



SKATE BUDDIES UK
CIC

SKATE BUDDIES

IN PARTNERSHIP WITH



Rolling Towards Wellbeing **WORKSHOPS**

Improving mental health
and build stronger
foundations, the roller
skating way

EMPRESS GIBBS
SKATE COACH

- ✓ LEARNING NEW SKILLS
- ✓ IMPROVED PHYSICAL FITNESS
- ✓ IMPROVE MENTAL HEALTH & WELLBEING



Rolling Towards Wellbeing

INNOVATION

The Rolling Towards Wellbeing innovation is 1 day a week for 6 weeks course for people **aged 25+ & 50+ living with long-term mental health illness, especially those living with emotionally unstable personality disorder (EUPD)** supporting to improve their mental health, wellbeing and fitness.

This innovation pilot is **FREE TO ATTEND** & consist of **6 skating sessions** and **6 themed focus groups sessions** focused on looking at the lived experience of people living with EUPD in regards to treatment, waiting times, services and more.

This pilot developed by Skate Buddies UK CIC is in partnership with **ISE, The Living Well Consortium, Health Innovation West Midlands & CircusMash** to facilitate the development and rollout of the Rolling Towards Wellbeing health innovation

Rolling Towards Wellbeing

If you are:

- **Aged 25+**
- **Have a long-term mental health condition - and/or living with emotionally Unstable Personality Disorder (EUPD)**
- **Carer, Parent, Family member, Friend of someone with EUPD**

That wants to:

- **Improve mental health and physical fitness**
- **Learn a new skill - Roller skating**
- **Part of a pilot/focus group exploring the innovation through co-design**

Don't have roller skates? Not to worry Skate Buddies UK CIC will supply skates, protective gear and skating aid FREE.

Session start **AUGUST 2025** at **CircusMash, Kings Heath, Birmingham, B14 7RA**

Times: 11:30am- 5pm (Skate session 11:30am - 1pm / Lunch 1-2pm / Focus group 2pm - 5pm)

INTERESTED?

REFER/RESREGISTER

INTEREST VIA THE

FORM BELOW

ROLLING TOWARDS WELLBEING
PILOT INNOVATION



Expression Of Interest
Form



Health Innovation
WEST MIDLANDS

Living Well
Consortium UK

