



**Erb's Palsy Group**  
024 7641 3293

# Erb's Blerb 133

Magazine of the Erb's Palsy Group Winter Issue 2026

*Hello and welcome*

## to our first Newsletter of 2026.

I hope the weather has been kind to you all and that you had a happy and peaceful Christmas and Holiday season.

We have LOTS of VERY interesting articles in this issue for you to read, with inspiring stories and articles from a range of our members – we love hearing from you, so why not send your thought and ideas to us ?

[karen@erbspalsygroup.org.uk](mailto:karen@erbspalsygroup.org.uk)

Here's to a wonderful 2026 for all of our members.

**Karen Hillyer**



Following the success of our event in October last year in Swindon, we are delighted to tell you that we are having another Fun Day in October this year.

We are heading up north to Wakefield, so hopefully those "oop north" can join us for this years event.

If you haven't been to one, if you can make it, do try – the days are packed full of activities for you AND your children and also some nice quieter activities such as crafts, and face painting.

We charge £10 per adult to attend – this HELPS with the costs of providing lunch- however ALL your children go free and if you are an ADULT with the injury – you go free too!



We appreciate the cost of living is pinching everyone's finances, but this really is a great day out, and you get the chance to meet other families and share experiences and tips with each other – the one place where you DON'T have to explain to anyone what Erb's Palsy is! Look out for the save the date notice in this issue!

# STUDY DAY

## MAY 8TH 2026

Once again this year we are pleased to be running a training day for Midwives and Therapists, teaching them Best Practice to deal with both Shoulder Dystocia and Erb's Palsy. However, we could do with some help with funding this event – it is VERY difficult to obtain grants for training events – so if you fancy doing some fundraising to help, or if your company offers matched funding, or has a Charity Team that we can appeal to, to help us fund this vital work in preventing and treating the injury- we would be delighted to hear from you – you can contact:

[karen@erbspalsygroup.org.uk](mailto:karen@erbspalsygroup.org.uk)



# Donations

We recently heard from **Angela** and **Alfie Lane**, Alfie has been a member of the Charity since he was born ( a few years ago now!) we received a wonderful donation of **£410** which was donated in memory of Alfie's much loved Grandma Marg Eyres. Marg sadly passed away in September 2025 and as a big supporter of our Charity, requested donations in lieu of flowers at her funeral. Thank you Angela and Alfie and we are so grateful for your thoughtfulness at such a sad time.

Thank you to **Gordon MacKillop** from Cornwall, recently **Doreen MacKillop** passed away aged 89 years. The family asked for donations for our Charity at the funeral and we received a donation of **£144.20** in memory of Doreen. **Thank you to the family** for their kindness at a sad time.

A further **£47** was received in memory of **Bernard Gilhespy** taking the total received to **£329** - our **Thanks to Karen** and **Guy Forster-Pearce** for their kindness.

**Sophie Dodd** donated **£40 + £10 Gift Aid** after losing the "Whamageddon" competition at work! **Thank you Sophie** and all the best for recovering after your recent surgery.

We have had a number of donations from families at the end of the year, our thanks go to the **McGarry family, Christine Young, Jan Bulter, The Stoll family, Anne McDermott**- your very generous donations have truly helped out bank accounts.

**Matthew Ayres** nominated our Charity as a recipient of a donation from British Gas and we were thrilled to receive **£1500** from them – **thank you SO much Matthew** – that is a wonderful donation.

**Ian Crosby** and his colleagues at **Apicom** have held their annual Christmas Jumper day once again and Ian sent us **£205** proceeds – thanks so much for your ongoing support- we really appreciate it.

**Moncreiff Parish Church** very kindly sent a donation of **£100** to us in December, **Thank you Anne Maycey** for nominating us for the donation- it was much appreciated

**Andy Bull**, Dad to **Casper** emptied the collecting tin at his pub **The Redhill Lion** and sent us **£55** from the customers – **thanks Andy and all the crew!**

**Matt Robinson** completed the Altra Yorkshire Marathon on behalf of the Group and raised a magnificent **£859.81** for us – **Thanks so much Matt** – you are such a brilliant supporter!

