

# SKATE BUDDIES

## PROPOSAL FOR SERVICES



*Skate Buddies - Roller Skating proposal for Primary & Secondary Schools, after school clubs and playschemes.*

### OVERVIEW

Skate Buddies is pleased to submit this proposal in introducing roller skating into the schools' activities to teach children and young people aged 8 yrs. – 16 yrs. old how to skate, but more importantly enable them to take part in an activity that improves their flexibility, mobility, physical & mental health, and wellbeing. We have recently collaborated and partnered with Clifton School, St Paul's Trust, St Paul's Specialist School, Concord Youth Centre in the Urban Sport Partnership where we facilitate half term activities and after school club sessions. We also facilitate Raising The Level playscheme sessions at St Dunstan's Primary School facilitating skating sessions to introduce the young people to the activity and its techniques.

### OUR PROPOSAL

Skate Buddies originated as a community group created by skaters for skaters. As Skate Buddies we meet with young people and adults in the community to help and support them to start their skating journey in a safe and encouraging environment. Creating a space for individuals to stand in their power and create a new narrative of who they are and how they see themselves.

Working with young people is a particular area of passion for Skate Buddies as we are aware that mental health and crisis are affecting children as young as 5 years old. Our mission is to provide early intervention for young people by providing and facilitating an activity that has no bounds or restrictions, an activity that works on all levels on health and something they can do pretty much anywhere. Roller skating will provide young people with freedom and engagement in an environment that is safe, nurturing and encouraging,

### **Empress – Lead Facilitator/ Skate Lead**

I have 10 years of experience working on the front line in the third and care sectors with children, young people and adults who were vulnerable. This included a role for 2 years in the community as a Probation Service Officer for the National Probation Service, monitoring low – medium risk ex-offender with Class A drug misuse issues. I have been a Youth Support Worker at I Can Youth project, working with young people aged 14 – 16 years, empowering them and providing a service to enable them to fulfil their aspirations and goals in life. An elderly Care assistant at Community Careline Services, 1st Hand Care Ltd and Stiled Homes Care Services, helping and supporting the elderly to keep their independence at home. Family Support Worker at Victory Outreach Recovery Homes, working with women in a residential setting, enabling them to take the steps to change their lives from a life of dependency on drugs and alcohol.

Qualifications:

- Access to Social Work Level 3 at Bourneville College, as well as a course in
- Understanding health improvement with the Royal Society for Public Health
- Assistant coaching in Sport and Physical Activity with UK Coaching
- Youth Mental Health First Aider trained under MHFA England.
- Qualified RollerFitness instructor - Accredited by BRSF

I started skating during lockdown as an activity to help me maintain my mental health after a very long battle with clinical depression. I started teaching one to one in the community in 2022, working with adults. Skate Buddies was then established in June 2023 to involve and work with the whole community, both young people and adults providing skate sessions in safe environments, introducing them to the sport and to a new health activity that can improve an individual's mental health, wellbeing, and fitness.

## PROJECT DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
<b>SKATING CURRICULUM</b>	<p><b>Four levels (Level 1 – 4) skating curriculum from beginner to more advanced, designed by Skate Buddies for young people aged 5 – 11 years and 12 – 18 years.</b></p> <p><b>Level 1</b></p> <ul style="list-style-type: none"><li>• Set your foundation.</li><li>• learning the very basics</li><li>• For those that have no experience skating</li><li>• Reduce fear of standing on skates</li><li>• Building confidence on skates</li><li>• Building confidence for movement on skates</li><li>• Body positioning</li></ul> <p><b>OUTCOMES:</b></p> <ul style="list-style-type: none"><li>• How do wear and put on your protective gear</li><li>• How to check and maintain your skates</li><li>• Standing &amp; squatting in place</li><li>• Stepping and turning in place</li><li>• Parallel slide in place</li></ul> <p><b>Level 2</b></p> <ul style="list-style-type: none"><li>• Building on your previous knowledge and skills</li><li>• For those with previous skating experience</li><li>• Reduce the fear of falling.</li></ul> <p><b>OUTCOMES:</b></p> <ul style="list-style-type: none"><li>• Falling safely</li><li>• Skating forward</li><li>• Skating backward</li><li>• Stopping safely</li><li>• Stretching - learning how to avoid injury.</li><li>• Lifting Feet</li><li>• Forward Crossovers</li></ul>

