



Erb's Palsy Group
024 7641 3293

Erb's Blerb 135

Magazine of the Erb's Palsy Group Late Summer Issue 2026

Hello and welcome

to our late summer issue of your newsletter

Lots of great articles for you to read through again, as well as detail of the Family Fun Day in October – have you booked your tickets yet??

Also we know it's a bit early for the "C" word – but we have details of this years Christmas card selection as well!

We hope you enjoy this issue - we love hearing from you, so if you would like to share YOUR thoughts and ideas, email karen@erbspalsygroup.org.uk with them and we'll be sure to include them!

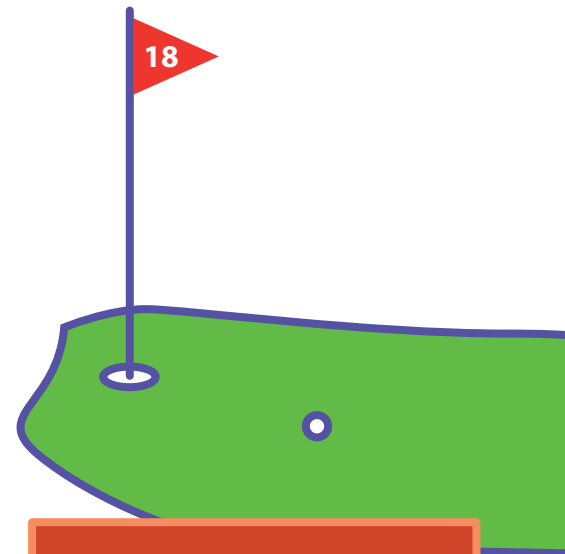
Karen Hillyer

TIM DYDE FUND

In this issue we have details of what Tim's legacy fund can be used for and how to apply. It's an easy application process and we aim to give a response within a week or so if possible. Tim was a much respected and loved part of our "Team" and we know he would be so proud that so many of our young people can benefit from this fund – so if you have a sporting event or musical talent which might need a bit of funding, why not look into applying.

ELECTRONIC Blerb

We are aware that many of you have already opted for receiving the Blerb by email, however some of you may also have received the last issue by post as well, we are very sorry about this mix up – we have had some ongoing issues with our database and mail merge system. We are currently looking at new processes for our Database and mailing issues and hope to have a new system set up by the end of the year. We know it can be frustrating to receive a paper copy when you've opted for email, it isn't intentional, Karen has to label and frank 1,250 newsletters per issue and it's extremely difficult to spot an individual address amongst the labels when you are processing them. We are working on a solution behind the scenes.



GOLFERS!

Speaking of sporting prowess, don't forget that our two WONDERFUL Charity Advocates, George Groves and Andy Bull are hosting their mega fundraising Charity Golf Day in October – full details inside – George and Andy do this event every year and they raise a massive amount of funds for us as well as running a BRILLIANT event, with some smashing prizes for winners !



Donations

Many thanks to 10 year old **Bethany Forbes** who raised **£60** for the Charity by running a cake sale and making bracelets for her friends – bless you Bethany – that is so thoughtful of you.

Libby Maher won employee of the month and her company donated **£100** to us in recognition of her hard work – well done Libby.



Ellen and Mark McVeigh are parents of the lovely **Louie**, very sadly Louie's MUCH loved Grandad **Stuart Campbell**, known as Stu passed away earlier this year. Stu adored Louie and spent much of his life supporting the family encouraging Louie to achieve his best life. The family kindly asked for donations to our Charity in lieu of flowers at his funeral and to date we are staggered to have received **£4,180** in Stu's memory. Stu's family are rightly VERY proud of the amount raised in memory of a wonderful man.



The wonderful **Jae** recently ran the London Marathon in honour of his best friend's daughter Evelyn and her family who receive support from the Erb's Palsy Group. We are absolutely honoured and delighted that you would think of us and truly grateful for the **£628** raised. Many Congratulations for completing the challenge!