**ST Thomas Church** at Marske By The Sea in Redcar sent us a lovely donation of **£25**, the Church has VERY kindly sent this donation for many years and we are very appreciative of them.



# 10 year old Darcey Docherty

completed a 5 k run as part of her school Ambassador Scheme, she kindly chose our Charity to support and after she completed the 5k in a fantastic 45 minutes and 32 seconds on a VERY cold January morning she also raised a fabulous £535.00 + Gift Aid for us – Thanks Darcey- you are a star!



Darcey and Dad Rich.



Are you a budding journalist ? frustrated writer? Got LOTS of ideas ? If you have, we would LOVE to hear from you.

We are always looking for articles for our newsletter and website – it doesn't have to be JUST around Erb's Palsy or a personal story – have you found gadgets you think are useful ? Websites you think could offer information or support to other members?

Why not put fingers to the keyboard and send US your thoughts – if you have an article published we are always happy to supply extra copies of the newsletter so you can build a portfolio of your work - it doesn't have to be a big piece or regular – just let us know what YOU think is important, or helpful, or funny – you can e mail it to

**[karen@erbpsalysygroup.org.uk](mailto:karen@erbpsalysygroup.org.uk)**

with **"For Newsletter"** in the subject line and we'll do the rest



# Thank You Tozers LLP

– Rain, Retail and Remarkable Support



The Erb's Palsy Group would like to extend our heartfelt thanks to Tozers LLP for their continued and much-valued support of the charity.

In the run-up to Christmas, during the notoriously busy Black Friday weekend, members of the Tozers team generously gave up their own weekend time to volunteer at a charity car park in Exeter. I was fortunate to attend as a trustee and see first-hand the commitment and good spirits they brought to the day.

Despite the less-than-kind weather — with persistent rain and wind throughout — the Tozers team remained cheerful, welcoming and energetic, helping to keep everything running smoothly during one of the busiest shopping weekends of the year. Their positivity never wavered, even in challenging conditions. They spoke with enthusiasm to members of the public parking in the carpark about the charity and the condition which was a fabulous way to raise awareness as well as funds for the charity.

Thanks to their efforts, an incredible £622.11 was raised for the Erb's Palsy Group. This is a fantastic contribution and one that will help us continue supporting individuals and families affected by brachial plexus injuries.

We are always grateful for the support we receive, but once again Tozers have demonstrated their loyalty to the charity by donating something truly precious — their time. We are immensely thankful for their ongoing commitment and generosity.



# 2025 Charity Golf Day

## Organised By George Groves and Andy Bull

George and I would like to say a BIG thank you to all the people who signed up to join us at the Farleigh Golf Club in October for our annual Charity Golf day.

We had a total of 56 players who enjoyed 18 holes of golf in lovely weather!

The players enjoyed a two course meal before a Raffle and Auction helped us raise those MUCH needed funds for the Erb's Palsy Group

We raised over £3500 for the Charity and we would like to Thank all the Golf clubs who donated vouchers for rounds of golf, Crystal Palace Football club for match tickets and everyone who donated prizes for the raffle and auction. We couldn't do it without your support!

This is a fantastic event, if you are an experienced golfer or a newbie- why not join us for the next one – you'll have a great day out, you might win a prize and you will be supporting this wonderful Charity!

**Our 2026 Golf Day will be on 2nd October at the Farleigh course again.**

If you would like to join us you can call me (Andy) on **07951 732515** or George on **07734358214**

Andy Bull, Dad to Casper.



# Can-Do -Attitude

After receiving and reading through the 2025 autumn magazine, I felt that now I have finally reached retirement, I ought to make a contribution to all ages, where Erb's Palsy, from birth and beyond has prevailed.

