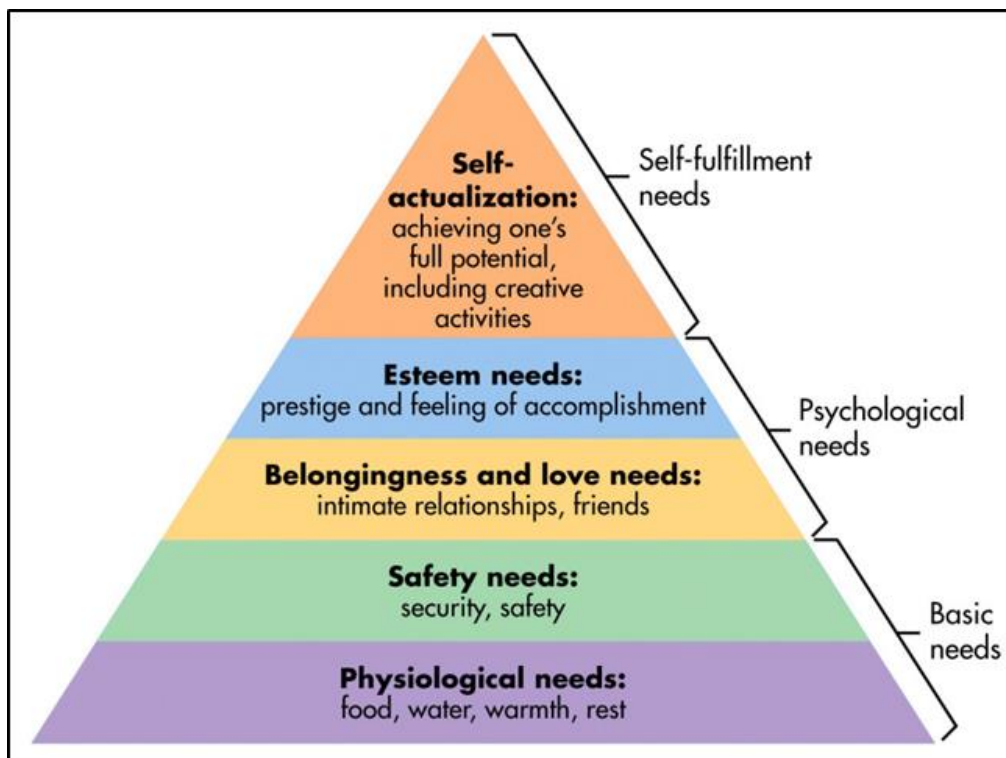
13. Good family relationships
14. Feelings of isolation
15. Debt and financial management
16. Engagement in Employment, education, training or volunteering
17. Housing situation
18. Distressing images/memories
19. Feelings of anxiety, tension and nervousness
20. Feelings of stress
21. Feelings of depression
22. Feelings of anger
23. Alcohol intake
24. Self-confidence and esteem

This means there is the data for 200 veterans in the 12 original audit areas and for 160 veterans in the additional 12 audit areas (for Years 2-5). Comprehensive explanatory notes and the help of the volunteers were provided to help participants when evaluating their own, personal stress-levels and to evaluate any feelings of depression etc to make their assessment as close to the clinical definitions as possible. Surf Action recognise that this has limitations however they had originally intended to use a formal clinical assessment tool but early on it became plain that the participants disliked it whilst some found the form 'too complex and disconcerting' and they were reluctant to complete it. The system Surf Action then adopted was a good and necessary compromise.

METHODOLOGY

As part of its integrated recovery programme Surf Action engaged its service users in structured 8-week courses based around the Surf Clinics to aid their psychological and physical wellbeing. Improvements in these vital aspects of their lives were then used as a catalyst to engage them in the other services offered by the charity for them to move forward and achieve the best they could be allowing for their individual circumstances. Their families were also encouraged to participate, and specific projects were run for them. A comprehensive case history of each veteran was taken at initial engagement. Wives/partners were encouraged to attend these meetings

- A physical, psychological and social needs audit was carried out on each veteran and their family based on Maslow's Hierarchy of Needs as shown below



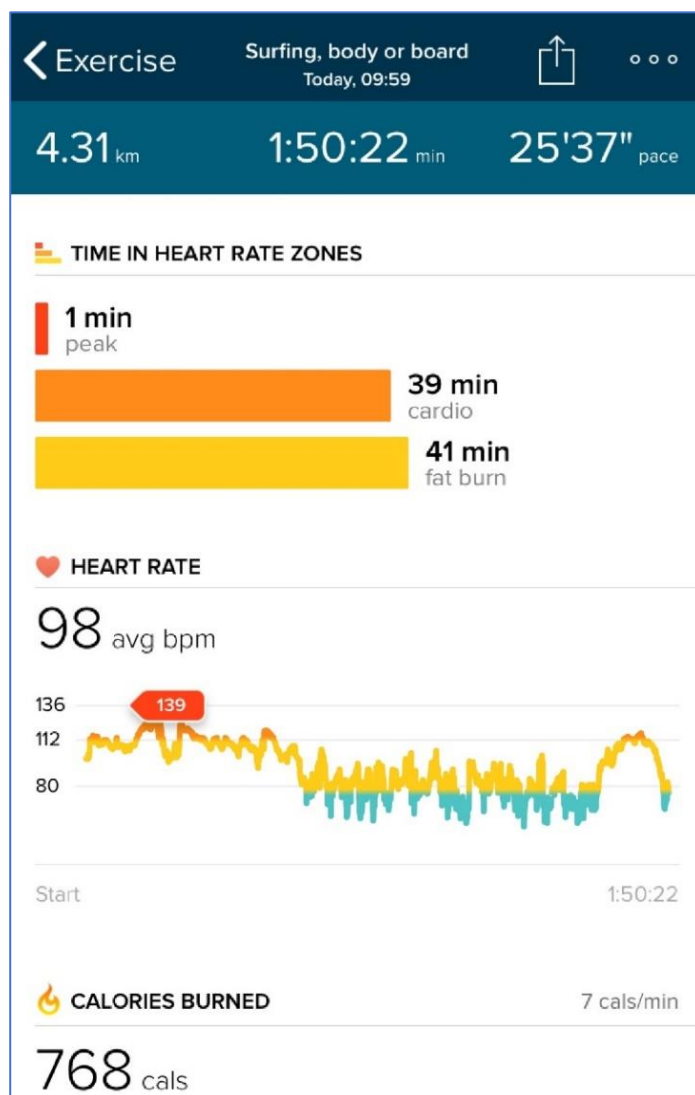
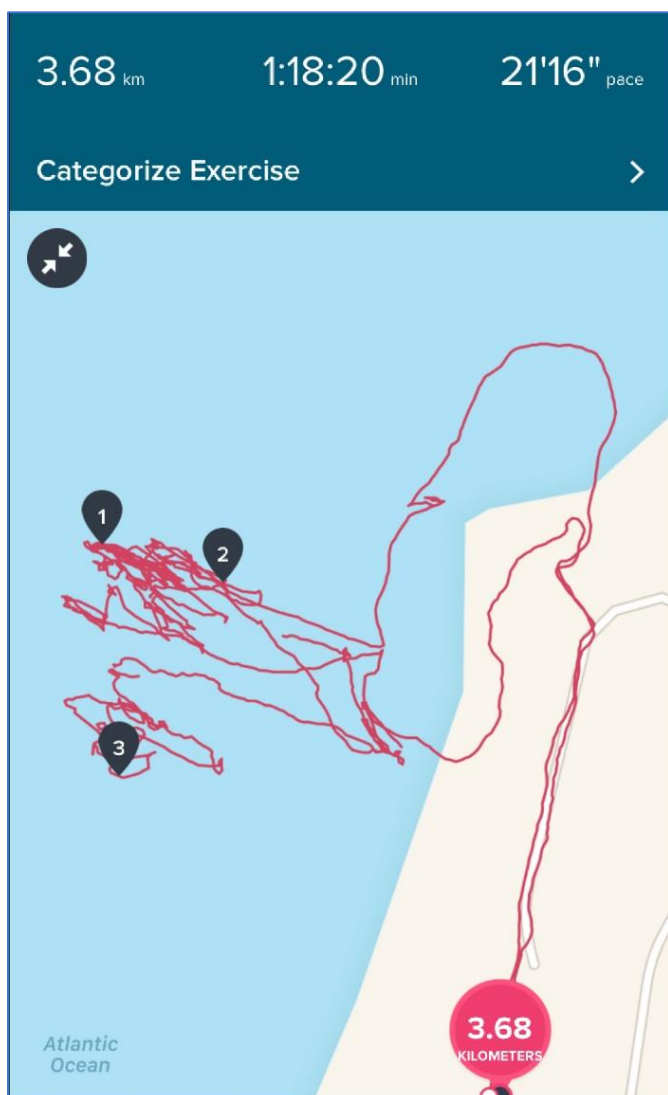
- Veterans (and their families) were signposted to partner organisations and charities to best satisfy the requirements of their needs analysis which could not be addressed by Surf Action.
- Specific individual psychological support was provided through GP referral or self-referral to the veterans' mental health charity 'Combat Stress', the network of therapists provided by 'PTSD Resolution', a charity which specialises in working with ex-service personnel and local NHS provision such as Outlook Southwest.
- The 'Wheel of Life' evaluation tool was used to monitor the progress of each veteran at regular intervals. Veterans were asked to rate each of the 12 (in Year 1) and 24 (in Year 2) audit areas on a scale from 1 (very poor) to 10 (excellent) and this was used to generate the quantitative data to complement the qualitative data. **Any score of 3 or below was considered indicative of a considerable stressor in the veteran's life.** For the purposes of formal assessment only veterans/service users who had completed at least 3 wheels at regular intervals over 3-12 months as they engaged with the ocean therapy were included in the audit as it represented the best quality evidential data trail. The first wheel was completed at the start of their ocean-therapy, the second at the end and the third at least 6-months after the end of their ocean-therapy course. Sometimes veterans tended to put 'not applicable' on the wheel in any area that they did not think was applicable to them, e.g. non-drinkers in the alcohol consumption area, and when this was found the 'n/a' was recorded as a 10 as it was not a stressor of any sort in their life. It should be noted that the doubling etc. of an individual's audit score cannot reasonably be interpreted as a doubling in their wellbeing. It is however a significant indication of an improvement in their wellbeing.
- Weekly support and social interaction were provided by veteran engagement at the numerous surf clinics and associated activities run by Surf Action and by regular telephone contact with the Surf Action Welfare Officer.
- Specific family activities were provided throughout the year to facilitate extra opportunities for veteran, family and community engagement.
- Several 'PTSD awareness' sessions were provided by Surf Action to allow veterans and their partners to best understand the nature of PTSD and the various coping strategies which may be of help to sufferers.
- Surf Action continued to go out into the community and to meet with and present to a very wide range of organisations and employers. Veterans were encouraged to volunteer and to participate in this.
- Relevant data was collected, analysed and stored by Surf Action (ICO registered number Z3463898).

WEARABLE TECHNOLOGY

Surf Action is now encouraging its service users to make use of wearable technology as an additional way of monitoring and recording their time in the water. This initially involved the use of GoPro cameras to regularly capture their facial expressions etc both in and out of the water. They could then discuss what they saw and how they felt with the surf instructor/staff and to also ruminate on the footage at their leisure and have a permanent record of their time in the water. Surf Action now has several Fitbit Ionic's which are waterproof, gps-enabled heart-rate monitors and invites service users who wish to wear them during their time in the water. This allows the wearer to see a pictorial record of their movement over the ground in the water and on waves whilst also giving an indicative picture of their heart rate and the degree of effort they are putting in. Prior to using them they are briefed about the accuracy of the heart-rate readings, age and heartbeat tables etc and the importance of not relying on them for important health decisions. The data opens new avenues of discussion with and amongst the participants and is proving to be very beneficial. For several attendees this information has acted as the spur to encourage them to improve their physical health and lifestyle.



The movement data is also very valuable for emphasising water-safety and the importance of selecting and monitoring visual reference points throughout their time in the water.



PROJECT DATA AND OUTCOMES

AGGREGATE DATA AND OUTCOMES OVER THE LAST 5-YEARS FOR THE 'SURF ACTION, CENTRE OF EXCELLENCE' PROJECT

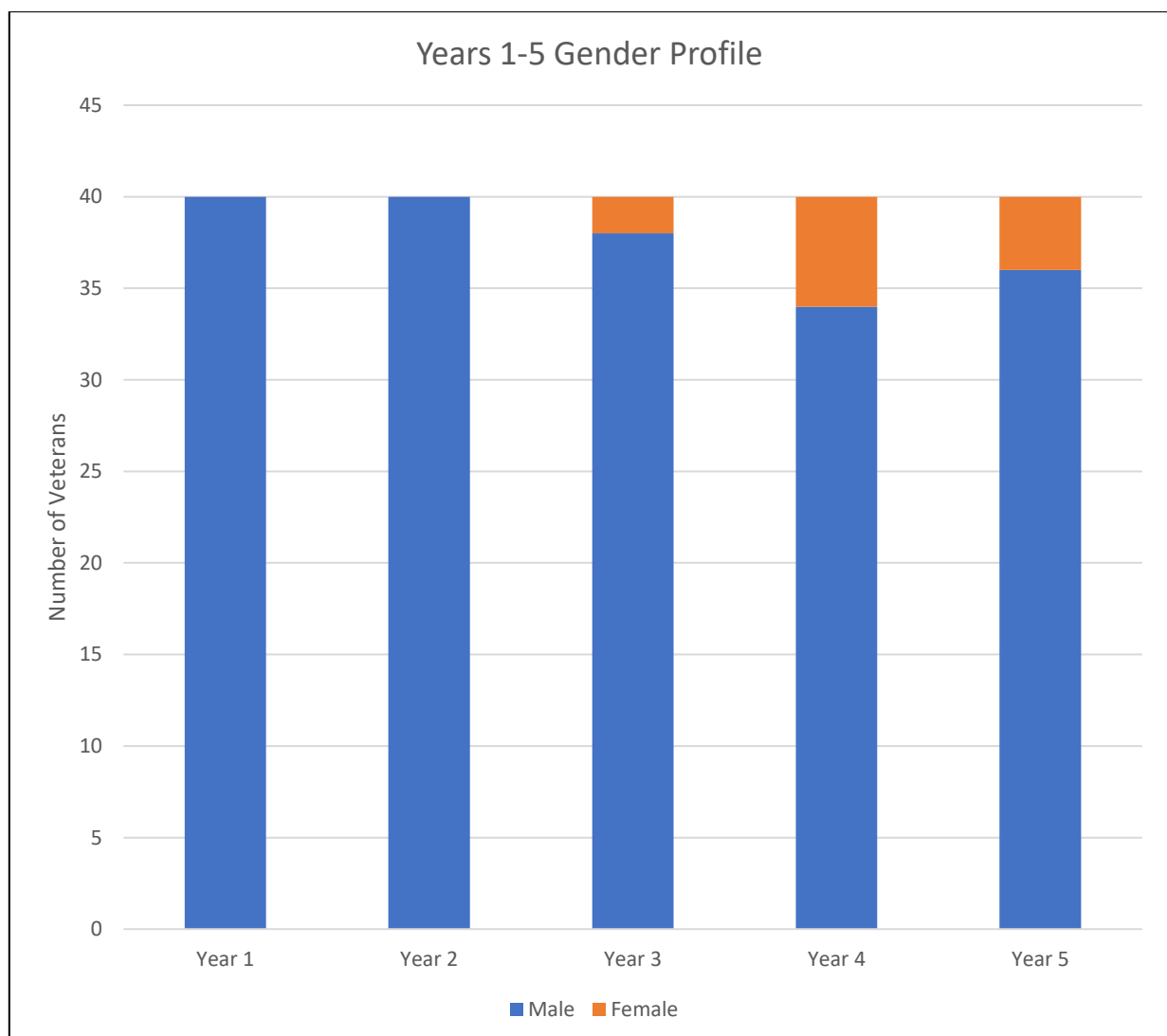
YEARS 1-5 VETERAN PROFILE

ETHNIC BACKGROUND

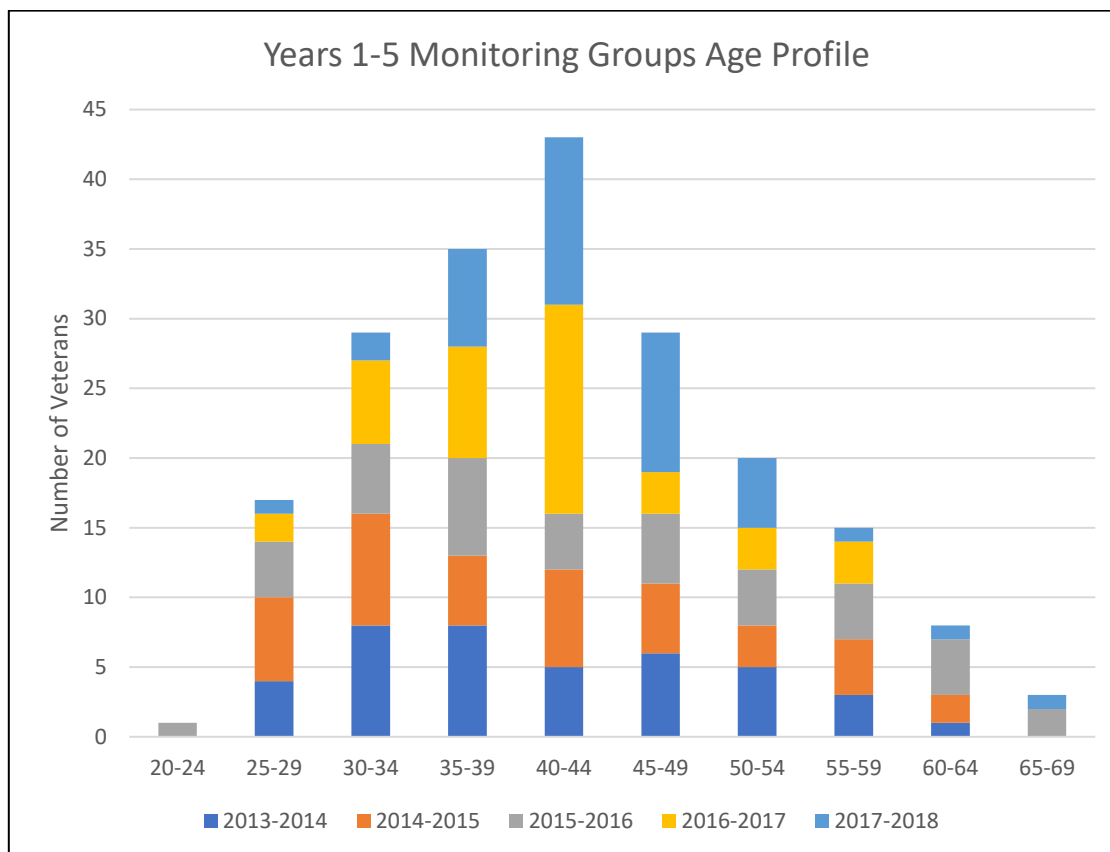
The Years 1-5 monitoring groups ethnic profile from those who declared it showed 98% were white and 2% mixed ethnic background. This is consistent with the demographic of Cornwall in which 98.7% of the population define themselves as White (ONS, 2008).

GENDER

Due to the older average age of the veterans, they mainly predated female frontline participation and hence, 94% of the veterans in Years 1-5 were male.

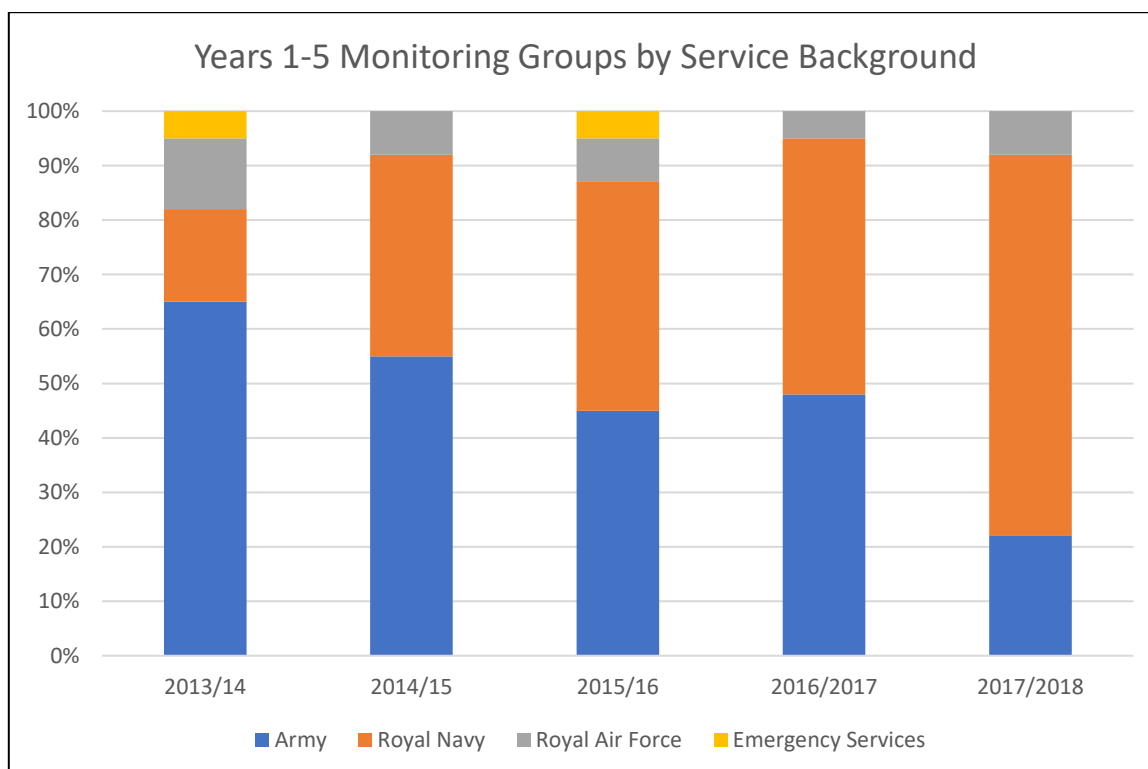


AGE



There were a wide range of ages amongst the veterans over the 5 years however the diagram above does show an overall bell shape which implies an approximately normal distribution.

