

# National Evaluation of The Legion's BREAKS SERVICES



## PART ONE

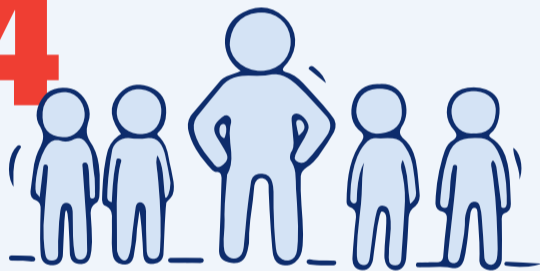
### WHAT DID WE DO?

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



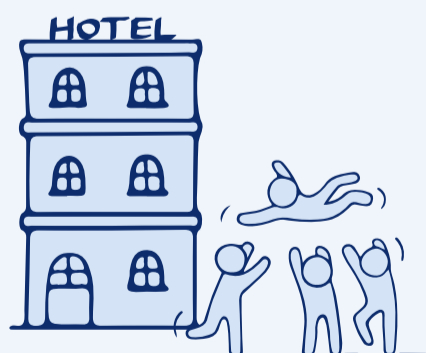
**2,354**

Participants engaged with



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

**13**



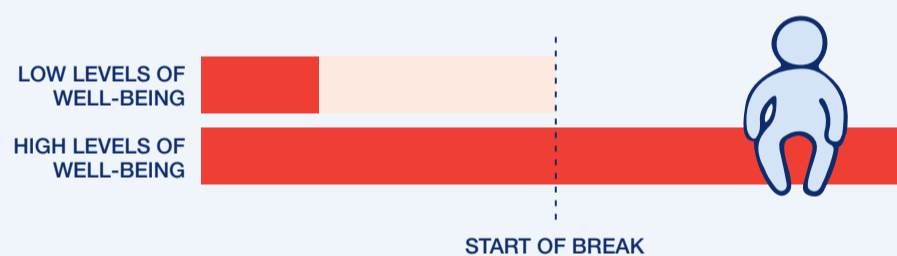
Worked across **4** Break Centres and **4** Adventure Break locations

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

