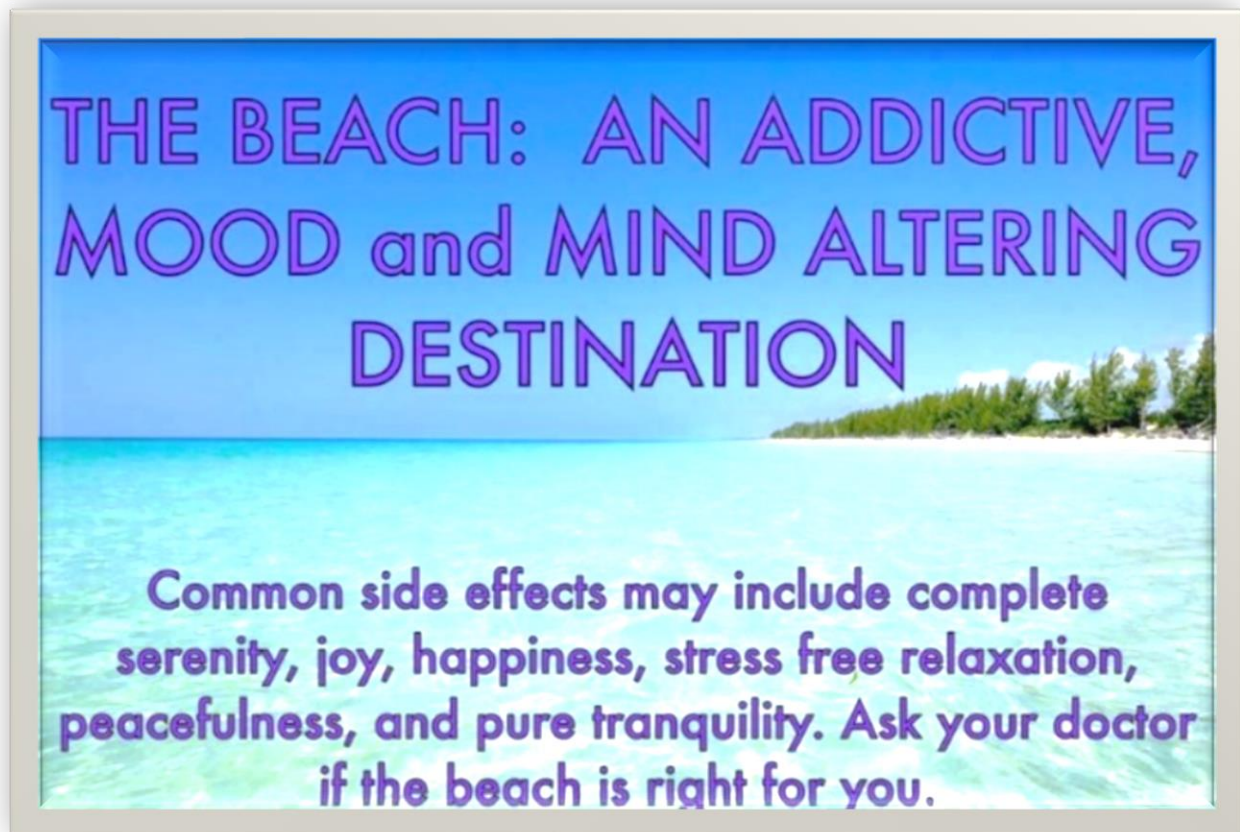


Evaluation Report

YEAR 5 REPORT AND PROJECT SUMMARY

SURF ACTION 'PTSD-CENTRE OF EXCELLENCE'
YEAR 5 : 30/05/17 – 29/05/18



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 mental health through personal development, education and employment 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 our service users and their families in surfing, kayaking, paddle-boarding, and other high intensity water-sports in the magnificent coastal environment around us with the resulting recognised physical and psychological health benefits. National Lottery funding was awarded to allow this provision to be extended, improved and enhanced over a 5-year period, the fifth year of which is now complete.

YEAR 5 IN BRIEF:

This has been a busy year for Surf Action:

Beach Clinics



We held 108 beach clinics throughout the year split between Newquay (north coast) and Praa Sands (south coast). They continued to be held through the Christmas and New Year periods and in all weather conditions so that they are always available to veterans. The Saturday clinics allow those who work during the week to continue to access them with their families. Some people are very nervous of

joining a main beach clinic, so extra evening-sessions are made available by arrangement with the aim of them ultimately joining the main clinic.

Family Ocean Therapy Courses.



In Year 5, we ran eight, back-to-back 8-week ocean therapy courses for the armed forces community based at Praa Sands and Stithians Lake. Six were surf courses and two were BCU Kayaking courses. The aim of the courses was to promote physical and psychological wellbeing of the attendees whilst strengthening community relationships. Over 70 children from 50-armed forces community families

participated. We continued to encourage parents to participate with their children and this continued to be highly beneficial to everyone. The course feedback and outcomes were excellent. This further justified our method of service delivery. A separate report on the outcomes of our work with families is available on our website.

Visiting Regiments



We were glad to host one group of visiting armed forces personnel from the Royal Artillery during the year. It is good to see that they asked for a presentation about psychological resilience as part of their visit. It is becoming much more difficult for such groups to find the time and funding to continue from benefiting from such visits.

Residentials



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



Surf Action Health and Wellbeing Residential 2018
at Crownhill Fort, Plymouth PL6 5BX, 12th (pm)—16th (am) March



The Landmark Trust has very kindly donated the use of the Officers' Accommodation at the wonderfully preserved 19th Century Crownhill Fort to Surf Action for use as the base for our 2018 health and wellbeing residential. If you are serving/a veteran going through recovery and would like to:

- Spend 4 days in a unique historic location and atmosphere very different from your day to day life and divest yourself of the many modern communication mediums which tend to preoccupy our lives whilst benefiting from the support of a friendly and welcoming peer group;
- Take part in extensive moorland walks, watersports and other healthy outdoor activities in the stunning Devon moorland and coastal environments whilst also learning about the importance of living as physically and emotionally resilient lives as possible;
- Discover new adjustment strategies, learn about coping skills and the importance of education in recovery all within a supportive group setting with onsite psychological and occupational therapeutic support;
- Take time to identify, concentrate on and develop your own recovery path for the long term whilst having a lot of fun;

Then email us at info@surfaction.co.uk
All food, accommodation and activities are free



Fifty For Free 2018



Surf Action, Unit 11, Long Rock Industrial Estate, Penzance, Cornwall, TR20 8HX
T: 01736 365645 | Email: info@surfaction.co.uk
www.surfaction.co.uk | Registered Charity No. 1140191



In March, we ran a highly successful residential for eight veterans, based at Crownhill Fort (courtesy of the Landmark Trust) in Plymouth. The aim of the event was to boost the physical and psychological resilience of the attendees by taking them to a location where they would be free of the many pressures of modern life (such as mobile phones, social media, drink and drugs) and be able to concentrate on themselves and their recovery. The Fort had no TV or internet facility. Their participation also gave their partners/families the chance to have some time to themselves. Each day there were strenuous water and land-based activities alongside talks from outside speakers and discussions/lectures about mental health. Everyone participated in cooking and cleaning and the feedback was excellent. This has further justified

our approach to service delivery. The residential took place one week after the prolonged period of snow which saw the previous occupant's cut-off within the fort for 3 days!

Veterans' Centre

The Veterans' Centre remained the hub of Surf Actions day-to-day activity and contains the main office from which the charity is run. It is the venue for volunteer training (including safeguarding) and educational sessions. Through meetings at the centre we have continued to strengthen our working relationships with a wide variety of other civilian and armed forces community organisations. Veterans are encouraged to drop-in and help-out. Rooms are available for therapy sessions to those who require them or for meetings, discussions, or education, as part of their recovery. Surf Action takes every opportunity to spread its message and has presented to over 100 employers and other organisations, either individually or at conferences, during the year to raise awareness of the benefits of employing veterans and the importance of maintaining physical and psychological resilience. We continued to deliver four psychological coping skills sessions to 65 family members at the centre in Year 5 and discussed the importance of 'occupation' in maintaining resilience and this included information about the benefits of having hobbies, regular mindfulness and relaxation and a connection with music and art. Surf Action is now

registered with NICE and has an input to various relevant NHS physical and psychological treatment pathways as and when they are due for revision. In early 2018 we also obtained the approval of The Charity Commission to update our Articles of Association (available on our website) to make it easier for Surf Action to deliver its proven recovery pathways to the wider civilian community. We are also now a **registered service provider** with the **Children's University** (at Plymouth University) and can now stamp the youngster's passports for them to earn credits and to encourage them to be active outside of school hours to the benefit of themselves, their schools and families and wider society.

Volunteers



Surf Action has continued to attract and maintain many volunteers with a wide variety of skills and backgrounds and they are essential in our delivery model. They pass on a lot to the service users and learn other things in return. One volunteer has recently qualified as an ambulance technician and continues to attend the Saturday surf clinics whenever his shift pattern allows, and he is now a valuable conduit through whom we can strengthen the ties between the armed forces and emergency service communities. We have also welcomed two final year psychology students from Plymouth University who are working on research into the blue gym and mental health whilst also volunteering at our various surf clinics. Through our 'Volunteer to Work Route Pathway', we encourage those service users who have the time to do so, to volunteer in the main office and to help with arranging and developing our service delivery.

Academic Research



We have continued to maintain a close working relationship with the Veterans and Families Institute at Anglia Ruskin University and with the Occupational Therapy department at the University of East Anglia. We also continue to work with The University of Exeter, Cornwall Council and the Natural Environment Research council on a project called 'A Dose of Nature in Cornwall', a 'nature-on-referral service' which is being co-ordinated by Dr Dan Bloomfield of Exeter University. In addition, we were frequently asked to participate in undergraduate and masters research by students at many universities and we facilitated them whenever we could. During our March residential we were visited by students from Plymouth University and the University of St Mark & St John in Plymouth with whom we were participating on research. They were able to talk to veterans about mental health, resilience and the natural

environment whilst also interacting with them in the water and see our process in action. Many of the things, which we have been pioneering and providing, are now becoming mainstream and we hope to benefit from such progress in the future.



Surf Action Joined-Up Recovery Model

Surf Action has continued to develop its educational route pathways through which the service users can achieve their specific needs. It has also continued to refine its **‘Integrated Joined-Up Recovery Programme’**.

Surf Action defines ‘Recovery’ as living well in-spite of any difficulties we may have to face. We 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.



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



SURF ACTION JOINED-UP RECOVERY MODEL

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

Comprehensive Client Needs Analysis

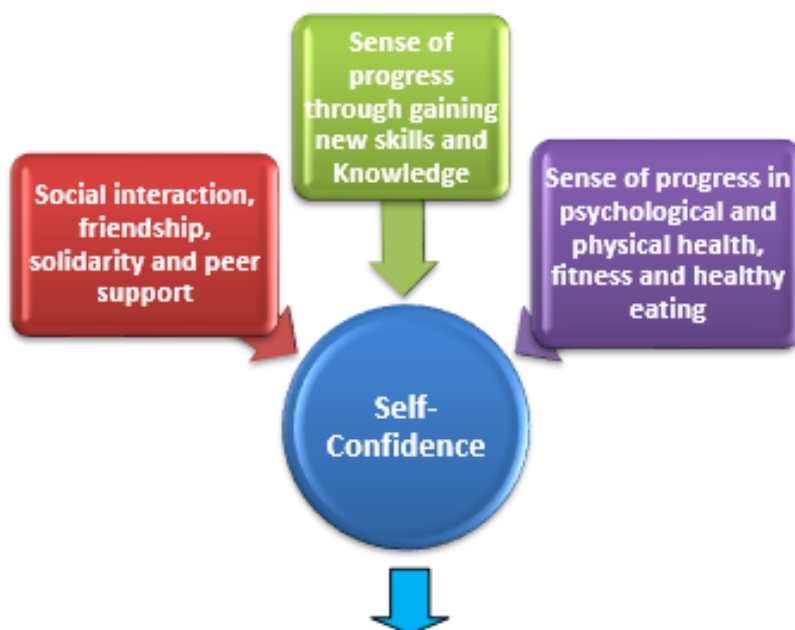
- Including a physical, psychological and emotional needs audit (Griffin & Tyrrell)
- Signposting where beneficial during initial engagement



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

YEAR 5 PROJECT GOALS

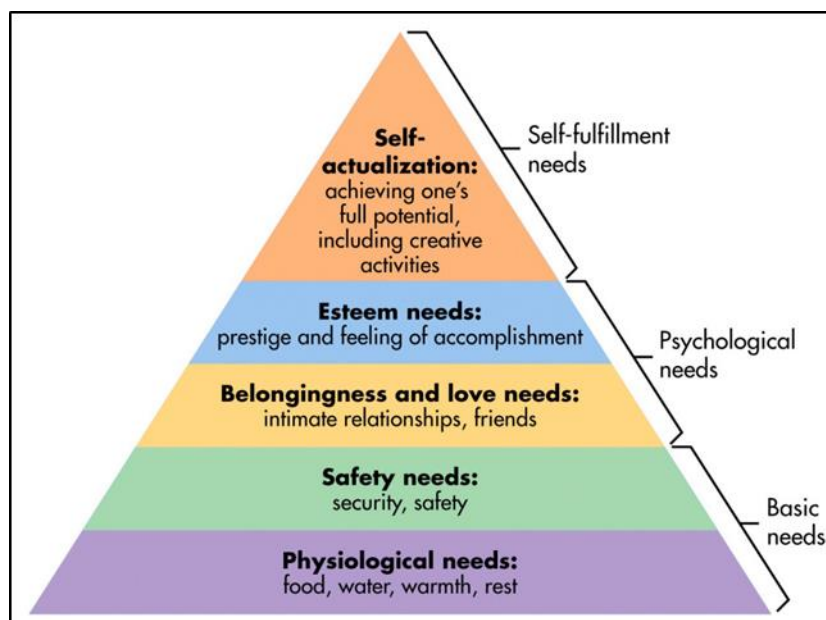
(REPORTING ON 40 VETERANS)

- 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' 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.