Charity No: 1157720

Friday, 2nd October 2026

Erbs Palsy Charity Golf Day!

Farleigh Golf Club, Warlingham, CR6 9PE

Tea/coffee bacon rolls from 10:30am.
Shotgun start at 12pm. Holes will be allocated to players on the day via the registration desk.
One course meal post golf at 17:30.
Raffle prizes and auction post meal.

Show your support for charity, contact one of the hosts below to register:
George Groves (07734358214)
Andy Bull (07951732515)
Non-members £75* Members £40*

*cash preferred (£10 straight to charity)

Brilliant Bakers

The wonderful **Grace** got in touch in regard to a small fundraising event at a local SEN school. I was delighted to send Grace and her daughter Daisy some Fundraising supplies for their event and even more in awe of them both when I heard their beautiful story of how they run a small local business together! Here is their wonderful story:

"Hi my name is Grace and I am mum to Daisy who is 9 with left Erbs Palsy. I work at Daisy's School as the cook and from this Daisy has said she also wants to be a cook too. Daisy started to show an interest in me cooking a few years ago now. We both enjoy cooking and baking in particular. In the February half term Daisy was in her tea pot cast after her second shoulder release operation, and was fed up and bored. I decided to set up a Facebook page and we merged our names and come up with 'Graisys Retro Bakes'.

We don't do the fancy celebration stuff, simply old school cakes and basic tasty treats. We both do it together, or Daisy likes to watch until the boring part is done and then she can sample, if we get the seal of approval then all good to sell!!

There are things Daisy's peers can do which she can't do, but as we say to Daisy, she could, I expect, confidently make a cake by herself if needed too, and others couldn't. I think it's important to have these skills behind you and it's something she really likes to do, and we can do it together.



If you would like support with a fundraising event email Stacey at: stacey@erbspalsygroup.org.uk

We were asked as a new business to run a cake stall at a small SEN school local to us, we did and raised **£55** for the Erbs Palsy Group and Stacey kindly sent us a parcel with some fundraising goodies to help us along the way. Daisy proudly had her Herbie tattoo on her arm and a badge, and really enjoyed running the stall with us! Most importantly we were able to raise vital awareness of the Charity and about Erb's Palsy which was absolutely our main aim! Spreading awareness and education."

Thank you so much Grace and Daisy for your continued support! Hearing about your shared passion for cooking and baking and how you turned this into a creative business venture for you both to enjoy is truly wonderful. What an inspiration you both are!



A true Gentleman

Farewell to Professor Tim Draycott

Last year we received the sad news that Professor Draycott had suddenly passed away. Tim had been working alongside the charity for many years. He was a huge presence in the world of Obstetrics and was one of the co-founders of PROMPT training along side Cathy Winters and Jo Crofts.

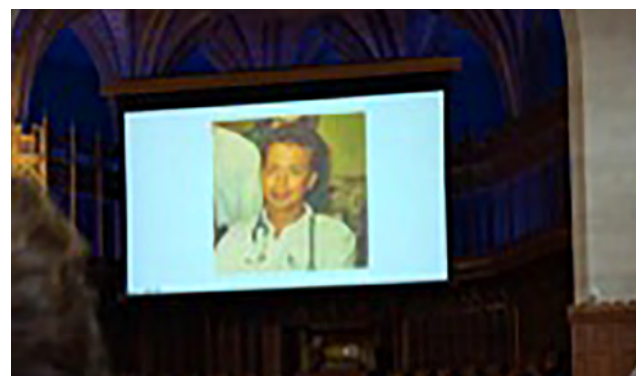
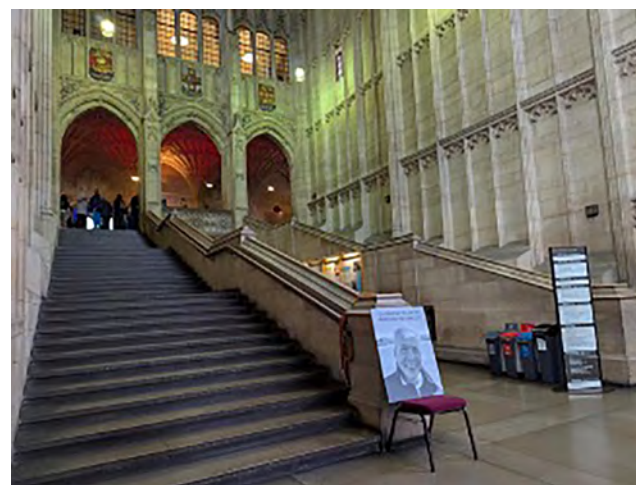
So when I was given the opportunity to attend Tim's memorial in Bristol, I jumped at the chance to say a proper goodbye. Karen and Trudi came to say their farewells too.