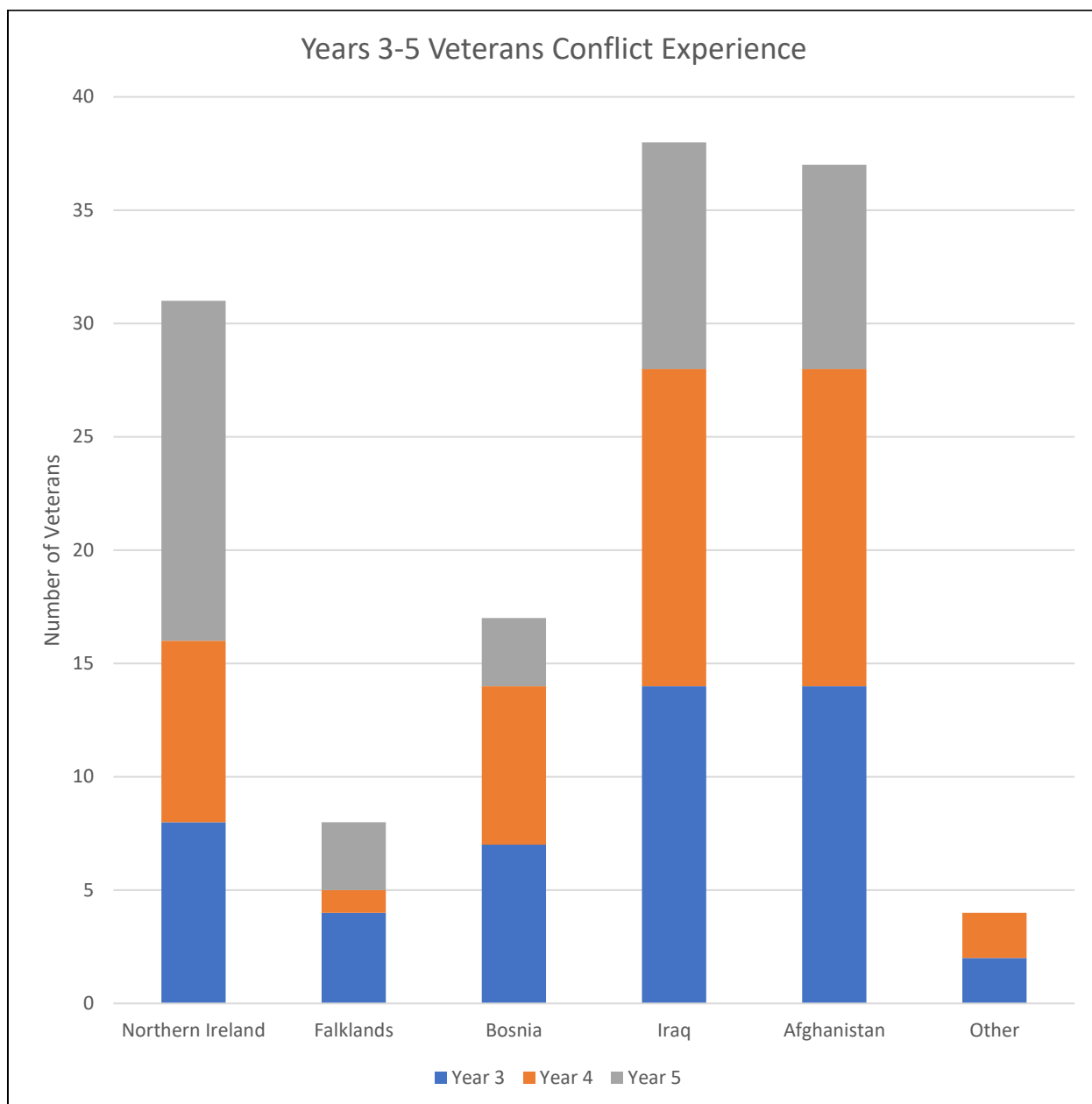
SERVICE BACKGROUND



The figures for the Royal Navy include the Royal Marines.

CONFLICT EXPERIENCES

(Where declared, this data was only collected from Year 3 onwards)



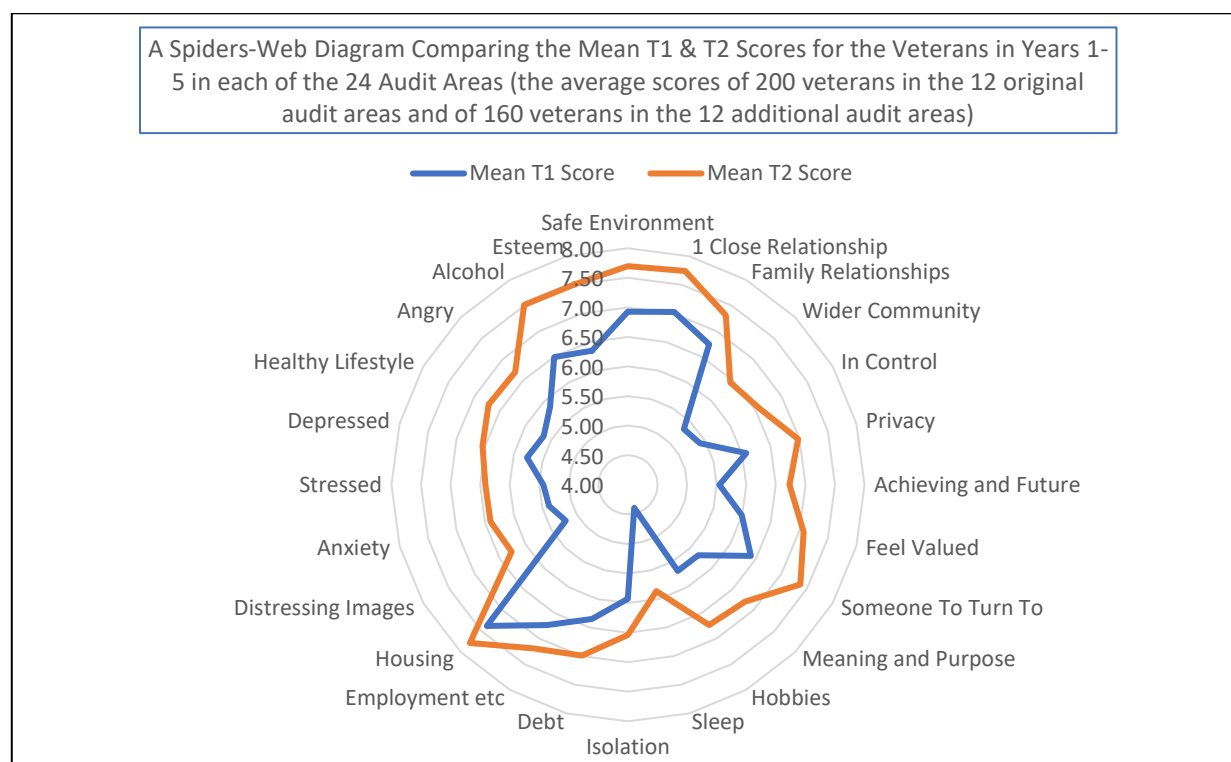
Comparison Data With 5 years worth of comprehensive data Surf Action were in a strong position to assess the outcomes of their delivery. They improved their data collection, recording and analysis considerably over the 5 years and hence the data for Years 2-5 is much improved on that of Year 1. This data is shown at Annex's A and B (pages 38-45) with the colour **Blue** for data where it represents 200 veterans in the original audit areas (Years 1-5), and black for where it represents 160 veterans in the additional audit areas (Years 2-5) as explained on pages 17.

Data Diagrams and Analysis

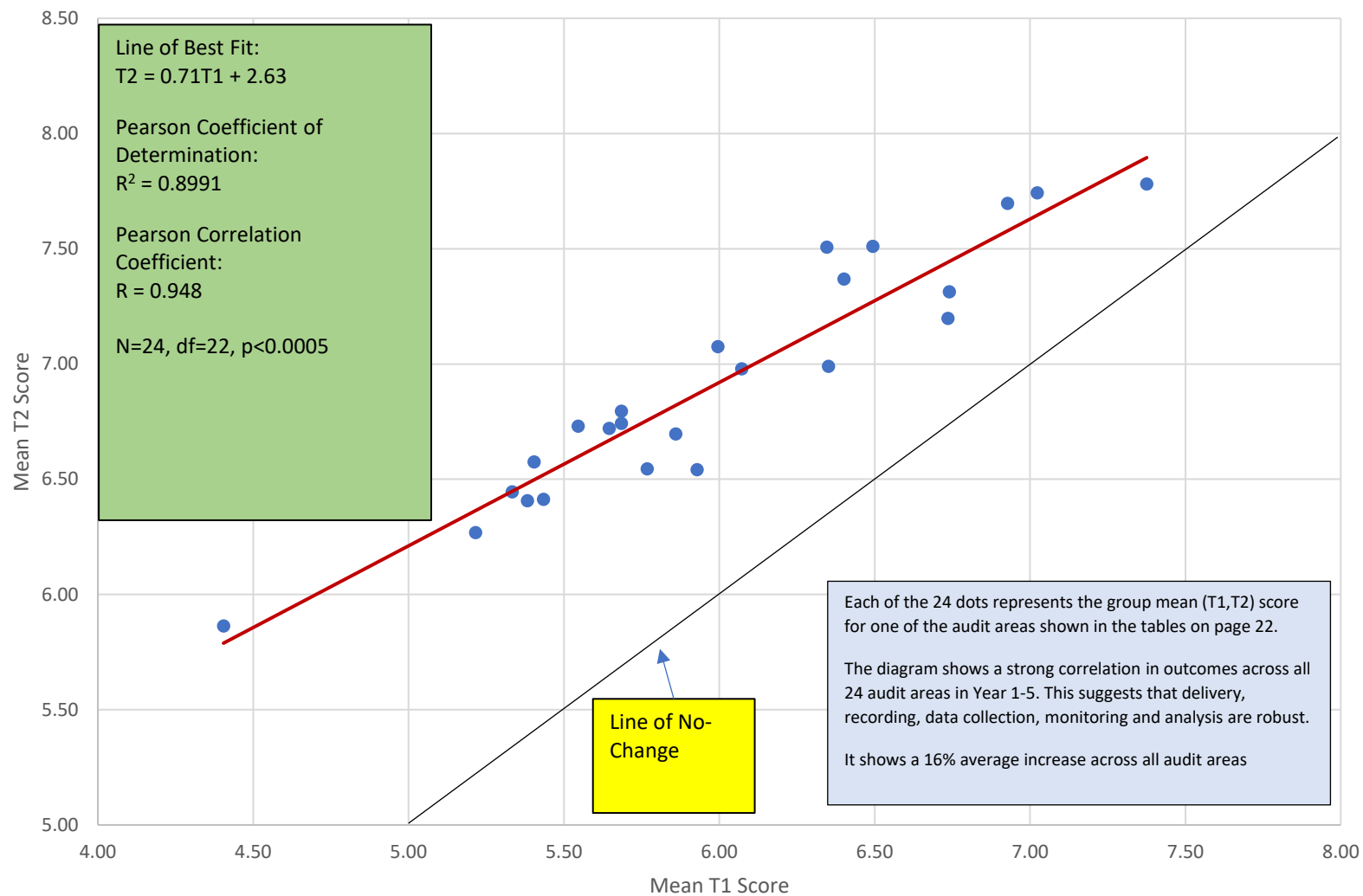
COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ORIGINAL AUDIT AREAS FOR 200 VETERANS IN YEARS 1-5												
Audit Area	Safe Environment	1 Close Relationship	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Healthy Lifestyle
T1 Mean Score	6.93	7.02	5.33	5.4	6.07	5.55	6	6.4	5.69	5.68	4.41	5.65
T2 Mean Score	7.7	7.74	6.45	6.57	6.98	6.73	7.08	7.37	6.8	6.74	5.86	6.72
% sustained increase at 6-9 months	11.11	10.24	20.85	21.66	14.94	21.36	18.02	15.12	19.54	18.6	33.01	19.03

COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ADDITIONAL AUDIT AREAS FOR 160 VETERANS IN YEARS 2-5												
	Family Relationships	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stress	Depression	Anger	Alcohol	Esteem
T1 Mean Score	6.93	5.93	6.35	6.74	7.38	5.22	5.38	5.43	5.77	5.86	6.49	6.35
T2 Mean Score	7.7	6.54	6.99	7.2	7.78	6.27	6.41	6.41	6.54	6.7	7.51	7.51
% Sustained increase in wellbeing at 9 months	8.5	10.34	10.06	6.86	5.5	20.19	19.02	18.02	13.46	14.28	15.65	18.31

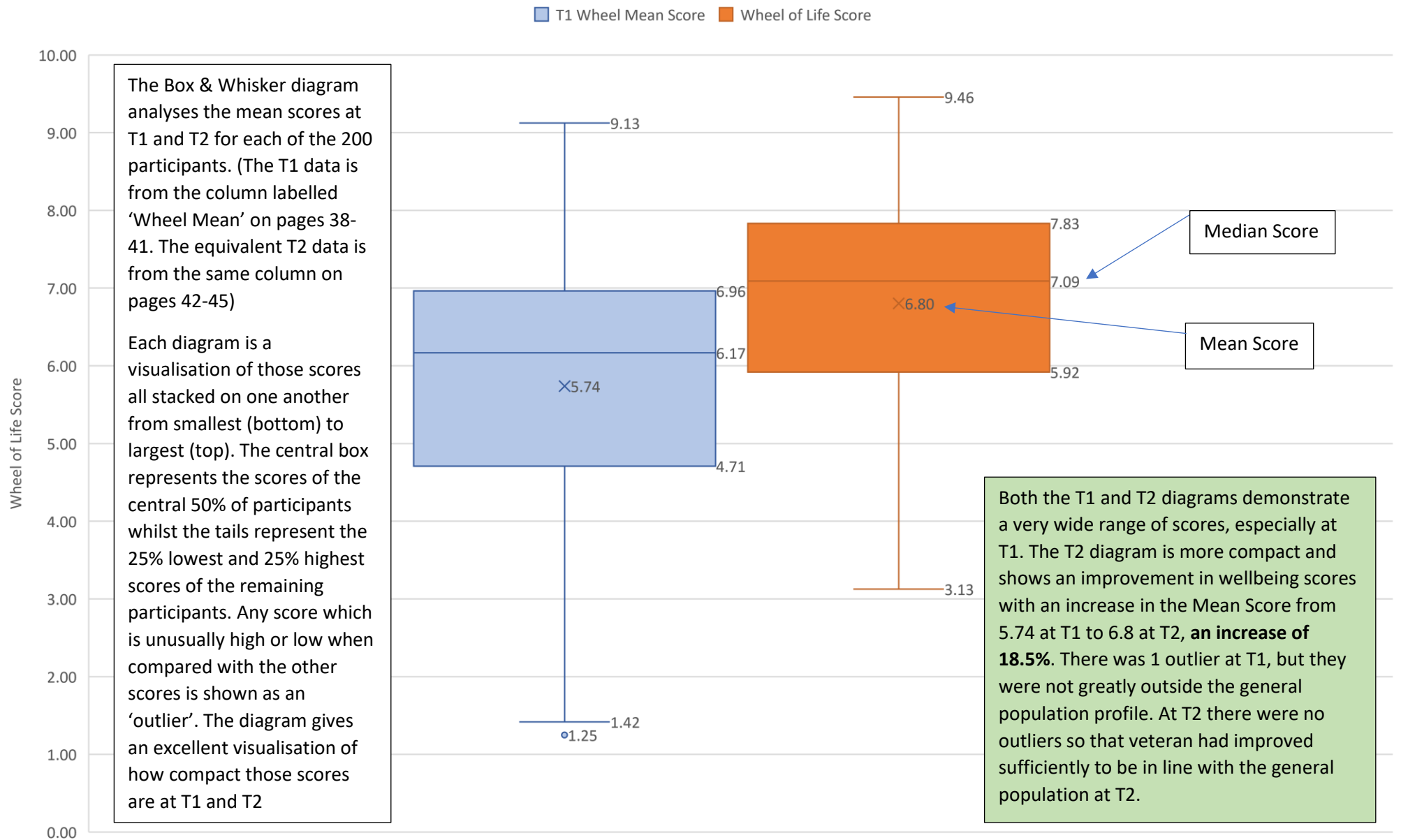
The above tables is comparing data lines 204 on pages 41 and 45 and shows the **average sustained increase across all audit areas** when measured 9 months after completion of their 8-week Oceantherapy course for the 200 veterans in Years 1-5 is a very encouraging **16%**, with a range of increases from 5.5% (Housing) to 33% (Sleep). There were also significant increases in the scores for Distressing Images, Anxiety, Depression etc which demonstrates increases in wellbeing with reduced distressing symptoms. The following spiders web diagram shows the data in the table above for the 24 audit areas. The T1 blue initial score icosikaitetragon is entirely contained within the orange one for T2 scores. The distance between the boundaries at each audit area indicates the size of the change. This again shows a consistent increase in scores at T2 and is indicative of improved wellbeing.



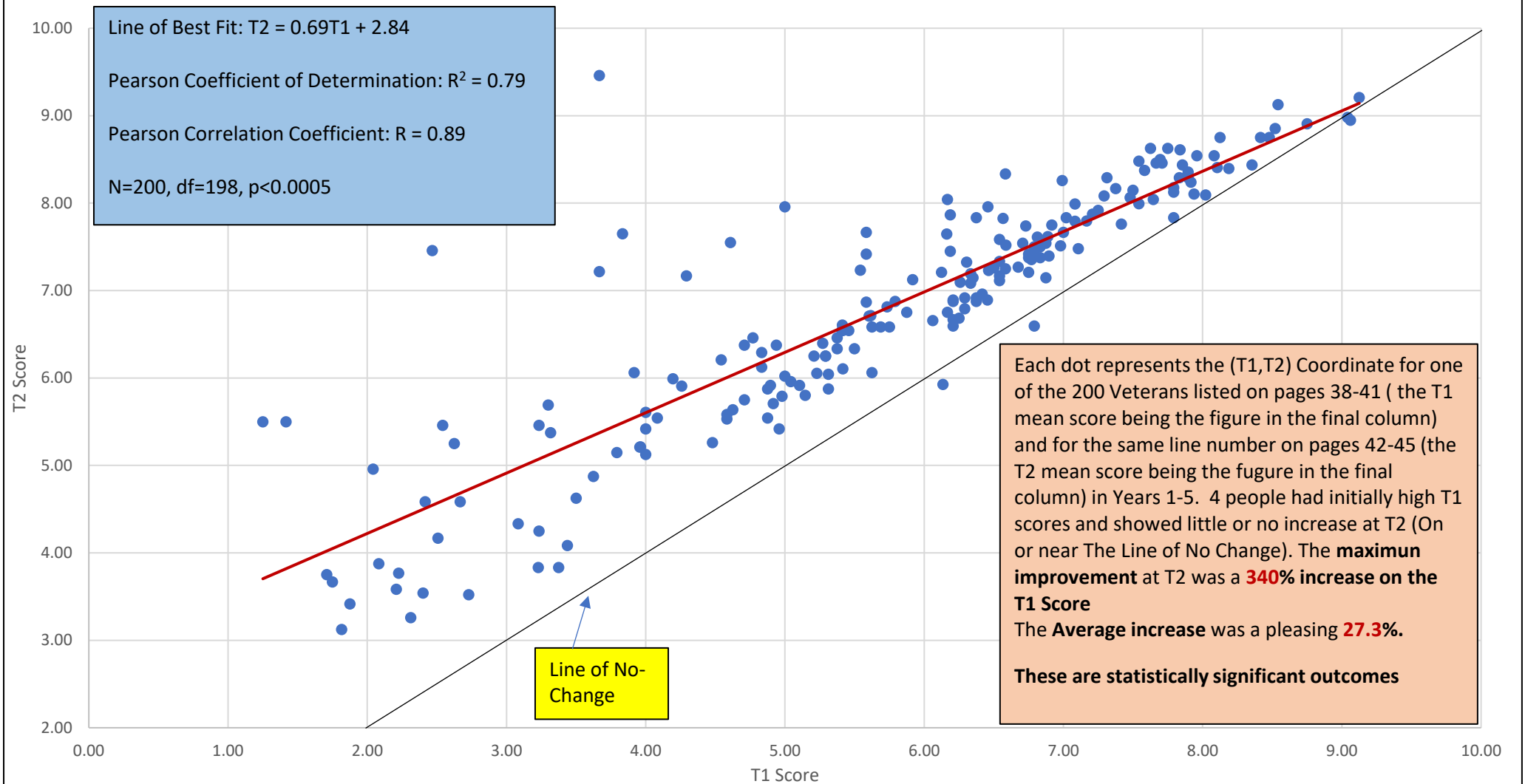
A Scatter Diagram Comparing the Mean (T1,T2) Scores in each of the 24 Audit Areas for the Veterans in Years 1-5 (the average scores for 200 veterans in the 12 original audit areas and for 160 veterans in the 12 additional audit areas)