METHODOLOGY

As part of its integrated recovery programme Surf Action engaged its Year 5 service users in structured 8-week cycles 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.
- A 'Wheel of Life' evaluation tool (based on the recognised 'Emotional Needs Audit' developed by J. Griffin & I. Tyrrell and adapted for use with veterans by Surf Action) was used to monitor the progress of each veteran at regular intervals. The qualitative areas of life considered were:
 - A living environment that feels safe and secure
 - At least one close friendship or relationship
 - Good family relationships
 - Engagement with the wider community
 - A sense of control over one's life
 - Privacy and personal space
 - Outlook on one's future
 - To give and receive healthy attention and to feel valued
 - Someone to turn to for support when one needs it
 - A sense that life has meaning and purpose
 - Time for hobbies and fun
 - A good quality of sleep
 - Feelings of isolation
 - Debt and financial management

- Engagement in Employment, education, training or volunteering
- Housing situation
- Distressing images/memories
- Feelings of anxiety, tension and nervousness
- Feelings of stress
- Feelings of depression
- A healthy diet and lifestyle
- Feelings of anger
- Alcohol intake
- Self-confidence and esteem

Veterans were asked to rate each of the 24 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 indicative of a considerable stressor in the veteran's life.** For the purposes of formal assessment only veterans/service users who had completed 3 wheels at regular intervals over 3-12 months as they engaged with the charity were included in the audit as it represented the best quality evidential data trail. Sometimes veterans tended to put N/A on the wheel in an 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.

For family members and children, a simpler scale was used. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was funded by the Scottish Government National Programme for Improving Mental Health and Well-being, commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh, and is jointly owned by NHS Health Scotland. It is a positively worded 14 area scale measuring emotional and psychological wellbeing. This scale is particularly suited for use with children (7 areas). To help the children Surf Action produced WEMWS forms with emoticons on with easy to read facial expressions.

- Weekly support and social interaction was 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).

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 when 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)

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 sufficient 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 weekly 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 SurfingGB/Surf England registered Surf Instructor and the 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” 							
WEMWBS Monitoring	✓			✓				✓
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 particular 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>Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) is a positively worded 14 area measure developed by Warwick and Edinburgh Universities in 2006 in conjunction with NHS Scotland, measuring emotional and psychological wellbeing.</p>							

	<p>The Surf Instructor is Emergency 1st Aid trained and a 1st Aid Kit is always available.</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 our 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

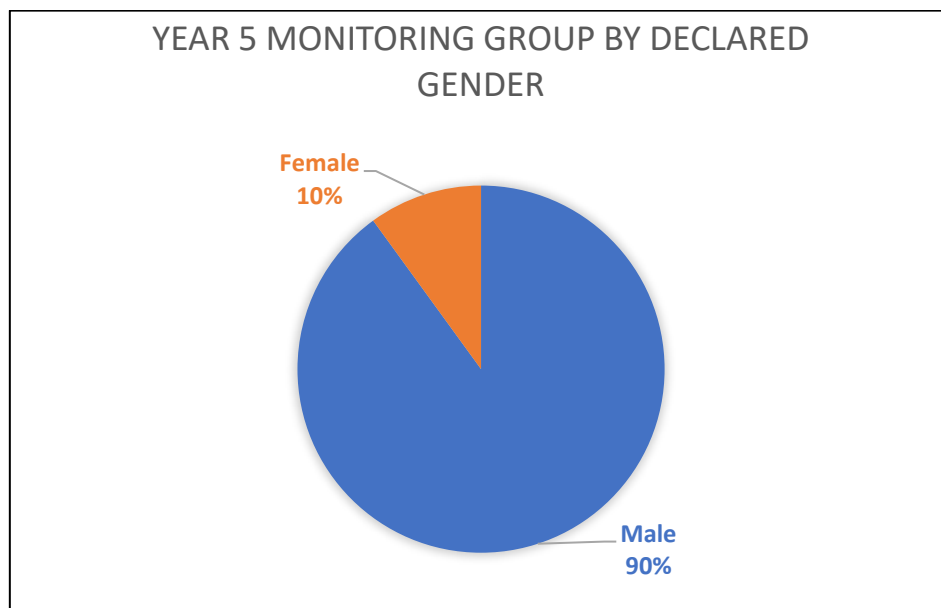
YEAR 5 VETERANS' PROFILE

ETHNIC BACKGROUND

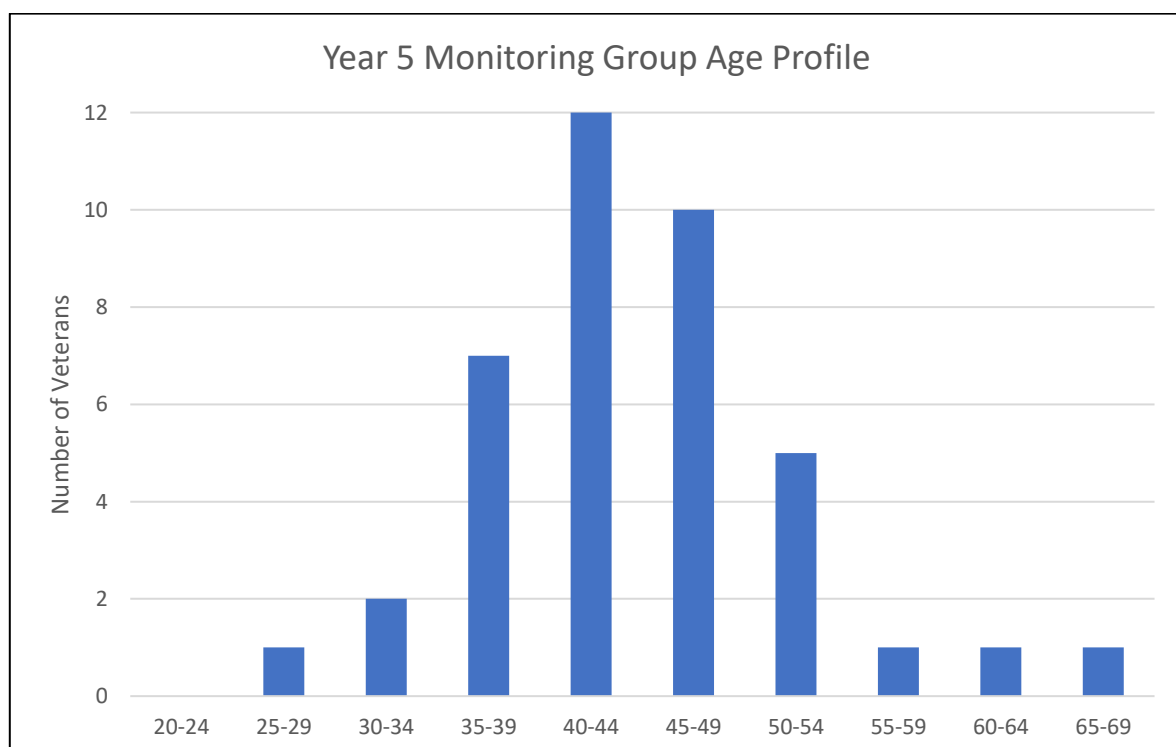
Of the Year 5 monitoring group who declared it, 98% were white and 2% mixed ethnic background. This is consistent with the demographic of the Cornwall, in which 98.7% of the population define themselves as White (ONS, 2008).

GENDER

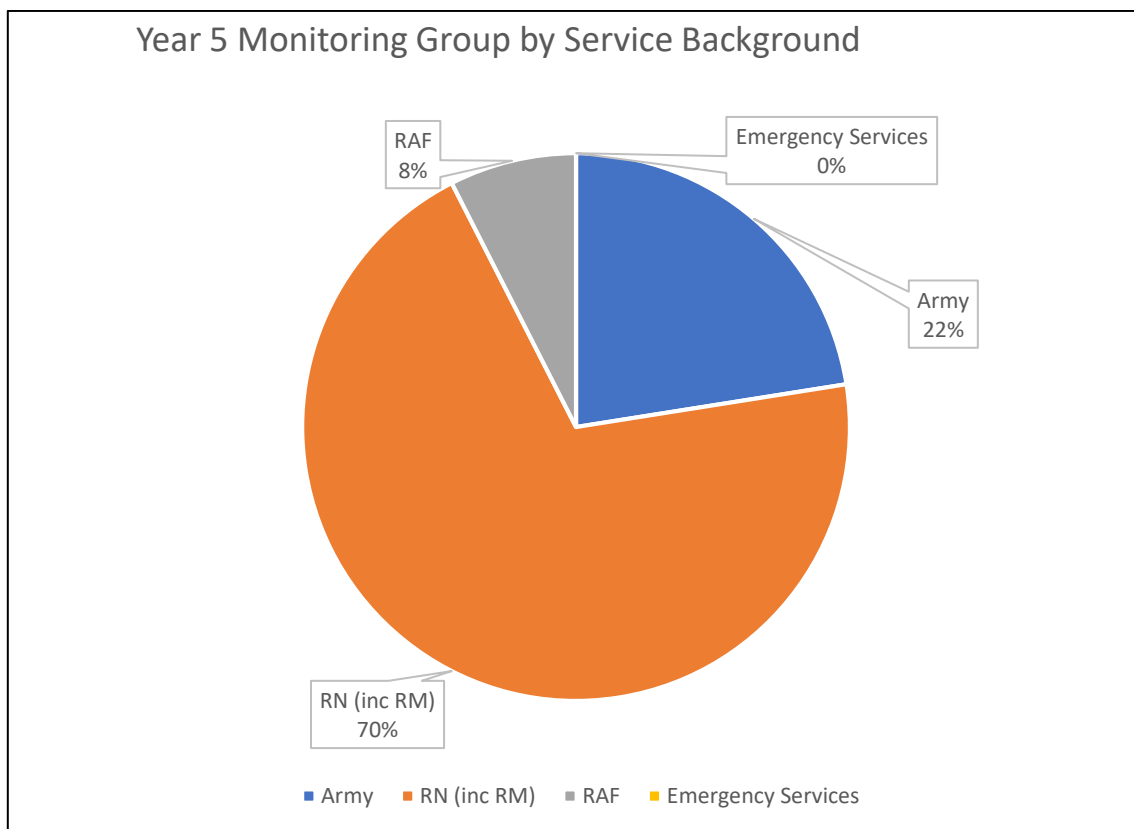
Due to the older average age of our veterans, this mainly pre-dated female frontline participation and hence, most of our veterans in Year 5 were male.



