# Want to build your confidence and independence using your wheelchair?



### **awheelchairskills**





### @wheelchairskills\_



#### Scan these QR codes for training videos

- $\checkmark$  Skills for everyone. Take the skills that will make a difference for you!
- 🗹 Levels set at beginner, intermediate, advanced and expert
- Bitesize videos that can be watched when you have 2 minutes to spare
- Clear format. The skill > why it's useful > keeping safe > demonstration
- $\ensuremath{\boxdot}$  Designed for phones. Watch them at home and when you're training

## www.wheelchairskills.org



The Wheelchair Skills College