National Evaluation of The Legion’s BREAKS SERVICES

PART ONE

**WHAT DID WE DO?**

An intensive and all-encompassing 12-month evaluation of the Legion’s Breaks Services

2,354 Participants engaged with

Thirteen methods were used by the research team during the transformative evaluation

Worked across 4 Break Centres and 4 Adventure Break locations

A well-being scale which was tailored for the Service and validated

**WHAT DID WE FIND?**

The numbers of beneficiaries with low levels of well-being reduced by two thirds, while the number of beneficiaries with high levels of well-being simultaneously doubled

Those in a high risk category for mental health issues were reduced during the break. At the beginning of the break, 17.9% of beneficiaries who completed all three surveys (n=56) fell into a high risk category for mental illness. After 1 week this figure had reduced to 8.9%

Benefits last for up to 6 weeks

Children’s confidence and self-esteem improved

LOW LEVELS OF WELL-BEING

HIGH LEVELS OF WELL-BEING

START OF BREAK