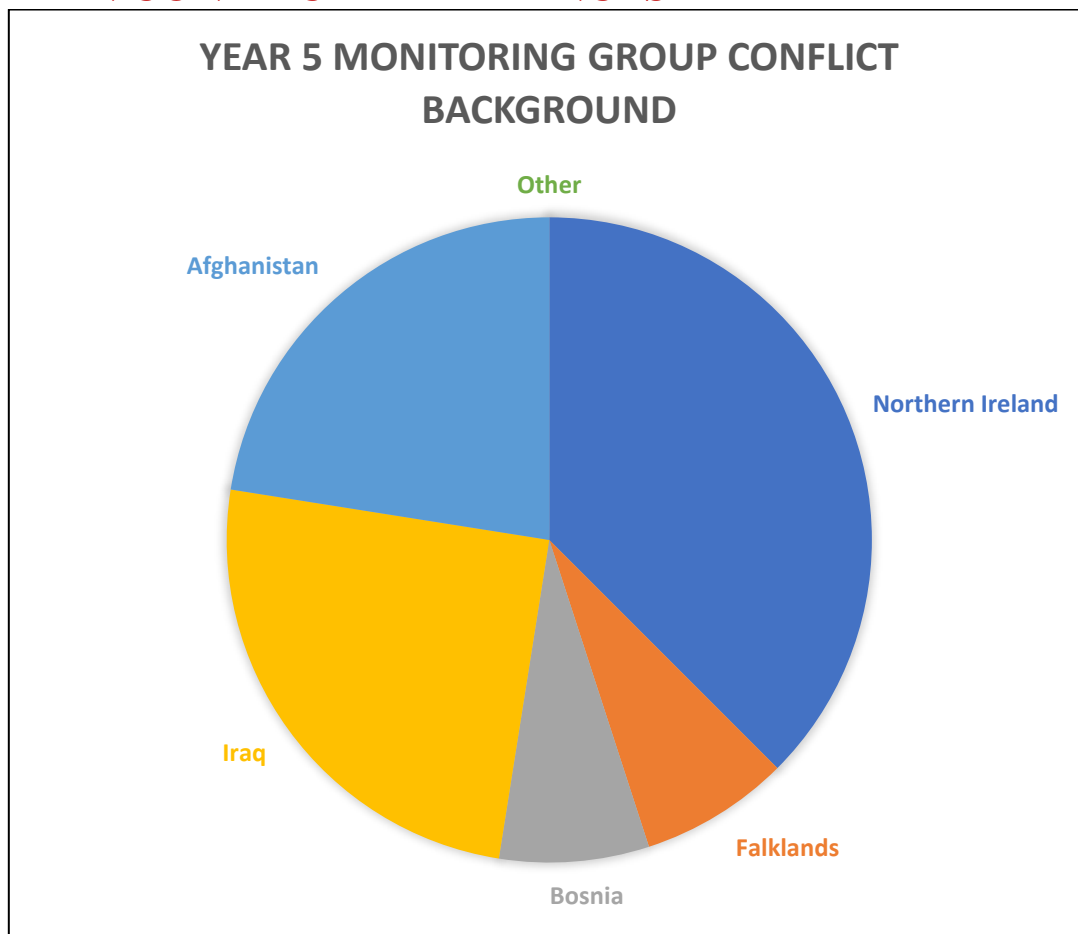
AGE



SERVICE BACKGROUND



VETERAN CONFLICT EXPERIENCES

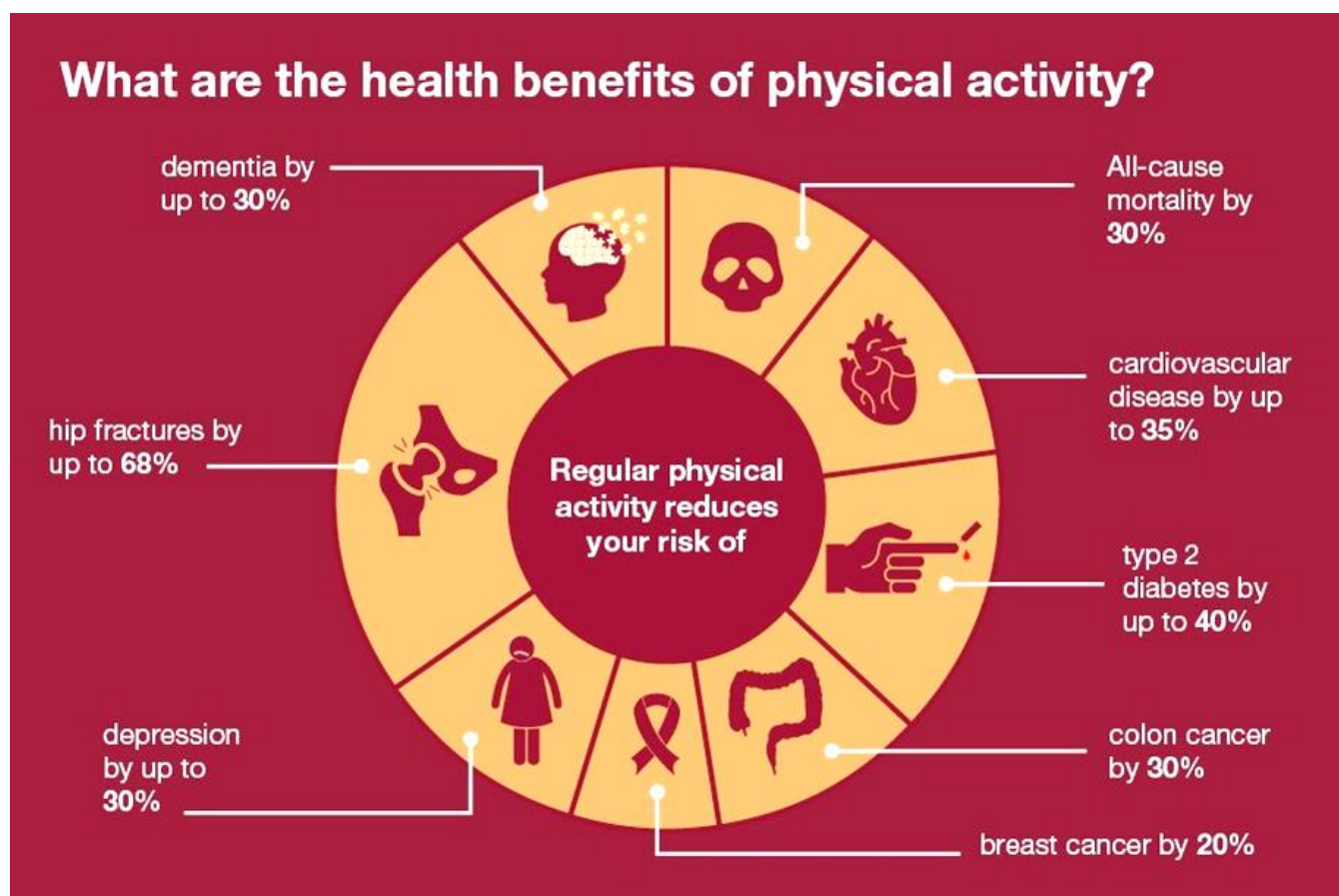


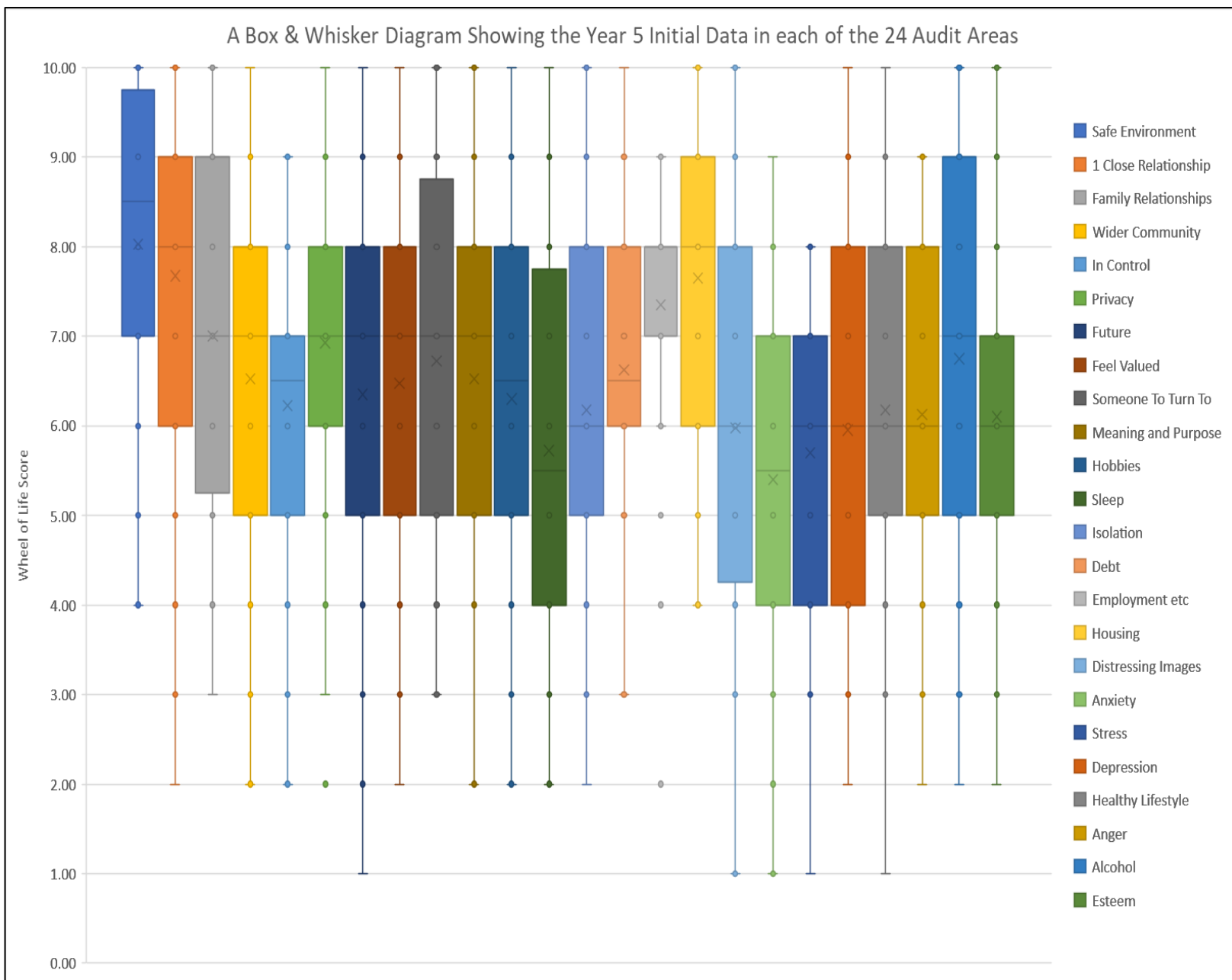


EMOTIONAL NEEDS AUDIT RESULTS AND FINDINGS

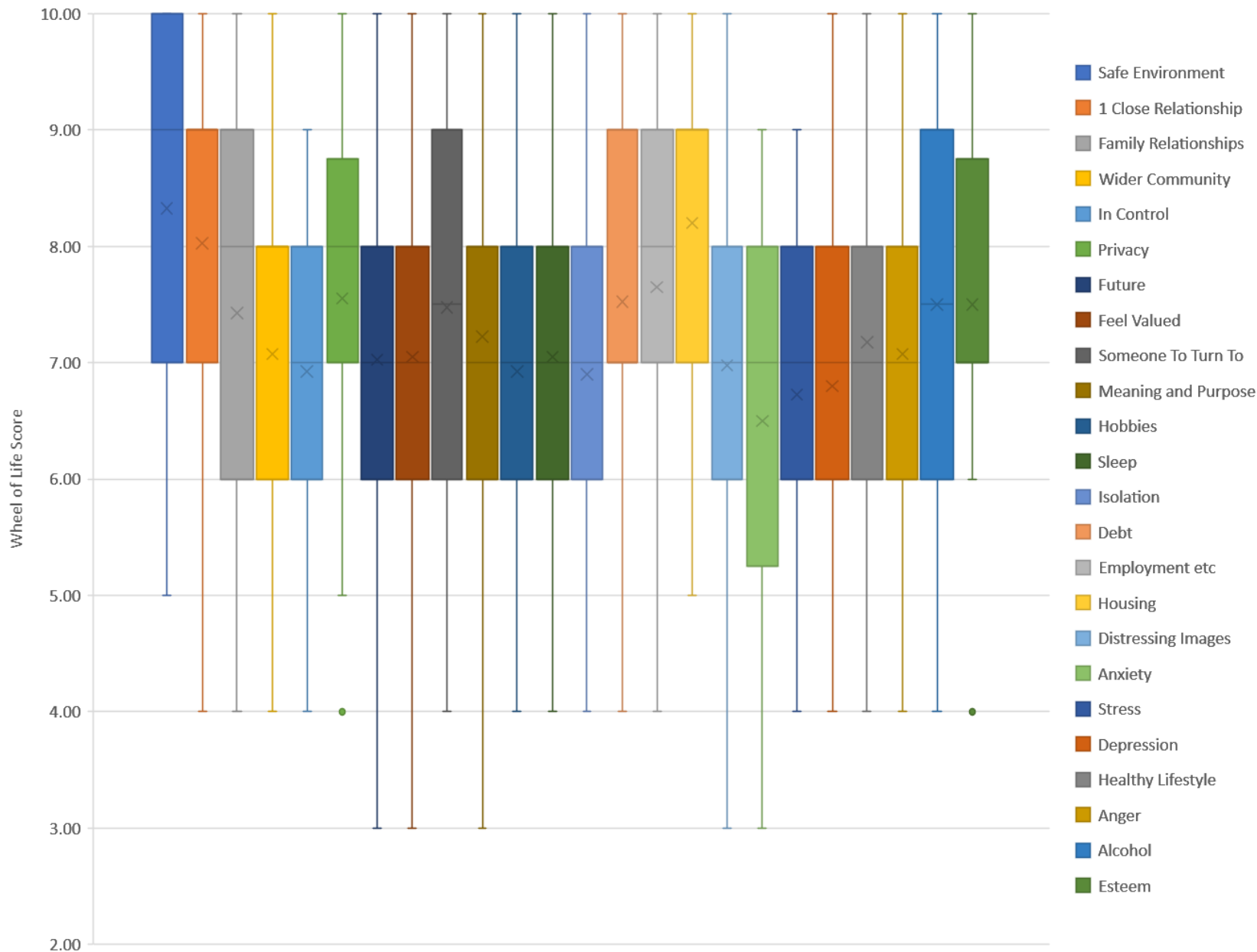
The anonymised veterans' 'Wheel of Life' scores on initial engagement with the Surf Action Ocean Therapy Course were used as the baseline for measurement (T1) with n=40 and then the Mean score, Standard Deviation (σ) and Variance (σ^2) were calculated across each of the 24 audit categories and each veteran. Their final 'Wheel of Life' scores after 12 months were then taken in the 24 audit categories (T2) and an Intervention Mean score calculated in each category and each veteran along with the σ and σ^2 . The initial and intervention Mean, σ and σ^2 allowed for the better interpretation of the data particularly in terms of compactness and consistency. All data was entered onto a Surf Action designed spreadsheet so both individual data and group data was preserved. This also allowed the generation of the necessary analytical data diagrams.

Most of the statistical analysis requires the data to be normally distributed so the data was checked to ensure this. Kurtosis and Skew were measured across all the data. If the measured values fell between -2 and +2 this was accepted as a good indication of normality. The extensive use of box and whisker diagrams also allowed for visual indications of normality. Some of the analysis can also be highly susceptible to 'outliers' in the data so this was also checked. Where outliers were identified the effect of inclusion and exclusion was examined. It was determined that no outliers needed to be excluded. This was confirmed by scatter diagrams. Correlations were calculated using Pearson 'Coefficients of Determination and Correlation'. This allowed the calculation of statistical significance.





A Box & Whisker Diagram showing the Year 5 Intervention Data in each of the 24 Audit Areas



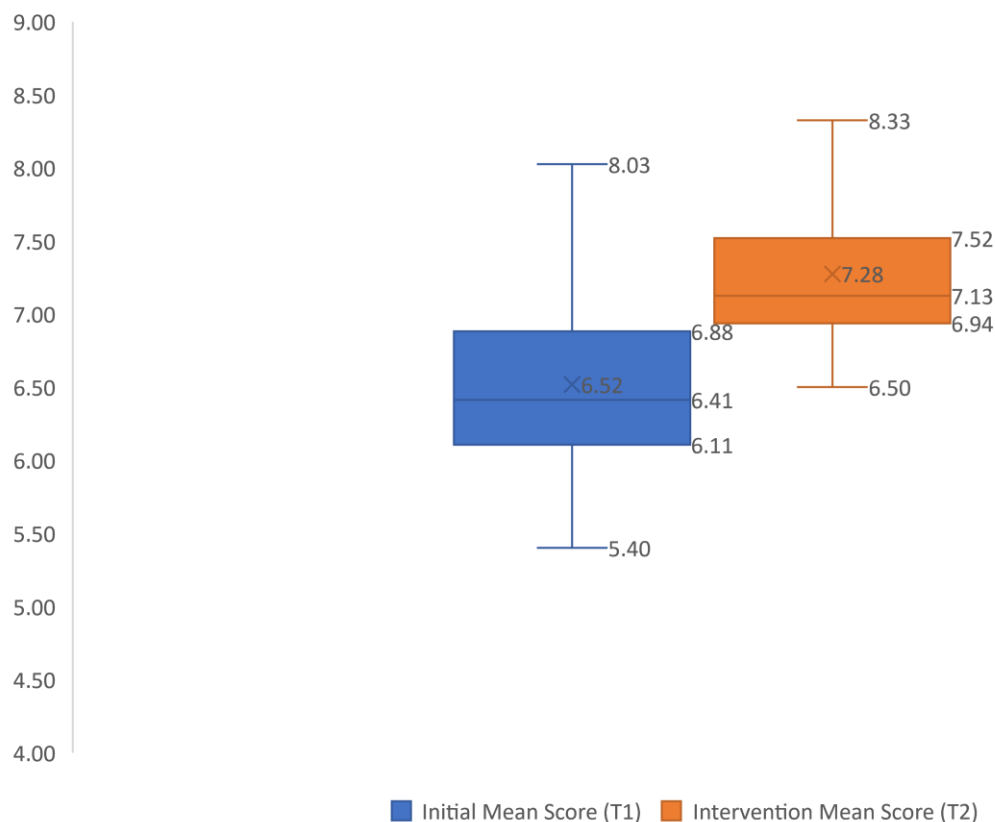
Each box diagram shows the T2 scores in one audit area arranged from the lowest (least happy) to the highest score (most happy), more commonly referred to as 'the range of scores'. The length of the central rectangle represents the spread of the middle 50% of scores whilst the length of the tails represents the range of the lower and higher quarter of scores.

