

The logo for Whizz Kidz, featuring the words "WHIZZ" and "KIDZ" in a bold, black, hand-drawn brush script. The text is set against a bright yellow rectangular background that has a slightly distressed, torn-edge appearance.

WHIZZ  
KIDZ



Welcome to

**Kidz Max Day  
Scotland**



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## Hi everyone!

**My name is Ruth, and I'm the Service Support Officer for Scotland.**

It's my job to plan, book and make all of our **exciting events** for young wheelchair users in Scotland happen.



I became interested in Whizz Kidz while looking to access services and support for my son. A quick Google search led me to a job advert and the rest is history. I love seeing the happy faces of our young people enjoying our fun programmes.

**A fun fact about me is that I once mimed to a Kylie song on national television.**



**Contact Ruth to find out more:**

[clubs@whizz-kidz.org.uk](mailto:clubs@whizz-kidz.org.uk)

020 7233 6600

# Find your flow with Wheelchair Skills Training



Our Wheelchair Skills Training (for ages 2–25) will help you navigate the world with confidence, safety and even a little style. The skills you learn in a safe and supportive environment on our training programme will make your world open up and become more accessible so you can enjoy an independent and active life. We'll teach you some tricks too!

## Wheelchair skills in school

Whizz Kidz can deliver Wheelchair Skills Training in schools. From essential skills training for new wheelchair users to advanced techniques like using public transport.

## Train the Trainer

Teachers, NHS colleagues and other professionals can learn how to deliver wheelchair skills in their work environment with our Train the Trainer scheme. Delivered face-to-face or online, it's a great way to support young people you work with by teaching them these essential skills.

## Working with Parents / Carers

We're here for the parents and families of young wheelchair users too. It's essential that you encourage the young people you care for to continue practising their wheelchair skills outside of their sessions with Whizz Kidz. We can offer parents and carers advice, support and tips to keep training going at home.

Young people can receive a certificate upon completion of our accredited Wheelchair Skills Training courses.

**Find out more:** [kidzservices@whizz-kidz.org.uk](mailto:kidzservices@whizz-kidz.org.uk) 020 7233 6600



# Explore the world of work with Whizz Kidz



Young wheelchair users can receive support from Whizz Kidz to develop employability skills, gain experience in the workplace and build confidence before entering the world of work. If you would like to sharpen up your CV, feel more positive about interviews or gain a better understanding of an industry, register for Whizz Kidz employability support on our website.

## Employability Skills Days

We support companies to deliver Employability Skills Days for groups of young wheelchair users aged 16–25. These are offered online or in-person and usually take place over one full day. It's an excellent opportunity to visit a workplace, meet the staff, and learn more about a company or industry.

## Work Placements

Work Placements are a great way to build up your experience and to try out different industries, environments and working styles to see what suits you. We organise work placements for wheelchair users aged 18–25. We work with companies to ensure that their premises and processes are accessible and safe for wheelchair users, offer Disability Awareness Training for staff, and help plan placements to ensure they are valuable to all involved. Placements take place in person or online. Sometimes companies approach us and offer to host work placements, which we advertise. We also receive requests from young people who would like placements in specific fields, and we do our best to match them with suitable companies.

**Find out more:** you can apply online or request a paper form by emailing [kidzservices@whizz-kidz.org.uk](mailto:kidzservices@whizz-kidz.org.uk)

# Meet up and try new things on our Activity Programmes

Whizz Kidz's activities for young wheelchair users are designed to build your confidence while you make friends and have fun.



Activity days are a great way to meet other young wheelchair users in our community and try a host of activities in an open, supportive environment. From wheelchair rugby to rock climbing, adventure days, creative arts and digital skills, the range of activities on offer means there's something that everyone can enjoy.

Aimed at young people aged 8–25, sessions are created by experts with specialist knowledge in their areas, so they are always pitched at the right level for you. By the end of the day, you'll have done something different, learned new skills, laughed a lot and enjoyed spending time with other young wheelchair users.

Our programme sessions are held regularly in your region.

**Find out what's on** and how you can get involved by emailing: [clubs@whizz-kidz.org.uk](mailto:clubs@whizz-kidz.org.uk) or call 020 7233 6600.

We can't wait to see you soon!

# Whizz Kidz Sibling Groups



We know that sometimes siblings of young wheelchair users can struggle, feeling left out or isolated. Whizz Kidz is here for siblings too!

Our Sibling Groups are here to bring children aged 7–11 and 12–15 years old together to have fun, talk about their feelings and build confidence.