I was delighted to read Sophia's Story, and how she is handling herself as she grows.

In adding a little more to the Blerb, I really wanted to open up to how, in history, I have grown, understood and found work-arounds, be these which Sophia has adapted, and others in my lifetime, some good, some not so good.

My elder sister was born in November 1957. She was delivered within a north-west General Hospital, weighing 11lbs. My father and my father's father were both tall, and my mother's father was equally so. It goes without saying, there are hazards of nature, and these stand out

My sister was delivered, and she had arrived, mercifully, with a very mild palsy in her right shoulder.

In June 1959, at the Infirmary (between the Maternity Ward and Theatre) my birth delivery wasn't easy. I weighed 13lbs. My father had been a surgeon, before he established a General Practice (the village surgery), and I am informed that he was present at the birth. but he didn't contribute to the birth procedure, perhaps because in those times were less regimental.

Three years later, my mother insisted on a Caesarean Section procedures. My younger sister arrived with a healthy, carefully born 10lb, eliminating any difficulties which prevailed.

From June 1959 onwards, my natural mobility delivered up good and strong left arm, wrist and hands. Whilst in nursery school I was naturally becoming "left side dominant".

At boarding school (boys only) in my time, I played football, but wasn't successful at rugby (tricky to



pass a rugby ball in both directions, along the line, with little or no secondary strength).

At one point, I found myself in the boys' school gymnasium, alongside me, with a head of sport, tutoring 15 other boys to excel in climbing a rope. Obviously, without both arms available to attempt this, it was a hopeless exercise, in the circumstances. With a quick response I asked the teacher if he could demonstrate to me how to climb the rope with just one arm. My House Master was quickly able to put matters straight, with the sport coach.

Through my school years, I painted, and drew, and wrote with a left hand, with the knowledge and determination to practice. dexterity

Beyond the end of secondary school, dexterity and strength in my right arm developed.

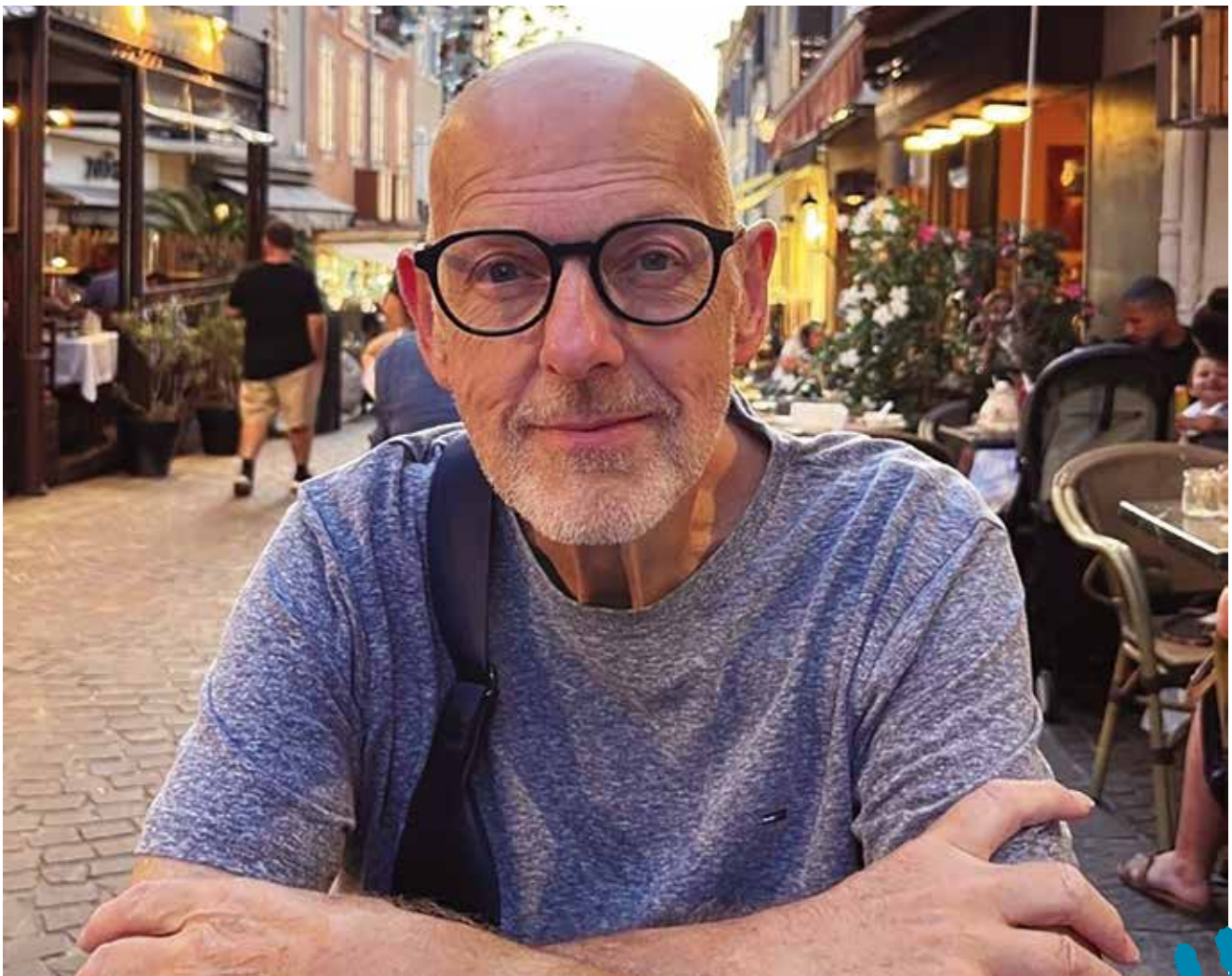
I never attempted to raise my right arm in school, but sometimes, I will introduce my strong left arm to lift my right arm (knowing that this approach works).