The intervention T2 scores are significantly higher than the initial T1 scores and the box diagrams are higher up the score scale and more compact than in the diagram above thus showing improved homogeneity.

Anxiety shows as the biggest stressor and there are only 2 outliers, 1 in the privacy and 1 in the esteem audit areas.

Mean Scores for the Year 5 Monitoring Group Across the 24 'Wheel of Life' Audit Areas																								
Audit Area	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stress	Depression	Healthy Lifestyle	Anger	Alcohol	Esteem
Initial Mean Score (T1)	8.03	7.68	7.00	6.53	6.23	6.93	6.35	6.48	6.73	6.53	6.30	5.73	6.18	6.63	7.35	7.65	5.98	5.40	5.70	5.95	6.18	6.13	6.75	6.10
Intervention Mean Score (T2)	8.33	8.03	7.43	7.08	6.93	7.55	7.03	7.05	7.48	7.23	6.93	7.05	6.90	7.53	7.65	8.20	6.98	6.50	6.73	6.80	7.18	7.08	7.50	7.50
Percentage Increase in scores	3.74	4.56	6.07	8.43	11.24	9.03	10.63	8.88	11.15	10.73	9.92	23.14	11.74	13.58	4.08	7.19	16.74	20.37	17.98	14.29	16.19	15.51	11.11	22.95

A Box & Whisker Diagram Comparing the Initial T1 and Intervention T2 Score Spreads for the Year 5 Intervention Group across the 24 Wheel of Life Audit Areas



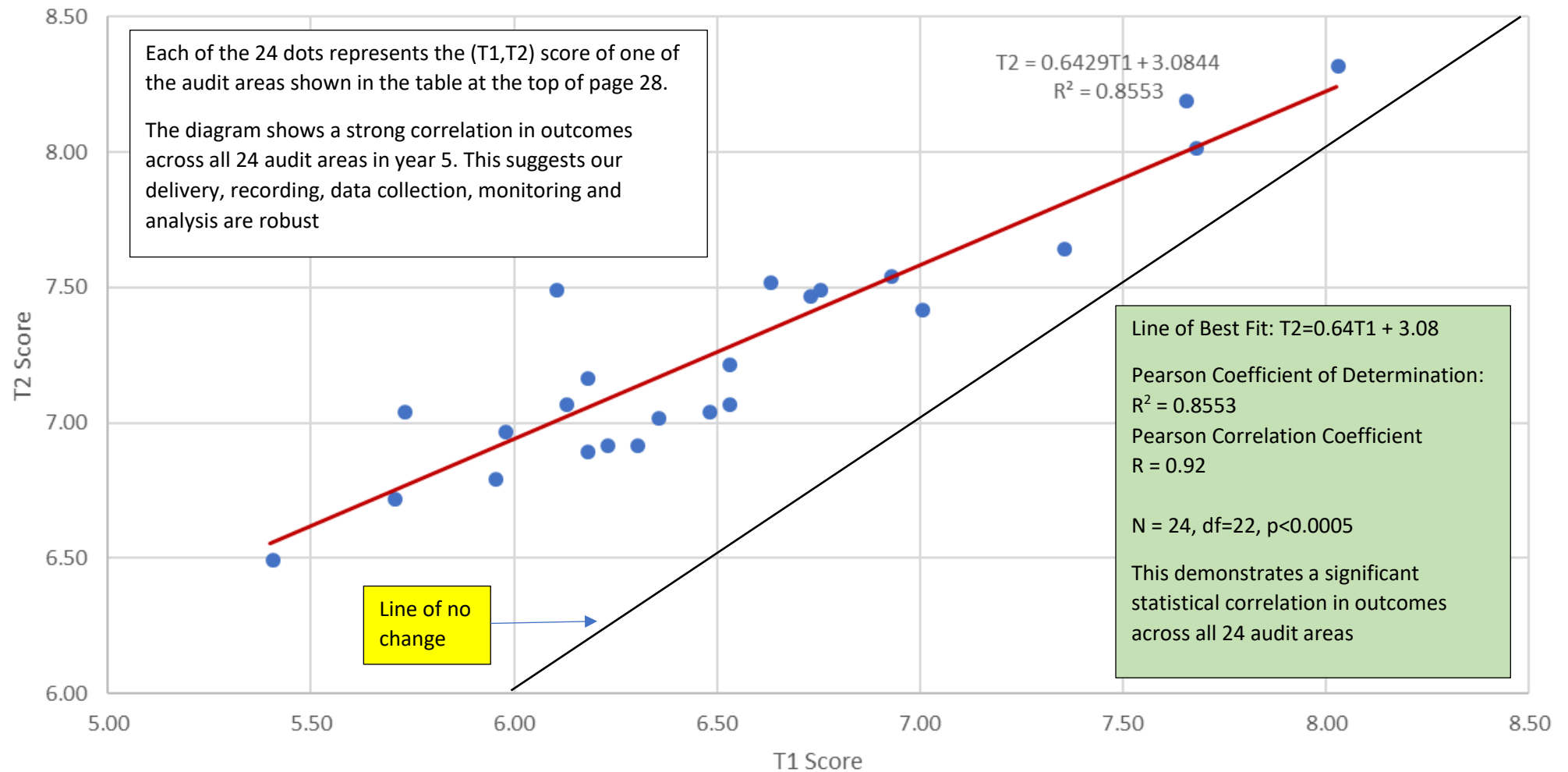
The diagram shows that there is a significant improvement in the mean T2 scores (in fact the average is an 11.6 % overall increase). The lowest T1 score (Anxiety) shows a 20.4% increase at T2. The biggest increase was in Self-Esteem which showed a 23% increase at T2.

The T2 diagram is much more compact than the T1 diagram with a smaller range and higher median and mean scores. This all indicates a general increase in wellbeing scores and a more cohesive and compact set of outcomes. There are no outliers scores in any audit areas and this also indicates the consistency of our delivery.

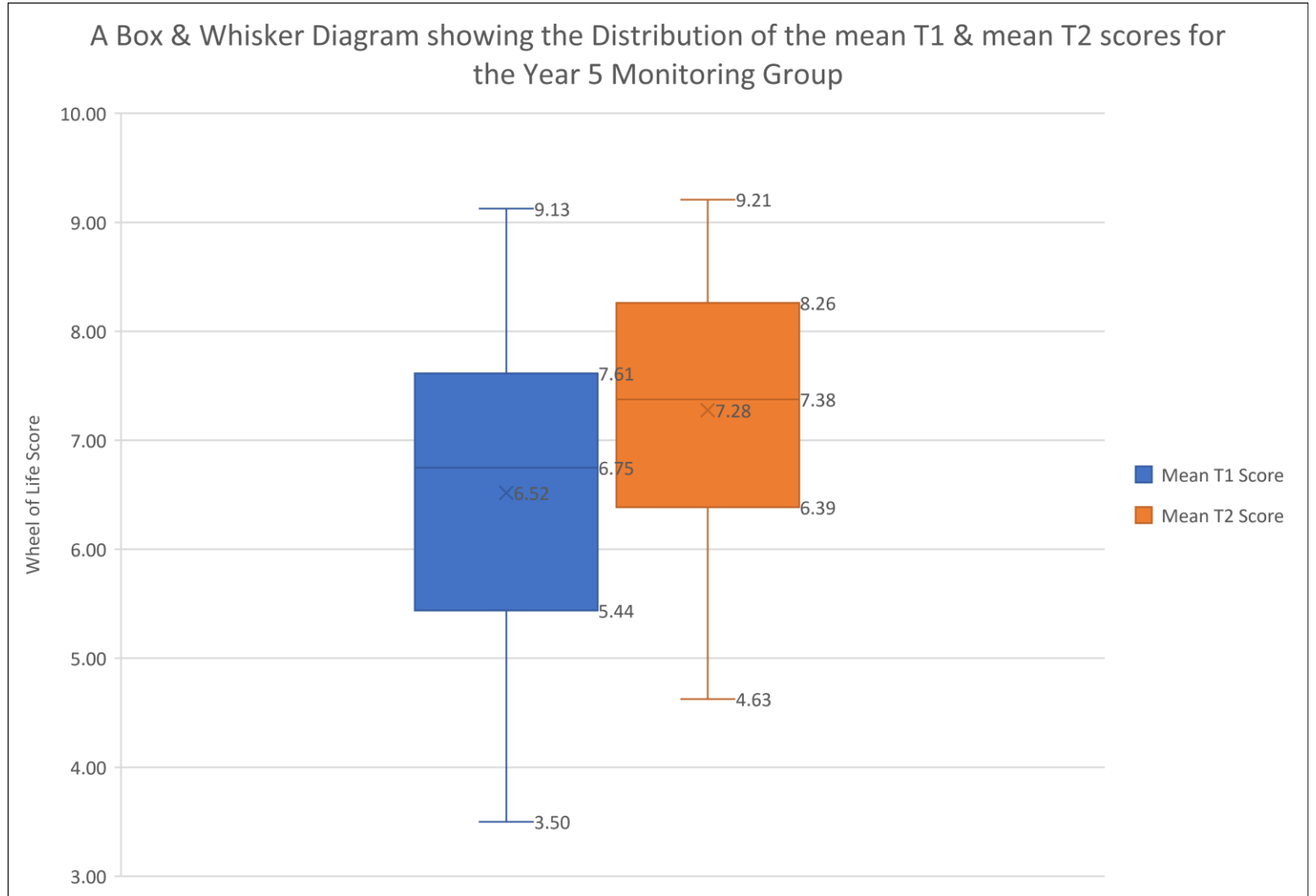
The general increase in scores across all audit areas indicates that once the participants are feeling better about themselves and have some confidence in their own self-worth and ability, they feel more able to tackle other challenges in their lives.

We cannot expect to have a quick effect on a persons long-term housing situation, but the results show improved wellbeing scores in this area and this suggests that improved feelings of wellbeing and resilience lowers other perceived obstacles in life.

A Scatter Graph showing the Mean T1 and T2 Scores for the Year 5 Monitoring Group in each of the 24 Audit Areas

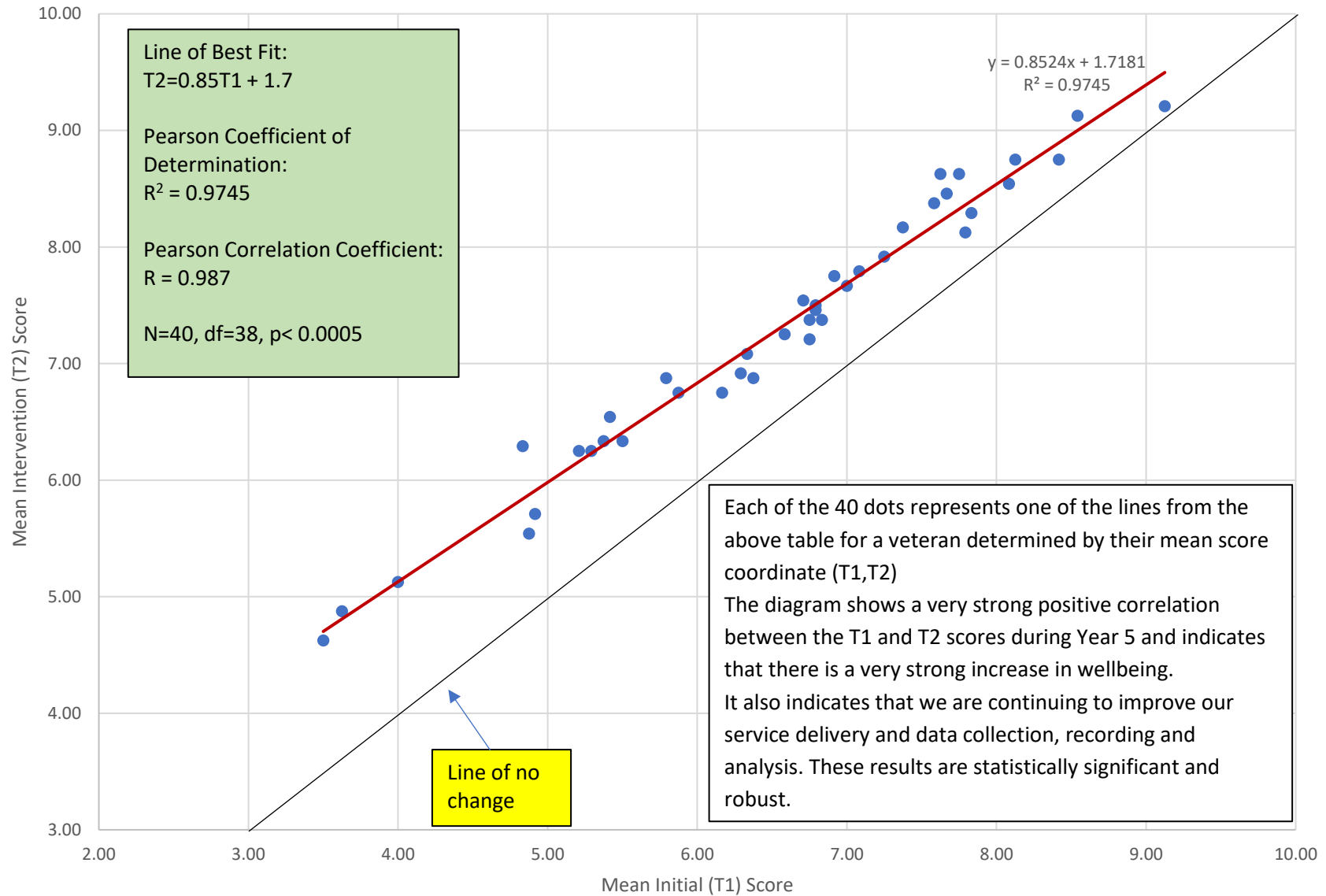


Mean T1, T2 Scores for the 40 Veterans in the Year 5 Monitoring Group			
Veteran	Mean T1 Score	Mean T2 Score	Percentage Increase
1	4.83	6.29	30.17
2	7.79	8.13	4.28
3	7.63	8.63	13.11
4	8.54	9.13	6.83
5	7.58	8.38	10.44
6	8.13	8.75	7.69
7	7.75	8.63	11.29
8	7.83	8.29	5.85
9	7.38	8.17	10.73
10	8.42	8.75	3.96
11	6.71	7.54	12.42
12	6.92	7.75	12.05
13	6.33	7.08	11.84
14	9.13	9.21	0.91
15	6.75	7.38	9.26
16	8.08	8.54	5.67
17	5.29	6.25	18.11
18	7.08	7.79	10.00
19	7.67	8.46	10.33
20	7.00	7.67	9.52
21	6.83	7.38	7.93
22	6.17	6.75	9.46
23	5.50	6.33	15.15
24	6.75	7.21	6.79
25	5.42	6.54	20.77
26	3.50	4.63	32.14
27	4.00	5.13	28.13
28	6.38	6.88	7.84
29	6.58	7.25	10.13
30	6.79	7.50	10.43
31	6.29	6.92	9.93
32	7.25	7.92	9.20
33	5.21	6.25	20.00
34	5.88	6.75	14.89
35	3.63	4.88	34.48
36	4.88	5.54	13.68
37	5.38	6.33	17.83
38	6.79	7.46	9.82
39	4.92	5.71	16.10
40	5.79	6.88	18.71
Mean	6.52	7.28	12.95