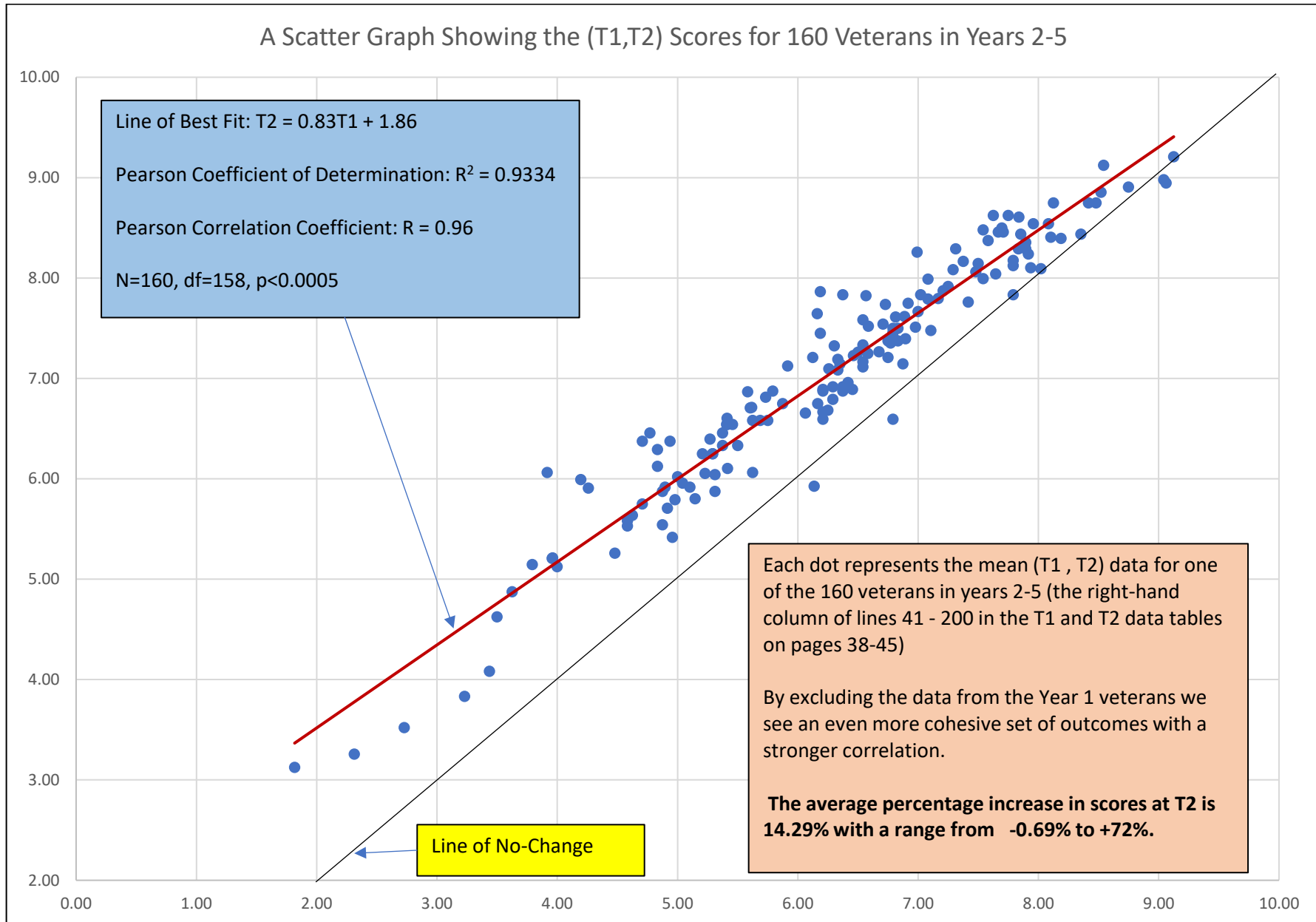
A Box and Whisker Diagram Comparing the Mean Spread of the T1 and T2 Scores for 200 Veterans in Years 1-5



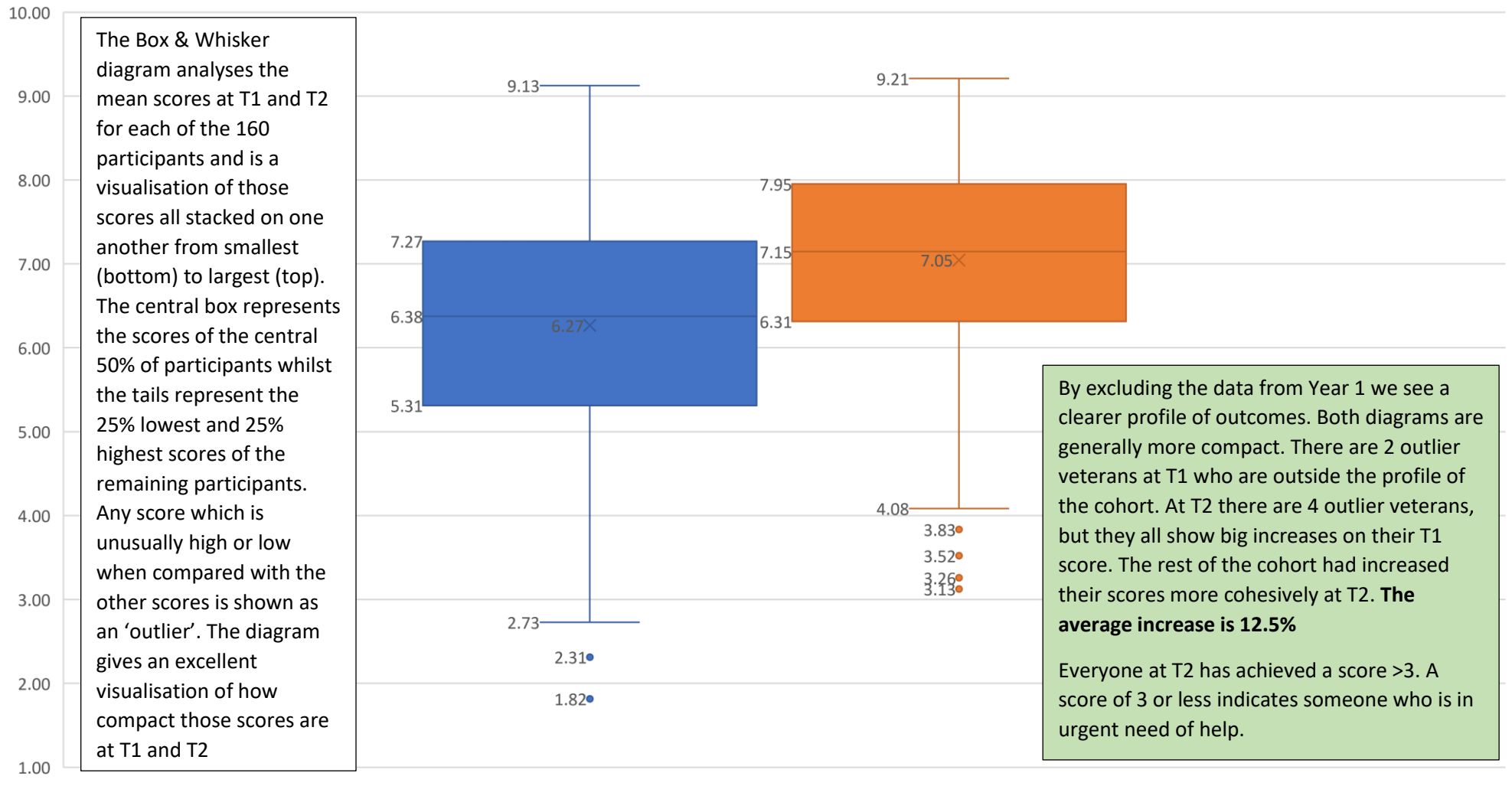
A Scatter Graph showing the Mean (T1 , T2) Scores for each of the 200 Veterans in Years 1-5



Examination of full 24 audit area data for the 160 veterans in years 2-5 (i.e. removing year 1 data)

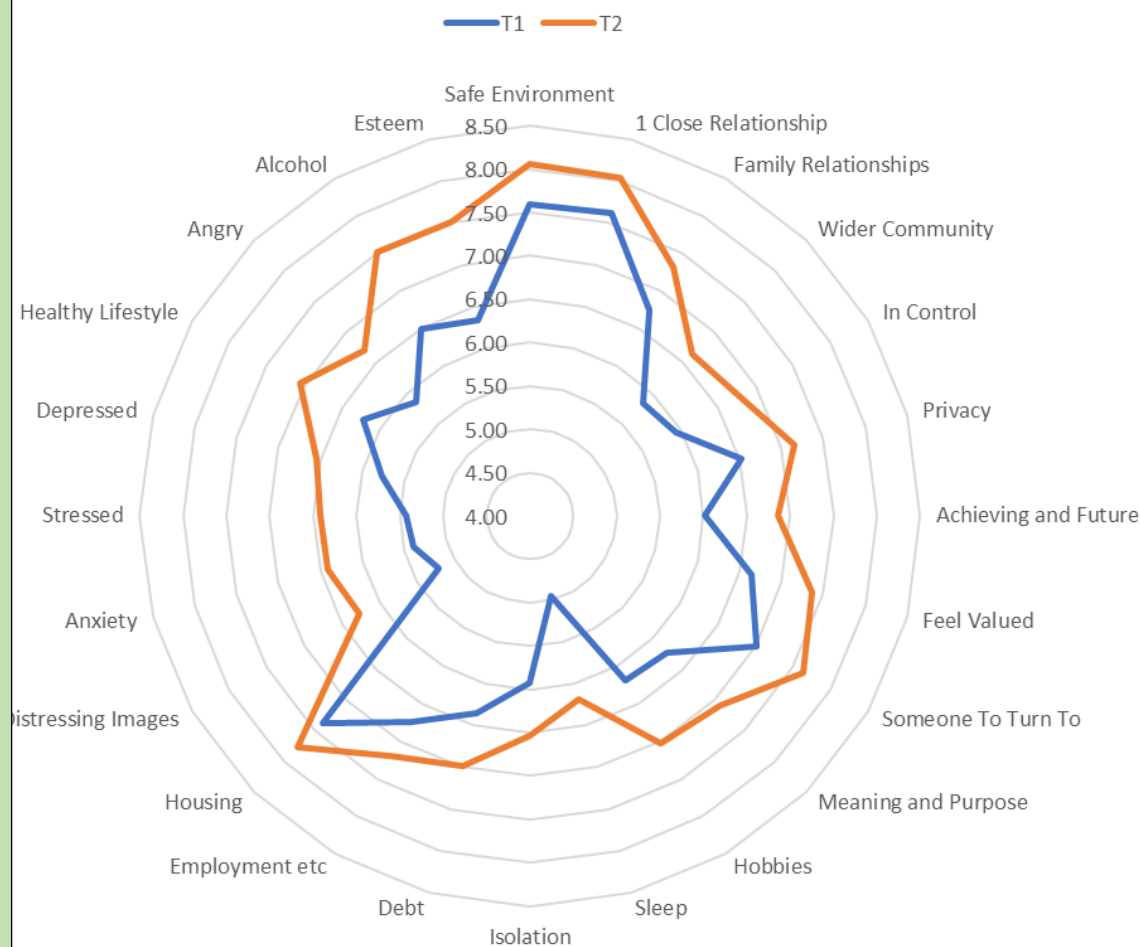


A Box and Whisker Diagram Comparing the Distribution of the T1 and T2 Scores for 160 Veterans in Years 2-5



Years 2-5 Data			
	T1	T2	% Increase
Safe Environment	7.60	8.06	6.06
1 Close Relationship	7.61	8.04	5.67
Family Relationships	6.74	7.31	8.50
Wider Community	5.85	6.64	13.63
In Control	5.94	6.78	14.12
Privacy	6.53	7.16	9.67
Achieving and Future	6.01	6.86	14.14
Feel Valued	6.64	7.37	11.05
Someone To Turn To	7.02	7.63	8.79
Meaning and Purpose	6.23	7.09	13.89
Hobbies	6.20	7.03	13.42
Sleep	4.95	6.18	24.81
Isolation	5.93	6.54	10.34
Debt	6.35	6.99	10.06
Employment etc	6.74	7.20	6.86
Housing	7.38	7.78	5.50
Distressing Images	5.22	6.27	20.19
Anxiety	5.38	6.41	19.02
Stressed	5.43	6.41	18.02
Depressed	5.77	6.54	13.46
Healthy Lifestyle	6.22	7.07	13.69
Angry	5.86	6.70	14.28
Alcohol	6.49	7.51	15.65
Esteem	6.35	7.51	18.31
Wheel Total	150.41	169.09	309.11
Wheel Mean	6.27	7.05	12.88

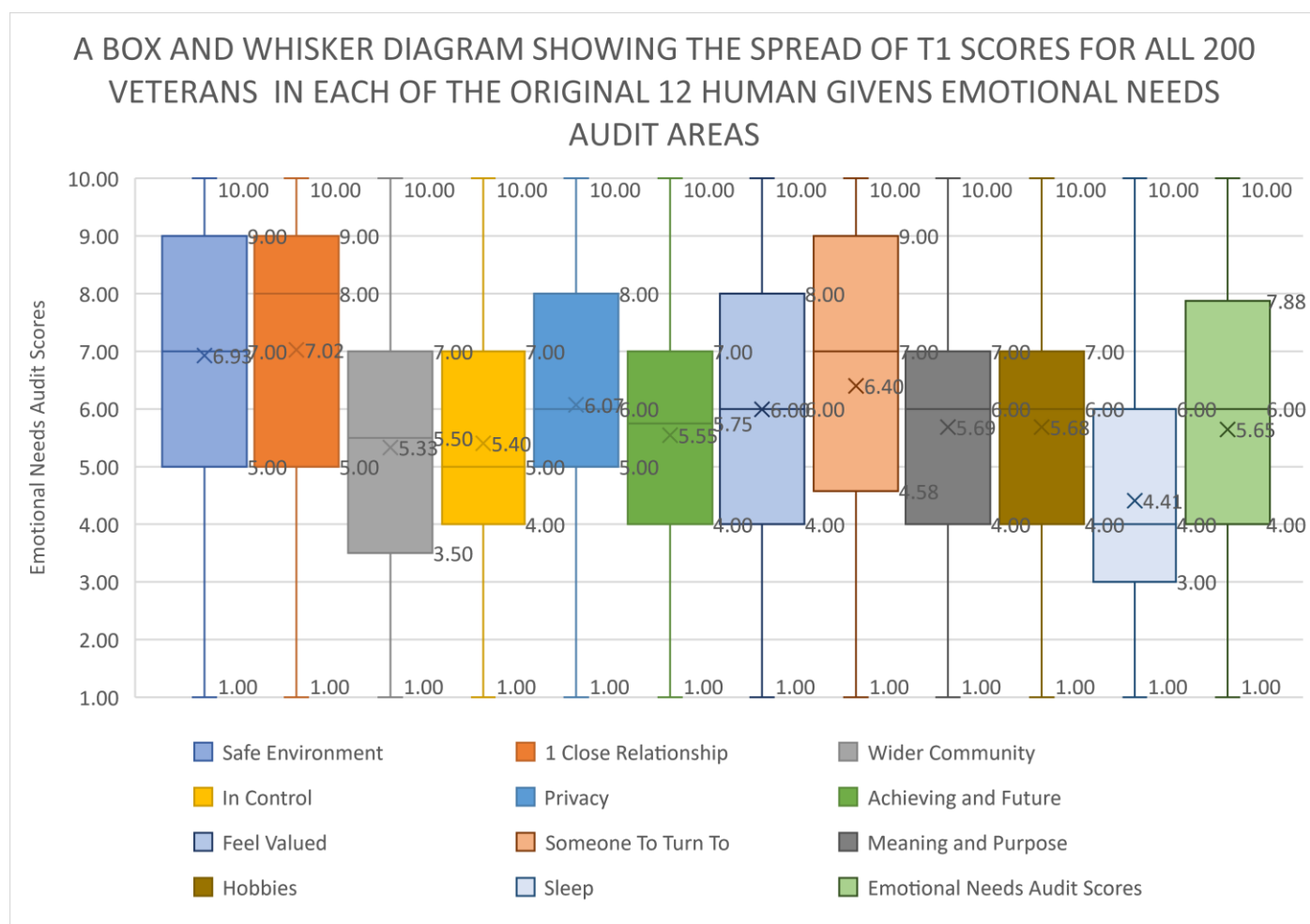
A Spiders-Web Diagram showing the Mean T1 and Mean T2 scores for 160 Veterans in Years 2-5 in each of the 24 Audit Areas



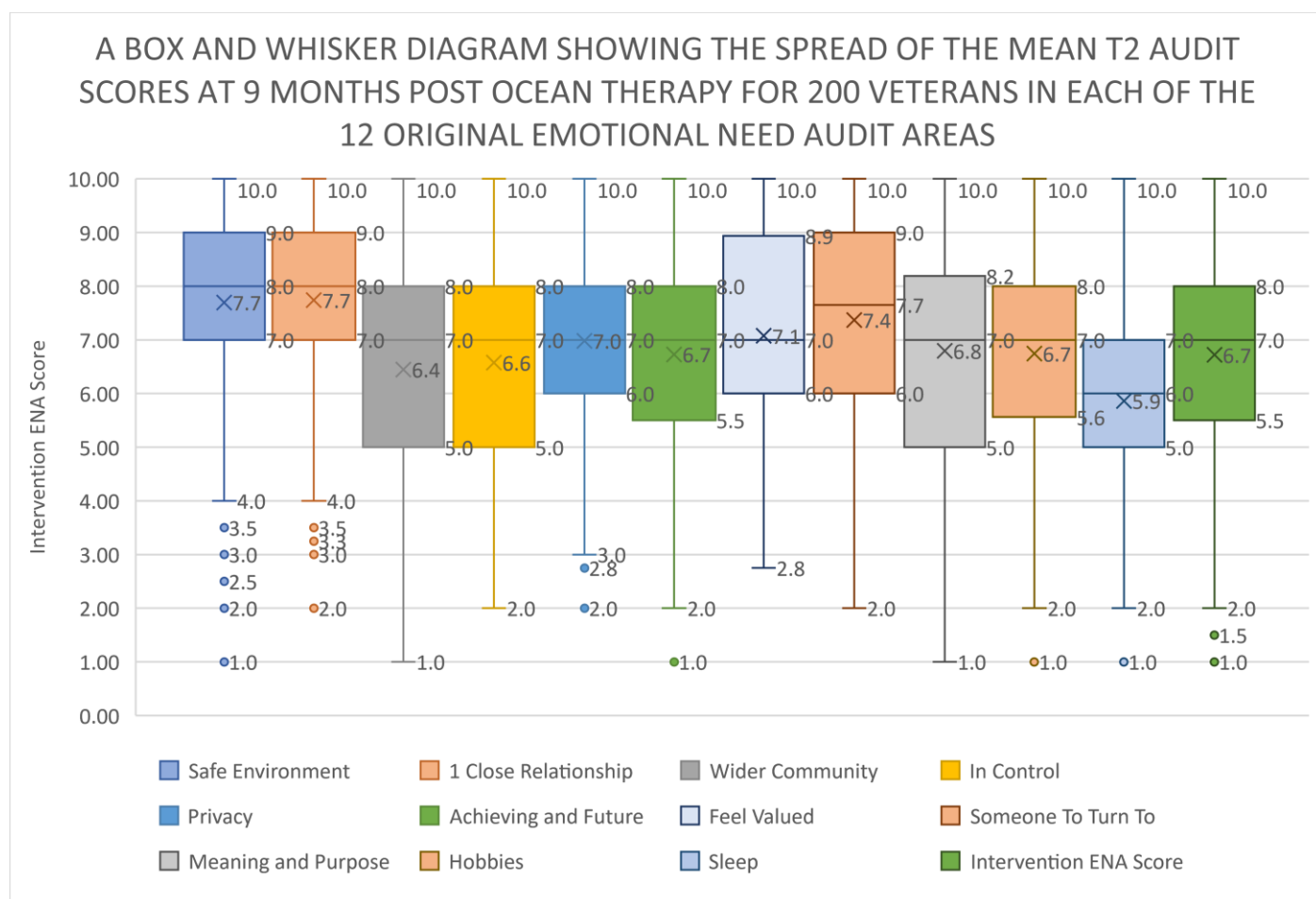
Surf Action hoped that its programme would benefit those with the lowest initial wellbeing scores the most, so we also analysed the data in order to extract the relevant information to examine this. The outcomes by group are summarised in the table below. **It demonstrates that Surf Action's programme does significantly benefit those with the lowest initial wellbeing scores the most.**

Graduated % Mean T1 Score Increase for 200 Veterans in Years 1-5 Broken Down into T1 Bands					Graduated % Mean T1 Score Increase For 160 Veterans in Years 2-5 Broken Down into T1 Bands				
Mean T1 Score Boundary	Number of Veterans	Mean T1	Mean T2	% Mean T1 Increase	Mean T1 Score Boundary	Number of Veterans	Mean T1	Mean T2	% Mean T1 Increase
T1 < 2	6	1.6	4.2	154.24	T1 < 2	1	1.8	3.1	72.0
T1 < 3	19	2.1	4.4	107.35	T1 < 3	3	2.3	3.3	44.4
T1 < 4	36	2.8	4.9	73.24	T1 < 4	11	3.3	4.5	34.9
T1 < 5	61	3.5	5.3	49.93	T1 < 5	30	4.2	5.3	27.4
T1 < 6	95	4.2	5.7	36.14	T1 < 6	60	4.8	5.9	21.8
T1 < 7	152	5.1	6.3	24.44	T1 < 7	112	5.6	6.5	16.0
T1 < 8	186	5.5	6.7	20.37	T1 < 8	146	6.1	6.9	13.7
T1 < 9	197	5.7	6.8	19.01	T1 < 9	157	6.3	7.0	12.4
T1 < 10	200	5.7	6.8	18.55	T1 < 10	160	6.3	7.0	12.5

Outcomes in the 12 original 'Emotional Needs Audit' areas for 200 veterans in Years 1-5.



The above diagram demonstrates that at T1, about one quarter of the participants scored 4 or less in all but 4 of the 12 Emotional Needs audit categories and this highlights considerable stressors in their lives. Surf Action regards a score of 3 or less in any audit area to signify an extreme stressor and hence are particularly interested in the lower quartiles of each audit area. The population is cohesive because there are no outliers shown.