I regularly run with an athletic club – even in dark evenings and floodlights at Municipal 400 metres amenity, and I enjoy Park Runs. In these two joyous pastimes, my right shoulder works hard for me, delivering the balance from both left and right arms. It can be done.

In my middle and elder years, the left arm and shoulder linkages are stronger than the Erb right. I have developed mechanisms and strength from both shoulders. I use the left arm to lift the right arm, by gripping the forearm. By placing (lifting) the right arm it above on a vertical surface – for example, lifting the right arm to hold a picture hook, enabling me to carefully affix the said hook.

Of course, my Erb has been with me until right now – my age: 66 years.

Rotating of the left and right wrists aren't terrific, but with practice, whilst I can hear and listen to the shoulder blade, this isn't a genuine day to day hindrance. The fallback is that with regular exercise and determination, at any age, life can be long, fruitful, and rewarding.



# 2025 AWARENESS COMMUNITY CHALLENGE

## Together We Went the Extra Mile

Between 1st October and 1st November, members of the Erb's Palsy Group came together for a very special community challenge – and what an incredible month it turned out to be.

The aim was simple but powerful: to raise awareness of Erb's Palsy and to come together as a community by collectively walking 500 miles, no matter where participants were based across the country. Whether someone committed to walking just one mile or challenged themselves to 50 miles over the month, every step counted. We also had a fantastic final push during our Charity Awareness Week, which really helped drive momentum right to the finish line.

What happened next completely blew us away.

By the end of the challenge, our amazing members and supporters didn't just reach the 500-mile target – they smashed it, walking an astonishing 2,545 miles in total!





While raising awareness was at the heart of this challenge, many of our members were acutely aware that this year more than ever, the charity needed vital financial support. As always, when we called for help, our community stepped up in the most remarkable way.

Our fundraising target was £1,000. By the end of the challenge, you had raised an incredible £3,292 – more than three times our goal. And that’s before adding registration fees and the all-important Gift Aid, which will increase this figure even further.