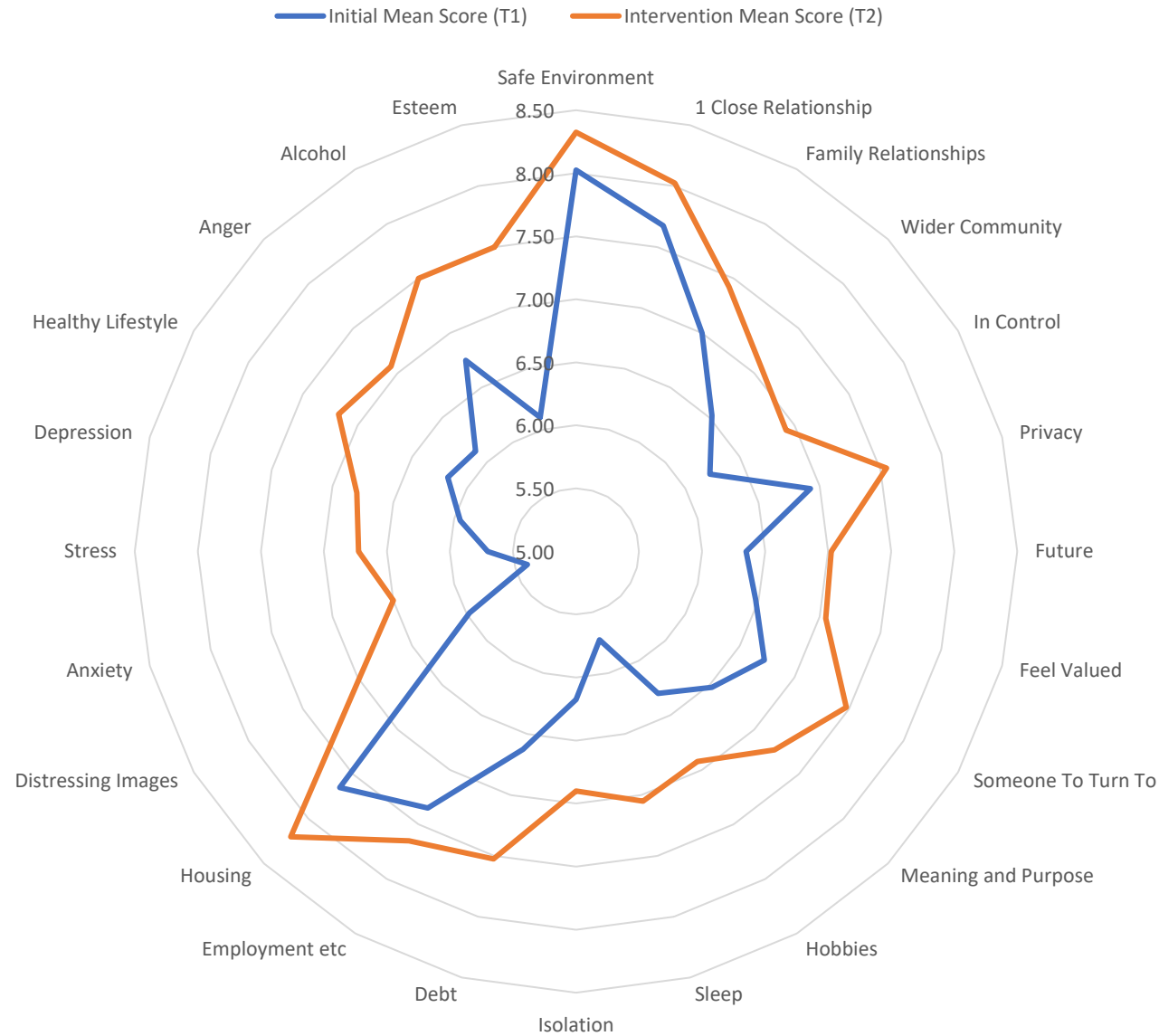


This shows that the population was cohesive because, there are no outliers. The orange T2 diagram is more compact than the blue T1 diagram and is shifted further up the wellbeing score axis hence showing an increase in wellbeing scores overall. The mean and median scores are very close which shows that the scores are normally distributed. The average increase in wellbeing scores is 13%. Veterans with line numbers 1,26 and 35 showed the largest increases of over 30% at T2.

A Scatter Graph Showing the Relationship Between the Mean Initial (T1) and Intervention (T2) Scores for the Year 5 Monitoring Group



A Spiders-Web Diagram Comparing the Mean T1 Scores for the 40 Year 5 Veterans to their Mean T2 Scores in the 24 Audit Areas



This spiders web diagram represents the data in the table at the top of page 29 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.



Year 5 Outcomes

The data displayed above shows that the results in Year 5 have been strong and that we met our outcome requirements.

The Surf Action joined-up Recovery Model gathers sufficient data across 24 audit areas, to paint a comprehensive picture of every service user's life and situation because, unless you have that information, you cannot tailor your delivery to achieve the best outcomes. It is important to try and address as many of the stressor areas as possible if the service-user to get the most benefit out of their engagement. This is done either by specific information/education sessions in-house or by referral to partner organisations for specialist debt, employment, guidance counselling etc. In analysing the outcomes, we are aware that;

- Some improvements in certain audit areas may be due to help given by partner organisations to whom we made a referral or others.
- Events in a service-user's life whether planned or unplanned and outside of our control may have a knock-on effect on our outcomes in the relevant audit areas. These may be positive or negative depending on the nature of the event.
- The experienced team at Surf Action has refined its delivery, learning from the experiences of previous years.
- A significant improvement on a very low T1 score may still be small but show as a big percentage increase and vice versa.
- Ocean Therapy is not a one-time tool hence the running of the weekly surf clinics.

The tables and diagrams allow us to say that for the Year 5 Monitoring Group:

- Their physical and psychological wellbeing has improved by an average of 13%

- They are on average less isolated, more engaged in their communities and improving their lifestyles in terms of health.
- They demonstrate an improvement in good family relationships.
- They demonstrate an increase in self-confidence and self-esteem
- They are actively applying the coping skills and strategies, which they have learned.
- By being more physically and psychologically, resilient they are better able to move forward in their family, social and work lives.
- Their families report being better able to cope with psychological stress and being more resilient

Ninety-eight veterans engaged with Surf Action in Year-5 so it is fair to say there were additional improvements outside the monitoring group. We also worked with 110 children from the armed forces community as part of underpinning such improvements.

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. It is not a one-use magic bullet and the regular opportunity needs to be available for those who wish to make use of it over the longer term. Hence, the weekly Surf Clinics remain an important and integral part of our provision.

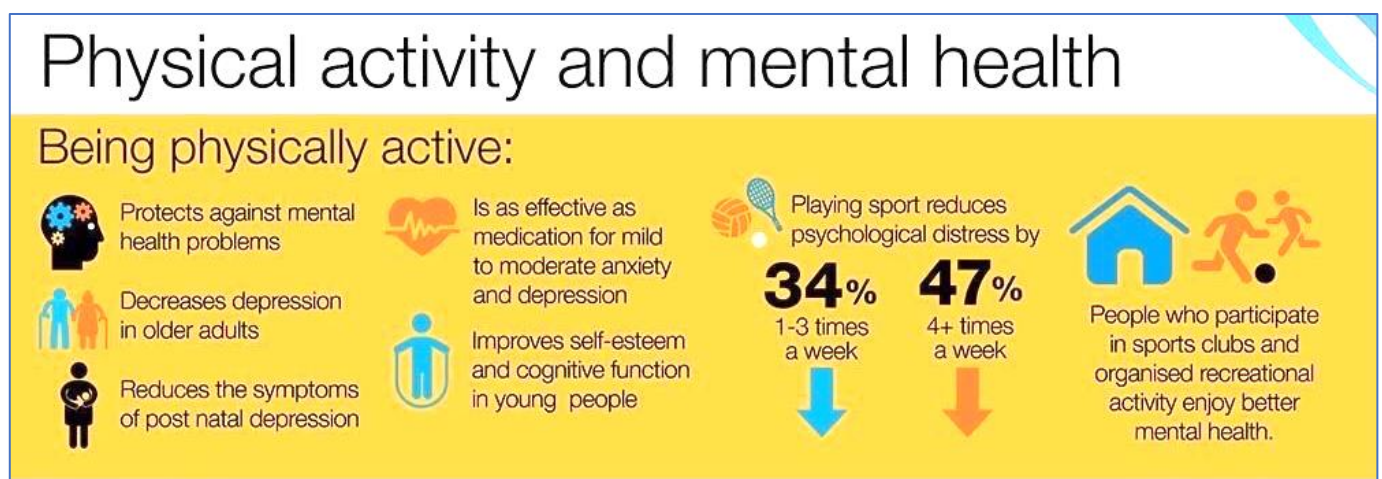
EMPLOYERS AND EMPLOYMENT

The Surf Action 'Joined-up Recovery Model' continues to encourage those who are able to return to the workplace. Specific employment sessions/advice was provided either in house or by referral to a delivery partner, to any veteran who wished to engage in order to boost their own situation. This included veterans who were inside and outside the monitoring group. Veterans who were on benefits were referred to specialist advice to ensure they did not compromise their standing through their interaction with Surf Action. The seasonal shape of the local economy suits many veterans and they relish the opportunity to work outside rather than in an office environment. Many have gained Pool Lifeguard qualifications and are now working in local holiday parks. This especially benefits those who have to put a lot of concentration into monitoring their own psychological wellbeing. Surf Action has continued to do presentations to over 100 schools, employers and other organisations either singly or at meetings/conferences in order to make the case for employing veterans and the importance of helping sustain physical and psychological resilience.

YEAR 5 CONCLUSIONS

- By providing a mixture of high intensity watersports, physical activities and family activities, PTSD information sessions and facilitating access to therapy, Surf Action has continued to make a demonstrable improvement in the quality of the veterans' lives. Strong improvements were evidenced in all of the 24 audit areas.
- 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 Post Traumatic Stress Disorder, 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 in their day-to-day lives with the associated benefits to family life and bonds.

The Surf Action 'Centre of Excellence' project has continued to consolidate on previous progress and is now a succesful, data-proven intervention for those struggling with their physical and/or psychological wellbeing.