June 4th arrived typical British summer weather it was wet!!!! I told Tim to get out of the shower as he wasn't going to be there in person, only his presence was required, needless to say he ignored me. So, once we arrived we all looked like we'd gone swimming and forgotten to change.

We arrived at Wills Memorial Building and it was a place of amazing architecture; we were ushered upstairs along with 400 other very wet people, including some familiar faces from Tozers.

Name badges written, hot tea found, program received we found seats at the back of the hall and listened to the housekeeping announcements before the day began.

Program in hand we listened to stories about Tim, from colleagues he had worked with, students he had taught and those he had learnt with many years ago when he first stepped into the world of obstetrics at university.



One of the quotes of the day was:

'Tim never gave up, he advocated for women around the world to have safer births'

That was Tim all over, he never did stop he visited countries I've never even heard of, met so many people, even our late queen and Tim being Tim greeted Her Majesty with his hand in his Pocket!!!!

There were several high profile people there apart from his amazing family, we saw Jeremy Hunt – former Health Minister was sat 3 rows in front of us and the Amazing Terri Coates – Midwifery advisor on Call the Midwife and once a regular at our study days.

As the day went on so did the memories, tears of laughter were in full flow as well as sadness but Tim was definitely having a laugh as he waited until lunchtime before he let the sun shine through the windows.



Tim was Curious, Kind and Brave.

PROMPT Make the right way the easy way.

Teams that work together should train together!



Everyone who knew Tim was treated as a family member as they meant so much to him.

Even during Covid Tim never gave up, we were told he certainly didn't like facemasks!!!!



The running theme throughout the days was Tim always used to say:

'do you remember this story or that time when?'

The day was a day that shouldn't have happened so soon, Tim should still be here but sadly he's not but he has left a lasting legacy to make childbirth as safe as possible for everyone worldwide.

Sadly we had to leave before the day wrapped up due to booked trains home and the program running over by at least 90 minutes but that just shows how popular Tim was and everyone wanted to say goodbye.

On the way home I saw a beautiful rainbow, and I knew deep down Tim was watching us all with a huge grin on his face and is very happy with his work being continued in his memory.

Good night Tim xx

Jackie



Tim and Cathy, the original and best duo

FAMILY FUN DAY 2026

Have you booked your places yet?

Our **not to be missed** event of the year is happening on
Sunday October 4th at WakefieldWX in Yorkshire

We have the most fantastic venue and activities this year, from **Formula1 Simulators** to **Batak**, from **Soft Archery** to **high speed SNATCH!** We have the fabulous **AeroBall** (think basketball on a trampoline) which was so popular last year, to Geoffs most popular **Splatt machine!** We have a host of new activities this year, including **AI Sketch Robots** (will you be brave enough to have a go?) **Penalty Shoot out**, **Ax Throwing** and a whole HOST of other activities including **Kurling**, **Facepainting** and some lovely **Arts & Crafts** activities.