	<p><b>Level 3</b></p> <ul style="list-style-type: none"> <li>• Builds on previous knowledge and skills.</li> <li>• Incorporates new skills.</li> <li>• Introduction to simple Jam skate moves and routines.</li> </ul> <p>OUTCOMES:</p> <ul style="list-style-type: none"> <li>• Forward / Backward Crossovers</li> <li>• Heel toe spins</li> <li>• Transitioning (from front to back / back to front)</li> <li>• Simple jam skate moves</li> <li>• How to jump on skates</li> <li>• Pivots whilst moving</li> </ul> <p><b>Level 4</b></p> <ul style="list-style-type: none"> <li>• Brings together everything learnt.</li> <li>• Learning Jam skating moves</li> </ul> <p>OUTCOMES:</p> <ul style="list-style-type: none"> <li>• Toe spins</li> <li>• Heel toe spins</li> <li>• Dips</li> <li>• Strutting</li> <li>• Crazy legs</li> <li>• Snake walk</li> <li>• Foot work – simple routines</li> </ul>
<b>After School Skate Club Activities</b>	Skate sessions, skate disco, fun activities
<b>Playscheme Skate Session</b>	Learning the basics of skating through doing fun activities like basketball, one on one hockey, and relay racing whilst on their skates.

## Benefits of Roller Skating

- Burns Calories – 30 min skate and burn up to 250 calories.
- Builds Muscle – roller skating helps to flex and firm the abs, glutes, thighs, and calves.
- Improves your balance.
- Improves your heart health.
- Builds body power.
- Increase endurance rates.

## Benefits of Roller Skating for young people

- Learn new skills.
- It's fun.
- Improve their health and wellbeing.
- Great way to relieve stress.
- Make friends.
- Reduce isolation.
- Improve their concentration and focus.
- Improves determination.
- Improve range of movement, mobility and flexibility.
- Build muscular strength and endurance.

## PRICING

### Services Cost - Curriculum Day/ After School Clubs/ Playscheme – For Primary/ Secondary Schools

Below you will see several packages to choose from. We have tried to offer a range that would fit the requirements of your school. We are happy to speak about packages if they do not fit your requirements.

#### Curriculum Day – Skills Building

##### 6-week Roller Skating Course (Full Course)

**Session Planning, Organising, Reviews and Risk Assessments – £250**

**Facilitator Fees - £35 per hour**

**Skates / Protective Gear Hire**

- **Group of 15 participants (Max) £150**
- **Skate/ gear hire single charge £10 per participant (small groups)**

**Wk 1 – Level 1 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Wk 2 – Level 2 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Wk 3 – Level 3 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Wk 4 – Level 4 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Wk 5 – Level 4 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Wk 6 – Level 4 (Every 2 weeks – 2 sessions a week) 4 sessions per month total**

**Total of 24 session / 24 hours**

#### TOTAL SERVICES – CURRICULUM DAY

**FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)**

**£1,680**

**SESSION PLANNING, RISK ASSESSMENTS ETC**

**£250**

**SKATE & PROTECTIVE GEAR HIRE – 15 PARTICIPANTS**

**£150**

**TOTAL: £2,080**

<p style="text-align: center;"><b>6-week Roller Skating Course (Full Course)</b></p> <p><b>Session Planning, Organising, Reviews and Risk Assessments – £250</b></p> <p><b>Facilitator Fees - £35 per hour</b></p> <p><b>Skates / Protective Gear Hire</b></p> <ul style="list-style-type: none"> <li>• <b>Group of 15 participants (Max) £150</b></li> <li>• <b>Skate/ gear hire single charge £10 per participant (small groups)</b></li> </ul> <p><b>Wk 1 – Level 1</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Wk 2 – Level 2</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Wk 3 – Level 3</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Wk 4 – Level 4</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Wk 5 – Level 4</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Wk 6 – Level 4</b> (Every 2 weeks – <b>1 session a week</b>) 2 session total</p> <p><b>Total of 12 session / 12 hours</b></p>	
<p style="text-align: center;"><b>TOTAL SERVICES – CURRICULUM DAY</b></p> <p style="text-align: center;"><b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b></p> <p style="text-align: center;"><b>SESSION PLANNING, RISK ASSESMENTS ETC</b></p> <p style="text-align: center;"><b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b></p>	<p><b>£840</b></p> <p><b>£250</b></p> <p><b>£150</b></p> <p><b>TOTAL: £1,240</b></p>
<p style="text-align: center;"><b>6 -week Roller Skating Course (Full Course)</b></p> <p><b>Session Planning, Organising, Reviews and Risk Assessments – £250</b></p> <p><b>Facilitator Fees - £35 per hour</b></p> <p><b>Skates / Protective Gear Hire</b></p> <ul style="list-style-type: none"> <li>• <b>Group of 15 participants (Max) £150</b></li> <li>• <b>Skate/ gear hire single charge £10 (small groups)</b></li> </ul> <p><b>Wk 1 – Level 1</b> - 1 session a week</p> <p><b>Wk 2 – Level 2</b> - 1 session a week</p> <p><b>Wk 3 – Level 3</b>- 1 session a week</p> <p><b>Wk 4 – Level 4</b> - 1 session a week</p> <p><b>Wk 4 – Level 5</b> - 1 session a week</p> <p><b>Wk 4 – Level 6</b> - 1 session a week</p> <p><b>Total of 6 session / 6hours</b></p>	