PROJECT SUMMARY

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



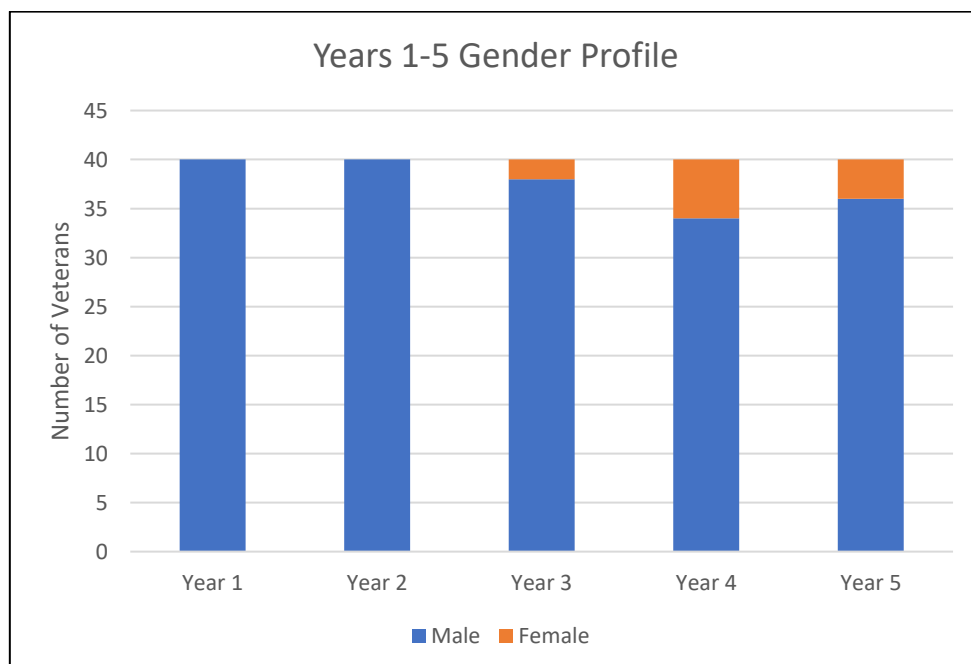
YEARS 1-5 VETERAN PROFILE

ETHNIC BACKGROUND

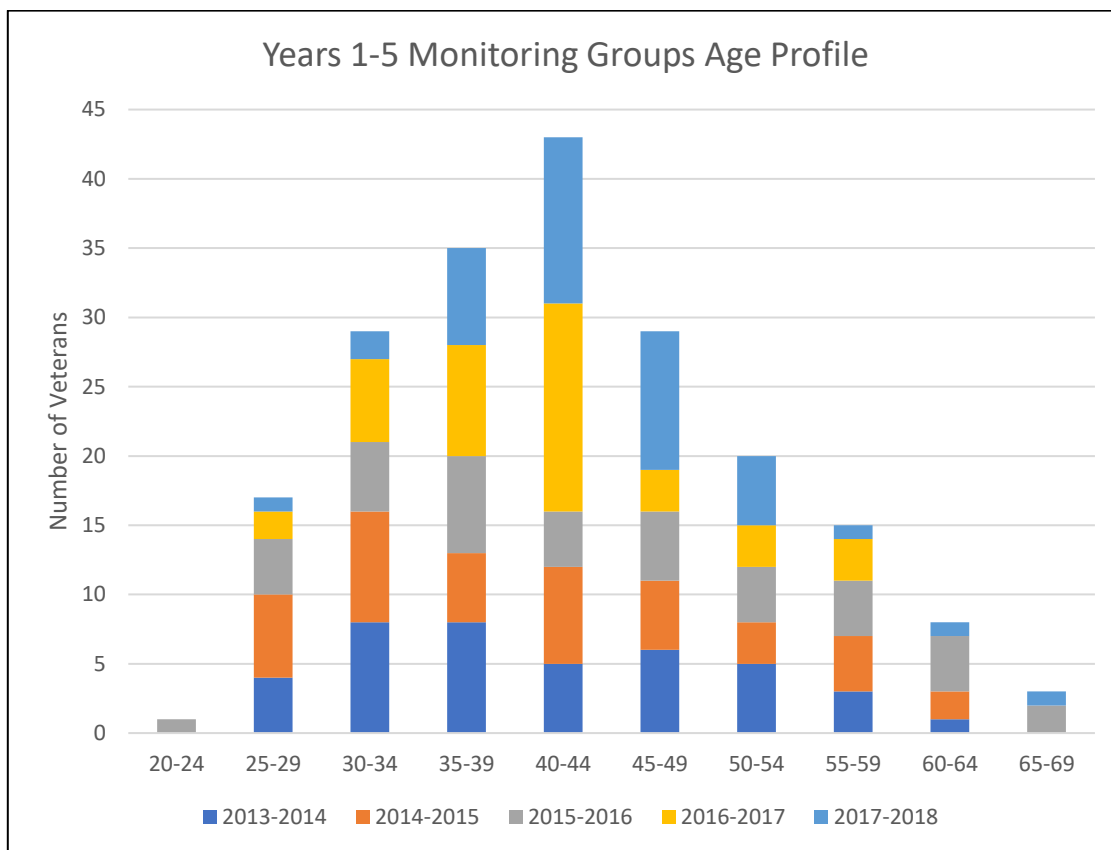
The Years 1-5 monitoring groups ethnic profile from those who declared it showed 98% were white and 2% mixed ethnic background. This is consistent with the demographic of Cornwall in which 98.7% of the population define themselves as White (ONS, 2008).

GENDER

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

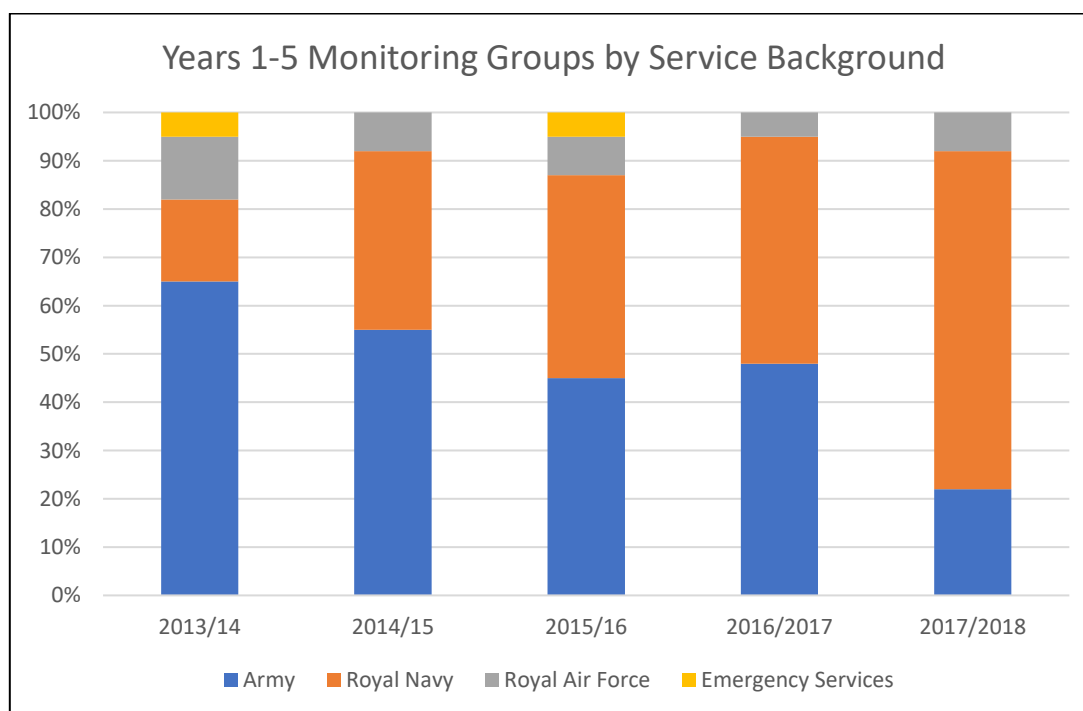


AGE



We experienced a wide range of ages amongst our veterans over the 5 years however the diagram above does show an overall bell shape which implies a roughly normal distribution with a slight skew towards the younger age range.

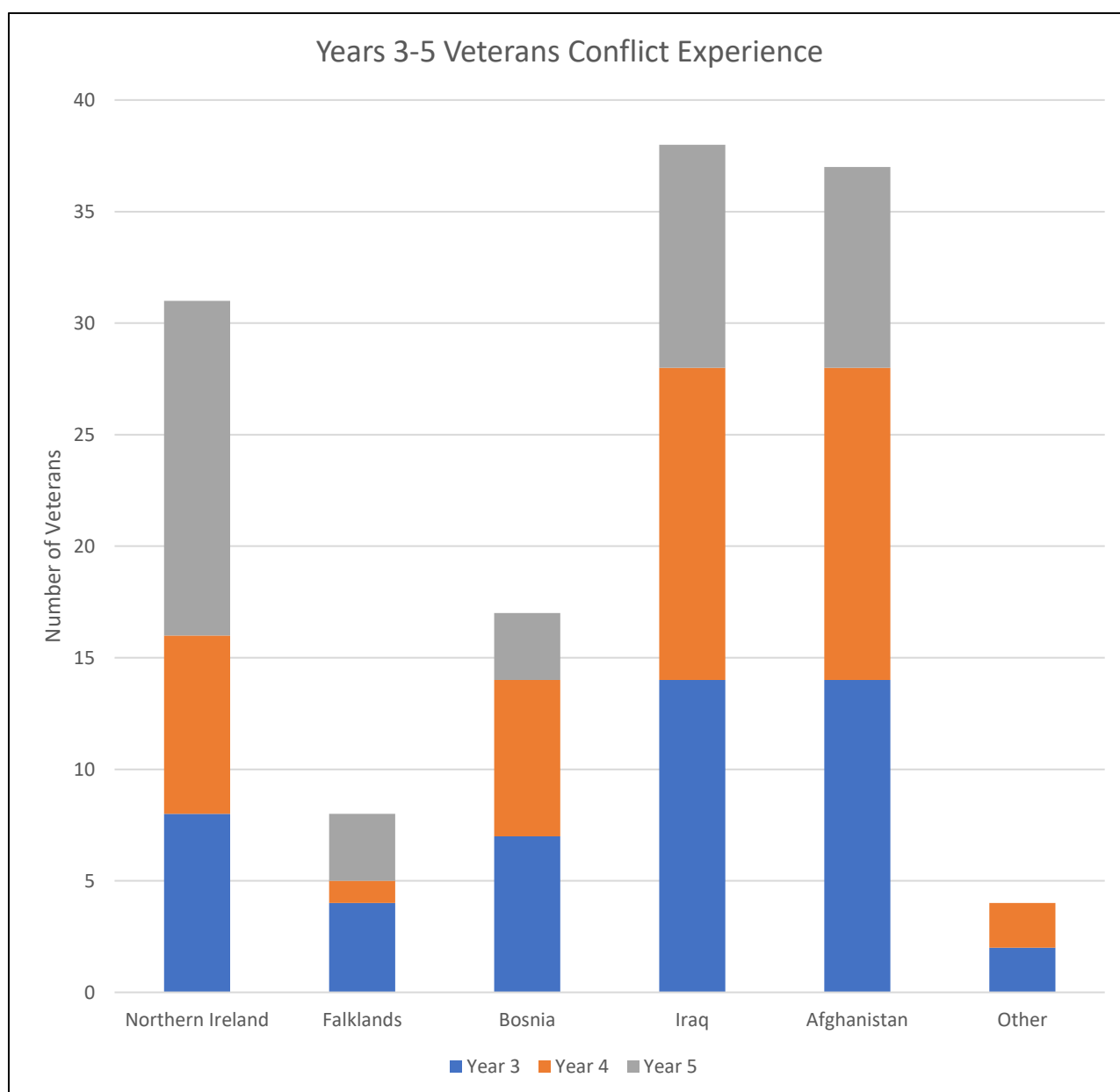
SERVICE BACKGROUND



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 Now that we have 5 years worth of data we are in a much better position to examine how the project has developed. We have improved our 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. At the end of year 1 we also realised that the 12 audit areas we were using did not give us all the information we needed to be able to monitor our outcomes so another 12 audit areas were added. Thus for years 2-5 we have the data in 24 audit areas compared to year 1's 12 audit areas. As a result by the end of Year 5 we have reported on 200 different veterans and have the data in the 12 new audit areas for 160 of them whilst

having the data for all 200 in the original 12 audit areas. This data is shown below with the colour **Blue** for data where it represents 200 and black for 160 veterans.



Initial T1 Scores

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
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	3.00	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	6.00	5.00	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	1.50	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	6.00	6.00	7.00	6.00	3.00	5.00	6.00	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	9.00	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	6.00	6.00	5.00	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	8.00	9.00	7.00	6.00	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
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	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50</				

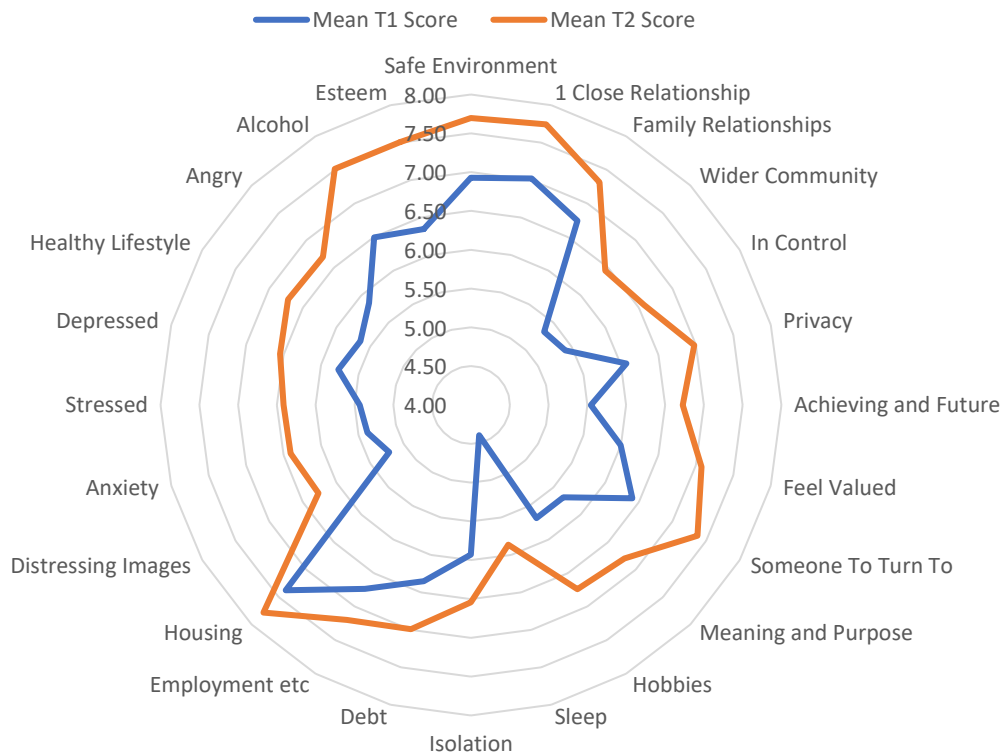
91	8.00	9.00	8.00	8.00	9.00	8.00	8.00	8.00	8.00	8.00	9.00	6.00	5.00	8.00	6.00	7.00	6.00	4.00	5.00	5.00	5.00	6.00	6.00	5.00	8.50	165.50	6.90
92	9.00	9.00	8.00	8.00	7.00	8.00	8.00	8.00	9.00	9.00	7.00	6.00	4.00	5.00	8.00	8.00	9.00	4.00	6.00	6.00	6.00	7.00	7.00	8.00	8.00	173.00	7.21
93	6.00	7.00	3.00	4.00	4.00	5.00	4.00	6.00	6.00	4.00	4.00	4.00	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	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	5.00	4.00	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	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	7.00	9.00	8.00	7.00	8.00	5.00	5.00	6.00	9.50	5.00	9.00	5.00	7.00	7.00	7.00	8.00	6.00	9.00	8.00	179.50	7.48	
100	5.00	6.00	4.00	4.00	4.00	5.00	4.00	4.00	4.00	4.00	6.00	3.00	4.00	4.00	4.00	5.00	3.00	3.00	3.00	3.00	3.00	3.00	2.00	5.00	95.00	3.96	
101	10.00	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	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	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	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	121.00	5.04	
110	7.00	7.00	5.00	5.00	6.00	4.00	5.00	6.00	6.00	5.00	4.00	4.00	3.00	4.00	4.00	7.00	4.00	7.00	5.00	6.00	5.00	5.00	8.00	126.50	5.27		
111	8.00	8.00	8.00	7.00	8.00	6.00	6.00	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	6.00	157.00	6.54		
112	7.00	8.00	6.00	7.00	7.00	6.00	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	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	4.50	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	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	4.00	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	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	6.00	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	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	5.00	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	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	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	2.00	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	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	6.80	10.00	10.00	7.00	5.00	3.00	5.00	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	4.00	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	6.00	5.57															

