

Referrals Information



About the RollaRhythms Program:

RollaRhythms is a unique initiative designed to empower girls aged 10-17 from minoritized and/or marginalized groups living in Brent. The program combines the joy of roller skating with the rhythm of music, aiming to improve participants' mental wellbeing, confidence, and physical activity. The program is free to access and co-designed by the girls themselves, ensuring it meets their specific needs and interests.

Program Details:

- **Start Date:** Wednesday, 22nd May 2024
- **End Date:** Wednesday, 18th September 2024
- **Time:** 16:30 - 18:30 every Wednesday
- **Venue:** Bridge Park Leisure Centre, Brent
- **Total Sessions:** 18 weekly term-time sessions, plus bootcamps, and a community showcase event in September

Why We Need Your Referrals:

We are particularly interested in reaching girls who face multiple barriers to engaging in sport and physical activity and to achieving their potential. Our target demographics include girls and young women from low-income homes, ethnic minorities, and those at risk of antisocial behaviour, school exclusion, or who are already not in education, employment, or training (NEET). We also aim to support those with mental health challenges and learning difficulties.

Benefits for Participants:

- **Physical Activity:** Learn and enjoy roller skating in a supportive environment.
- **Mental Wellbeing:** Improve confidence and self-esteem through positive reinforcement and teamwork.
- **Community Connection:** Build a sense of identity and belonging within the community.
- **Additional Support:** Access to workshops on healthy eating, mental health, healthy relationships, and NHS mini health checks facilitated by the Brent Public Health Department.

Brent Public Health Department Inclusion:

We are thrilled to announce the inclusion of the Brent Public Health Department in our program. Their involvement brings a wide range of benefits not only for the participants but also for the broader community. Workshops and services will include:

- **Physical Activity:** Promoting the importance of staying active.
- **Mental Health:** Support and resources to improve mental wellbeing.
- **Period Poverty:** Addressing and providing resources to combat period poverty.

- **Healthy Eating/Cooking Workshops:** Learn about nutrition and cooking healthy meals.
- **Healthy Relationships/Sexual Health:** Workshops on maintaining healthy relationships and understanding sexual health.
- **Coping with Stress:** Strategies to manage stress and the importance of sleep.
- **NHS Mini Health Checks:** Including diabetes screenings for parents.

How You Can Help:

We kindly request your assistance in referring girls who meet the following criteria:

- Aged 10-17 years old
- From low-income or ethnically diverse backgrounds
- Facing barriers to engaging in physical activities
- At risk of or experiencing mental health challenges, school exclusion, or antisocial behaviour

Please complete the referral form for each girl you are referring and return it to us. The information you provide will help us tailor the program to meet the specific needs of each participant and ensure they gain the maximum benefit from their involvement.

Next Steps:

1. **Complete the [Referral Form](#):** Fill out the attached form with the required details about the participant and the reason for referral. You can also refer via [Joy](#)
2. **Parents/Guardians [Booking Form](#):** This form is to be completed online within 2 days of the referral form, by the girl's guardian/s.
3. **Additional Information:** If you have any questions or require further information, please do not hesitate to contact us at 0208 838 1171 or via email at admin@rolladome.org.uk.

We are excited about the potential impact of the RollaRhythms program and look forward to working with you to support the girls in our community. Your partnership is invaluable in helping us reach those who will benefit the most from this initiative.

We look forward to collaborating with you to make a positive impact on the lives of young girls in our community.