<p style="text-align: center;"><b>TOTAL SERVICES – CURRICULUM DAY</b></p> <p style="text-align: center;"><b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b></p> <p style="text-align: center;"><b>SESSION PLANNING, RISK ASSESSMENTS ETC</b></p> <p style="text-align: center;"><b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b></p>	<p style="text-align: right;"><b>£420</b></p> <p style="text-align: right;"><b>£250</b></p> <p style="text-align: right;"><b>£150</b></p> <p style="text-align: right;"><b>TOTAL: £820</b></p>
<b>AFTER- SCHOOL SKATE SESSIONS</b>	
<p><b>Session Planning, Organising, Reviews and Risk Assessments – £150</b></p> <p><b>Facilitator Fees - £35 per hour</b></p> <p><b>Skates / Protective Gear Hire</b></p> <ul style="list-style-type: none"> <li>• <b>Group of 15 participants (Max) £150</b></li> <li>• <b>Skate/ gear hire single charge £10 per participant (small groups)</b></li> </ul> <p>Skate Session (1 hour) &amp; Disco (1 hour) - (1 Day a week)</p> <p><b>Total of 2 hours</b></p> <p>Skate Session (1 hour) &amp; Disco (1 hour) - (2 Days a week)</p> <p><b>Total of 4 hours</b></p> <p>Skate Session (1 hour) &amp; Disco (1 hour) - (3 Days a week)</p> <p><b>Total of 6 hours</b></p>	
<p style="text-align: center;"><b>TOTAL SERVICES – AFTER-SCHOOL SKATE CLUB</b></p> <p style="text-align: center;"><b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b></p> <p style="text-align: center;"><b>SESSION PLANNING, RISK ASSESSMENTS ETC</b></p> <p style="text-align: center;"><b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b></p>	<p style="text-align: right;"><b>£35 per/hr</b></p> <p style="text-align: right;"><b>£150</b></p> <p style="text-align: right;"><b>£150</b></p> <p style="text-align: right;"><b>TOTAL VARIES DEPENDENT ON PACKAGE CHOICE.</b></p> <p style="text-align: right;"><b>TOTAL 2 HOURS: £440</b></p> <p style="text-align: right;"><b>TOTAL 4 HOURS: £580</b></p> <p style="text-align: right;"><b>TOTAL 6 HOURS: £720</b></p>



<b>5-WEEK PLAYScheme - IN SCHOOLS</b>	
<p><b>5 WEEKS PLAYScheme SESSIONS</b></p> <p>Session Planning, Organising, Reviews and Risk Assessments – £100</p> <p>Facilitator Fees - £35 per hour</p> <p>Skates / Protective Gear Hire</p> <ul style="list-style-type: none"> <li>• Group of 15 participants (Max) £100</li> <li>• Skate/ gear hire single charge £8 per participant (small groups)</li> </ul> <p style="margin-left: 40px;">Wk 1 (2 sessions – 1 hour)</p> <p style="margin-left: 40px;">Wk 2 (2 sessions – 1 hour)</p> <p style="margin-left: 40px;">Wk 3 (2 sessions – 1 hour)</p> <p style="margin-left: 40px;">Wk 4 (2 sessions – 1 hour)</p> <p style="margin-left: 40px;">Wk 5 (2 sessions – 1 hour)</p> <p style="margin-left: 40px;">Total of 10 session / 10 hours</p>	
<p><b>TOTAL SERVICES – IN SCHOOL PLAYScheme</b></p> <p><b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b></p> <p><b>SESSION PLANNING, RISK ASSESMENTS ETC</b></p> <p><b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b></p>	<p><b>£700</b></p> <p><b>£100</b></p> <p><b>£100</b></p> <p><b>TOTAL: £900</b></p>
<p><b>5 WEEKS PLAYScheme SESSIONS</b></p> <p>Session Planning, Organising, Reviews and Risk Assessments – £100</p> <p>Facilitator Fees - £35 per hour</p> <p>Skates / Protective Gear Hire</p> <ul style="list-style-type: none"> <li>• Group of 15 participants (Max) £100</li> <li>• Skate/ gear hire single charge £8 per participant (small groups)</li> </ul> <p style="margin-left: 40px;">Wk 1 – Wk 5 (1-hour sessions)</p> <p style="margin-left: 40px;">Total of 5 session / 5 hours</p>	
<p><b>TOTAL SERVICES – IN SCHOOL PLAYScheme</b></p> <p><b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b></p> <p><b>SESSION PLANNING, RISK ASSESMENTS ETC</b></p> <p><b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b></p>	<p><b>£350</b></p> <p><b>£100</b></p> <p><b>£100</b></p>