Intervention T2 Scores

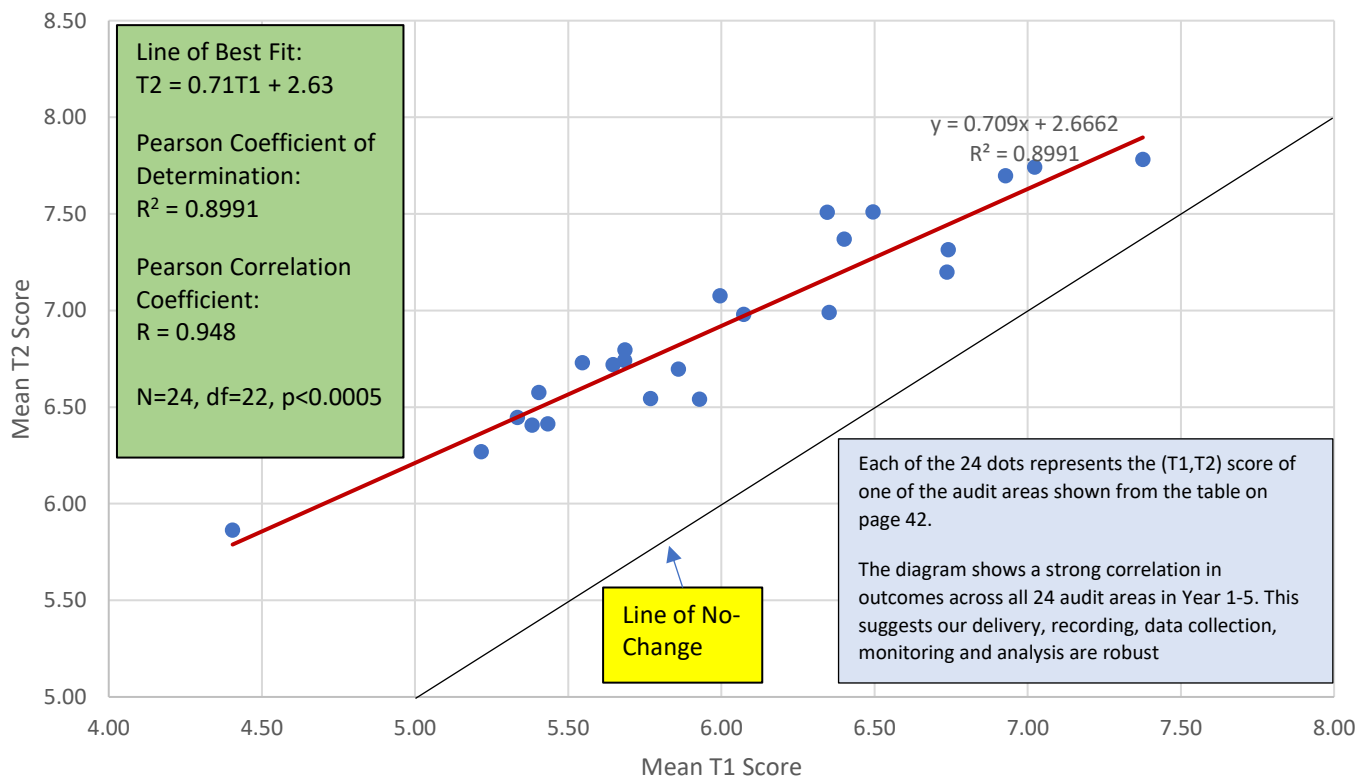
Years 1 - 5 Intervention T2 Data																										
	Safe Environment	1 Close Relationship	Family Relationships	Wider Community	In Control	Privacy	Achieving and Future	Feel Valued	Someone To Turn To	Meaning and Purpose	Hobbies	Sleep	Isolation	Debt	Employment etc	Housing	Distressing Images	Anxiety	Stressed	Depressed	Healthy Lifestyle	Angry	Alcohol	Esteem	Wheel Total	Wheel Mean
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	3.80	9.00		5.50	4.50	7.50	5.00	6.00	4.00	5.50	6.00	5.00									9.50				52.00	4.33
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	9.50		9.00	1.00	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	5.00	6.00	5.00	4.00	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	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	8.75	8.75	8.75	8.80	8.50	7.25	8.75	8.25	8.75	9.00	9.25	9.25	9.00	8.75	6.25	8.75	6.25	201.75	8.41
44	7.75	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	6.50	7.50	7.50	6.50	6.50	6.50	6.50	6.50	7.50	7.50	6.50	7.50	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	8.75	9.25	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
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	9.50	9.25	9.25	9.25	8.50	9.25	9.25	9.00	9.25	9.00	9.25	9.00	9.25	9.25	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	5.50	5.75	7.00	6.25	132.75	5.53	
54	9.50	9.50	9.50	9.25	9.25	9.25	9.25	9.25	9.25	8.50	8.50	8.75	9.00	9.25	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	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	2.50	2.50	5.00	2.50	2.50	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																			

121	4.00	10.00	5.00	3.00	4.30	4.70	7.40	7.00	5.00	10.00	9.00	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	8.00	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	5.60	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	7.50	8.80	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	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	2.70	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	8.00	10.00	4.00	4.50	5.50	5.50	5.50	5.00	8.00	169.40	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	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	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	7.10	10.00	10.00	7.20	6.50	4.00	4.00	5.00	5.00	5.00	8.00	10.00	6.40	6.50	6.40	7.20	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	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	7.30	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	5.00	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	5.50	5.50	7.00	8.00	7.00	5.50	6.00	6.00	6.00	7.00	7.00	10.00	9.00	157.00	6.54	
140	10.00	9.50	9.00	7.00	7.00	7.80	5.00	9.00	10.00	10.00	5.00	5.00	5.80	8.00	8.00	9.50	7.00	7.00	7.00	8.00	6.00	6.00	8.50	187.10	7.80		
141	9.00	9.00	9.00	7.00	7.00	7.80	10.00	10.00	10.00	5.00	5.00	5.80	7.00	10.00	10.00	10.00	5.50	5.50	5.00	7.50	5.00	7.00	9.00	185.70	7.74		
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	5.50	5.00	5.50	5.00	7.50	5.00	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	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	8.00	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	4.90	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	6.50	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	8.00	7.00	7.00	10.00	10.00	8.00	7.00	6.00	5.00	5.00	5.00	7.00	8.00	8.00	8.00	8.00	6.50	9.00	8.00	183.50	7.65		
150	8.00	8.00	8.50	7.50	7.50	7.50	7.00	7.00	9.00	7.00	7.00	5.00	6.00	7.00	8.00	8.00	6.90	6.90	6.90	5.00	9.00	8.00	9.00	7.00	175.80	7.33	
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	179.50	7.48	
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	1.00	5.00	5.00	5.00	9.00	5.50	9.00	6.00	145.50	6.06	
153	8.00	4.80	4.40	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	8.50	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	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	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	9.00	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	5.50	4.00	2.50	10.00	4.00	13.00	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	5.00	7.00	4.00	7.00	8.00	6.00	8.00	6.00	5.00	6.00	7.00	10.00	6.00	151.00	6.29	
162	10.00	8.00	7.00	9.00	9.00	9.00	8.00	9.00	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	10.00	8.00	195.00	8.13		
163	10.00	10.00	8.00	8.00	8.00	10.00	10.00	10.00	10.00	10.00	8.00	8.00	8.00	10.00	9.00	10.00	7.00	7.00	8.00	6.00	9.00	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	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	9.00	8.00	9.00	9.00	8.00	8.00	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	9.00	9.00	210.00	8.75		
167	9.00	9.00	8.00	8.00	8.00	8.00	8.00	8.00	9.00	9.00	9.00	8.00	8.00	9.00	8.00	8.00	9.00	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	8.00	9.00	8.00	10.00	7.00	5.00	8.00	7.00	7.00	9.00	9.00	9.00	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	8.00	8.00	8.00	9.00	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	8.00	8.00	8.00	9.00	9.00	10.00	9.00	210.00	8.75		

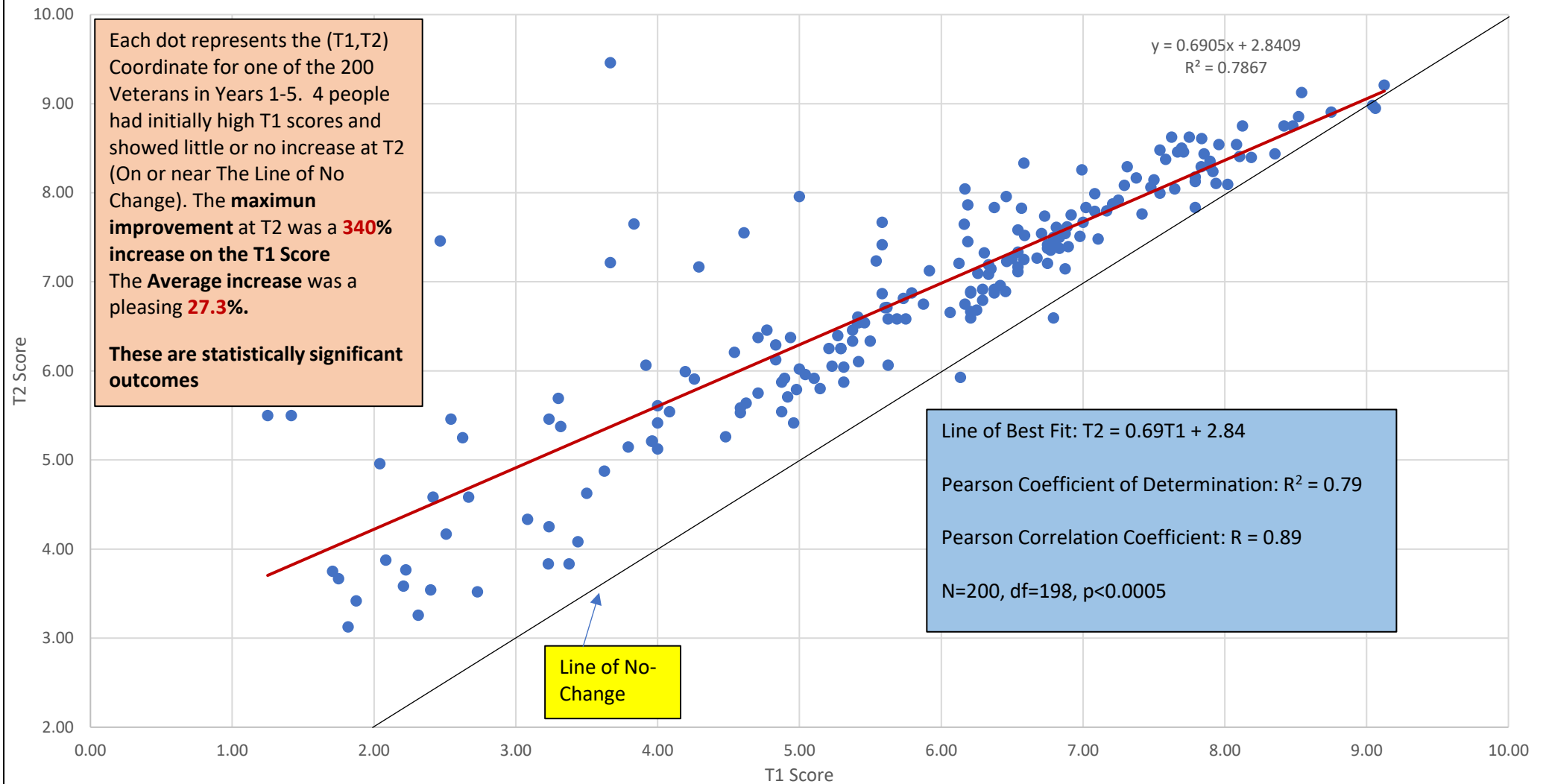
A Spiders-Web Diagram Comparing the Mean T1 & T2 Scores for 200 Veterans in Years 1-5 in each of the 24 Audit Areas



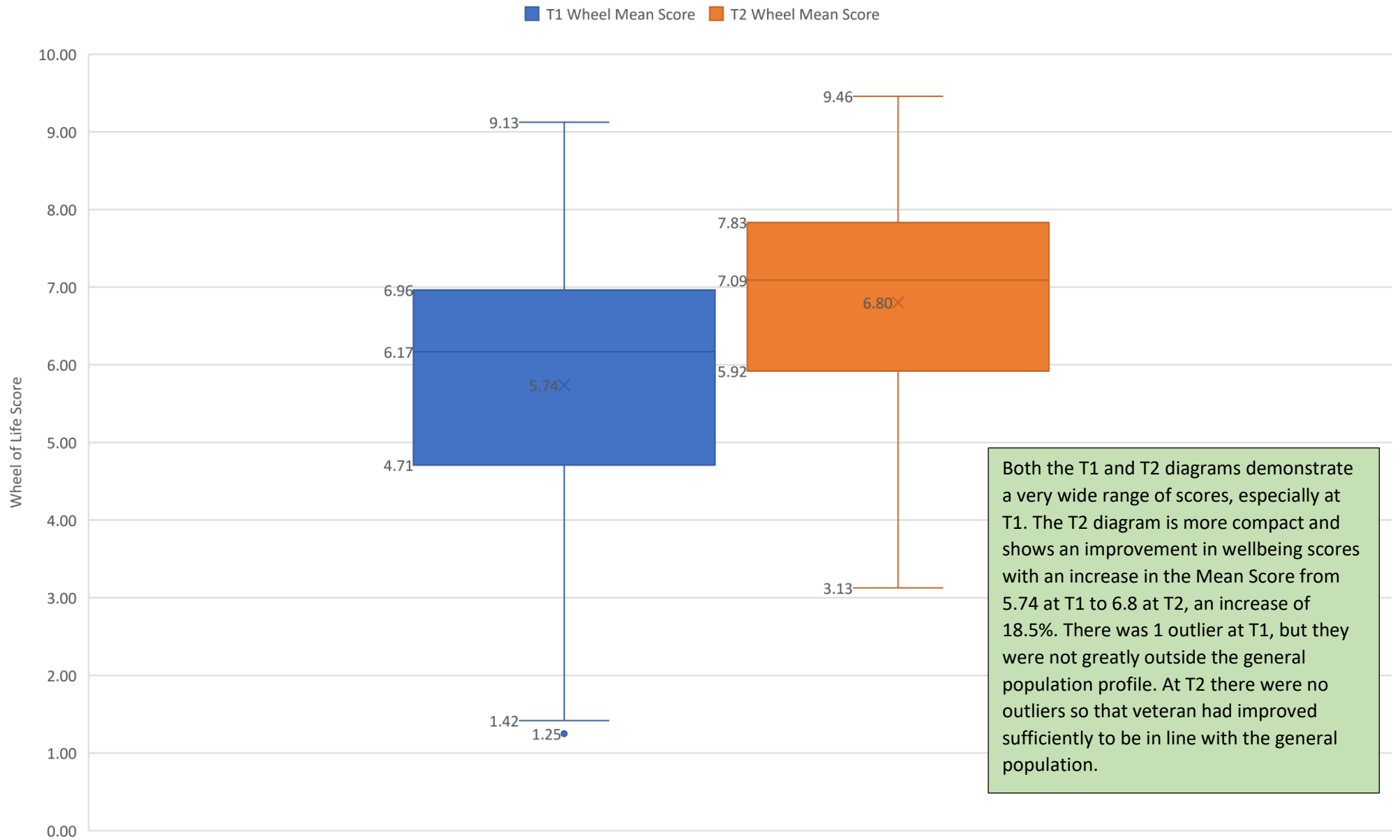
A Scatter Diagram Comparing the Mean (T1,T2) Scores in each of the 24 Audit Areas for 200 Veterans in Years 1-5



