



Skate Therapy Program

Cycle 2
Sept 2023 - Feb 2024 |
Rampanalga



Our new skate therapy program showed a lot of interest and we decided to run another cycle, even though the rainy season had its challenges.

Skate therapy sessions took place weekly between September 2023 and February 2024, for a total of 17 sessions.

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

Our second skate therapy program had

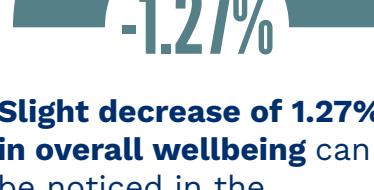
12 beneficiaries with 25% female participation

aged between 9 and 16, from the Balandra and Cumana communities.

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.



Slight decrease of 1.27% 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.



We believe the decrease in overall wellbeing is likely linked to the small sample size as well as reduced consistency in the sessions. During this period, several sessions had to be cancelled due to the Christmas break and rainy weather, as skateboarding is not possible in wet conditions. As a result, participants were not exposed as consistently to our program, its teachings, and the positive role models and mentors who are a core part of its impact.

For this reason, the decision was made to run the skate therapy program only during the dry season, ensuring more consistent sessions and a more stable learning and mentoring environment for participants.