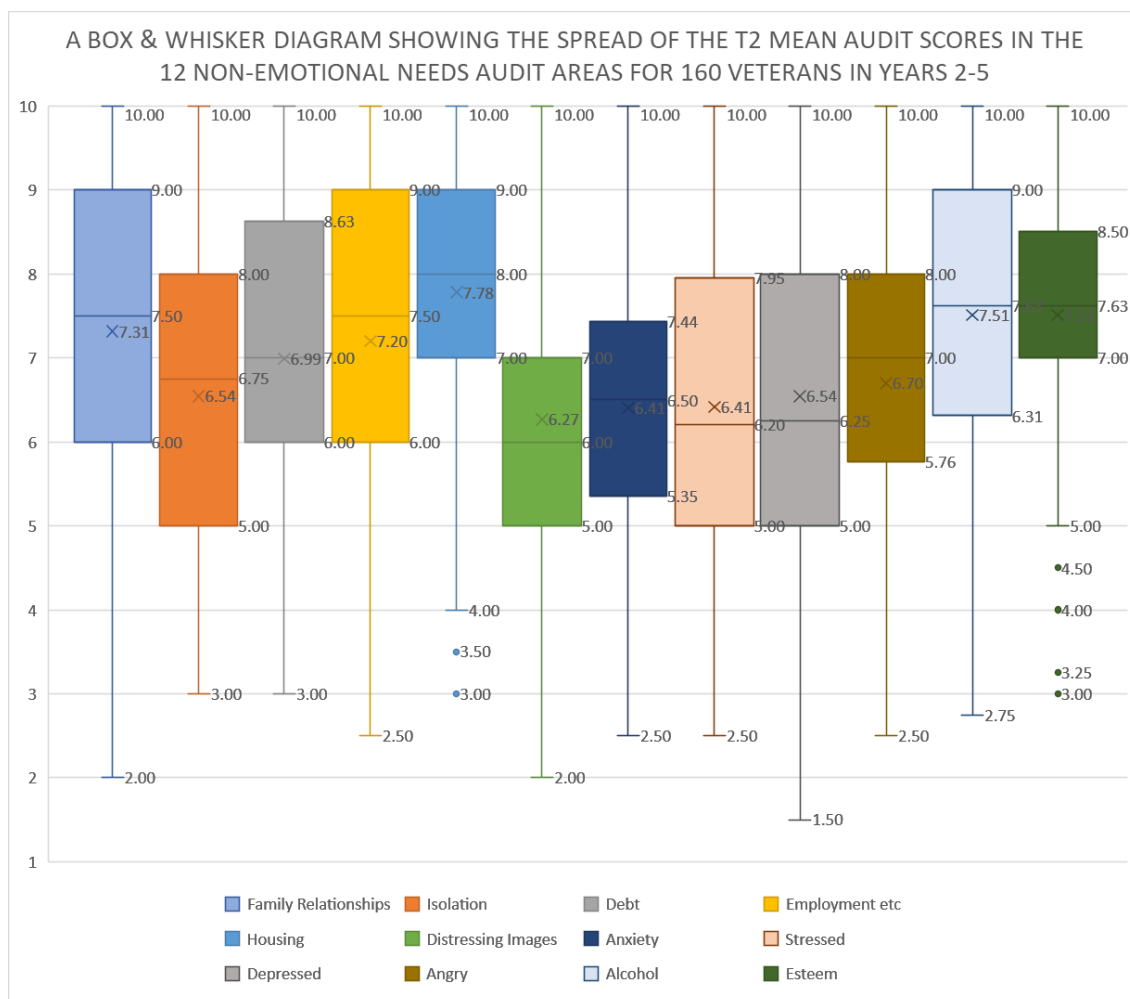
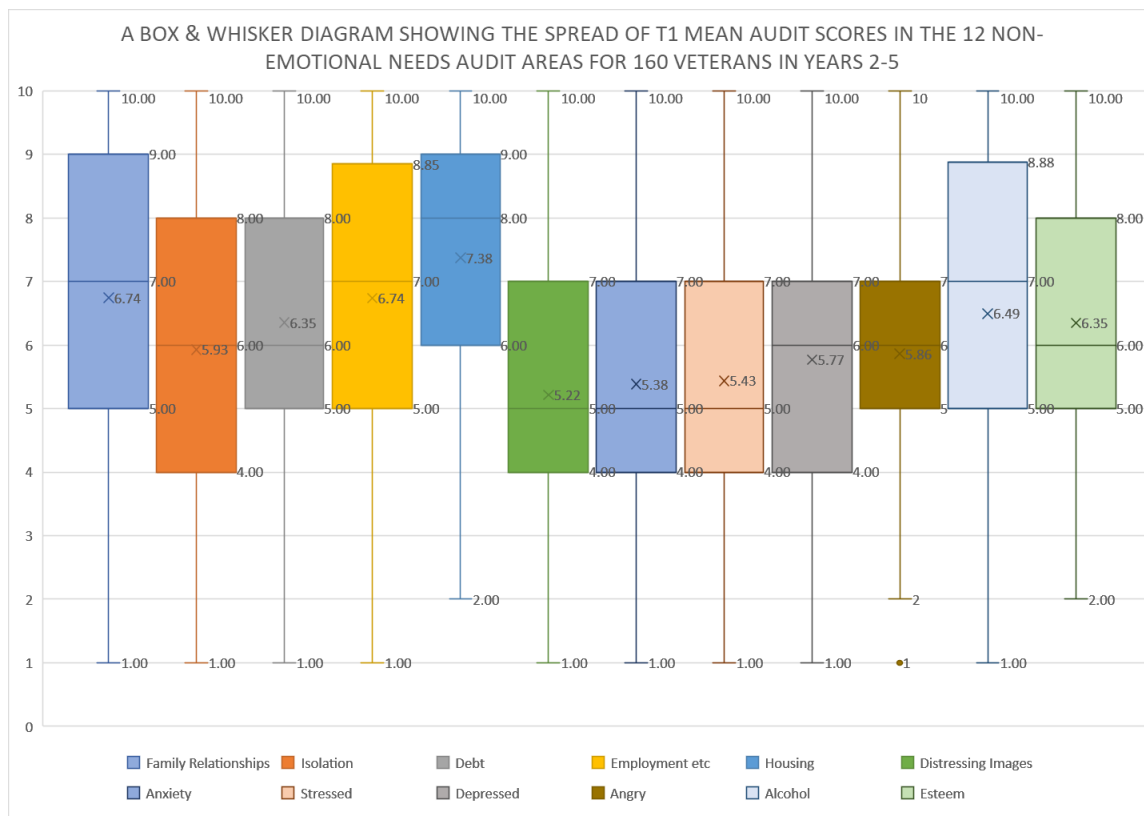


The diagram above shows that most scores across all the original audit areas have significantly increased and become more cohesive. At the lower end there are quite a few outliers which shows that there were a relatively small number of veterans who had relatively low scores at T2 and they were now outside the T2 score profile of the rest of their cohort. Many of them have still shown good increases in their wellbeing scores from a very low level.

COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ORIGINAL AUDIT AREAS FOR 200 VETERANS IN YEARS 1-5												
Audit Area	Safe Environment	1 Close Relationship	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Healthy Lifestyle
T1 Mean Score	6.93	7.02	5.33	5.40	6.07	5.55	6.00	6.40	5.69	5.68	4.41	5.65
T2 Mean Score	7.70	7.74	6.45	6.57	6.98	6.73	7.08	7.37	6.80	6.74	5.86	6.72
% sustained increase at 6-9 months	11.11	10.24	20.85	21.66	14.94	21.36	18.02	15.12	19.54	18.60	33.01	19.03

The table above examines the blue data shown on pages 38-45 and demonstrates excellent sustained wellbeing score increases across all 12 original 'Human Givens Emotional Needs Audit' areas ranging from 10% to 33%. The outcome for sleep is very encouraging as it is a central stressor for many physical and psychological problems. These outcomes as demonstrated in the above table and two associated box and whisker diagrams are very pleasing across all audit areas and are indicative of a general sustained increase in wellbeing scores across the participating 200 veterans. **The average increase is a very pleasing 18.6%.**

Outcomes for the 160 veterans in the 12 additional audit areas introduced in Year 2 covering Years 2-5



COMPARISON OF MEAN T1 AND T2 EMOTIONAL NEEDS AUDIT SCORES IN THE 12 ADDITIONAL AUDIT AREAS FOR 160 VETERANS IN YEARS 2-5												
Audit Area	Family Relationships	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Angry	Alcohol	Esteem
Mean T1 score	6.74	5.93	6.35	6.74	7.38	5.22	5.38	5.43	5.77	5.86	6.49	6.35
Mean T2 score	7.31	6.54	6.99	7.20	7.78	6.27	6.41	6.41	6.54	6.70	7.51	7.51
% increase	8.50	10.34	10.06	6.86	5.50	20.19	19.02	18.02	13.46	14.28	15.65	18.31

The table above examines the black data shown on pages 38-40 and with the two box and whisker diagrams above, demonstrates an average 13% sustained increase in wellbeing scores across all audit areas. Several of these audit areas such as housing, employment etc are areas which are difficult and slow to influence and which we would not be expected to sort out or improve quickly via signposting however it may be the fact that improved wellbeing within the human givens audit areas allows a greater level of perspective and resilience when the veterans are examining other stressors within their lives.

Participant Feedback

"I was diagnosed with service-related PTSD in 2015 but things were getting worse and self-management of my symptoms was not working and something had to give, and it looked like it was liable to be my wife and children. I heard about Surf Action and how they seemed to be able to bridge the gap between the service and civilian worlds in a positive way using the ocean as a tool to aid recovery. From the start I felt I was joining another family and they gave me a sense of purpose, empowerment and boosted my self confidence and self-esteem. I realised that the healing process is a two-way meeting between parties because it needs effort and understanding from everyone. This is easier said than done because if you slip back into that dark place you feel that nothing and nobody can help you and your life can spiral out of control. I have learned some vital tools to help prevent this happening and now realise that there is no shame in accepting that you may need help. In fact, asking for help is the best thing I ever did. My family have been through a lot, but we are still together, and the future is now looking much brighter and I am back in employment."

RN Petty Officer

"I left the army after 22 years last June. I have seen conflict in Northern Ireland, Kosovo and more recently Iraq. It was when I was on Op Telic 4 that my Battalion saw some of the worst fighting in Iraq since the War. For 6 months our base was getting attacked anywhere between 1 to 3 times in a week. That is not including getting attacked on foot and vehicle patrols. All of this can change your views on life, you get a routine and standard operating procedures and drills drummed into you. In the end it just becomes "the normal way of life" but not when you get back home. There is a saying that goes, "you will only ever truly understand if you were there". We moved to Cornwall to get away from all the hustle and bustle, the bad dreams and constantly looking over your shoulder for a hidden enemy that was a thousand miles away but still engrained in your mind. Surf action provided me with a number of things. I missed the forces banter when I left, no one knows what you are talking about with your abbreviations and 24 clock timings and your weird squaddie humour. The people at Surf Action are ex-military, civilians and people that love life and love where they live. I don't get weird or bad dreams anymore. Surfing helps you to relax, have a laugh and achieve something that you never in your whole life pictured yourself doing. You don't get judged, criticized, singled out or ignored. It is a huge family that the whole world is missing out on. I am glad that I am part of the Surf Action family and glad to have met the people, both Veteran and civilian that I can now class as my mates!!!"

Ex-Army Corporal

"Surf Action' so what does it mean to me?

Just one more ...

Step forward in helping to accept what happened in the past.

Just one more ...

Way out of the darkness and to be shown a light that can be followed to make a down day brighter.

Just one more ...

Place to meet new friends and comrades in all forms and guises.

Just one more ...

Step forward in clearing the fog and mist of what actually happened.

Just one more...

Way to confront and beat the demons that torment your life.

Just one more...

Place to become yourself again with no questions asked.

Just one more...

Step in learning to love yourself.

Just one more...

Way of helping to end the pain.

And

Just one more...

Place to be shown that Wave needed to get a run to shore with a smile on my face."

Ex-Royal Marine

"Having PTSD while still serving in the army is something most soldiers can cope with; I had my mates, my drive and a plethora of ways to vent my feelings whether it was on the ranges or during physical training. Its only upon leaving the forces that my PTSD really reared its ugly head. It became relentless, the nightmares, the flashbacks the feeling of helplessness and weakness struck with no holds barred. I found myself losing control of my temper and my emotions within weeks of leaving the army. Every little reminder sent me over the edge sometimes to the point of curling up in a ball in tears and wishing to just disappear. These reminders took me back to the worst parts of my life. Places that while serving I was certain I had well locked down in some kind of mental safe, As if they had never happened. I had lost and completely forgotten who I was. The hardest fight of my life had now begun, but where do I start? Everything we did in the army was logical, there was logic in every assault, every mission, every exercise but when it came to this nothing was logical or made sense. I went from ten years in the army never showing weakness and facing everything with grit and determination to being a wreck and desperately begging for help. At points I wished I had come home with scars or limbs missing or maybe even not come home at all, At least that way people could see that I was injured and in need of help. I went to the padre and tried asking for forgiveness and guidance for the things I had seen and done, I had about 20 sessions with a therapist but none of these worked for me. Don't get me wrong the help was there in these methods and for some people they work but for me they seemed useless. I gave up the fight and again slipped into a black hole. It was then my wife showed me a charity called Surf Action. She told me they take forces and ex forces guys suffering with a variety of traumas and injuries surfing. My instant thought was how the hell was that going to help me? But I had nothing to lose so I thought why not?

This is where my way of thinking took a massive change of direction. After my first session I went to bed feeling a little bruised and battered expecting the usually reoccurring nightmares but all that came in my dreams that night and a few nights thereafter was surfing and the ocean, it sounds cheesy but it really had that *effect* on me. The things I hate about PTSD are the feelings of being judged, the feelings that everyone is being sympathetic of me and tiptoeing around me. Surf Action showed me that;

"The ocean will never judge you, show sympathy or tiptoe around you. It will batter you, challenge you and show no mercy, but when it gives you that one wave and you're up on your board you feel amazing and all your cares just disappear".

No truer words have ever been spoken. Whether the ocean beats you and throws you about in its waves, or you win and ride that wave, or you just sit on the board outback with an amazing group of guys, every circumstance makes you feel amazing and it's as if life actually makes sense, all the usual feelings of helplessness, dread, fear and weakness seem to be sucked from you and leave with the going out of the tide. No matter what I do in life or how much treatment I have I know and accept that I will always have the demons of the past somewhere in my soul but

when they do rear their heads I know that in my case the surf demons are ten times stronger. So armed with a wetsuit and a board I can now head for the ocean and I know as soon as I'm in the water I'm free of my past and all the cares of the world, and with every wave I feel stronger, more confident and me again. The ocean truly breaks down emotional walls within an individual with every wave. What Surf Action is doing is truly amazing. They have given me my life back which if you really think about it, in the long run, is actually saving one."

Ex-Army

"Since being diagnosed with service-related PTSD I've spent almost two years talking to people through therapy, counselling, friends, family and even work colleagues. It's never in any doubt they mean well but excluding one therapist, I've always had this self-belief that I'm always trying to explain the unexplainable, how I actually feel... and never really feeling completely understood. I was aware in myself that I'm unwell and I find it continuously difficult coming to terms with the fact that I do have an illness... and that the illness I do have unfortunately precludes me from continuing my job (which I love). When I joined Surf Action I was apprehensive but very quickly I felt an 'awareness' and ease in your company. No feelings of trying to explain myself existed. On the contrary without even speaking, a feeling of understanding was present. Awareness, understanding, a knowledge of 'what we have all been through' is very apparent between you, with not even a spoken word being needed. I think it makes you a VERY special group with a kindred spirit. I'm very grateful and very humbled to have participated."

Ex-RAF



LESSONS LEARNED

1. The Surf Action 'Centre of Excellence' project has developed in a very different way to that which was originally envisaged. In Year 1 it became apparent that in order to be able to manage and deliver the project effectively it would be necessary to restructure the charity in order to bring in the necessary mental-health, business and financial expertise amongst others which were essential in order to achieve the best governance, standards and oversight. As a result a new board of trustees was sought and appointed along with a General Manager who had excellent business and financial skills.

2. The new trustees and management understood that the most effective way to deliver the project was to work with a small number of specialist service providers supported by Surf Action volunteers in order to provide the best outcomes rather than Surf Action needing to employ extra staff itself with the associated long-term extra costs. The service providers were all registered with their appropriate professional body and DBS checked accordingly thus helping Surf Action achieve its vital safeguarding responsibilities.
3. The importance of data collection was also realised early on. The enhanced 24 areas of the Emotional Needs Audit used on the Surf Action 'Wheel of Life' (Griffin and Tyrrell as amended by Surf Action) have been a success and enabled improved specificity in data capture, monitoring, recording and analysis. Hence the data for years 2-5 is very robust.
4. It is very difficult to get updated data from participants up to 9-months after their participation and persistence and persuasion is needed to convince them of the importance of returning it.
5. It is important to keep things under dynamic review. The Recovery Model and delivery are reviewed at the end of every year and any improvements identified by observation and/or feedback are incorporated for the following year.
6. The improvements outlined above have kept the charity on a sound financial basis. Surf Action has put a lot of effort into building good and sustainable relationships with a wide variety of other charities/organisations and can now look to expanding its activities and services into other parts of the UK, working more closely with the Ministry of Defence and its units/establishments and other centres of excellence.
7. As our partnerships with the civilian community have developed, it has become apparent that there is a demand for our services beyond the armed forces community. With this in mind Surf Action, with the approval of the Charity Commission, re-wrote its charitable objectives in order to make it easier to work with the wider community.
8. By working hard at improving and maintaining regular client contact good results have been achieved however there are still many veterans with whom this is still quite difficult and contact somewhat sporadic. We have worked hard to overcome this
9. The Warwick and Edinburgh Universities Mental Wellbeing Scale (WEMWBS) has helped with the monitoring of the projects run specifically for youngsters. It is simple to administer, understand and complete so we will continue to use it.
10. Co-operating in and supporting academic research has become an important aspect of Surf Action and its reputation has benefitted accordingly.
11. Surf Action has continued to work hard to create a strong and sustainable platform on which to base its current and future projects. The strong governance of the charity has seen the introduction of Improved monitoring systems to capture real-time data and more robust financial and operational management. Support systems have also continued to be refined.
12. Having a well designed, easy to use and informative website is an essential for any charity/organisation. Surf Action will continue to develop and enhance its successful website (<http://www.surfaction.co.uk>) along with its use of social media including Facebook, Instagram and Twitter. Complimentary comments about its format and content from several large national mental health charities have been well received.

Surf Action relies heavily on volunteers in order to keep core costs to a minimum in order to maximise the amount of money available to be spent in directly supporting its charitable objectives and will continue to support, value and encourage volunteering amongst its veterans and the wider community.

CONCLUSIONS

This analysis was carried out with the hypothesis that **‘Surf Action’s surf therapy provision has a positive and sustainable effect on the wellbeing of participants’**. The analysis looked for evidence which supported this and for evidence which might support the opposing null-hypothesis, namely that ‘Any positive effect in wellbeing as a result of participation can be attributed to other outside environmental/social factors’. The data was examined in a spreadsheet with a line for each of the 200 veterans containing their raw T1 and T2 wellbeing scores in each of the audit areas. This allowed the calculation of their mean T1 and mean T2 score across all the audit areas (horizontally). Each column then had the raw T1 and T2 data in each audit area for all 200 participants. This allowed the calculation of mean T1 and mean T2 scores in each audit area. Standard deviations and variances were calculated across each line and column. A wide range of diagrams were generated in order to examine the data and they have all be included and commented on in the sections above;

- These diagrams and the associated analysis have demonstrated that the outcomes are statistically very significant and justify the rejection of the ‘null-hypothesis’.
- The group outcomes 9-months after the completion of the ocean-therapy courses show a statistically significant increase and sustainability in wellbeing scores both by individual veteran and audit area (pages 22-26).
- Those who showed the lowest wellbeing scores at T1 benefited the most from the intervention (page 27)
- The group outcomes in the Human Givens 12-area Emotional Needs audit showed an average sustained increase of 18.6% in across all audit areas (pages 27-28).
- The group outcomes in the 12, non-Human Givens audit areas from years 2-5, showed an average 13% sustained increase even in those areas which are the most difficult to practically improve. This indicates improved resilience made it easier to participants to face-up to challenging problems (pages 29-30).
- The average sustained increase in wellbeing scores per veteran was an excellent 18.5% (page 23).

We can justifiably say that;

- Providing a mixture of high intensity water-sports, physical activities and family activities, PTSD information sessions and facilitating access to therapy over the last 5 years, Surf Action has made a demonstrable improvement in the quality of the veterans’ lives. Sustained improvements were evidenced in all 24 audit areas and endorsed by qualitative and quantitative data.
- By actively encouraging families to attend surf clinics and by providing shared activities where families can have fun and connect in a more open and beneficial way, Surf Action has helped facilitate a positive change in both family relationships and connection. This also improves/strengthens community relationships.
- By providing a platform where veterans and their families can meet others with shared experiences, Surf Action is helping reduce the sense of isolation which many veterans feel and to boost family and community engagement and cohesion.
- By providing information sessions about the brain and its structures, Post Traumatic Stress Disorder and similar spectrum conditions, referral routes, its background, effects, coping mechanisms and treatments to the veterans, their families and volunteers, Surf Action is helping veterans and their families better deal with PTSD and other similar spectrum conditions in their day-to-day lives with the associated benefits to family life and bonds.

The Surf Action project has developed over the last 5 years and is now a research backed, effective and cost-efficient route-pathway to help people who are living with physical and/or psychological difficulties as a result of their service and to assist them into making the transition into civilian life. By giving a significant and sustained boost to the physical and emotional resilience of the participants, they

are better able to deal with any problems they face in their lives without feeling overwhelmed and hopeless.

Surf Action will continue to support the armed forces community and will seek to extend its provision to help boost the physical and psychological resilience and wellbeing of the wider community where many of the same problems are manifest.

None of this would have been possible without the fantastic support of the Big Lottery 'Reaching Communities Fund' and Surf Action express their profound thanks.