Where else could you get a brilliant range of activities like this for **ONLY £10 per adult** and **ALL Children FREE OF CHARGE???????** It really is the most fabulous event, with plenty to do for adults and Children alike.

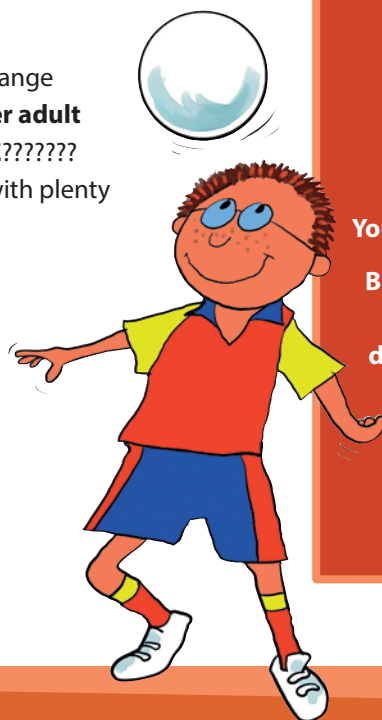
**Picnic Lunch
INCLUDED**

BOOKING ESSENTIAL

You can pay online at erbspalsygroup.org.uk

BUT please ensure you **ALSO** complete the booking form so we have details of any dietary requirements and also a complete list for insurance purposes.

**LAST DATE FOR BOOKING
13TH SEPTEMBER**



The Trustees are **VERY grateful** to the following organisations for their Funding towards our activity costs:



Wakefield, that's too far away!

This year's Erb's Palsy Fun Day is going to be held in Wakefield at WX and we would love to see you there. For those of you who are not local to the area, you may think Wakefield is too far away or that it would be too complicated to get to. That shouldn't put you off!

Train

Although it is a small city, it has great transport links, especially by train. There are 2 train stations that provide direct routes to many places in the UK: Wakefield Westgate and Wakefield Kirkgate. Wakefield Westgate is a 3 minute drive or a 12 minute walk to the venue and Wakefield Kirkgate is a 4 minute drive or a 17 minute walk to the venue.

If you are coming by train, it is worth looking at railcards to save money. The Family and Friends Railcard in the UK gives up to 4 adults a 1/3 off adult rail fares and 60% off for up to 4 children (aged 5-15). It costs £35 for 1 year. The Disabled Persons Railcard allows you and an adult companion to get 1/3 off standard and first-class rail fares across Great Britain. The card costs £20 for 1 year. Don't forget to look at splitting your tickets too to save even more money.

Here are some approx. times of travel by direct train to Wakefield. Have a look at how long it would take from your nearest train station, it may take less time than you think!

Road

From the North

WX is approx. 6 minutes from Junction 41 of the M1.

It takes approx. 9 minutes to get to WX from Junction 29 of the M62.

From the South

WX is approx. 9 minutes from Junction 39 of the M.1

There is free parking in nearby council run car parks on a Sunday.