This was the first time we have run a community event quite like this, and we have been truly overwhelmed by the enthusiasm, commitment, and generosity shown. From every mile walked, to every online like, share, sign-up, and donation – each and every action played a part in making this challenge such a huge success.

We have achieved everything we hoped for:

- **Raising awareness of Erb’s Palsy**
- **Generating much-needed funds for the charity**
- **Bringing our community together**

We hope to do something similar in the future, and we cannot thank you enough for your time, energy, and enthusiasm.

**Well done – and our sincerest thanks to everyone involved.**



# VITAL RESEARCH OPPORTUNITY

## Erb's Palsy Research Group.

This year Leeds Teaching Hospital is running an Erb's Palsy research and focus group for patients with Erb's Palsy and parents of children with Erb's Palsy.

I have had the privilege of joining the focus group after speaking with Joanna Burdon at the Erb's Palsy funday last October.

The research group is being run by the Plastics team at Leeds Teaching Hospital, they are researching different and more effective ways of getting a diagnosis of Erb's Palsy/ Brachial Plexus Injury. The team is using a focus group to soundboard ideas on how patients and parents would feel about the trials that they are considering.

During the focus group we were invited to discuss our experience and journey of getting a diagnosis of Erb's Palsy as a patient or as a parent of a child with Erb's, it was interesting to hear that the people in the group had a similar diagnosis journey to us.

The research team are interested in trying to get more information and explanation in relation to a suspected diagnosis to parents and patients before they are referred to see the specialists.

This was the first focus group meeting that has been held by Leeds on this project and they are interested in getting as many people involved as possible to get the most out of the focus groups.

The next meeting will be held in March/April on teams. If you would like to join, please feel free to email [leedsth-tr.erbspalsyresearch@nhs.net](mailto:leedsth-tr.erbspalsyresearch@nhs.net) and they can sign you up for the focus group. The more of us who sign up to help them, the better their understanding of how they can improve the pathway for diagnosis in the future.

## TELL YOUR STORY ABOUT YOUR EXPERIENCE

The National Maternity and Neonatal Investigation has launched a Call for Evidence today, which asks parents and families to share their experiences of neonatal and maternity care.

This National Investigation is an important opportunity to have your voice heard and to help the Investigation Team understand the reality of neonatal care - both to recognise good care, and to inform future improvements. In the surveys, there are open-text boxes where you can say in your own words, and in as much detail as you want to, what your baby's neonatal care was like, how you were supported and what went well or could have been improved.

We also wanted to acknowledge that we don't think the Call for Evidence goes far enough to capture how neonatal care is experienced by babies, their parents and their wider families. We're particularly disappointed that dads and non-birthing parents are not asked about how involved they were in their baby's care, whether they were able to stay on the unit as much as they wanted to, or how informed they were about their baby's condition.

However, this remains an important opportunity to share your experiences of neonatal care, and we would encourage you to do so.

You can take part in the survey here, before the closing date of 17 March:

<https://matneoinv.pulse.ly/c7hwowxdyl>  
**#NeonatalCare #Maternity #Neonatal**



# Hi Everyone...

Great to see you! Now that winter is upon us, I am looking forward to some lovely spring weather and lighter evenings soon. But whilst the weather hasn't been so kind to us lately, I have been thinking about indoor activities we can do to keep busy. Check out in this editions Herbie page some home made playdough, valentine's colouring and the ever popular joke corner!



## Valentines Colouring

Here is a colouring sheet you could colour for somebody you love on Valentine's Day.

### Bee my valentine!



### Home Made Playdough

This activity is great fun, you can make shapes, or models out of your dough, you can use cutters or rolling pins. The possibilities are ENDLESS!

#### Method:

Mix all the ingredients, making sure you ask an adult to add the water last. Knead it well. Store in an airtight container.



