



**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!

# Join us for more fun and activities online

There's even more to do online. We run free online activities for young wheelchair users aged 8-25 so you can try new things, visit places virtually, and connect with other young people across the UK.

Our online activities are usually held twice a month at the weekends. Whatever you're into, they'll be something to try, from virtual safaris to digital skills, creative arts to science experiments, and games to play together.

It's a great way to meet other young wheelchair users and have fun. Our online activities are always run in a safe and inclusive environment. Don't worry if you're feeling shy; there's no pressure to join in, and you can keep your camera or mic off until you're ready.

**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 calling 020 7233 6600.** You're always welcome to drop in on a session!



# 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: [www.whizz-kidz.org.uk/social-activities/sibling-group](http://www.whizz-kidz.org.uk/social-activities/sibling-group)



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

It's my job to manage everything related to volunteering at Whizz Kidz.

I use my personal volunteering experience to ensure our volunteers feel appreciated and have a wonderful time volunteering with Whizz Kidz!

I also deliver our Online Activities, and run our Sibling Groups. As a wheelchair user with a younger brother, I am extremely passionate about providing support and creating memorable experiences for young wheelchair users and their siblings!

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



# 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 [www.whizz-kidz.org.uk/social-activities/families-network](http://www.whizz-kidz.org.uk/social-activities/families-network), answer the joining questions and check out our Community Guidelines.



# 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)

# Be part of the Alumni

Whizz Kidz Alumni network is for anyone who has received equipment or used our services but is now over 25. The network is initially a Facebook group but we are looking to develop this further. 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.



# Fun stuff to do in Scotland

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

**Activity Sessions** Alongside social groups and advisory sessions offered by SensationALL

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

**01224 746699**

**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.

[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)



**Beach Wheelchairs** North Berwick offers beach wheelchair hire, must be booked in advance

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

[info@beachwheelchairs.org](mailto:info@beachwheelchairs.org)

**0300 1112112**



**Children's Club** Offering monthly peer group and school holiday programmes

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

[info@wetoo.org.uk](mailto:info@wetoo.org.uk)

**Dance** Citymoves dancers develop dance and choreography skills with public performances throughout the year. They meet bi-weekly on Saturdays 10.30 – 12-30

[amy.park@citymoves.org.uk](mailto:amy.park@citymoves.org.uk)

**Grampian Disability Sport** A range of clubs and activities for all ages and levels of ability from bowling, athletics, swimming, snowsports and team sports

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

**07889281795**

**Keen's Online Activities** Includes crafts, exercise, choir, talent shows, and much more

[www.keen.org/virtualkeen](http://www.keen.org/virtualkeen)

[info@keenuk.org](mailto:info@keenuk.org)



**Macrobert Arts Centre** Stirling offer fully accessible theatre and cinema setting with arts programmes, changing places bathroom

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

**01786 66666**

**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**

**Wet Wheels** Port Edgar Marina offers fully accessible power boat trips

[wetwheelsfoundation.org/locations/edinburgh](http://wetwheelsfoundation.org/locations/edinburgh)

[info@wetwheelsedinburgh.co.uk](mailto:info@wetwheelsedinburgh.co.uk)

**0131 319 1820**

**Wheelchair Rugby Club** offers wheelchair rugby for ages 8 and over

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

[info@gwrc.com](mailto:info@gwrc.com)



# Join our movement

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)

The Poundland Foundation are proud to partner with Whizz Kidz and support their Kidz Max Days in 2024.

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foundation

Our ambitions are to support families and change lives across the UK, so what better way to do this than by helping Whizz Kidz put on these fantastic days? They provide a range of exciting, accessible activities for young wheelchair users and their families to enjoy together. We hope you have a wonderful time and discover something new you love to do while having an unforgettable family experience. We look forward to seeing you on the day!

**Lucy Ruff, Charity Foundation Manager, Poundland Foundation**

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