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Annex A: Anonymised Data Spreadsheet – Baseline Data (T1)

Years 1 - 5 Initial T1 Data																										
	Safe Environm ent	1 Close Relations hip	Family Relations hips	Wider Commu nity	In Control	Privacy	Achievin g and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressi ng Images	Anxiety	Stressed	Depresse d	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
1	2.80	3.20		1.50	2.60	2.80	2.00	2.50	2.30	2.50	1.50	1.50									1.50				26.70	2.23
2	9.00	8.00		4.00	4.80	5.00	2.50	4.00	2.30	2.80	4.00	1.00									7.10				54.50	4.54
3	4.00	4.50		4.00	2.80	5.00	4.30	5.00	4.50	5.50	6.00	2.50									7.20				55.30	4.61
4	9.00	9.00		3.50	7.00	4.00	8.50	7.50	8.50	10.00	4.00	1.00									9.00				81.00	6.75
5	5.50	2.00		2.00	4.00	7.00	5.00	1.50	7.00	3.00	1.00	1.00									5.00				44.00	3.67
6	8.00	9.00		7.50	5.00	7.00	6.00	8.00	7.00	5.00	8.00	5.00									7.00				82.50	6.88
7	1.00	2.00		1.00	2.00	3.00	2.00	2.50	2.00	1.00	2.00	1.00									1.00				20.50	1.71
8	1.50	1.50		2.80	2.80	4.00	2.00	3.00	1.00	2.00	3.00	4.00									2.50				30.10	2.51
9	2.50	3.50		2.60	2.00	3.00	3.50	2.50	1.50	2.50	4.00	1.00									1.00				29.60	2.47
10	3.50	8.50		2.80	3.00	4.00	2.80	2.50	1.00	3.00	4.00	2.00									2.50				39.60	3.30
11	2.80	4.00		4.50	3.50	4.00	3.00	3.00	3.50	2.50	3.00	3.00									2.00				38.80	3.23
12	3.50	1.00		3.50	2.00	2.50	2.50	2.00	1.00	1.50	2.00	1.00									2.00				24.50	2.04
13	3.50	4.50		3.00	2.50	4.00	3.00	5.00	4.00	3.00	4.00	4.00									5.50				46.00	3.83
14	2.00	3.00		3.50	3.00	4.00	4.00	2.50	2.00	2.50	1.50	1.00									2.50				31.50	2.63
15	3.00	2.50		3.50	2.50	2.00	4.00	4.50	2.50	1.50	1.50	1.00									2.00				30.50	2.54
16	3.00	4.00		3.00	4.00	2.50	4.00	2.50	4.00	2.50	4.00	2.80									2.50				38.80	3.23
17	7.00	9.00		5.50	5.00	8.00	7.00	2.50	8.00	7.00	7.00	5.00									3.00				74.00	6.17
18	5.00	3.00		4.00	4.00	2.00	4.00	3.00	5.00	3.00	5.00	4.00									2.00				44.00	3.67
19	6.00	4.00		2.00	4.50	4.50	7.50	7.50	7.50	7.50	6.00	5.00									4.50				66.50	5.54
20	2.00	5.00		1.00	1.00	7.00	3.00	2.00	7.00	2.00	3.00	1.00									3.00				37.00	3.08
21	9.50	5.00		3.00	4.00	6.50	3.00	5.00	7.00	7.00	7.00	4.00									6.00				67.00	5.58
22	9.00	8.50		8.50	6.00	8.00	8.00	7.00	7.50	6.00	4.50	2.00									4.00				79.00	6.58
23	8.00	10.00		2.00	1.00	1.00	7.00	5.00	10.00	4.00	3.00	2.00									7.00				60.00	5.00
24	2.00	2.50		1.50	2.50	2.00	2.50	2.00	2.50	2.00	1.00	1.00									1.00				22.50	1.88
25	4.50	8.00		7.00	6.00	6.00	6.50	7.50	9.00	7.00	7.00	1.00									8.00				77.50	6.46
26	2.50	3.00		1.00	2.50	2.00	2.00	2.50	2.00	2.50	1.50	1.50									2.00				25.00	2.08
27	2.00	1.00		2.00	1.00	2.00	1.00	1.00	2.00	2.00	1.00	1.00									1.00				17.00	1.42
28	2.50	1.00		2.00	2.00	1.50	1.00	2.50	2.50	2.00	2.00	1.00									1.00				21.00	1.75
29	2.00	3.00		2.00	2.00	1.50	2.50	2.50	4.00	3.00	2.00	1.00									1.00				26.50	2.21
30	3.00	4.00		1.00	2.00	2.00	4.00	3.00	1.00	2.00	4.00	1.00									2.00				29.00	2.42
31	6.50	7.50		2.80	3.50	9.00	1.00	1.00	2.50	1.00	1.00	1.00									3.00				39.80	3.32
32	4.50	5.00		4.00	5.00	7.00	3.00	3.00	2.50	5.00	3.00	4.00									3.00				49.00	4.08
33	1.00	1.00		1.00	3.00	1.00	1.00	1.00	1.00	1.00	2.00	1.00									1.00				15.00	1.25
34	7.00	10.00		10.00	4.00	3.00	7.00	3.00	3.00	5.00	7.00	5.00									3.00				67.00	5.58
35	9.00	1.00		3.50	5.00	8.00	4.00	2.50	1.00	2.00	6.00	3.00									3.00				48.00	4.00
36	1.00	10.00		1.00	1.00	6.00	1.00	3.00	7.50	5.00	3.00	1.00									1.00				40.50	3.38
37	2.00	3.00		2.00	2.00	2.50	2.00	2.80	1.00	2.50	4.00	2.00									3.00				28.80	2.40
38	2.50	6.00		7.00	5.00	4.00	6.00	5.00	1.00	5.00	4.00	1.00									5.00				51.50	4.29
39	5.00	1.00		3.00	3.00	6.00	1.00	1.00	2.00	1.00	5.00	2.00									2.00				32.00	2.67
40	2.00	5.00		2.00	2.00	6.00	3.00	3.00	7.00	5.00	3.00	5.00									5.00				48.00	4.00
41	8.00	7.00	6.00	7.00	8.00	5.00	6.00	7.00	7.00	7.00	5.00	5.00	6.00	5.00	5.00	7.00	6.00	6.00	6.00	6.00	7.00	6.00	5.00	6.00	149.00	6.21
42	8.00	8.00	6.00	6.00	6.00	5.00	5.00	6.00	7.00	6.00	7.00	6.00	7.00	5.00	7.00	7.00	7.00	7.00	6.00	6.00	7.00	6.00	3.00	5.00	149.00	6.21
43	9.00	9.00	9.00	7.00	9.00	9.00	9.00	8.00	9.00	9.00	9.00	8.00	9.00	9.00	9.00	9.00	5.00	8.00	5.00	9.00	8.00	3.00	7.00	9.50	194.50	8.10
44	6.00	7.00	5.00	5.00	6.00	7.00	5.00	7.00	8.00	6.00	9.00	6.00	8.00	8.00	7.00	6.00	6.00	7.00	7.00	7.00	6.00	6.00	5.00	7.00	157.00	6.54
45	9.00	6.00	6.00	6.00	7.00	7.00	7.00	8.00	9.00	8.00	7.00	7.00	8.00	6.00	6.00	9.00	8.00	9.00	9.00	9.00	8.00	9.00	7.00	6.00	181.00	7.54
46	9.50	7.00	9.50	7.00	8.00	9.50	8.00	7.00	9.50	7.00	3.00	5.00	7.00	1.00	4.00	8.00	4.00	4.00	4.00	7.00	6.00	2.00	9.00	6.00	152.00	6.33
47	7.00	9.00	9.00	7.00	7.00	6.00	9.00	9.00	9.00	9.00	7.00	6.00	9.00	5.00	7.00	7.00	5.00	6.00	7.00	7.00	5.00	7.00	4.00	7.00	170.00	7.08
48	9.00	9.00	9.00	9.00	9.00	8.00	9.00	9.00	9.50	9.00	8.00	6.00	9.00	6.00	6.00	8.00	6.00	6.00	6.00	8.00	8.00	8.00	8.00	7.00	189.50	7.90
49	9.00	9.00	9.00	7.00	9.00	7.00	9.00	9.00	9.00	9.00	8.00	7.00	9.00	7.00	9.00	9.00	7.00	7.00	8.00	7.00	6.00	8.00	4.00	8.00	190.00	7.92
50	7.00	2.00	4.00	5.00	3.50	5.00	4.00	5.00	3.00	4.00	2.00	8.00	3.00	9.00	2.50	9.00	3.00	3.00	3.00	2.00	2.00	5.00	9.50	4.00	107.50	4.48

Years 1 - 5 Initial T1 Data

	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
51	9.00	9.00	8.00	8.00	6.00	8.00	9.00	8.50	7.00	6.00	7.00	7.00	5.00	7.00	5.00	7.00	5.00	7.00	7.00	5.00	7.00	7.00	9.00	4.00	167.50	6.98
52	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.00	9.50	9.50	9.50	9.00	9.50	9.00	9.50	9.50	9.50	9.50	9.50	9.50	9.00	4.00	6.00	217.00	9.04
53	6.00	7.00	7.00	5.00	5.00	5.00	5.00	5.00	4.00	3.00	5.00	3.00	4.00	3.00	4.00	4.00	3.00	3.00	3.00	4.00	5.00	4.00	7.00	6.00	110.00	4.58
54	9.50	9.50	9.00	9.00	9.00	9.50	9.50	9.00	9.00	9.00	7.00	7.00	9.00	9.50	9.50	9.50	9.50	8.50	6.00	7.00	8.00	8.00	5.00	9.00	204.50	8.52
55	6.00	4.00	4.00	2.00	4.00	9.50	3.50	2.50	2.50	2.50	9.50	4.00	2.50	8.00	8.00	9.50	2.50	2.50	2.50	6.00	6.00	6.00	6.00	10.00	123.50	5.15
56	9.50	9.50	9.50	8.00	8.00	6.50	8.00	9.50	9.50	9.50	4.00	2.00	9.50	8.00	10.00	10.00	6.00	5.00	5.00	9.00	9.50	8.00	10.00	7.00	190.50	7.94
57	2.00	3.00	3.00	1.50	1.50	2.50	1.50	2.00	4.00	3.00	4.00	3.50	4.50	5.00	1.00	5.00	1.00	1.00	2.00	1.00	4.00	5.00	9.50	7.00	77.50	3.23
58	4.00	9.50	9.50	3.00	2.00	3.00	5.00	5.00	9.50	6.00	7.00	3.00	4.00	5.00	5.00	6.00	3.00	2.00	3.00	4.00	5.00	7.00	9.00	8.00	127.50	5.31
59	9.00	9.00	9.00	7.00	7.00	7.00	8.00	9.00	9.00	9.00	7.00	7.00	7.00	6.00	9.00	9.00	6.00	7.00	7.00	7.00	8.00	6.00	9.00	9.00	187.00	7.79
60	9.50	9.50	9.50	9.50	9.50	8.00	8.00	9.50	8.00	9.50	6.00	6.00	8.00	9.50	9.50	9.50	6.00	8.00	9.50	9.50	9.50	9.50	9.50	9.50	210.00	8.75
61	7.00	8.00	8.00	5.00	7.00	5.00	5.00	7.00	9.00	9.00	7.00	5.00	7.00	7.00	7.00	8.00	6.00	7.00	6.00	7.00	8.00	7.00	5.00	8.00	165.00	6.88
62	9.00	7.00	7.00	8.00	9.00	7.00	9.00	7.00	9.00	9.00	7.00	8.00	9.00	5.00	9.00	9.00	7.00	7.00	7.00	8.00	9.00	7.00	5.00	9.00	187.00	7.79
63	9.50	9.50	9.50	8.00	9.50	9.50	9.50	9.50	8.00	9.50	9.50	9.50	8.00	9.50	9.50	9.50	9.50	9.50	8.00	9.50	8.00	9.50	8.00	8.00	217.50	9.06
64	9.00	9.00	8.00	6.00	9.00	8.00	8.00	8.00	9.00	9.00	7.00	9.00	9.00	9.00	8.00	9.00	9.50	9.00	9.00	9.00	9.00	9.00	7.00	8.00	203.50	8.48
65	9.00	9.00	9.00	9.00	8.00	7.00	9.00	7.00	9.00	9.50	7.00	7.00	9.00	7.00	9.00	9.00	7.00	9.00	9.00	9.00	9.00	9.00	7.00	8.00	200.50	8.35
66	9.00	7.00	7.00	7.00	9.00	6.00	9.00	7.00	7.00	9.00	5.00	5.00	7.00	5.00	9.00	9.00	7.00	7.00	7.00	8.00	9.00	8.00	6.00	9.00	178.00	7.42
67	4.00	7.50	5.50	6.00	2.00	3.00	7.25	7.50	7.00	3.00	4.00	7.50	8.50	9.00	9.00	9.00	5.00	7.50	7.00	8.00	5.00	8.00	2.00	5.00	147.25	6.14
68	9.00	9.50	9.00	7.00	6.00	8.00	8.00	9.00	9.00	7.00	9.00	8.00	9.00	6.00	6.00	8.00	9.50	9.00	8.00	9.00	9.50	9.00	8.00	7.00	196.50	8.19
69	8.00	9.00	7.00	6.00	8.00	8.00	9.00	8.00	9.00	9.50	6.00	6.00	8.00	6.00	9.00	9.00	6.00	7.00	7.00	9.00	7.00	9.00	5.00	8.00	183.50	7.65
70	6.00	5.00	8.00	5.50	4.00	7.00	5.50	7.00	5.00	3.50	6.00	6.00	8.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	8.00	8.00	5.00	145.50	6.06
71	6.00	3.00	3.00	1.00	3.50	5.00	1.00	4.00	3.00	3.00	4.00	5.00	4.00	3.00	3.00	8.00	2.00	2.00	4.00	4.00	3.00	3.00	3.00	2.00	82.50	3.44
72	5.00	7.00	9.50	1.00	3.00	5.00	5.00	5.00	1.00	5.00	9.50	5.00	2.00	9.50	9.00	7.00	3.00	2.00	1.50	1.50	9.50	3.00	9.50	4.00	122.50	5.10
73	9.00	9.50	9.00	7.00	9.00	7.00	9.00	9.00	9.00	8.00	6.00	6.00	9.00	7.00	9.00	9.00	7.00	7.00	8.00	8.00	8.00	8.00	7.00	8.00	192.50	8.02
74	5.00	4.00	5.00	2.00	6.50	8.00	4.00	4.00	4.00	2.00	2.50	2.00	2.00	3.00	3.00	8.50	2.50	2.50	2.50	2.00	3.00	7.00	4.00	5.00	94.00	3.92
75	8.00	9.50	9.50	1.00	9.00	9.50	7.00	7.00	7.00	8.00	6.00	3.00	2.50	9.50	5.00	9.50	7.00	7.00	9.00	9.00	9.50	9.50	9.50	9.50	181.00	7.54
76	9.50	9.50	1.00	5.00	1.00	9.50	9.50	5.00	5.00	5.00	5.00	5.00	9.50	5.00	9.50	9.50	5.00	5.00	5.00	9.50	9.50	5.00	1.00	5.00	148.50	6.19
77	5.00	9.00	3.00	7.50	2.00	5.00	3.00	5.00	4.00	5.00	7.00	3.00	3.00	5.00	7.00	4.00	2.00	3.00	3.50	2.50	8.00	2.50	7.00	4.00	110.00	4.58
78	8.00	9.00	9.00	9.00	9.00	9.00	3.00	8.00	7.00	8.00	9.00	9.00	9.00	9.50	9.50	3.00	9.50	7.00	6.00	9.50	5.00	9.50	8.50	8.00	191.00	7.96
79	8.00	7.00	7.00	5.00	7.00	7.00	6.00	5.00	6.00	7.00	7.00	7.00	6.00	6.00	5.00	8.00	7.00	7.00	7.00	7.00	5.00	7.00	5.00	7.00	156.00	6.50
80	5.00	9.50	9.00	7.00	6.00	8.00	6.00	8.00	7.00	8.00	9.50	5.00	5.00	6.00	6.00	5.00	7.00	7.00	7.00	7.00	5.00	7.00	5.00	8.00	163.00	6.79
81	7.00	8.00	4.00	4.00	5.00	8.00	5.00	4.00	6.00	6.00	6.00	9.00	4.00	7.00	7.00	9.00	6.00	5.00	6.00	6.00	5.00	6.00	10.00	6.00	149.00	6.21
82	6.00	6.00	6.00	5.00	5.00	7.00	5.00	7.00	7.00	5.00	8.00	3.00	5.00	6.00	5.00	7.00	4.50	5.00	5.00	5.00	7.00	5.00	7.00	5.00	136.50	5.69
83	5.00	4.00	4.00	5.00	4.00	6.00	4.00	5.00	6.00	4.00	7.50	6.00	4.00	5.00	4.00	5.00	3.00	4.50	5.00	5.00	5.00	5.00	5.00	6.00	117.00	4.88
84	10.00	10.00	10.00	6.00	7.00	9.50	7.00	8.00	10.00	5.00	10.00	10.00	6.00	10.00	10.00	10.00	7.00	6.00	6.00	6.00	3.00	5.50	10.00	6.50	188.50	7.85
85	10.00	10.00	10.00	5.00	7.00	9.50	3.00	7.00	9.50	3.00	9.50	9.50	5.00	9.50	9.50	9.50	4.00	5.00	5.00	5.00	1.00	5.00	10.00	7.00	168.50	7.02
86	7.50	9.50	7.50	3.10	2.50	4.00	5.50	6.00	9.50	5.50	4.50	5.00	10.00	10.00	6.00	2.50	4.50	6.50	8.50	6.00	8.00	8.00	6.00	9.00	155.10	6.46
87	8.00	9.00	7.00	8.00	8.00	8.00	8.00	8.00	9.00	9.00	7.00	6.00	7.00	6.00	8.00	8.00	5.00	6.00	7.00	6.00	9.00	6.00	9.00	8.00	180.00	7.50
88	7.00	9.00	7.00	5.00	7.00	7.00	5.00	7.00	7.00	7.00	9.00	7.00	9.00	3.00	5.00	3.00	7.00	7.00	7.00	7.00	9.00	7.00	9.00	6.00	163.00	6.79
89	6.00	6.00	5.00	4.00	5.00	6.00	5.00	5.00	6.00	5.00	7.00	4.00	4.00	4.00	6.00	6.00	3.00	3.00	3.00	3.00	5.00	3.00	7.00	5.00	116.00	4.83
90	5.00	6.00	7.00	6.00	5.00	6.00	5.00	8.00	8.00	5.00	8.00	3.00	3.00	6.00	5.00	7.00	3.00	3.00	3.00	3.00	7.00	4.00	9.00	6.00	131.00	5.46
91	8.00	9.00	8.00	8.00	9.00	8.00	8.00	8.00	8.00	9.00	6.00	5.00	8.00	6.00	7.00	6.00	4.00	5.00	5.00	5.00	6.00	6.00	5.00	8.50	165.50	6.90
92	9.00	9.00	8.00	7.00	8.00	8.00	8.00	9.00	9.00	7.00	6.00	4.00	5.00	8.00	8.00	9.00	4.00	6.00	6.00	6.00	7.00	7.00	7.00	8.00	173.00	7.21
93	6.00	7.00	3.00	4.00	4.00	5.00	4.00	6.00	6.00	4.00	4.00	4.00	5.00	6.00	5.00	7.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	2.50	117.50	4.90
94	7.00	8.00	8.00	7.00	7.00	7.00	7.00	6.00	6.00	7.00	6.00	6.00	6.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	6.00	7.00	164.00	6.83
95	7.00	6.00	5.00	5.00	5.00	5.00	4.00	5.00	5.00	4.00	5.00	4.00	4.00	5.00	5.00	5.00	4.00	4.00	4.00	4.00	5.00	5.00	2.50	7.00	114.50	4.77
96	7.00	6.00	6.00	4.00	4.00	4.00	4.00	5.00	4.00	4.00	6.00	3.00	3.00	4.00	5.00	7.00	4.00	5.00	4.00	4.00	5.00	5.00	5.00	5.00	113.00	4.71
97	7.00	8.00	8.00	6.00	6.00	7.00	5.00	7.00	7.00	6.00	8.00	4.00	3.00	5.00	6.00	6.00	4.00	4.00	5.00	5.00	7.00	5.00	6.00	7.00	142.00	5.92
98	8.00	8.00	2.00	3.00	3.50	8.00	6.00	6.00	8.00	8.00	6.00	2.00	6.00	9.50	4.50	8.00	2.50	4.00	4.00	4.50	2.50	6.00	9.50	5.00	134.50	5.60
99	9.00	8.00	8.00	8.00	8.00	8.00	7.00	9.00	8.00	7.00	8.00	5.00	6.00	9.50	5.00	9.00	5.00	7.00	7.00	7.00						