#### Ingredients:

- 1 cup flour
- ¼ cup salt
- 2 tablespoon oil
- Food colouring
- ½ cup boiling water

### JOKE CORNER

I have some festive jokes for you to make all your friends and family laugh – or groan!

What is the best way to get to school in January?

**By icicle!**

Where do you find the answers to your homework in January?

**On the winternet!**

What do you call a penguin with no eye?

**A penguin**

Ha Ha  
Ha Ha  
Ha Ha



# Achievements



**Sophia** was nominated to join School Counsel Her Head Teacher has been so impressed with how well Sophia always takes care of her peers and how she has then taken on the extra responsibility.



**Eva** has graduated from university with a First Class Honours degree and is now a fully qualified Social Worker. Congratulations Eva!



**Nathan** has completed TKD Tigers and has now started Taekwondo youth!! Well done for trying your best every week.



**Max** has been promoted to Sixer in his Cub Pack. He has also transferred to a new school and settled in really well. Well done Max!



Congratulations to **Emily** who has graduated from Carlisle Uni with a Diploma of Higher Education in Health Studies in the hope to continue to become a Children's Nurse.



16 year old **Nye** performed his own composition 'The Eye of the Sea' at Solihull Sixth Form College. His family are so proud of how he has endeavoured to master playing the piano.

# SAVE THE DATE!!!

We are DELIGHTED to let you know that this year our Family Fun Day will be in WAKEFIELD – it's on SUNDAY OCTOBER 4th

We will have a great range of activities available for you all to enjoy – if you are unsure whether or not you would enjoy the event – we have a great video of last years event in Swindon on our website at [www.erbspalsygroup.org.uk](http://www.erbspalsygroup.org.uk)

It really is a wonderful day – full of exciting things for your children to do- those with Erb's Palsy and those without it! There are also activities that some of the Mums, Dads, Grandparents and a variety of family members get involved in too!

SO SAVE the DATE the booking form will be in the MAY newsletter and you will be able to pay online at the website then!

**And just to give you a taste of the event- here are some images from Swindon 2025!**



# TOZERS

## JME ~V~ STOCKPORT NHS FOUNDATION TRUST – A CASE STUDY ON VALUING COMPLEX ERB'S PALSY CASES

### Background – what is valuing a Claim all about?

The aim of compensation in clinical negligence claims, in so far as money can ever achieve this, is to put the Claimant back in the position they would have been in had their injury not occurred.

In Erb's Palsy cases, the focus often tends to be on the impact of the physical limitations on day-to-day life, the child's ability to live independently as an adult, care for their own children, and employment.

A child's needs can vary dramatically depending upon their own circumstances. Each case depends upon its own facts.

### What was unique about JME's case?

JME was born in 2007 and was a big baby. Shoulder dystocia was encountered when she was born, and JME sustained a Narakas Group III right-sided Erb's Palsy.

Initially, the Defendant sought to deny liability – arguing that mum was uncooperative when shoulder dystocia was encountered – but an admission was subsequently made by the Defendant in 2015 before witness evidence was due to be served. The focus then turned to valuing JME's case and this is where her claim became

particularly complex. Although only aged 8 at the time of the liability admission, in addition to her Erb's Palsy, JME had several psychiatric conditions and was later diagnosed with:

- Autism Spectrum Disorder (ASD)
- Anorexia Nervosa
- Obsessive-Compulsive Disorder (OCD)
- Clinical Anxiety

Because of these psychiatric issues, JME presented with sensory sensitivities, aversion to loud noises and busy, crowded environments, a reluctance to be touched, rigid views, and inflexibility of thought and opinion, all of which were life long and enduring.

In contrast, in relation to her Erb's palsy, the picture was less complex. JME had one operation during which nerve grafts were taken, but, in some senses, whilst she had ongoing limitations in function, her physical recovery on the surface appeared to have gone well. JME had, however, been diagnosed with chronic pain.