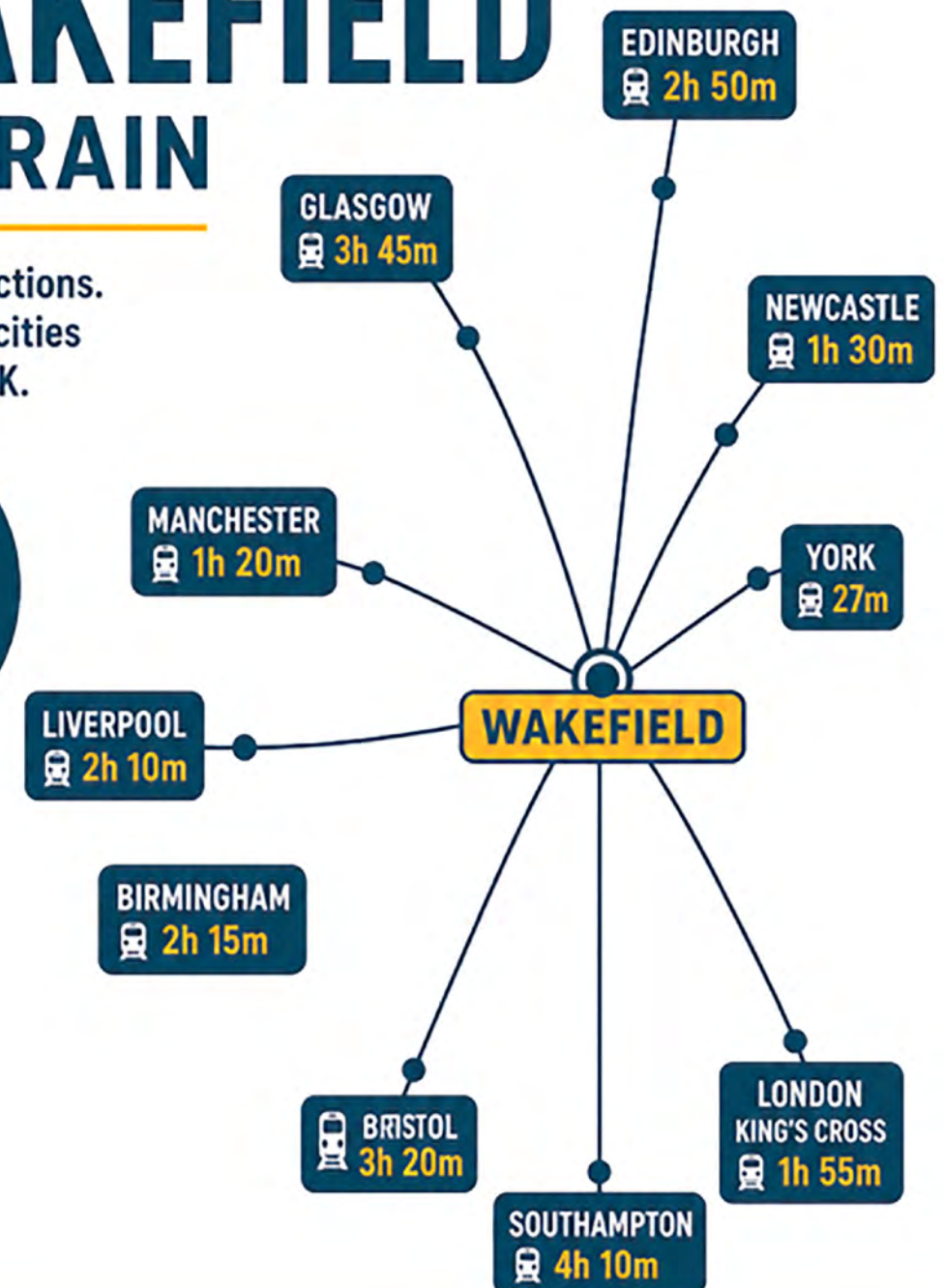
WX is literally next door to Wakefield bus and coach station.

Fly!

WX is only approx. 40 minutes from Leeds Bradford Airport with flights to Belfast and Dublin taking just over an hour.

HOW LONG TO GET TO WAKEFIELD BY TRAIN

Great connections.
From major cities
across the UK.



ERB'S PALSY GROUP

Family FUN DAY

11:00AM - 3:30PM

SUNDAY 4 OCTOBER 2026

WX WAKEFIELD EXCHANGE
UNION STREET, WAKEFIELD WF1 3AD

FORMULA 1 RACE SIMULATORS, AEROBALL,
ARCHERY, INDOOR KURLING, SOFT PLAY, AI SKETCH
BOT, ARTS & CRAFTS PLUS LOTS MORE FOR KIDS OF
ALL AGES! *PICNIC LUNCH INCLUDED*

ADULTS: £10 | CHILDREN: FREE | ADULTS WITH ERB'S PALSY: FREE

ONLINE BOOKING IS ESSENTIAL
PLEASE VISIT WWW.ERBSPALSYGROUP.ORG.UK

This event is supported with grants from The Worshipful Company of Innkeepers, The Souter Trust, and Jane Tomlinson Appeal

In this current climate the cost of living is hitting everyone hard including Charities, people don't have the disposable income to donate to Charities.