## Taster Session

<b>1hr 30 min Taster session</b>	
<b>Session Planning, Organising, Reviews and Risk Assessments – £50</b>	
<b>Facilitator Fees - £35 per hour</b>	
<b>Skates / Protective Gear Hire</b>	
<ul style="list-style-type: none"><li>• <b>Group of 10 participants (Max) £80</b></li><li>• <b>Skate/ gear hire single charge £8 per participant (small groups)</b></li></ul>	
<b>TOTAL SERVICES – Taster Session</b>	
<b>FACILITATOR £35 PER HOUR (2 FACILITATORS REQUIRED FOR SESSIONS)</b>	<b>£105</b>
<b>SESSION PLANNING, RISK ASSESMENTS ETC</b>	<b>£50</b>
<b>SKATE &amp; PROTECTIVE GEAR HIRE – 15 PARTICIPANTS</b>	<b>£80</b>
	<b>TOTAL: £235</b>

### **About us**

Skate Buddies UK CIC is a community group that is by skaters for skaters and the wider community. We formed our group for children, young people, adults and families that are on their journey of repairing, maintaining or improving their mental health, wellbeing and fitness through the introduction of roller skating. Skate Buddies enables individuals a soft introduction into the local skating community through events, taster session and classes. Starting a new hobby and new sport can be daunting, Skate Buddies are here to help individuals to reduce their fear and build confidence.

Skate Buddies Community Team Members and volunteers create welcoming, safe, open spaces that foster warm, patient, caring and fun standards and values to help, support and encourage the start of a journey in a safe and encouraging environment. We cultivate environments of growth, empowerment, encouragement, and compassion, because without it we can not embody authenticity of self.

Skate Buddies is a safe space for individuals to stand in their power, create a new narrative of who they are and how they see themselves.

### **Skate Buddies Mission**

Skate Buddies mission is to bring communities together through the vehicle of roller skating. We want to get the nation skating and support children, young people, adults and families to improve their mental, physical, and emotional health. Roller skating is great for mental, physical, and emotional health and wellbeing and a gateway to other creative activities and art forms that encourage the healing process and aid the individual with healing and discovery of self.

We aim to get 1000 new skaters on their feet supporting them to improve their mental health, wellbeing and fitness through skating, creativity and performance. Enabling and empowering them into a new place and direction for their lives and health.

### **Skate Buddies Aim**

### **Skate Buddies Values - U.N.I.T.Y**

**UNITED** - We are a community that works together responsibly and respectfully. We collaborate with local, regional, and national skate groups, communities, statutory and voluntary organisations and services. Bringing together the skills, talents, and resources to build a lasting foundation for the generations to come.

**NEED-** It's important too that we work together to identify the needs of the soul for ourselves and each other. Empowering yourself, empowers the individual and the community to grow and flourish. Building a community based on a foundation of purpose and trust.

**INTEGRITY-** Skate Buddies Walk, talk and act with integrity, moral standing, and purpose. We create safe spaces for people, where they are not judged, criticised, or demonised. Walking in the strong moral principles of Skate Buddies ethos and values.

**TEAMWORK** - working together is the key to growth, for yourself as an individual and for humanity. We all have our individual parts to add to the whole, you have value.

**YOU** - You can heal, you will heal, and Skate Buddies helps and supports the individual on the path to their healing through roller skating and other creative forms and expressions.