

Empower your child!



MANUAL USERS

BASIC SKILLS

Back wheel balancing
In & Out of wheelchair
Kerb Drill

HIGHER SKILLS

Backwheel balance on the move
Slopes
The 4" kerb
Recovering from tipping

ADVANCED SKILLS

Crossing the road
The 4" kerb and parked cars
Slopes & Stairs

POWER USERS

BASIC SKILLS

Straight line steering
Turning
Review of control
Turning through doorways
Reversing

HIGHER SKILLS

Vehicle Structure
Crossing the road
Chair maintenance

ADVANCED SKILLS

Breakdowns



Being a wheelchair-using child does not mean being a dependent child **'Independence through Mobility'**

AWC have been running its unique courses across the UK and Ireland since 1990. Our teams of full time qualified therapists provide practical training for young wheelchair-users: training designed to enable independence and to help ensure the young people are able to reach their full potential.

The aim is to give each child functional parity with their peers. That is to say, a typical 8 year old child with a wheelchair should be able to encounter most of the experiences that an able bodied child of the same age meets. This would include making their own way to school with their friends; going to the cinema or shopping and all the other things that able-bodied children often take for granted.

As well as teaching the basic skills and introducing the children to the more advanced ideas, our courses are a way of parents acknowledging their child's right to independence by showing them just how competent they are.

The charity's successes include Ade Adepitan MBE, the TV and wheelchair basketball star, who is now a patron of AWC. Future 2012 Paralympic hopefuls Tom Brown and Dan Lucker have also benefited from our unique skills training

"A life-changing two days"

Rebecca is a charming and cheerful 8 year old with a steely determination to be independent. However she was born prematurely and diagnosed with Sacral Agensis.

Rebecca's mum Susan explains the impact of attending one of the AWC courses.

"As she grew from a baby in a carry cot through the buggy stage up to the age of 4, her inability to walk for extended periods was a 'family matter'. Once we were given a

wheelchair, suddenly she was seen by the outside world as disabled. Initially the family had to deal with this phenomena, and it wasn't easy.

We heard about AWC and attended a local session where Rebecca (and the rest of the family) had a life-changing two days. She was loaned a different type of chair which allowed her to take control of her own mobility.

She joined in all the lessons and games and after Day 1 was delighted that she could be independent and in control. Family members who attended benefited from the extra knowledge gained from talking to Owen and his team.

Rebecca went from being a child in a wheelchair to a wheelchair-using child during those two days and there is no finer testimony to the work of AWC than to see Rebecca out and about."

Feel the Force Luke! **Inclusive Activities**

We actively encourage the whole family to attend courses. As well as teaching essential skills to the wheelchair-using child, we like to make our courses as fun and family-inclusive as possible by getting the whole family involved in various wheelchair sports games.

Many of our young people also bring along their best friend as that will be the person with whom they spend a lot of their day, either at school or during their free time.

It is often only by attending the courses that parents and siblings can see the full potential that their wheelchair-using child can reach. After attending the course, parents and sibling can then carry on helping and encouraging the practice and development of key skills that are taught on the courses.