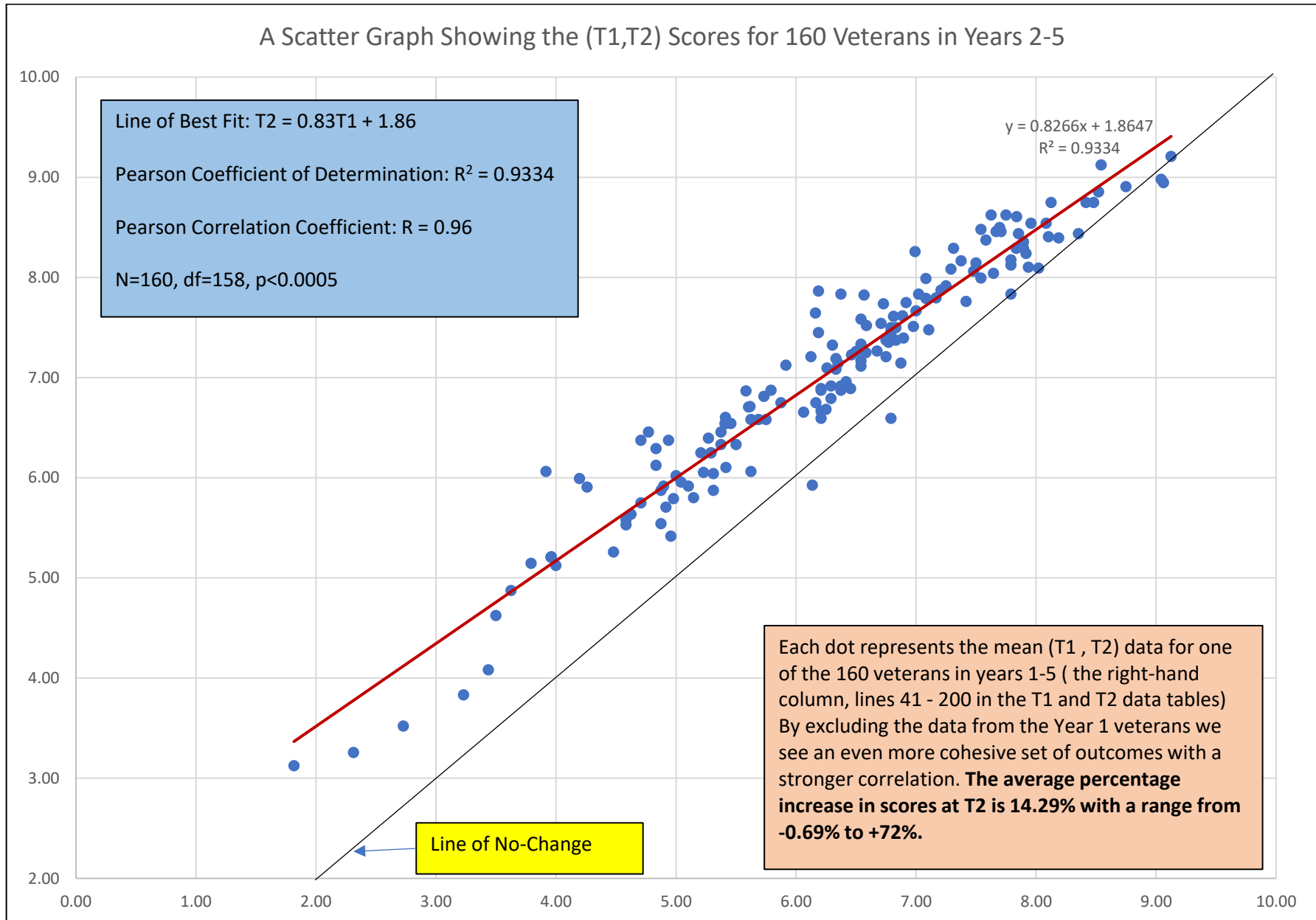
A Scatter Graph showing the (T1 , T2) Scores for each of the 200 Veterans in Years 1-5



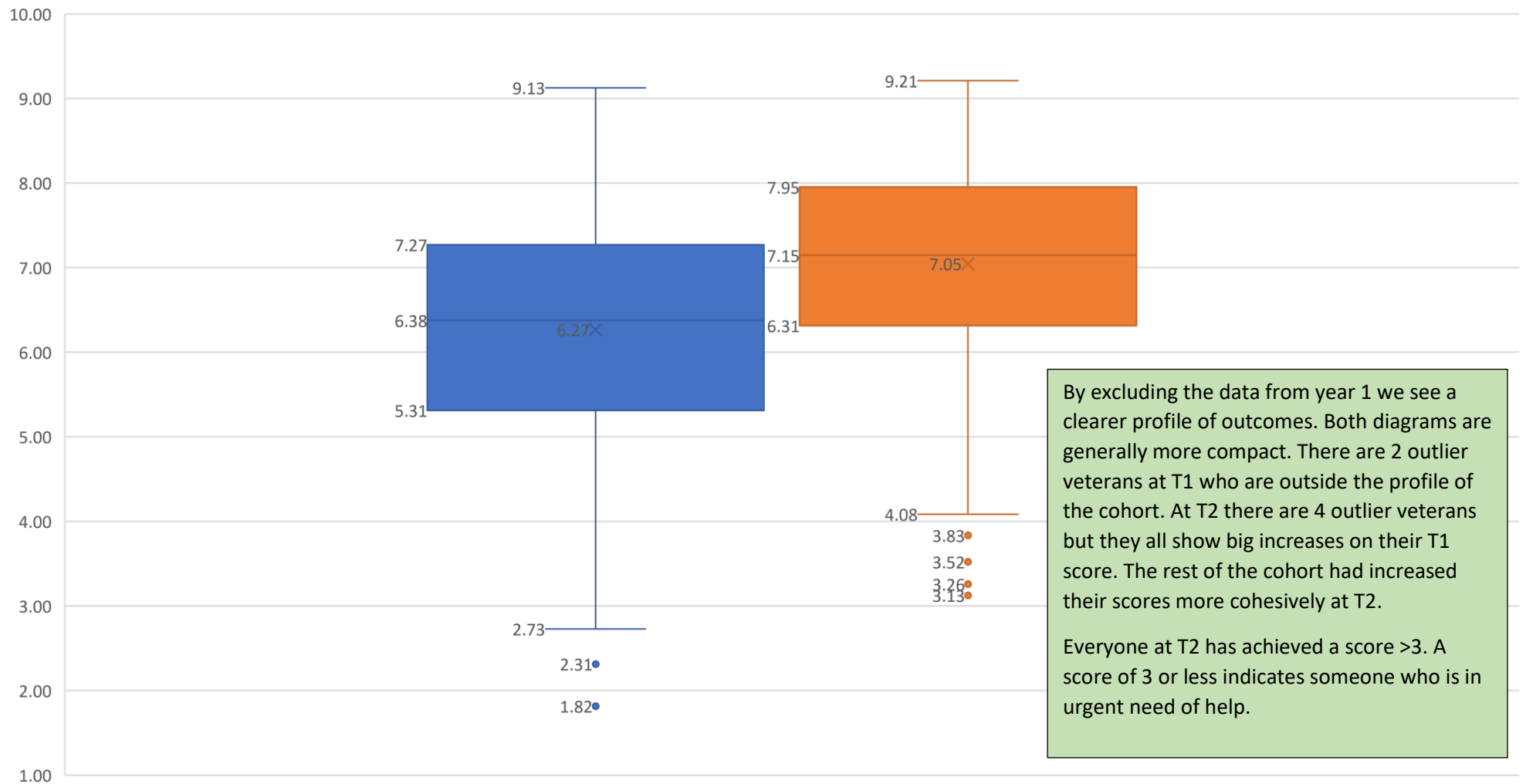
A Box and Whisker Diagram Comparing the Spread of the T1 and T2 Scores for 200 Veterans in Years 1-5



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



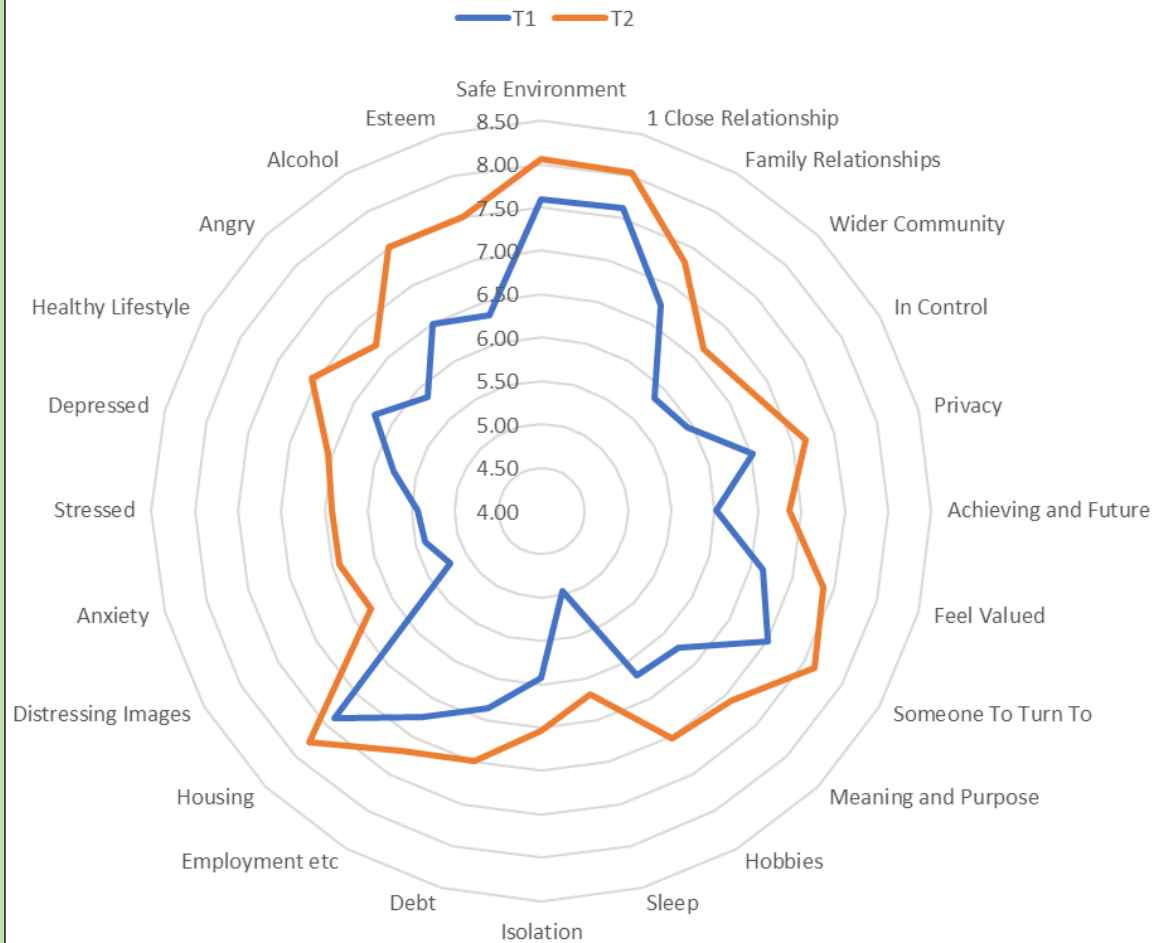
A Box and Whisker Diagram Comparing the Distribution of the T1 and T2 Scores for 160 Veterans in Years 2-5



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

This spiders web diagram represents the Mean T1 and T2 scores for the 160 veterans in Years 1-5 in each of the 24 audit areas with the data from the adjacent table. 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. The shape is smoother than that for the 200 veterans. This again shows a consistent increase in scores at T2 and is indicative of improved wellbeing. The average T1 score increase was 13% ranging from 5.7% (Relationships) to 25% (Sleep)

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



CONCLUSIONS

- By providing a mixture of high intensity watersports, 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. Improvements were evidenced in all of the 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 Post Traumatic Stress Disorder, 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 in their day-to-day lives with the associated benefits to family life and bonds.

LESSONS LEARNED AND FUTURE PLANS

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. In the original plan the 'Centre of Excellence' was thought of as being mostly about a building, namely the industrial unit at Longrock in Penzance on which the previous management had signed a 5-year lease. It was envisaged to become a Veterans Drop-In Centre and had indeed started to become one however there was no clear vision of what it was to achieve on a day to day basis. At the same time, as the new management looked forward financially in the longer term they realised that the lease was comparatively expensive and that it was necessary for the building to help cover its costs and measures were taken to achieve this.

Veterans were still welcome to drop-in but they also needed to make themselves useful to the benefit of themselves and Surf Action.

3. 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.
4. 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.
5. 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.
6. 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.
7. 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
8. The Warwick and Edinburgh Universities Mental Wellbeing Scale (WEMWBS) has helped with the monitoring of the projects which are run specifically for youngsters. It is simple to administer, understand and complete so we will continue to use it.
9. Co-operating in and supporting academic research has become an important aspect of Surf Action and its reputation has benefitted accordingly.
10. 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.

11. 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.
12. 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.

The Surf Action 'Centre of Excellence' 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. We will now aim to extend our provision to help boost the 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 we express our profound thanks.



Surf Action, Unit 11, Long Rock Industrial Estate, Penzance, Cornwall, TR20 8HX
T: 01736 365645 | Email: info@surfaction.co.uk
www.surfaction.co.uk | Registered Charity No. 1140191