**For more information** and to register your interest, please visit <https://www.whizz-kidz.org.uk/families/siblings>.

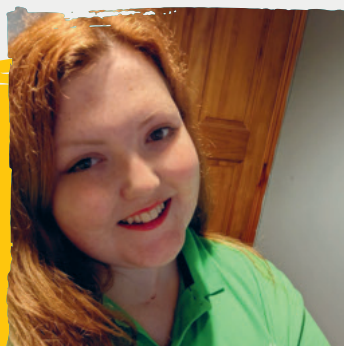


**Hi everyone!** I'm Sophie and I'm the Volunteer Support Officer at Whizz Kidz.

I absolutely love my job, which involves everything related to volunteering and managing our Sibling Groups. I have over a decade of experience as a volunteer for several charities and am hugely passionate about supporting siblings of young wheelchair users.

My ultimate goals are to offer the best volunteering experience to our incredible team of volunteers and reach a point where we can support all siblings of young wheelchair users.

**Get in touch** with Sophie: [s.dearman@whizz-kidz.org.uk](mailto:s.dearman@whizz-kidz.org.uk)



# We are the Kidz Board



We are a group of young wheelchair users who are proud to each represent a different area of the UK. We meet several times a year, in person or online, and our job is to make sure our voices, and the young people from our areas, are at the heart of every decision Whizz Kidz makes.

“ Nothing about us without us.

## What do the Kidz Board do?

We are passionate about challenging perceptions and raising awareness of issues that affect young wheelchair users every day and we campaign to make a real difference for all young wheelchair users.

To do this, we consult with key businesses, industry leaders, charities, and community groups to campaign, raise awareness, undertake access audits and focus groups, highlight areas for improvement and collaborate on projects to influence solutions.

## We would love to hear from you!

**Get in touch** to find out more about who we are and what we do. Please email us at [kidzboard@whizz-kidz.org.uk](mailto:kidzboard@whizz-kidz.org.uk).





# Kidz Board: get involved!



Whizz Kidz aims to ensure that every region of the United Kingdom has a Kidz Board representative.

**“As a Board we work together to be the role models we wanted when we were younger, and to work towards a world in which young wheelchair users have the confidence, skills and opportunities needed to be an active part of society.”**

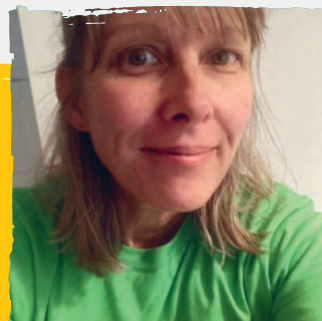
**Ella, Chair of the Kidz Board**

**We would love to hear from you!** If you are a young wheelchair user and want to share more about your experiences and local area, email [kidzboard@whizz-kidz.org.uk](mailto:kidzboard@whizz-kidz.org.uk).

## Supporting the Kidz Board



**Hi everyone!** I'm Elle, and I'm the Kidz Board Officer. It's my job to support the Kidz Board Members and help plan and coordinate all the **exciting projects and campaigns** they would like to focus on.



As a parent myself, I love collaborating with **young change-makers** passionate about ensuring young wheelchair users across the UK have access to the same opportunities and experiences as everyone else.

**Contact Elle** to find out more: [kidzboard@whizz-kidz.org.uk](mailto:kidzboard@whizz-kidz.org.uk).

# Be part of the Alumni

Whizz Kidz has launched a new network for anyone who has received equipment or used our services but is now over 25.

The network will initially be a Facebook group. We will share opportunities for you to get involved with Whizz Kidz. These could be anything from helping us to deliver Disability Awareness Training to contributing content to our website and speaking at events. There will be the chance to make an essential difference in our research and policy work. However much time you can spare, we want to find a way to use your expertise and experience to help young wheelchair users go further in life.

**To join**, search 'Whizz Kidz Alumni' on Facebook and answer the joining questions.



# Join our community: Whizz Kidz Families

Whizz Kidz Families is an online community for parents, carers and guardians of young wheelchair users. Members from across the UK will have access to a private Facebook group to share and receive advice, tips and recommendations with families facing similar experiences and challenges.



The group will also give you access to the latest updates from Whizz Kidz and the disability sector, campaigns & policy changes, important surveys, and exclusive offers.

**To join** our Facebook group, go to [whizz-kidz.org.uk/families/families-network](https://www.whizz-kidz.org.uk/families/families-network), answer the joining questions and check out our Community Guidelines.



# Opportunities to volunteer

You can work directly with young people at our regional programmes and events in England, Wales and Scotland, or you can support us behind the scenes online or at our head office in London. Our current opportunities include the following:

## **Youth Activity Volunteer**

You would support young wheelchair users aged 8 to 25 in a range of activities to help them learn new skills, make new friends, and, most importantly, have fun! These events usually take place on a weekend or half-term holiday.

## **Fundraising Volunteer**

We have a fantastic opportunity to join our Fundraising team to work on various exciting projects, using your skills to support event participants, individual donors and community fundraisers.