Years 1 - 5 Initial T1 Data

	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
101	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	8.00	6.00	10.00	4.00	8.00	10.00	4.00	5.00	6.00	10.00	6.00	8.00	6.00	10.00	2.50	6.00	189.50	7.90
102	10.00	10.00	7.00	2.00	2.50	5.00	2.50	3.00	4.00	6.00	6.00	3.00	5.00	4.00	10.00	5.00	5.00	10.00	10.00	5.00	5.00	5.00	2.00	3.00	130.00	5.42
103	8.00	9.00	8.00	2.00	3.50	6.00	4.00	4.00	4.00	6.00	4.00	6.00	4.00	4.00	3.00	4.00	8.00	2.50	2.50	4.00	6.00	4.00	8.00	4.00	118.50	4.94
104	10.00	10.00	10.00	7.50	9.00	9.00	6.00	9.00	7.00	7.00	4.00	4.50	9.00	8.00	9.00	7.00	4.00	5.00	7.00	9.00	8.00	7.00	9.00	10.00	185.00	7.71
105	8.00	6.00	3.00	2.00	5.00	5.00	4.00	4.00	6.00	6.00	5.00	4.00	5.00	5.00	5.00	5.00	6.00	6.00	7.00	7.00	7.00	7.00	5.00	4.00	127.00	5.29
106	2.00	2.00	2.00	1.00	1.50	1.50	3.00	2.80	2.80	1.00	2.00	1.00	2.00	2.00	1.00	2.00	1.00	1.00	1.00	1.00	2.00	2.00	4.00	2.00	43.60	1.82
107	7.00	7.00	3.00	7.00	7.00	7.00	7.00	6.00	5.00	7.00	7.00	3.00	5.00	9.00	7.00	9.00	3.00	4.00	5.00	5.00	9.00	7.00	9.00	8.00	153.00	6.38
108	9.00	9.00	9.00	7.00	8.00	6.00	6.00	8.00	9.00	6.00	6.00	4.00	4.00	5.00	5.00	7.00	3.00	4.00	4.00	4.00	6.00	5.00	5.00	8.00	147.00	6.13
109	6.00	6.00	5.00	5.00	5.00	5.00	5.00	5.00	6.00	5.00	5.00	5.00	5.00	4.00	5.00	5.00	4.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	121.00	5.04
110	7.00	7.00	7.00	5.00	5.00	6.00	4.00	5.50	6.00	5.00	4.00	4.00	3.00	4.00	4.00	7.00	4.00	7.00	5.00	5.00	6.00	5.00	5.00	6.00	126.50	5.27
111	8.00	8.00	8.00	7.00	8.00	6.00	8.00	5.00	6.00	6.00	5.00	4.00	6.00	7.00	7.00	7.00	5.00	6.00	7.00	6.00	7.00	7.00	7.00	6.00	157.00	6.54
112	7.00	8.00	6.00	7.00	7.00	6.00	6.00	6.00	3.00	6.00	7.00	5.00	4.00	6.00	5.00	8.00	7.00	7.00	7.00	8.00	9.00	6.00	10.00	6.00	157.00	6.54
113	8.00	10.00	6.00	10.00	5.50	8.00	4.00	5.50	6.00	6.00	10.00	2.50	8.00	10.00	10.00	8.00	6.00	4.00	4.00	4.00	8.00	4.00	10.00	5.00	162.50	6.77
114	9.00	4.00	8.00	10.00	7.00	8.00	8.00	6.00	10.00	9.00	4.00	6.00	1.00	10.00	9.00	6.00	7.00	5.00	6.00	9.00	6.00	10.00	10.00	7.00	175.00	7.29
115	8.00	6.00	4.00	2.50	6.00	6.00	4.00	5.50	5.50	2.50	4.00	4.00	4.00	8.00	4.00	4.00	4.00	4.00	4.00	4.00	6.00	4.00	4.00	5.00	113.00	4.71
116	6.00	7.00	6.00	5.00	4.00	5.00	5.00	5.00	5.00	4.00	5.00	3.00	4.00	7.00	7.00	7.00	4.00	5.00	5.00	5.00	6.00	7.00	7.00	5.00	129.00	5.38
117	7.00	7.00	7.00	7.00	5.00	7.00	8.00	6.00	6.00	7.00	6.00	4.00	6.00	7.00	9.00	7.00	5.00	5.00	7.00	5.00	7.00	5.00	4.00	9.00	153.00	6.38
118	8.00	8.00	7.00	8.00	6.00	6.00	7.00	6.00	5.00	6.00	5.00	5.00	6.00	6.00	8.00	7.00	4.00	6.00	5.00	6.00	6.00	6.00	7.00	7.00	151.00	6.29
119	8.00	7.00	7.00	6.00	6.00	6.00	7.00	6.00	7.00	7.00	6.00	4.00	6.00	7.00	7.00	7.00	5.00	5.00	5.00	8.00	7.00	5.00	7.00	8.00	154.00	6.42
120	8.00	7.00	8.00	5.00	5.00	5.00	7.00	6.00	7.00	6.00	6.00	4.00	5.00	5.00	6.00	7.00	4.00	5.00	5.00	5.00	5.00	5.00	5.00	7.00	138.00	5.75
121	2.40	9.00	2.00	2.00	2.00	1.00	6.00	5.00	3.00	8.80	6.10	3.00	3.00	6.20	8.40	10.00	1.00	10.00	10.00	5.00	6.00	5.00	5.00	10.00	129.90	5.41
122	9.00	9.00	6.50	4.40	5.00	6.30	6.10	7.00	9.00	9.30	5.00	5.00	7.00	6.10	5.00	8.50	5.00	5.00	5.00	5.00	6.10	4.10	7.00	7.00	152.40	6.35
123	6.00	4.00	6.40	4.20	2.50	4.00	3.00	5.00	6.10	4.00	4.00	2.50	4.00	4.00	7.00	6.00	2.50	3.80	3.80	3.80	3.00	3.00	4.10	5.50	102.20	4.26
124	9.00	9.00	9.00	7.00	9.00	6.40	7.00	8.00	10.00	6.60	4.10	3.00	6.20	5.00	8.00	10.00	4.30	5.00	5.00	5.00	5.00	4.00	5.00	7.00	157.60	6.57
125	9.50	9.50	9.50	9.50	8.00	8.10	8.10	9.50	10.00	8.00	6.40	4.80	8.00	7.80	8.00	10.00	6.00	7.80	7.80	7.80	6.00	5.00	5.00	8.00	188.10	7.84
126	9.50	9.50	5.80	6.00	4.00	4.00	4.00	10.00	10.00	4.00	3.00	3.00	6.30	5.00	8.00	10.00	8.00	6.00	4.70	5.50	4.50	8.30	2.50	7.40	149.00	6.21
127	7.00	10.00	3.00	3.00	3.00	10.00	5.00	7.00	10.00	3.50	7.00	7.00	10.00	10.00	7.70	10.00	3.00	2.00	2.00	3.00	8.00	8.00	8.00	3.00	150.20	6.26
128	3.00	3.00	3.00	3.00	2.00	3.50	2.70	3.00	3.00	3.00	3.00	1.80	1.50	2.00	2.00	3.00	1.00	1.00	1.00	1.00	2.00	2.00	2.00	3.00	55.50	2.31
129	9.50	9.50	6.00	8.00	6.00	4.00	6.00	5.80	10.00	5.50	5.50	3.00	8.50	4.10	8.00	10.00	3.00	6.50	7.00	7.00	5.00	5.00	5.00	7.00	154.90	6.45
130	3.00	4.50	4.00	4.00	2.00	3.00	2.00	3.00	5.00	2.00	3.00	2.00	3.00	2.00	3.00	3.00	2.00	2.00	2.00	2.00	2.00	2.00	3.00	3.00	65.50	2.73
131	10.00	7.00	5.00	5.00	5.00	7.80	3.00	7.00	5.00	3.00	8.00	7.00	7.00	1.00	5.00	9.00	9.00	5.00	3.00	5.00	3.00	3.00	9.00	3.00	134.80	5.62
132	7.00	10.00	10.00	1.00	2.00	5.50	2.00	7.80	10.00	7.00	1.00	1.00	1.50	5.00	1.00	4.50	1.80	1.00	1.00	3.00	3.00	5.00	1.00	3.00	95.10	3.96
133	9.50	9.50	8.00	7.00	6.80	6.90	7.00	10.00	10.00	7.00	5.00	1.00	5.00	5.00	8.00	9.50	6.50	5.00	5.00	7.00	4.50	4.50	4.50	8.00	160.20	6.68
134	9.50	9.50	9.50	6.00	4.00	4.00	6.00	10.00	10.00	5.00	4.00	3.00	7.00	5.00	7.00	10.00	3.00	5.00	5.00	5.00	5.00	5.00	5.00	6.00	148.50	6.19
135	8.00	10.00	5.00	5.00	5.00	5.00	5.00	8.00	10.00	6.00	3.00	3.00	5.00	5.00	7.00	9.50	7.00	5.00	5.00	6.10	3.00	3.00	3.00	6.00	137.60	5.73
136	7.00	8.00	8.00	5.00	5.00	5.00	7.00	10.00	10.00	5.00	3.00	3.00	5.00	3.00	7.00	10.00	3.00	4.00	4.00	6.00	3.00	3.00	3.00	7.00	134.00	5.58
137	9.00	10.00	7.80	6.00	8.00	6.00	8.00	10.00	10.00	6.00	5.00	5.00	7.00	5.00	9.00	10.00	5.00	5.00	5.00	7.00	5.00	7.00	5.00	7.00	167.80	6.99
138	9.00	8.90	2.00	7.00	7.00	7.00	8.00	7.00	8.00	8.40	9.00	5.00	6.00	8.00	9.00	7.00	5.00	5.00	5.00	6.00	7.00	7.00	7.00	7.00	165.30	6.89
139	6.00	7.00	3.00	5.00	5.00	3.00	6.00	5.00	5.00	5.00	6.00	3.80	5.00	7.00	7.00	7.00	3.00	4.00	4.00	4.00	6.00	6.00	10.00	7.00	129.80	5.41
140	9.50	9.50	5.00	8.00	8.50	8.00	5.00	8.00	9.50	5.00	8.00	5.57	4.00	8.00	9.50	10.00	8.00	5.00	5.00	5.00	8.50	5.00	8.00	5.00	170.57	7.11
141	9.00	9.00	9.00	6.00	7.00	7.00	7.00	10.00	10.00	10.00	5.00	5.00	4.00	7.00	9.00	9.00	6.00	6.00	6.00	7.00	7.00	5.00	5.00	7.00	172.00	7.17
142	9.00	9.00	9.00	8.00	9.00	7.00	6.00	10.00	10.00	7.00	4.50	3.00	6.00	9.00	9.00	9.00	4.00	4.00	4.00	3.00	6.00	3.00	5.00	8.00	161.50	6.73
143	5.00	4.00	4.00	3.50	3.50	3.50	2.70	3.50	4.00	3.00	5.80	2.50	2.50	2.53	3.00	3.00	3.00	4.00	4.00	4.00	4.50	4.50	6.00	5.00	91.03	3.79
144	8.00	8.00	8.00	6.00	8.00	8.00	7.00	8.00	8.00	7.00	7.00	5.00	6.50	7.00	7.00	7.00	4.50	6.50	5.00	5.00	6.00	5.00	8.00	8.00	163.50	6.81
145	6.50	4.00	5.00	4.00	4.00	6.00	5.50	4.00	6.00	4.50	6.70	2.70	4.00	4.00	4.00	5.80	2.70	3.50	4.00	4.30	5.30	4.00	5.00	5.50	111.00	4.63
146	5.00	4.00	4.00	6.00	5.00	5.00	5.00	3.50	3.60	3.00	6.00	4.00	3.00	6.00	5.50	5.50	3.20	3.00	2.80	2.60	4.00	3.00	3.00	5.00	100.70	4.20
147	5.00	5.00	6.00	6.00	6.00	5.00	6.00	4.50	5.50	6.00	6.50	3.50	4.00	4.00	5.50	4.50	4.50	6.00	6.00	6.00	9.00	5.50	7.00	8.00	135.00	5.63
148	7.00	6.00	5.00	6.00	4.50	6.00	4.00	5.00	5.00	5.00	7.00	3.00	5.00	6.00	4.50	6.00	4.00	5.00	5.00	5.00	6.00	5.00	6.50	6.00	127.50	5.31
149	7.50	7.50	7.50	6.50	5.00	6.00	6.00	7.00	7.00																	

Years 1 - 5 Initial T1 Data																											
	Safe Environm ent	1 Close Relations hip	Family Relations hips	Wider Commun ity	In Control	Privacy	Achievin g and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employ ment etc	Housing	Distressi ng Images	Anxiety	Stressed	Depresse d	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean	
151	7.00	7.00	7.00	6.00	6.00	6.00	7.00	7.50	7.00	6.00	7.00	4.00	5.00	6.00	7.00	7.00	4.00	5.00	5.00	5.00	7.50	5.00	9.00	7.00	150.00	6.25	
152	7.00	7.00	7.00	7.00	5.00	5.00	5.00	6.00	6.00	5.00	6.00	3.00	5.00	3.00	7.00	7.00	4.50	4.50	4.50	5.00	9.00	5.00	8.50	5.00	135.00	5.63	
153	7.00	4.00	4.00	4.00	4.00	6.00	4.00	4.00	5.00	4.00	6.00	2.50	4.00	5.00	4.00	4.00	5.00	5.00	5.00	5.00	7.00	5.00	8.00	8.00	119.50	4.98	
154	6.00	6.00	4.00	4.00	4.00	5.20	4.00	5.30	4.80	5.00	7.00	4.00	4.80	6.00	4.00	6.50	4.00	5.00	5.00	5.00	7.00	5.00	8.50	5.40	125.50	5.23	
155	7.00	7.00	7.00	6.00	6.00	7.00	6.00	7.00	7.50	6.30	8.00	4.80	6.00	6.00	4.50	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	6.00	158.10	6.59	
156	10.00	10.00	10.00	5.50	7.50	7.50	7.70	10.00	10.00	7.80	7.80	0.80	10.00	9.00	9.00	10.00	6.00	8.00	4.50	4.60	8.00	4.00	9.00	8.00	184.70	7.70	
157	5.00	9.00	8.00	3.50	4.00	4.00	3.50	5.50	8.80	7.00	7.50	3.00	8.80	7.00	2.70	2.00	2.70	3.60	2.70	2.70	3.00	3.50	7.00	5.50	120.00	5.00	
158	8.00	9.50	7.50	5.50	4.00	7.50	3.50	7.50	10.00	6.00	8.00	6.00	10.00	8.50	6.50	8.00	4.50	8.50	8.00	8.50	6.00	8.00	8.00	6.00	175.50	7.31	
159	9.00	9.00	6.00	4.00	5.00	6.00	4.00	8.00	7.00	7.00	8.00	5.00	7.00	7.00	6.00	8.00	7.00	5.00	5.00	4.00	9.00	6.00	7.00	8.00	157.00	6.54	
160	5.00	2.00	2.00	2.00	4.00	7.00	5.00	8.00	10.00	5.00	2.00	3.00	7.00	9.00	10.00	10.00	5.00	1.00	1.00	4.00	4.00	1.00	9.00	3.00	119.00	4.96	
161	7.00	3.00	3.00	3.00	3.00	7.00	5.00	5.00	5.00	5.00	2.00	4.00	3.00	6.00	8.00	5.00	8.00	4.00	3.00	5.00	4.00	4.00	10.00	4.00	116.00	4.83	
162	10.00	8.00	7.00	8.00	9.00	8.00	9.00	8.00	8.00	9.00	8.00	10.00	5.00	9.00	7.00	7.00	7.00	5.00	5.00	7.00	8.00	8.00	10.00	7.00	187.00	7.79	
163	10.00	10.00	7.00	7.00	7.00	10.00	10.00	9.00	10.00	10.00	10.00	7.00	8.00	9.00	8.00	9.00	5.00	4.00	6.00	3.00	8.00	6.00	5.00	5.00	183.00	7.63	
164	10.00	10.00	9.00	10.00	8.00	7.00	8.00	9.00	9.00	8.00	8.00	7.00	8.00	9.00	8.00	10.00	9.00	7.00	8.00	9.00	8.00	7.00	9.00	10.00	205.00	8.54	
165	7.00	8.00	7.00	7.00	6.00	7.00	7.00	7.00	7.00	8.00	9.00	7.00	9.00	7.00	7.00	8.00	8.00	7.00	8.00	8.00	8.00	9.00	10.00	6.00	182.00	7.58	
166	10.00	9.00	9.00	9.00	8.00	8.00	8.00	8.00	8.00	9.00	8.00	8.00	8.00	8.00	8.00	8.00	7.00	7.00	7.00	7.00	7.00	8.00	9.00	9.00	195.00	8.13	
167	9.00	8.00	8.00	8.00	7.00	8.00	7.00	8.00	7.00	7.00	8.00	7.00	6.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	9.00	8.00	8.00	7.00	186.00	7.75	
168	10.00	9.00	9.00	7.00	7.00	8.00	8.00	8.00	9.00	8.00	9.00	6.00	6.00	8.00	7.00	7.00	8.00	8.00	7.00	9.00	8.00	8.00	7.00	7.00	188.00	7.83	
169	8.00	8.00	8.00	7.00	7.00	7.00	7.00	7.00	7.00	8.00	8.00	8.00	8.00	6.00	9.00	9.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	6.00	177.00	7.38	
170	10.00	10.00	10.00	6.00	7.00	7.00	9.00	9.00	9.00	9.00	6.00	8.00	9.00	9.00	7.00	9.00	9.00	8.00	8.00	9.00	9.00	9.00	9.00	7.00	202.00	8.42	
171	10.00	8.00	8.00	6.00	7.00	7.00	7.00	8.00	7.00	7.00	7.00	8.00	7.00	6.00	8.00	8.00	5.00	5.00	5.00	5.00	5.00	5.00	7.00	5.00	161.00	6.71	
172	7.00	10.00	8.00	9.00	6.00	8.00	5.00	6.00	9.00	7.00	4.00	4.00	10.00	7.00	9.00	5.00	6.00	6.00	6.00	6.00	6.00	6.00	9.00	7.00	166.00	6.92	
173	6.00	7.00	7.00	7.00	7.00	6.00	5.00	6.00	6.00	6.00	7.00	7.00	5.00	7.00	6.00	6.00	6.00	6.00	6.00	6.00	7.00	7.00	7.00	6.00	152.00	6.33	
174	9.00	10.00	9.00	8.00	7.00	9.00	9.00	10.00	10.00	10.00	8.00	7.00	10.00	10.00	8.00	10.00	10.00	9.00	8.00	10.00	10.00	9.00	10.00	9.00	219.00	9.13	
175	10.00	10.00	7.00	5.00	5.00	8.00	8.00	6.00	6.00	5.00	5.00	5.00	5.00	9.00	8.00	10.00	4.00	4.00	8.00	4.00	5.00	6.00	9.00	10.00	162.00	6.75	
176	10.00	9.00	9.00	8.00	8.00	8.00	8.00	8.00	7.00	8.00	8.00	9.00	9.00	9.00	9.00	9.00	9.00	8.00	8.00	8.00	8.00	4.00	9.00	4.00	194.00	8.08	
177	8.00	10.00	8.00	2.00	6.00	5.00	7.00	5.00	5.00	8.00	2.00	2.00	7.00	3.00	8.00	5.00	1.00	1.00	7.00	3.00	3.00	8.00	5.00	8.00	127.00	5.29	
178	9.00	9.00	9.00	8.00	5.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	8.00	7.00	7.00	7.00	7.00	5.00	5.00	7.00	7.00	170.00	7.08	
179	8.00	8.00	8.00	8.00	8.00	8.00	8.00	7.00	7.00	7.00	5.00	7.00	8.00	7.00	8.00	9.00	8.00	8.00	8.00	8.00	7.00	9.00	9.00	6.00	184.00	7.67	
180	9.00	9.00	9.00	7.00	7.00	9.00	7.00	7.00	9.00	8.00	8.00	8.00	7.00	6.00	9.00	9.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	168.00	7.00	
181	10.00	10.00	10.00	7.00	5.00	5.00	8.00	8.00	6.00	6.00	5.00	5.00	5.00	5.00	9.00	8.00	10.00	6.00	4.00	8.00	4.00	5.00	6.00	9.00	164.00	6.83	
182	6.00	6.00	4.00	4.00	8.00	8.00	6.00	6.00	6.00	4.00	6.00	8.00	6.00	8.00	8.00	6.00	4.00	6.00	6.00	6.00	8.00	8.00	6.00	4.00	148.00	6.17	
183	8.00	7.00	7.00	5.00	5.00	5.00	5.00	7.00	5.00	5.00	7.00	3.00	3.00	3.00	6.00	5.00	5.00	5.00	5.00	6.00	6.00	7.00	5.00	7.00	132.00	5.50	
184	9.00	8.00	6.00	8.00	8.00	6.00	4.00	6.00	8.00	9.00	8.00	8.00	6.00	5.00	6.00	4.00	6.00	4.00	6.00	8.00	8.00	6.00	8.00	7.00	162.00	6.75	
185	9.00	9.00	4.00	4.00	6.00	9.00	4.00	4.00	5.00	5.00	5.00	4.00	3.00	8.00	8.00	8.00	1.00	1.00	3.00	4.00	9.00	9.00	4.00	4.00	130.00	5.42	
186	6.00	5.00	5.00	5.00	3.00	3.00	1.00	3.00	3.00	2.00	3.00	5.00	3.00	3.00	5.00	9.00	3.00	2.00	1.00	2.00	1.00	3.00	6.00	2.00	84.00	3.50	
187	6.00	6.00	4.00	8.00	2.00	2.00	3.00	3.00	3.00	4.00	4.00	3.00	3.00	6.00	4.00	4.00	3.00	3.00	4.00	4.00	4.00	4.00	3.00	6.00	96.00	4.00	
188	4.00	6.00	5.00	6.00	6.00	6.00	6.00	4.00	6.00	6.00	6.00	8.00	9.00	8.00	8.00	9.00	6.00	4.00	4.00	8.00	8.00	6.00	8.00	6.00	153.00	6.38	
189	8.00	6.00	6.00	8.00	6.00	4.00	6.00	4.00	4.00	6.00	6.00	6.00	4.00	6.00	8.00	9.00	9.00	8.00	8.00	8.00	5.00	6.00	8.00	9.00	158.00	6.58	
190	9.00	9.00	9.00	8.00	7.00	7.00	9.00	7.00	7.00	7.00	7.00	5.00	5.00	5.00	9.00	9.00	5.00	5.00	5.00	5.00	7.00	5.00	7.00	5.00	163.00	6.79	
191	9.00	9.00	7.00	7.00	5.00	7.00	7.00	7.00	9.00	5.00	5.00	5.00	5.00	6.00	9.00	9.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	151.00	6.29	
192	9.00	9.00	9.00	9.00	9.00	9.00	7.00	9.00	9.00	7.00	7.00	5.00	7.00	7.00	9.00	9.00	6.00	6.00	6.00	6.00	5.00	5.00	5.00	5.00	174.00	7.25	
193	4.00	3.00	6.00	4.00	4.00	4.00	6.00	8.00	6.00	6.00	6.00	4.00	6.00	6.00	8.00	8.00	4.00	6.00	4.00	4.00	4.00	4.00	5.00	5.00	125.00	5.21	
194	8.00	8.00	8.00	8.00	8.00	8.00	4.00	5.00	5.00	5.00	9.00	3.00	8.00	3.00	8.00	8.00	4.00	3.00	4.00	3.00	3.00	4.00	8.00	6.00	141.00	5.88	
195	5.00	2.00	5.00	2.00	2.00	9.00	2.00	2.00	5.00	2.00	6.00	2.00	2.00	6.00	2.00	6.00	3.00	3.00	3.00	3.00	7.00	2.00	2.00	4.00	87.00	3.63	
196	8.00	6.00	4.00	6.00	6.00	6.00	4.00	4.00	4.00	4.00	4.00	4.00	6.00	6.00	4.00	8.00	6.00	4.00	4.00	3.00	3.00	3.00	3.00	7.00	117.00	4.88	
197	6.00	6.00	6.00	4.00	6.00	6.00	6.00	4.00	4.00	4.00	4.00	4.00	7.00	8.00	4.00	6.00	6.00	6.00	6.00	6.00	6.00	8.00	3.00	3.00	129.00	5.38	
198	9.00	8.00	7.00	7.00	7.00	8.00	8.00	9.00	9.00	7.00	7.00	5.00	5.00	5.00	9.00	9											

Annex B: Anonymised Data Spreadsheet – Post Intervention Data (T2)