It was clear then that JME's case was complex, so her claim was then put on hold to await a clearer physical and psychiatric prognosis. By the time we came to value JME's case, she was in her late teens and set to turn 18 shortly before trial. At this stage, JME had been living a sheltered life for some



years; her routine tended towards her living a close to nocturnal life, and she had not been in mainstream formal education for many years.

JME had however had a love of animals for very many years, and her one goal at this point was to set up and run a cattery business with her mum.

### **How did JME's co-conditions complicate valuing her case?**

There was no evidence in this case that JME's psychiatric difficulties were caused by her Erb's Palsy. Against this backdrop, it was immediately obvious that the hospital was going to argue that JME's damages should be very limited because of her very significant problems that were unrelated to her Erb's Palsy injury, which would always have been present.



It was clear, therefore, that unless a cohesive counter argument could be made, the Defendant was likely to successfully argue that JME's damages should be minimal.

### **How did we approach valuing the case to resolve these issues?**

Considering the issues, it was clear that the key would be the psychiatric evidence on JME's condition and establishing that, although not caused by her Erb's palsy, her psychiatric difficulties were aggravated her physical problems.

Therefore, the case presented was that all JME's co-conditions were intricately interconnected and intertwined, indivisible from each other, that the condition and prognosis of one therefore affected the condition and prognosis of the other and vice versa. None could, in our view, be considered in isolation.

Our case, therefore, was that JME required a cohesive multidisciplinary approach to her care with intensive input and ongoing mental health support into early adulthood, coordinated by long term regular case management.

It was also clear that JME would not accept that she could not physically run a cattery due to her Erb's Palsy and chronic pain, and that failing to achieve this goal would be detrimental to her psychiatric prognosis. As this would worsen her condition overall, the costs of employing a support worker to facilitate her working in this role were also claimed.



Given her psychiatric difficulties, our case was also that JME would require a deputy to manage her compensation award, at least until the age of 25, and possibly for the remainder of her life.

### **The Defendant's response**

The Defendant's position was in essence that JME was unlikely (because of her psychiatric difficulties) to:

- Accept outside support.
- Have children and therefore need assistance with childcare.
- Enter any form of formal employment and therefore suffer lost earnings.

Surprisingly, on JME's pain, the Defendant also argued that this was wholly unrelated to her Erb's Palsy and, if anything, connected to a history of ASD and mild hypermobility.

Their position was therefore that she would have had equivalent problems, including with pain in any event, and that, as a result, the impact of the Erb's palsy upon JME's life had been and would remain relatively modest.

It was also denied that any provision for psychiatric support was recoverable from them.

The Defendant accepted that JME lacked capacity to manage her finances at the time of negotiations, but their position was that she would gain capacity very shortly after settlement and certainly by the age of 25.



### **The negotiations**

Unsurprisingly, given the context, there was a very large discrepancy between our valuation of JME's case and that put forward by the Defendant. On paper, our valuation was in the millions, whereas the Defendants were closer to £390,000.00.

A settlement meeting was held in September 2025, ahead of a trial in October 2025. During negotiations, there was significant movement from their Counter Schedule. However, although the Defendant accepted some of our arguments, they were only willing to offer £2,000,000.00 as a lump sum payment and the cause of JME's pain remained very much in dispute.

A big issue also remained capacity and whether the cost of a professional deputy was recoverable for life or just to the age of 25.

After much further debate, 2 weeks from the trial, a settlement was agreed with the Defendant. Unusually, for an Erb's Palsy case, we were also able to secure a structured settlement that provided for:

- A lump sum payment; plus
- Annual payments for life to cover both:
  - Care and Case Management; and
  - Deputyship costs.

As a lump sum, the full value of the case was predicted to be in the region of £3,000,000.00.

To reflect the uncertainty over JME's capacity, the settlement included a mechanism where JME will pay back deputyship costs to the Defendant during periods when she may have capacity, and a Court appointed deputy was not required.