## **Young People's Services Admin Volunteer**

You would research and book activities and events for children, young people and their families. You may be liaising with our young people and families as well as venues, schools, content providers and other third-party organisations.

## **Wheelchair Skills Training Volunteers**

We are looking for wheelchair users to support us in delivering sessions which enable young wheelchair users to have confidence in their ability to use their wheelchairs, learn new skills and reduce social isolation.

**Apply now:** by using our online application form at [whizz-kidz.org.uk/supporters/volunteering](http://whizz-kidz.org.uk/supporters/volunteering) or call 0800 151 3350, and we'll be in touch.



# Fun stuff in Scotland

We hope you have a brilliant Kidz Max Day. Here are some other wheelchair accessible activities you can try in our region.



**Adventure** play sessions for disabled children and young people at The Yard in Edinburgh on Fridays and Saturdays

[www.theyardscotland.org.uk](http://www.theyardscotland.org.uk) 0131 476 4506

**Archery** Start Archery run clubs across the country for eight-year-olds and older. Find your club on their website;

[www.startarchery.co.uk](http://www.startarchery.co.uk)

**Arts** activities including drama, theatre, filmmaking, music and writing workshops for 5-25-year-olds in West Lothian

[www.firefly-arts.co.uk](http://www.firefly-arts.co.uk) 01506 333 005

**Basketball** Lothian Phoenix Wheelchair Basketball Club has a Junior Section

[www.lothianphoenixwbc.org](http://www.lothianphoenixwbc.org)

**Multi-Sports**, including football, hockey, badminton, tennis, darts and more, in Lothian. Provided by No Limits Sports Club

[www.nolimitssportsclub.org](http://www.nolimitssportsclub.org) 01506 855 914

**Keen's online activities** include crafts, exercise, choir, talent shows, and much more.

[www.keen.org/virtualkeen](http://www.keen.org/virtualkeen) [info@keenuk.org](mailto:info@keenuk.org)

# Support in Scotland

These organisations are here to offer help and information to families with disabled children and young people.

**Kindred Scotland** offers support to families with children who have complex needs

[www.kindred-scotland.org](http://www.kindred-scotland.org) 0800 031 5793

**Capability Scotland** provides regional support services

[www.capability.scot](http://www.capability.scot)

**Contact** offers support and information for families with disabled children, including parent workshops and support groups

[www.contact.org.uk](http://www.contact.org.uk) 07458 046 071

## National organisations supporting wellbeing

If you're not feeling great or struggling with problems affecting your sense of wellbeing, these people can help.

**Breathing Space** A free and confidential service for people living in Scotland experiencing low mood, depression or anxiety.

[www.breathingspace.scot](http://www.breathingspace.scot) 0800 83 85 87  
Mon–Thur 6pm–2am,  
Fri–Mon 6pm–6am

**Carers UK** Providing carers with information and guidance about benefits, rights and support.

[www.carersuk.org](http://www.carersuk.org)

0808 808 7777

Mon–Fri 9am–6pm

**Mental Health Foundation** Provides support, information and programmes for families, children and young people, including ‘KidsTime’ workshops.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind** Promotes views and needs of people with mental health problems.

[www.mind.org.uk](http://www.mind.org.uk)

0300 123 3393

Mon–Fri 9am–6pm

**Samaritans** Confidential support for people experiencing feelings of distress or despair

[www.samaritans.org](http://www.samaritans.org)

116 123 (free 24 hours)

**SANE** Emotional support, information and guidance for people affected by mental illness, their families and carers.

[www.sane.org.uk](http://www.sane.org.uk)

**YoungMinds** Information on child and adolescent mental health. Services for parents and professionals.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

0808 802 5544

Mon–Fri 9:30am–4pm



# Join our movement

When a child gets the right chair, everything changes. Their world opens up and opportunities abound. But with so many young wheelchair users unable to access equipment through local services, our work is more vital than ever.



We rely 100% on donations from our community and couldn't perform our life-changing work without the generosity of people like you.

Please join our community and help advance our movement for a more open, accessible world. Donate, volunteer, raise funds, leave a gift in your Will – there are so many ways to get involved.

**Find out how at: [whizz-kidz.org.uk](https://whizz-kidz.org.uk)**



Whizz Kidz is grateful to the CareTech Foundation for its support of young wheelchair users and their families across the UK.



[facebook.com/Whizzkidz](https://facebook.com/Whizzkidz)



[instagram.com/whizzkidzuk](https://instagram.com/whizzkidzuk)



[twitter.com/whizzkidz](https://twitter.com/whizzkidz)



[linkedin.com/company/whizz-kidz](https://linkedin.com/company/whizz-kidz)

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