Years 1 - 5 Intervention T2 Data																										
	Safe Environm ent	1 Close Relations hip	Family Relations hips	Wider Commu nity	In Control	Privacy	Achievin g and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressi ng Images	Anxiety	Stressed	Depresse d	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
1	4.00	4.20		3.50	4.00	5.50	4.00	5.00	4.00	4.00	2.00	3.50									1.50				45.20	3.77
2	9.00	9.00		6.00	6.00	7.00	5.00	4.00	4.00	4.00	7.50	4.00									9.00				74.50	6.21
3	7.00	7.00		7.00	8.00	9.00	8.50	7.00	9.50	8.00	7.00	3.10									9.50				90.60	7.55
4	10.00	10.00		4.00	7.00	5.00	9.00	8.00	9.00	10.00	5.00	3.00									9.00				89.00	7.42
5	7.10	8.00		9.00	8.00	9.00	7.50	6.00	9.00	7.00	7.00	4.00									5.00				86.60	7.22
6	9.00	9.00		8.00	5.50	8.00	6.50	9.00	7.00	6.00	8.00	6.50									8.00				90.50	7.54
7	2.00	2.00		2.00	5.00	3.00	7.00	5.00	5.00	2.00	7.00	2.00									3.00				45.00	3.75
8	3.00	3.00		3.00	3.00	5.00	5.00	5.00	5.00	3.00	4.00	5.00									6.00				50.00	4.17
9	7.50	8.00		7.00	7.00	8.50	9.00	7.00	6.00	8.00	5.50	8.00									8.00				89.50	7.46
10	5.80	9.00		5.00	4.50	7.50	5.00	6.00	4.00	5.50	6.00	5.00									5.00				68.30	5.69
11	4.00	4.00		5.00	4.00	4.00	5.00	5.00	4.00	3.00	4.00	6.00									3.00				51.00	4.25
12	7.00	3.00		8.00	5.00	6.00	6.00	4.00	3.00	4.50	4.00	4.00									5.00				59.50	4.96
13	7.50	7.00		8.00	7.00	7.00	8.00	6.00	8.00	9.50	8.00	6.80									9.00				91.80	7.65
14	5.00	5.00		4.00	6.00	5.00	7.00	5.00	8.50	7.00	6.00	3.00									1.50				63.00	5.25
15	5.00	6.50		7.00	5.00	4.00	7.00	7.00	5.50	6.00	4.00	6.00									2.50				65.50	5.46
16	6.00	5.00		6.00	6.00	6.00	7.50	9.00	6.00	4.00	5.00	3.50									1.50				65.50	5.46
17	9.00	9.00		8.00	8.50	9.00	7.50	6.50	9.50	8.00	8.50	7.00									6.00				96.50	8.04
18	9.50	9.50		9.00	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50									9.50				113.50	9.46
19	8.00	7.00		7.00	6.80	9.00	7.00	7.00	7.00	7.00	8.00	6.00									7.00				86.80	7.23
20	9.00	8.50		1.00	3.00	8.00	1.00	3.00	5.00	1.00	1.00	2.00									9.50				52.00	4.33
21	9.50	7.50		6.00	8.00	6.00	8.00	7.00	7.50	7.50	8.00	7.00									7.00				89.00	7.42
22	9.00	9.00		9.00	7.50	9.00	9.00	9.00	9.00	9.00	7.50	7.00									6.00				100.00	8.33
23	9.00	10.00		6.50	8.50	6.00	7.00	8.50	10.00	10.00	6.00	7.00									7.00				95.50	7.96
24	4.00	3.00		3.00	3.20	2.80	4.00	5.00	3.50	5.00	3.00	3.00									1.50				41.00	3.42
25	7.00	8.00		7.50	7.00	6.00	7.00	8.00	9.00	9.00	9.00	9.00									9.00				95.50	7.96
26	4.00	4.00		4.00	4.00	4.00	4.00	6.00	6.00	3.00	3.00	2.50									2.00				46.50	3.88
27	4.00	7.00		6.00	6.00	3.00	8.00	6.00	9.00	4.00	3.00	1.00									9.00				66.00	5.50
28	4.00	4.00		4.00	2.50	3.50	4.00	3.00	5.00	3.50	5.00	4.00									1.50				44.00	3.67
29	3.50	5.00		4.00	5.00	4.00	5.00	4.00	6.00	2.50	2.00	1.00									1.00				43.00	3.58
30	7.00	3.00		1.00	4.00	8.00	9.00	4.00	3.00	5.00	7.00	2.00									2.00				55.00	4.58
31	8.00	9.00		6.00	6.00	9.50	3.00	5.00	3.00	3.00	4.00	5.00									3.00				64.50	5.38
32	6.00	7.00		6.00	6.00	8.00	5.00	4.00	5.00	5.00	4.50	6.00									4.00				66.50	5.54
33	4.00	3.00		7.00	7.00	3.00	6.00	7.00	7.00	8.00	9.00	2.00									3.00				66.00	5.50
34	8.00	9.00		7.00	9.00	7.00	9.00	7.00	9.00	7.00	5.00	7.00									8.00				92.00	7.67
35	9.00	3.30		7.00	6.00	9.00	7.00	5.00	3.00	4.00	6.00	3.00									5.00				67.30	5.61
36	1.00	10.00		4.00	2.00	7.00	3.00	5.00	5.00	3.00	4.00	1.00									1.00				46.00	3.83
37	3.00	4.00		3.00	2.00	3.00	3.00	3.00	3.00	3.50	5.00	5.00									5.00				42.50	3.54
38	9.00	9.00		9.00	6.00	7.00	7.00	7.00	7.00	7.00	7.00	3.00									8.00				86.00	7.17
39	2.00	7.00		6.00	7.00	4.00	3.00	3.00	7.00	3.00	4.00	3.00									6.00				55.00	4.58
40	5.00	6.00		3.00	5.00	6.00	5.00	5.00	7.00	5.00	5.00	7.00									6.00				65.00	5.42
41	8.25	7.50	6.50	7.25	7.00	6.00	6.25	6.50	7.50	6.75	5.75	5.75	6.25	5.75	6.00	6.50	7.00	6.50	6.50	6.75	7.75	6.75	6.50	6.75	160.00	6.67
42	8.00	8.25	6.50	6.25	6.25	6.25	6.00	6.25	7.00	5.75	6.00	6.25	6.50	6.00	6.50	7.25	7.25	6.75	6.75	6.50	6.75	7.00	5.75	6.50	158.25	6.59
43	9.50	9.50	9.50	7.75	8.75	9.25	8.75	8.25	8.75	8.75	8.75	8.50	7.25	8.75	9.50	9.50	7.00	8.00	5.75	8.25	8.00	6.75	8.25	8.75	201.75	8.41
44	7.25	7.75	6.50	6.50	6.50	7.25	6.50	6.50	7.50	6.75	8.50	6.75	7.50	7.50	6.50	6.50	6.50	8.00	8.00	7.50	7.50	7.50	6.50	7.00	170.75	7.11
45	9.50	7.60	7.50	7.00	7.50	8.00	7.50	8.75	8.50	8.25	8.00	7.75	7.75	7.25	8.50	8.00	7.75	7.50	8.25	8.25	8.50	8.75	8.25	7.25	191.85	7.99
46	9.00	8.25	9.25	8.60	9.00	9.25	9.00	7.50	9.50	8.50	4.25	5.00	6.50	4.00	5.00	7.50	6.50	6.75	6.00	8.00	7.00	4.00	7.00	7.25	172.60	7.19
47	8.00	8.75	9.00	8.50	8.60	8.14	8.75	9.25	8.75	8.50	8.00	7.75	8.00	7.75	8.00	7.75	7.00	6.75	7.75	7.50	7.00	8.00	6.50	7.75	191.74	7.99
48	9.25	9.25	9.25	9.25	9.25	9.00	9.00	8.75	9.25	9.00	8.00	7.75	8.25	7.25	7.25	8.25	6.50	7.00	6.75	8.25	8.75	8.50	8.75	8.00	200.50	8.35
49	9.25	9.00	8.50	8.00	8.75	8.00	8.75	8.50	8.75	8.75	8.00	7.50	8.00	8.00	8.75	9.00	7.75	8.25	8.25	8.00	7.75	8.25	6.50	7.50	197.75	8.24
50	7.50	3.25	3.50	5.25	4.50	5.25	5.00	6.00	3.75	4.50	2.25	7.50	5.25	8.25	4.25	8.25	4.50	5.25	5.25	3.50	3.25	5.50	9.50	5.25	126.25	5.26

Years 1 - 5 Intervention T2 Data

	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
51	9.25	8.75	8.25	8.50	7.50	8.00	9.25	9.25	8.00	6.75	7.00	7.25	5.50	8.00	6.75	7.50	6.75	6.75	7.50	5.75	6.75	6.75	8.50	6.00	180.25	7.51
52	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.25	9.25	9.25	8.75	8.50	9.25	9.25	9.00	9.25	9.00	9.00	9.25	9.25	8.75	5.50	7.00	215.50	8.98
53	7.00	7.25	6.75	6.25	6.00	6.00	5.50	5.25	5.00	4.50	5.25	4.50	5.25	5.25	4.50	4.50	4.50	5.00	5.00	5.00	5.50	5.75	7.00	6.25	132.75	5.53
54	9.50	9.50	9.50	9.25	9.25	9.50	9.50	9.25	9.25	9.25	8.50	8.50	8.75	9.00	9.25	9.25	9.25	9.00	7.25	7.50	8.75	8.75	6.25	8.75	212.50	8.85
55	7.25	5.75	5.75	3.50	5.00	8.25	5.50	4.00	3.50	3.50	8.50	6.25	4.75	7.25	7.00	7.75	5.25	4.75	3.00	5.50	5.50	6.00	6.25	9.50	139.25	5.80
56	9.50	9.50	9.50	8.00	7.75	7.00	7.50	9.00	9.25	9.25	5.25	2.50	9.00	8.25	10.00	10.00	7.00	6.50	5.00	9.00	9.25	8.50	10.00	8.00	194.50	8.10
57	2.50	3.50	3.25	2.25	2.25	2.75	2.25	2.75	4.00	4.00	5.00	5.25	5.00	5.00	2.50	5.25	2.50	2.50	2.75	1.50	4.00	4.50	9.25	7.50	92.00	3.83
58	5.50	9.25	9.50	4.00	3.25	3.75	6.25	6.00	9.75	6.00	6.75	5.50	4.75	4.50	5.25	6.00	5.25	3.75	4.50	4.00	4.50	6.50	9.00	7.50	141.00	5.88
59	9.50	9.25	9.50	8.00	7.75	7.50	8.75	9.25	9.25	9.25	8.50	7.25	6.75	6.00	9.00	9.50	6.50	7.25	7.25	7.25	8.50	7.00	9.00	8.50	196.25	8.18
60	9.50	9.50	9.50	9.50	9.50	8.50	9.00	9.75	8.50	9.25	7.00	6.50	7.50	9.75	9.50	9.50	7.00	8.75	9.25	9.25	9.25	9.25	9.25	9.50	213.75	8.91
61	7.50	8.00	8.00	6.00	7.50	5.50	6.50	7.75	9.00	9.00	7.50	6.50	6.75	6.50	6.50	7.50	6.25	7.00	6.00	7.50	8.00	6.75	6.50	7.50	171.50	7.15
62	8.00	8.00	7.50	8.75	8.50	7.00	8.75	8.00	8.50	8.00	8.00	7.50	8.00	5.50	8.00	8.00	7.75	7.50	8.00	8.50	9.00	8.25	4.50	8.50	188.00	7.83
63	9.50	9.50	9.50	9.00	9.50	9.25	9.25	9.25	8.50	9.25	9.00	9.00	7.50	9.25	9.25	9.25	8.50	9.25	7.50	9.00	8.75	8.50	9.00	8.50	214.75	8.95
64	9.50	9.50	9.00	7.50	9.00	7.50	9.00	9.00	9.00	9.25	7.00	8.25	8.50	9.00	8.75	9.00	9.00	9.25	9.25	9.25	9.25	9.25	7.50	8.50	210.00	8.75
65	9.00	9.00	9.00	9.00	9.00	8.00	9.00	8.00	9.00	9.50	8.00	8.00	8.00	7.50	8.00	8.00	8.00	8.50	8.75	9.00	9.00	9.25	6.50	7.50	202.50	8.44
66	9.00	8.25	8.00	9.00	8.00	7.00	9.00	8.50	8.00	8.00	5.50	5.50	7.00	6.00	9.00	8.50	8.00	7.50	7.50	7.50	8.00	8.00	7.50	8.00	186.25	7.76
67	4.00	6.00	6.00	6.50	2.75	4.50	6.00	4.50	6.25	7.00	4.50	4.50	6.00	7.00	8.00	8.00	7.00	7.00	8.00	8.00	5.50	7.00	2.75	5.50	142.25	5.93
68	8.00	9.50	9.00	8.75	7.00	8.50	8.50	9.00	9.00	8.00	8.00	7.00	7.00	6.25	7.50	9.00	9.50	9.50	9.00	9.00	9.00	9.00	8.50	8.00	201.50	8.40
69	8.00	8.50	7.50	7.00	8.50	8.50	8.00	8.00	8.00	9.50	7.75	8.00	7.50	7.50	8.00	8.00	7.50	8.75	8.75	8.75	7.00	8.50	7.00	8.50	193.00	8.04
70	6.00	6.00	6.25	7.00	5.00	8.00	7.00	8.50	7.00	5.25	6.50	6.50	7.00	6.50	7.50	7.00	6.00	6.00	6.00	6.00	6.50	6.50	8.75	7.00	159.75	6.66
71	5.50	3.50	3.50	2.50	4.00	4.50	2.50	4.00	4.50	4.00	4.25	4.50	4.00	4.00	4.00	6.50	3.75	3.75	4.00	5.00	4.00	4.00	4.50	3.25	98.00	4.08
72	6.50	7.25	9.50	2.50	3.25	6.75	6.50	6.75	2.00	4.25	9.75	6.50	4.25	9.25	8.00	7.25	3.50	3.50	3.25	3.25	9.50	6.00	8.25	4.50	142.00	5.92
73	9.00	9.00	9.00	7.00	9.00	7.25	9.00	9.00	9.00	8.50	6.50	6.00	8.25	8.00	8.50	8.50	7.75	8.50	7.00	8.00	8.00	8.25	7.25	8.00	194.25	8.09
74	6.00	6.25	6.75	2.75	7.50	8.00	5.50	5.50	6.00	5.00	5.25	5.00	4.75	5.00	5.00	9.00	5.50	6.00	6.00	6.00	6.50	8.25	6.75	7.25	145.50	6.06
75	8.75	9.75	9.75	3.00	9.00	9.25	8.75	8.75	8.75	9.00	8.00	6.00	6.00	9.50	7.50	9.75	7.00	7.00	9.00	9.00	10.00	10.00	10.00	10.00	203.50	8.48
76	9.75	8.00	7.25	8.50	4.75	9.00	8.75	8.00	8.50	8.50	8.25	6.00	9.75	6.50	9.75	9.75	6.00	6.50	6.50	7.75	9.75	6.00	7.75	7.50	188.75	7.86
77	6.00	8.50	4.50	7.50	4.25	5.50	5.75	5.75	5.25	5.75	7.00	4.75	4.50	5.50	6.75	5.25	4.00	4.50	4.50	4.00	5.50	5.25	7.50	6.25	134.00	5.58
78	9.00	9.00	9.00	9.00	9.00	9.00	6.00	9.00	8.00	8.50	8.75	9.00	9.00	10.00	10.00	4.50	9.25	8.00	7.00	9.75	6.75	10.00	9.00	8.50	205.00	8.54
79	8.50	7.00	8.00	5.50	7.50	8.00	7.00	6.50	6.50	7.25	7.25	7.50	6.75	6.75	6.50	8.25	8.25	8.50	8.00	7.75	6.00	6.50	7.00	7.50	174.25	7.26
80	6.75	9.50	9.50	7.50	6.50	8.00	7.00	7.50	8.75	5.75	8.75	5.25	5.25	4.00	5.25	5.50	4.50	5.50	5.50	6.75	6.75	6.25	5.50	6.75	158.25	6.59
81	7.00	8.00	5.00	4.00	6.00	8.00	7.00	5.00	6.00	7.00	8.00	9.00	5.00	7.00	7.00	9.00	6.00	6.00	7.00	7.00	7.00	7.00	10.00	7.00	165.00	6.88
82	7.00	7.00	6.00	6.00	7.00	7.00	6.00	8.00	7.00	7.00	9.00	5.00	6.00	7.00	6.00	8.00	5.00	6.00	6.00	6.00	7.00	5.00	7.00	7.00	158.00	6.58
83	5.00	5.00	5.00	6.00	5.00	6.00	6.00	6.00	6.00	5.00	9.00	6.00	6.00	6.00	6.00	6.00	5.00	5.00	5.00	6.00	7.00	6.00	6.00	7.00	141.00	5.88
84	10.00	10.00	10.00	7.00	8.00	10.00	7.50	8.00	10.00	7.00	10.00	10.00	7.00	10.00	10.00	10.00	7.00	7.00	7.00	7.00	5.00	7.00	10.00	8.00	202.50	8.44
85	10.00	10.00	10.00	6.00	9.00	10.00	4.00	7.00	10.00	5.00	10.00	10.00	6.00	10.00	10.00	10.00	5.00	7.00	7.00	6.00	3.00	5.00	10.00	8.00	188.00	7.83
86	7.50	9.50	8.00	5.00	4.00	6.00	6.00	7.00	9.50	7.00	7.00	6.00	9.50	9.50	6.00	3.00	6.00	7.00	9.00	7.00	9.00	9.00	7.00	9.00	173.50	7.23
87	8.00	9.00	8.00	8.00	9.00	8.00	9.00	8.00	9.50	9.00	8.00	7.00	8.00	6.00	9.00	9.00	7.00	7.00	8.00	7.00	9.00	7.00	9.00	9.00	195.50	8.15
88	7.50	9.00	8.00	7.00	8.00	8.00	6.00	7.50	7.00	7.00	9.00	8.00	9.00	4.00	6.00	4.00	7.00	8.00	8.00	8.00	9.00	7.00	9.00	7.00	178.00	7.42
89	6.00	7.00	6.00	7.00	7.00	8.00	7.00	6.00	6.00	6.00	7.00	6.00	5.00	5.00	6.00	7.00	5.00	5.00	5.00	5.00	5.00	5.00	8.00	7.00	147.00	6.13
90	5.00	6.00	7.00	7.00	7.00	6.00	7.00	8.00	8.00	6.00	8.00	5.00	5.00	7.00	7.00	8.00	5.00	7.00	5.00	5.00	7.00	5.00	9.00	7.00	157.00	6.54
91	8.00	9.00	8.00	8.00	9.50	8.00	9.00	9.00	8.00	9.50	7.00	6.00	8.00	6.00	8.00	6.00	5.00	6.00	6.00	6.00	6.00	7.00	6.00	8.50	177.50	7.40
92	9.00	9.00	8.00	8.00	9.00	8.00	8.00	9.00	9.50	8.00	8.00	5.00	6.00	9.00	8.00	9.50	5.00	7.00	7.00	7.00	7.00	7.00	9.00	9.00	189.00	7.88
93	7.00	8.00	4.00	5.00	5.00	6.00	6.00	7.00	7.00	5.00	5.00	5.00	5.00	6.00	5.00	8.00	6.00	6.00	6.00	6.00	7.00	6.00	6.00	5.00	142.00	5.92
94	8.00	9.00	9.00	7.00	8.00	8.00	8.00	7.00	8.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	8.00	7.00	8.00	8.00	180.00	7.50
95	8.00	7.00	6.00	7.00	6.00	7.00	5.00	7.00	7.00	5.00	6.00	7.00	6.00	7.00	6.00	7.00	6.00	6.00	6.00	6.00	7.00	6.00	6.00	8.00	155.00	6.46
96	7.00	7.00	7.00	5.00	5.00	4.00	5.00	5.00	5.00	5.00	8.00	5.00	5.00	6.00	6.00	7.00	5.00	5.00	5.00	5.00	7.00	5.00	7.00	7.00	138.00	5.75
97	8.00	9.00	9.00	7.00	7.00	7.00	7.00	8.00	8.00	7.00	9.00	7.00	5.00	7.00	7.00	7.00	6.00	5.00	5.00	5.00	8.00	6.00	8.00	9.00	171.00	7.13
98	8.00	8.00	3.00	5.00	6.00	8.00	7.00	7.00	9.00	9.00	8.00	4.00	8.00	9.50	6.00	8.00	4.00	5.00	5.00	5.00	5.00	7.00	9.50	7.00	161.00	6.71
99	9.00	9.00	9.00	8.00	9.00	8.00	8.00	9.00	8.00	8.00	9.00	6.00	8.00	9.50	5.00	9.00	7.00	7.00	7.00							

