



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 18+**, adults & 50+ to improve mental health and wellbeing.

This innovation 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 Rolloing Towards Wellbeing health innovation

Rolling Towards Wellbeing

Workshop & Course Options

We have 2 packages for RTW, we can come to you or you can come to us for your workshops

Prices Include - roller skates, protective gear and skate aids and portable skate flooring designed to make any space skateable for spaces that require it.

WE COME TO YOU

TASTER SESSION

2HR session (30 Participants) £1,225

6 WEEK COURSE

2HRS x 1 day for 6 weeks (30 participants) £2,154

COME TO US - Location CircusMash, Kings Heath, Bham

TASTER SESSION

2HR session (30 Participants) £950

6 WEEK COURSE

2HRS x 1 day for 6 weeks (30 participants) £1,900



INTERESTED?

LETS TALK MORE



EMAIL

skatebuddiescommunity@gmail.com



Health Innovation
WEST MIDLANDS

Living Well
Consortium UK