Although her case is only recently concluded JME now has a deputy appointed and is looking to start the process of using her damages to purchase a property and set up a cattery business with her mum.

### **Lessons learned?**

We are increasingly seeing cases where children with Erb's Palsy present with varied and complex needs such as ASD and other psychiatric difficulties.

Whilst in some cases these issues can be tied to the events of the birth, a lot of the time they arise by coincidence and are unrelated to admitted or alleged negligence.

These complexities represent opportunities for Defendants, even where liability is admitted, to seek to play down the impact of Erb's Palsy injuries and minimise compensation payments.

JME's case, however, shows the importance of looking at the "big picture", considering the overall impact of the claimant's position, and the need to consider the interconnected nature of any co-morbidities.

Gathering the correct evidence to enable you to present the true picture and impact of the Erb's Palsy on the Claimant's overall condition is key.

### **How can we help?**

If you would like to discuss a claim, please contact us or visit our website for more information:

[www.tozers.co.uk/expertise/personal/medical-negligence/erbs-palsy-claims](http://www.tozers.co.uk/expertise/personal/medical-negligence/erbs-palsy-claims)



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# Twelve and a Half Years Later...

## ... From A Birth Trauma to Becoming a Midwife — All Because of My Son

Twelve and a half years ago, my son entered this world.

The traumatic birth changed both of our lives forever. His obstetric brachial plexus injury—something I had never even heard of before his diagnosis—became the centre of our journey. In those early months, fear, confusion, and unanswered questions filled my world. I remember searching desperately for information, support, and reassurance.

One of the most important turning points for me was finding the Erb's Palsy Facebook Group. For the first time, I found parents who truly understood what we were experiencing. Their stories, advice, and encouragement carried me through some of the hardest moments. That community became a lifeline, a place of comfort and learning when everything felt overwhelming.

What I didn't know then was that this experience—combined with the strength of that community—would plant the seed of a purpose that would grow stronger with every challenge we faced.

Now, more than a decade later, I am incredibly proud to say that I am a qualified Midwife. The same journey that once broke me, rebuilt me into someone determined to make a difference. My son's strength, resilience, and courage have been my driving force every step of the way.

Every physio appointment, every surgery discussion, every milestone reached through determination rather than ease—those moments shaped not just him, but me. They gave me a unique understanding of what families really need when birth does not go to plan: compassion, communication, honesty, and a healthcare professional who truly sees them.

Becoming a midwife is not just a career for me—it's a mission. I am stepping into this profession with lived experience, deep empathy, and a commitment to advocating for families, ensuring they feel heard, supported, and empowered during their most vulnerable moments.

I want to be the kind of midwife expectant parents dream of having.

To my son, Jaiden—thank you for inspiring me. Thank you for showing me what real strength looks like. Every achievement I reach is because you taught me how to persevere, how to fight, and how to transform pain into purpose.

To the wonderful parents and members of the Erb's Palsy Facebook community—thank you for being the support system I didn't know I needed. You played a part in getting me here.

Twelve and a half years after your injury, Jaiden, I am ready to go out there and make a change. For you. For families like ours. And for every baby who enters the world in need of a little extra care.

*Sheila*





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## information

We have a wide range of fact sheets and leaflets available – please check the website for full details [www.erbspalsygroup.org.uk](http://www.erbspalsygroup.org.uk) all of our leaflets can now be e mailed to you for ease of sending. All requests should be sent to Karen Hillyer (details as above)

In addition to these fact sheets we have a wide range of Information booklets available to post to members or health care professionals. These include the following;

- **Erb's Palsy, A comprehensive guide for professionals and parents on the prognosis, treatment and support of Erb's Palsy**
- **Care of a baby with Erb's Palsy**
- **Rights in the workplace and education – a guide to your rights under the Equality Act 2010**
- **All About Me book – a booklet for you and your child to complete for use in school and other external settings**

These can all be obtained by contacting Karen Hillyer.

*Bye for now!*  
x