Years 1 - 5 Intervention T2 Data

	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
101	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	8.00	7.00	10.00	5.00	8.00	10.00	5.00	6.00	6.00	10.00	7.00	9.00	7.00	10.00	4.00	7.00	199.00	8.29
102	10.00	10.00	7.50	3.00	3.00	5.00	3.00	4.00	5.00	7.00	6.00	4.00	6.00	5.00	10.00	6.00	6.00	10.00	10.00	6.00	6.00	5.00	4.00	5.00	146.50	6.10
103	8.00	9.00	9.00	5.00	7.00	7.00	6.00	7.00	7.00	7.00	5.00	6.00	6.00	6.00	5.00	7.00	8.00	3.00	3.00	5.00	7.00	5.00	8.00	7.00	153.00	6.38
104	10.00	10.00	10.00	9.00	9.00	9.00	7.00	9.00	8.00	10.00	8.00	8.00	9.00	9.00	9.00	7.00	5.00	6.00	8.00	9.00	8.00	7.00	9.00	10.00	203.00	8.46
105	8.00	7.00	4.00	3.00	7.00	6.00	5.00	5.00	6.00	6.00	7.00	6.00	6.00	6.00	6.00	6.00	6.00	7.00	8.00	8.00	7.00	7.00	7.00	6.00	150.00	6.25
106	3.00	3.00	3.00	3.00	3.00	2.00	2.00	5.00	4.00	4.00	1.00	3.00	3.00	3.00	3.00	3.00	2.00	3.00	3.00	3.00	4.00	3.00	6.00	3.00	75.00	3.13
107	9.00	9.00	4.00	9.00	9.00	9.00	9.00	9.00	7.00	8.00	9.00	5.00	7.00	10.00	9.00	9.00	5.00	6.00	6.00	6.00	9.00	7.00	9.00	9.00	188.00	7.83
108	9.00	9.00	9.00	8.00	9.00	7.00	7.00	9.00	9.00	9.00	8.00	6.00	5.00	6.00	7.00	7.00	5.00	5.00	5.00	5.00	7.00	6.00	7.00	9.00	173.00	7.21
109	7.00	6.00	6.00	6.00	6.00	6.00	6.00	5.00	6.00	6.00	6.00	6.00	6.00	5.00	5.00	5.00	5.00	6.00	6.00	6.00	6.00	7.00	7.00	7.00	143.00	5.96
110	7.00	7.00	7.00	7.00	6.00	6.00	5.00	6.50	6.00	6.00	6.00	6.00	6.00	6.00	5.00	9.00	5.00	8.00	7.00	6.00	6.00	6.00	7.00	7.00	153.50	6.40
111	9.00	8.00	9.00	8.00	9.00	7.00	9.00	7.00	7.00	8.00	7.00	6.00	7.00	7.00	8.00	7.00	6.00	6.00	7.00	7.00	8.00	8.00	9.00	8.00	182.00	7.58
112	7.00	8.00	6.00	7.00	8.00	8.00	7.00	7.00	5.00	8.00	7.00	6.00	5.00	7.00	5.00	8.00	7.00	7.00	7.00	8.00	9.00	7.00	10.00	8.00	172.00	7.17
113	8.00	10.00	7.00	10.00	6.50	8.00	5.00	7.00	7.00	6.00	10.00	5.00	8.00	10.00	10.00	8.00	6.00	5.00	5.00	5.00	8.00	5.00	10.00	7.00	176.50	7.35
114	9.00	6.00	9.00	10.00	7.00	8.00	9.00	7.00	10.00	9.00	7.00	7.00	4.00	10.00	10.00	7.00	7.00	6.00	6.00	9.00	9.00	10.00	10.00	8.00	194.00	8.08
115	9.00	7.00	5.00	5.00	7.00	7.00	6.00	7.00	7.00	5.00	6.00	5.00	7.00	9.00	6.00	6.00	5.00	5.00	5.00	5.00	7.00	7.00	7.00	8.00	153.00	6.38
116	7.00	7.00	7.00	6.00	5.00	5.00	6.00	6.00	6.00	7.00	7.00	5.00	6.00	7.00	7.00	7.00	6.00	6.00	6.00	6.00	7.00	7.00	9.00	7.00	155.00	6.46
117	7.00	8.00	8.00	7.00	6.00	7.00	8.00	7.00	7.00	7.00	6.00	5.00	6.00	7.00	9.00	7.00	5.00	6.00	7.00	6.00	8.00	6.00	7.00	9.00	166.00	6.92
118	8.00	8.00	7.00	9.00	7.00	7.00	8.00	6.00	6.00	7.00	5.00	5.00	6.00	7.00	8.00	7.00	5.00	6.00	5.00	6.00	7.00	6.00	9.00	8.00	163.00	6.79
119	8.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	7.00	6.00	5.00	7.00	7.00	7.00	7.00	6.00	6.00	6.00	8.00	8.00	6.00	8.00	9.00	167.00	6.96
120	8.00	7.00	8.00	6.00	6.00	6.00	7.00	7.00	7.00	7.00	7.00	5.00	6.00	6.00	6.00	7.00	5.00	6.00	6.00	6.00	7.00	6.00	8.00	8.00	158.00	6.58
121	4.00	10.00	5.00	3.00	4.10	4.70	7.40	7.60	5.00	10.00	9.00	5.00	5.00	5.00	5.00	10.00	4.40	10.00	10.00	5.00	6.90	6.90	5.50	10.00	158.50	6.60
122	9.50	9.50	7.00	4.00	6.00	6.00	8.00	7.00	9.50	9.00	8.40	5.30	7.80	7.90	8.00	8.30	5.90	5.90	6.00	5.60	6.40	4.00	8.00	8.50	171.50	7.15
123	7.00	5.00	7.00	5.50	5.90	5.90	5.00	7.00	7.80	7.00	7.00	5.20	5.00	5.00	7.50	6.90	3.50	5.00	5.00	5.00	5.60	4.90	6.10	7.00	141.80	5.91
124	10.00	10.00	10.00	7.00	10.00	7.60	7.90	10.00	10.00	8.00	7.50	5.80	7.00	5.50	7.10	10.00	5.00	6.70	6.80	6.80	7.00	7.00	7.00	8.10	187.80	7.83
125	10.00	10.00	10.00	10.00	9.00	9.00	9.00	10.00	10.00	10.00	7.00	6.50	9.00	9.00	9.00	10.00	7.00	7.00	7.50	6.80	7.50	7.00	7.50	8.80	206.60	8.61
126	10.00	10.00	6.00	5.00	5.00	5.50	5.00	10.00	10.00	5.80	5.50	5.50	8.30	5.50	9.00	10.00	9.00	5.30	5.00	5.00	5.50	8.00	3.50	8.00	165.40	6.89
127	8.00	10.00	4.00	4.00	4.00	10.00	6.00	7.00	10.00	5.00	7.00	7.50	7.50	10.00	10.00	10.00	5.00	5.00	5.00	5.00	8.00	8.50	8.80	5.00	170.30	7.10
128	4.00	4.00	4.00	4.00	3.50	3.50	3.50	3.50	4.00	4.00	3.10	3.10	3.00	3.00	3.00	3.00	2.50	2.50	2.50	2.50	2.50	2.70	2.80	4.00	78.20	3.26
129	10.00	10.00	6.50	8.50	7.00	5.00	7.00	7.00	10.00	6.30	6.30	5.00	9.00	5.00	9.00	10.00	4.00	5.50	5.50	5.50	5.30	5.00	5.00	8.00	165.40	6.89
130	3.50	5.00	3.50	3.50	3.00	4.00	4.00	4.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.50	3.50	3.50	3.50	4.00	4.00	4.00	3.00	4.00	84.50	3.52
131	10.00	7.80	6.90	5.00	6.00	9.00	5.00	8.00	6.00	5.00	8.50	7.00	7.00	3.00	5.00	9.50	9.50	8.00	7.80	7.10	3.00	3.00	9.00	5.00	161.10	6.71
132	7.00	10.00	10.00	3.00	3.00	5.80	4.90	9.00	10.00	6.30	3.00	3.00	3.00	5.00	5.00	5.00	3.00	3.00	3.00	3.00	3.00	5.50	3.80	7.80	125.10	5.21
133	10.00	10.00	8.40	8.00	7.00	7.00	7.10	10.00	10.00	7.20	6.50	4.00	5.00	5.00	8.00	10.00	6.40	6.50	6.40	7.20	5.10	5.10	5.50	9.00	174.40	7.27
134	10.00	10.00	10.00	6.00	6.00	5.00	7.00	10.00	10.00	6.00	6.00	4.80	7.00	6.00	8.30	10.00	6.80	7.00	8.40	7.50	6.50	5.50	7.00	8.00	178.80	7.45
135	9.00	10.00	7.00	6.00	6.50	6.00	7.00	9.50	10.00	6.00	5.00	4.50	5.00	5.00	7.00	10.00	7.00	6.00	6.00	7.00	5.00	5.00	6.00	8.00	163.50	6.81
136	9.00	9.00	9.00	6.00	5.50	6.00	7.00	10.00	10.00	7.00	5.00	5.00	6.00	4.00	7.50	10.00	4.00	5.50	5.50	7.00	6.00	5.80	7.00	8.00	164.80	6.87
137	9.00	10.00	8.00	7.00	8.00	7.20	8.80	10.00	10.00	9.00	6.80	6.90	8.00	6.50	9.00	10.00	7.50	8.40	8.40	9.00	8.50	7.00	7.20	8.00	198.20	8.26
138	10.00	9.00	2.50	7.00	6.00	9.00	9.00	8.00	8.00	9.00	9.00	5.00	7.00	9.00	9.00	10.00	6.00	6.00	6.00	6.00	7.00	8.30	9.00	8.00	182.80	7.62
139	6.00	7.50	5.00	6.00	7.00	6.00	6.00	7.00	6.00	6.00	6.00	5.00	5.50	7.00	8.00	7.00	5.00	6.00	6.00	6.00	7.00	7.00	10.00	9.00	157.00	6.54
140	10.00	9.50	5.50	8.00	9.00	8.50	5.00	9.00	10.00	6.00	8.00	5.50	7.00	5.00	8.00	10.00	9.00	6.00	6.00	6.00	8.50	5.50	8.50	6.00	179.50	7.48
141	9.00	9.00	9.00	7.00	7.70	7.80	7.80	10.00	10.00	10.00	5.00	5.00	5.80	8.00	9.00	9.50	7.00	7.00	7.00	8.00	8.00	6.00	6.00	8.50	187.10	7.80
142	10.00	10.00	10.00	8.00	9.00	7.50	7.10	10.00	10.00	7.80	5.30	5.00	7.00	10.00	10.00	10.00	5.50	5.00	5.00	5.00	7.50	5.00	7.00	9.00	185.70	7.74
143	6.50	6.50	5.00	5.00	5.00	5.00	4.00	4.00	7.00	5.00	7.00	3.50	3.50	3.50	3.50	4.00	4.00	5.50	5.50	5.50	5.50	5.00	7.50	7.00	123.50	5.15
144	8.50	8.70	9.00	7.00	9.00	9.00	7.00	9.00	9.00	8.00	8.00	8.00	7.00	7.00	7.00	7.00	5.00	7.00	5.50	6.00	7.00	6.00	9.00	9.00	182.70	7.61
145	7.00	5.00	5.00	5.00	5.00	7.00	6.30	5.00	6.50	7.00	7.00	4.00	4.00	5.00	3.80	6.00	4.00	4.90	4.90	4.90	7.00	7.00	7.00	7.00	135.30	5.64
146	6.00	5.00	4.50	6.30	6.00	6.00	6.00	6.00	6.00	6.00	7.00	5.00	4.00	6.00	7.00	7.00	6.50	6.50	6.50	6.00	6.50	5.00	7.00	6.00	143.80	5.99
147	8.00	7.00	7.00	6.00	5.50	5.50	5.50	6.00	7.00	7.00	7.00	5.00	5.00	5.00	5.00	7.00	6.50	6.80	6.70	6.50	9.00	7.00	8.00	9.00	158.00	6.58
148	8.00	7.00	5.00	6.00	5.00	7.00	6.00	6.00	6.00	6.00	8.00	4.80	5.00	6.00	5.00	6.00	5.60	5.60	5.00	5.00	7.00	6.00	7.00	7.00	145.00	6.04
149	9.00	10.00	10.00	7.00																						

Years 1 - 5 Intervention T2 Data																										
	Safe Environm ent	1 Close Relations hip	Family Relations hips	Wider Communi ty	In Control	Privacy	Achievin g and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressi ng Images	Anxiety	Stressed	Depresse d	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
151	7.30	7.30	7.30	6.00	6.00	6.50	7.00	8.50	8.00	6.50	7.00	5.00	5.00	6.00	7.00	7.00	5.00	6.00	6.00	6.00	7.00	6.00	9.00	8.00	160.40	6.68
152	8.00	7.00	7.00	5.00	6.00	5.00	5.00	7.00	6.00	5.00	7.00	4.00	5.00	5.00	7.00	7.00	5.00	5.00	5.00	5.00	9.00	5.50	9.00	6.00	145.50	6.06
153	8.00	4.80	4.60	4.50	4.30	6.00	5.00	5.00	5.00	5.00	7.00	3.80	5.00	5.00	5.00	5.00	6.00	6.00	6.00	8.00	8.00	5.00	8.00	9.00	139.00	5.79
154	7.00	7.00	5.00	5.50	5.50	5.50	5.00	6.00	5.00	5.00	7.00	5.00	5.00	6.80	5.00	7.00	5.50	5.50	5.50	5.50	8.00	8.00	8.00	7.00	145.30	6.05
155	8.00	8.00	7.00	7.00	7.00	7.00	7.00	8.00	8.00	8.00	9.00	5.00	7.00	7.00	5.00	7.00	8.00	8.00	8.00	8.00	8.50	8.50	9.00	7.50	180.50	7.52
156	10.00	10.00	10.00	7.00	9.00	9.00	9.00	10.00	10.00	8.50	8.50	8.50	10.00	9.00	9.00	9.50	7.00	8.00	5.00	5.00	8.00	5.00	10.00	9.00	204.00	8.50
157	6.00	9.00	9.00	5.00	4.50	4.50	5.00	7.00	9.50	9.50	9.00	4.00	9.00	9.00	3.00	3.00	3.50	4.00	3.50	3.50	4.00	5.00	8.00	7.00	144.50	6.02
158	9.00	10.00	9.00	7.00	6.00	8.00	6.00	9.00	10.00	7.00	9.00	7.00	10.00	9.00	8.00	9.00	6.00	9.00	9.00	9.00	7.00	9.00	9.00	8.00	199.00	8.29
159	9.00	9.00	6.00	5.00	6.00	6.00	7.00	9.00	8.00	9.00	8.00	5.00	7.00	7.00	8.00	9.00	7.00	6.50	6.50	5.50	9.00	6.50	8.00	9.00	176.00	7.33
160	7.00	3.00	2.00	3.00	4.00	7.00	6.00	9.00	10.00	5.00	3.00	4.00	3.00	7.00	9.00	10.00	6.00	3.00	3.00	5.50	4.00	2.50	10.00	4.00	130.00	5.42
161	8.00	5.00	4.00	4.00	4.00	7.00	7.00	7.00	7.00	7.00	5.00	7.00	4.00	7.00	8.00	6.00	8.00	6.00	5.00	6.00	6.00	7.00	10.00	6.00	151.00	6.29
162	10.00	8.00	7.00	9.00	9.00	8.00	9.00	8.00	9.00	10.00	8.00	10.00	6.00	9.00	7.00	7.00	7.00	6.00	6.00	8.00	8.00	8.00	10.00	8.00	195.00	8.13
163	10.00	10.00	9.00	8.00	8.00	10.00	10.00	10.00	10.00	10.00	10.00	8.00	8.00	10.00	9.00	10.00	7.00	7.00	8.00	6.00	9.00	7.00	6.00	7.00	207.00	8.63
164	10.00	9.00	9.00	10.00	9.00	8.00	9.00	10.00	9.00	9.00	8.00	8.00	8.00	10.00	9.00	10.00	10.00	8.00	8.00	10.00	9.00	9.00	10.00	10.00	219.00	9.13
165	8.00	9.00	8.00	8.00	7.00	8.00	8.00	8.00	8.00	8.00	9.00	8.00	9.00	8.00	8.00	9.00	9.00	8.00	8.00	8.00	9.00	9.00	10.00	9.00	201.00	8.38
166	10.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	8.00	9.00	9.00	9.00	9.00	9.00	8.00	8.00	8.00	8.00	8.00	8.00	9.00	9.00	210.00	8.75
167	9.00	9.00	8.00	8.00	8.00	9.00	8.00	9.00	9.00	9.00	8.00	8.00	8.00	9.00	8.00	8.00	9.00	8.00	9.00	9.00	10.00	8.00	9.00	8.00	207.00	8.63
168	10.00	9.00	10.00	8.00	8.00	8.00	8.00	8.00	9.00	8.00	10.00	7.00	5.00	8.00	7.00	7.00	9.00	9.00	9.00	9.00	8.00	8.00	8.00	9.00	199.00	8.29
169	8.00	9.00	9.00	8.00	8.00	7.00	8.00	7.00	7.00	8.00	7.00	9.00	8.00	9.00	9.00	9.00	8.00	8.00	8.00	8.00	9.00	8.00	9.00	8.00	196.00	8.17
170	10.00	10.00	10.00	7.00	7.00	7.00	9.00	9.00	10.00	10.00	7.00	8.00	9.00	9.00	7.00	10.00	9.00	8.00	8.00	9.00	9.00	9.00	10.00	9.00	210.00	8.75
171	10.00	8.00	8.00	7.00	7.00	7.00	7.00	8.00	7.00	7.00	7.00	8.00	7.00	7.00	9.00	9.00	7.00	7.00	7.00	7.00	8.00	7.00	8.00	7.00	181.00	7.54
172	7.00	10.00	8.00	9.00	7.00	8.00	7.00	7.00	10.00	7.00	7.00	7.00	10.00	7.00	9.00	7.00	7.00	7.00	7.00	7.00	6.00	7.00	10.00	8.00	186.00	7.75
173	7.00	7.00	7.00	7.00	8.00	8.00	6.00	6.00	7.00	7.00	7.00	8.00	7.00	7.00	6.00	6.00	7.00	7.00	7.00	7.00	8.00	9.00	7.00	7.00	170.00	7.08
174	9.00	10.00	9.00	8.00	8.00	9.00	9.00	10.00	10.00	10.00	8.00	8.00	10.00	10.00	8.00	10.00	10.00	9.00	8.00	10.00	10.00	9.00	10.00	9.00	221.00	9.21
175	10.00	10.00	8.00	6.00	6.00	8.00	8.00	7.00	7.00	6.00	6.00	6.00	5.00	9.00	8.00	10.00	9.00	5.00	8.00	5.00	5.00	7.00	8.00	10.00	177.00	7.38
176	10.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	7.00	8.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	8.00	8.00	8.00	8.00	6.00	9.00	7.00	205.00	8.54
177	8.00	10.00	8.00	4.00	7.00	6.00	7.00	6.00	6.00	8.00	4.00	4.00	7.00	5.00	8.00	6.00	4.00	4.00	7.00	5.00	5.00	8.00	5.00	8.00	150.00	6.25
178	9.00	9.00	9.00	8.00	6.00	8.00	8.00	8.00	8.00	8.00	7.00	8.00	8.00	7.00	7.00	8.00	8.00	8.00	8.00	8.00	7.00	7.00	7.00	8.00	187.00	7.79
179	9.00	9.00	9.00	8.00	9.00	9.00	8.00	8.00	8.00	9.00	7.00	8.00	8.00	8.00	9.00	10.00	8.00	8.00	8.00	8.00	8.00	10.00	10.00	7.00	203.00	8.46
180	9.00	9.00	9.00	8.00	7.00	9.00	8.00	8.00	9.00	7.00	8.00	8.00	7.00	7.00	9.00	9.00	7.00	6.00	6.00	6.00	7.00	7.00	7.00	7.00	184.00	7.67
181	10.00	10.00	7.00	5.00	5.00	8.00	8.00	7.00	7.00	7.00	6.00	6.00	6.00	9.00	8.00	10.00	7.00	6.00	8.00	6.00	6.00	7.00	9.00	9.00	177.00	7.38
182	7.00	7.00	5.00	5.00	8.00	8.00	6.00	6.00	6.00	5.00	7.00	9.00	6.00	8.00	8.00	7.00	5.00	7.00	7.00	7.00	8.00	8.00	6.00	6.00	162.00	6.75
183	8.00	8.00	8.00	7.00	6.00	6.00	6.00	6.00	8.00	6.00	6.00	7.00	4.00	4.00	4.00	6.00	6.00	6.00	6.00	6.00	6.00	8.00	6.00	8.00	152.00	6.33
184	9.00	8.00	6.00	8.00	8.00	7.00	5.00	6.00	9.00	10.00	8.00	8.00	7.00	6.00	6.00	5.00	6.00	6.00	6.00	8.00	8.00	7.00	8.00	8.00	173.00	7.21
185	10.00	10.00	5.00	5.00	6.00	10.00	5.00	5.00	5.00	5.00	5.00	5.00	4.00	10.00	10.00	10.00	3.00	3.00	5.00	5.00	10.00	9.00	6.00	6.00	157.00	6.54
186	6.00	5.00	5.00	5.00	4.00	5.00	3.00	4.00	4.00	3.00	4.00	7.00	4.00	4.00	5.00	9.00	4.00	4.00	4.00	4.00	4.00	4.00	6.00	4.00	111.00	4.63
187	6.00	6.00	5.00	5.00	9.00	4.00	4.00	4.00	4.00	5.00	5.00	4.00	4.00	7.00	6.00	6.00	4.00	4.00	5.00	5.00	5.00	5.00	5.00	7.00	123.00	5.13
188	5.00	6.00	6.00	6.00	6.00	6.00	7.00	5.00	6.00	6.00	6.00	9.00	10.00	8.00	8.00	9.00	7.00	5.00	5.00	8.00	8.00	6.00	8.00	9.00	165.00	6.88
189	9.00	7.00	7.00	8.00	7.00	5.00	6.00	5.00	5.00	6.00	6.00	7.00	6.00	7.00	8.00	10.00	10.00	8.00	8.00	8.00	7.00	6.00	8.00	10.00	174.00	7.25
190	9.00	9.00	9.00	8.00	7.00	8.00	9.00	7.00	8.00	8.00	7.00	7.00	7.00	7.00	9.00	9.00	7.00	6.00	6.00	6.00	7.00	6.00	7.00	7.00	180.00	7.50
191	9.00	9.00	7.00	7.00	6.00	7.00	7.00	7.00	9.00	6.00	6.00	6.00	6.00	7.00	9.00	9.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	7.00	166.00	6.92
192	9.00	9.00	9.00	9.00	9.00	9.00	8.00	9.00	9.00	8.00	8.00	7.00	8.00	8.00	9.00	9.00	7.00	7.00	7.00	7.00	6.00	6.00	6.00	7.00	190.00	7.92
193	5.00	4.00	6.00	5.00	5.00	5.00	6.00	8.00	7.00	7.00	7.00	6.00	7.00	7.00	8.00	8.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	7.00	150.00	6.25
194	8.00	8.00	8.00	8.00	8.00	8.00	5.00	7.00	7.00	7.00	9.00	6.00	8.00	5.00	8.00	8.00	5.00	5.00	5.00	4.00	5.00	5.00	8.00	7.00	162.00	6.75
195	6.00	4.00	6.00	4.00	4.00	9.00	3.00	3.00	5.00	4.00	7.00	4.00	4.00	7.00	4.00	6.00	4.00	4.00	4.00	4.00	7.00	4.00	4.00	6.00	117.00	4.88
196	8.00	6.00	5.00	6.00	6.00	6.00	5.00	5.00	5.00	5.00	5.00	5.00	6.00	7.00	5.00	8.00	6.00	5.00	5.00	5.00	4.00	4.00	4.00	7.00	133.00	5.54
197	7.00	7.00	7.00	5.00	6.00	6.00	7.00	5.00	5.00	5.00	5.00	5.00	9.00	8.00	6.00	7.00	7.00	7.00	7.00	7.00	7.00	8.00	5.00	4.00	152.00	6.33
198	9.00	8.00	8.00	8.00	8.00	8.00	8.00	9																		