

Skate Therapy Program



Cycle 1
May - Sept 2023 | Rampanalgas

This year, we introduced skateboarding to our sport & therapy programs, increasing our reach to more beneficiaries.

Skate therapy sessions took place weekly between May and September 2023, for a total of 15 sessions.

The sessions were held on the basketball court in Rampanalgas Village, with movable skate obstacles that our team built to create a safe and engaging training environment.

Our very first skate therapy program had

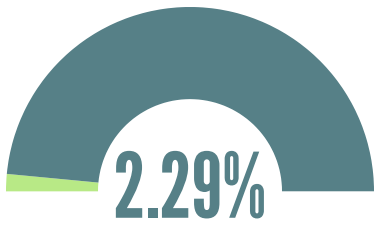
11 beneficiaries with 30% female participation

aged between 9 and 16, from the Balandra community.

2 young adults from our Young Leaders Program were employed to support the facilitation of the program.

The **World Health Organisation Five Well Being Index (WHO-5)** was used in pre and post surveys to **measure current mental well-being**.

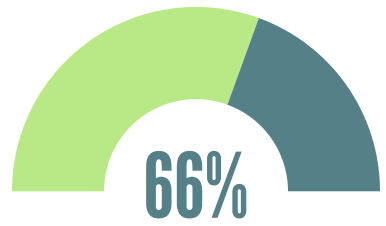
Session participation, duration and gender distribution was captured using an **attendance app**. It should be noted that the sample size is quite small and spikes in one or the other direction are likely.



An increase of 2.29% in overall wellbeing can be noticed in the beneficiaries at the end of the skate therapy intervention.



of respondents say that they made new friends and want to join the Waves for Hope club program.



of beneficiaries graduated the program, showing consistent attendance and positive participation in the sessions.



Beneficiary Feedback

"My best memory is making new friends and trying new things that I have never experienced before. I have learnt to do Take 5s (meditation), it really helps with my asthma and other stuff and it also helps me to be relaxed and to calm down. I have noticed changes in myself, I feel more settled than I was before. My favorite thing is that I get to do stunts on a ramp and overall do new things. The mentors have helped me when I was stressed about school etc. Whenever they saw that I was sad they asked and said it would get better. They are literally the best people I have ever met. It means to be at ease when I come and skate. I just forget about everything going on in my life right now and just skate, and that is something I never want to stop doing."