This is where you can help us

As a charity we send out roughly 1,200 copies of The Blerb every quarter this equates to £9600 per year!

As of the next year we hope to be going paperless, this means that we will no longer be sending postal copies as standard, if you would still like to receive The Blerb you will need to either do one of two things.

1. Email your name and email address to epgblerb@hotmail.com to ensure that we have your correct email address and you will be added to the mailing list for an email version of The Blerb.

2. If you would like to opt in to get a paper copy via post, then you will need to email your name and postal address to info@erbspalsygroup.org.uk.

Please help the charity save £9,600 per year as then we can help more families like yourselves by providing help, support, advice, leaflets, family fun days, as well as study days for professionals to ensure best outcomes for babies affected by Erb's and to help train midwives to reduce the number of babies injured. The funds we save through the Blerb going paperless will have a direct impact for our members and future families affected by Erb's.

If you do find that you have any money laying there burning a hole in your pocket, please feel free to go on the website www.erbspalsygroup.org.uk and click the "Donate Now" button and put that money to good use by donating it to the charity.

Steve Hole



HAVE YOU ANY IDEAS FOR THE BLERB?

If you think we are missing important items you would like us to include in the newsletter, do let us know.

If you have a project or handy hint or Top Tip that you think will be helpful to our members, why not let us know?

Send ALL your ideas and thoughts to karen@erbspalsygroup.org.uk and mark your email FOR THE BLERB and we will be delighted to include your work!

Adventures in One-Handed Typing

I first saw what is now described as a QWERTY keyboard sometime around 1976. My mother had bought a typewriter in order to help with paperwork for my father's business as a self-employed builder and decorator. She started an evening class in touch typing. As a young child I was allowed to try a little typing from time to time. I pecked at the keys with my left hand, while all I could manage with my Erb's Palsy affected right-hand was to poke the Caps key with a permanently extended index finger for the occasional capital letter.

Around 1982 when I was around thirteen, I saved up for a second-hand Sinclair ZX81 computer. As I learned to program, I learned to type a bit faster with my dominant left hand, while one extended finger from my right hand hovered over the Shift key. It wasn't touch-typing. Mind you, no one could touch-type on a ZX81; it had a famously flat keyboard if keyboard is the right word. I went on well into my early fifties typing in a similar way; eyes on the keys, left hand using two fingers to type and disabled right hand offering an extended index finger to deal with capitals and symbols. I wasn't that fast, but I wasn't that slow either.

And then, around the pandemic in 2020, it somehow dawned on me that I might research one-handed touch-typing. I soon found a great online tutor site called Typing Club, part of something called Ed Club (web address in 'Recommendations' section). It was free. It still is if you can handle the adverts, which aren't too intrusive. Typing Club offers hundreds of lessons from total beginner to expert in touch-typing. There are courses for two-handed, left one-handed and right one-handed typing. And I found their programme really worked for me.

The first thing I learned was the importance of the raised bumps on the F and J keys of all standard keyboards. These are your home keys. Typing with one hand, you begin all typing with the outer of your four fingers on F and J. The middle two fingers then handle G and H. From there, every other key is a matter of stretching from this four-finger central position. One step forward!

