



WAVES FOR HOPE

# 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

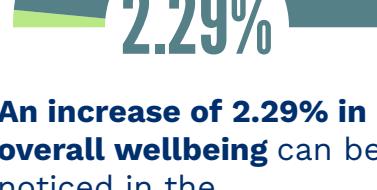
**11 beneficiaries with 30% female participation**

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 well-being** 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 if I 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."