The next thing I learned was the value of sticky-keys. I have been aware of sticky-keys since the distant days of MS Windows 3.1 sometime in the mid-1990s. I was a computing professional, so I knew all about Windows accessibility options. Yet for some reason, I didn't think they were meant for people like me. Like most people, I used to complain about sticky-keys when I switched them on by accident through resting too long on the Shift key. Sticky-keys, if you are not aware, is for one-handed typing. If you need a capital letter or symbol, pressing the Shift key once means the shift is held until you press the next key. The same is true for other keys such as Alt and Ctrl. Two steps forward!

And then, once I started to notice all things typing related, I became interested in finding the perfect keyboard for one-handed typing. When you have a strong bias towards one hand, sitting at a desk it becomes obvious that only half the desk space is properly available to you. In my case, the desk space on the left is at a premium. My keyboard and mouse must sit available to my left hand. It is no use if they are off to the right.

Now let's consider computer keyboards for a moment. If you are strongly left-handed, you realise that having a Number Pad on the right is of no use to you. And then you wonder just how often you use the Function Keys in the top row. All of a sudden, you realise that the standard 104-Key layout is just taking up valuable space in that space critical 'usable' zone of the desk.

The answer? For me the answer is a 60% mechanical keyboard. This makes the keyboard as small as possible with just 61 keys. It lacks a Number Pad, the Function Key row and even separate arrow keys, which may be a step too far for some, particularly gamers. The advantage however is that mouse and keyboard can sit in easy reach together in that 'useable' half of the desk. Many people opt for a 75% keyboard which retains the arrow keys and the Function Row but still takes up less space lacking the Number Pad.

My current keyboard is the RK61 from Royal Kludge and it has served me well. Depending on how far down the mechanical keyboard rabbit hole you might want to venture, it is possible to fully customise your experience down to the pressure needed to activate a key, and the pattern of pretty lights underneath each key. Either way, a mechanical keyboard has the advantage of a much more tactile typing experience, fully supporting touch-typing.

And so, I am typing this now with one hand, sticky-keys on, using my small but perfectly formed mechanical keyboard all set up on the left hand of my desk alongside the mouse in comfortable reach. Having completed over 400 lessons from the Typing Club online tutor, I can say with some satisfaction that my one-handed left-hand typing speed is now up to 45-words a minute, sometimes more. I am now able to focus on what I'm writing without having to look down at the keys. It's all in the muscle memory after all!

RECOMMENDATIONS

I can finish then with two recommendations for anyone about to commit to one-handed touch-typing. The brilliant Betty from 'Switch-and-Click' is the queen of all things keyboard along with other niche tech if you want to learn more about mechanical keyboard options. She can be found on YouTube at: <https://www.youtube.com/@SwitchandClickOfficial>.

The one-handed typing tutor is available on the Typing Club website where there is a range of really well-designed courses, games and lessons at: <https://www.typingclub.com>. This is part of something called Ed Club. I did contact them for a few lines for this article to talk about their work. No reply though. One-handed courses at <https://www.edclub.com/library/left-hand-typing> and <https://www.edclub.com/library/right-hand-typing>. If you proceed with the free version which includes adverts, my only word of warning is to remember that you do not need to download anything to follow these lessons. Some adverts try to get you to download all sorts of dodgy spyware and bloatware such as the very sketchy Wave Browser. Steer clear! Otherwise, happy typing.

Hello there!

Your friend, Herbie

here! How are you?



I have just been laying in my garden and looking up at the clouds moving. Have you ever done that? I love to look at the shapes of the clouds, and the speed that they move by. I find it so relaxing, it can really help on those tough days that we all get sometimes.

This edition of my Herbie page is all about those tough days, and how you can make yourself feel a little more like yourself. On those tough days I sometimes feel sad, angry, confused, overwhelmed. But like the clouds I was watching, it doesn't stay for long. The feelings drift by in time, sometimes fast, sometimes slow, just like the clouds. So join me in a couple of mindfulness activities, and hopefully your tricky day clouds can drift by too. Remember, you can always talk to a trusted adult about those tough day feelings, it really does help.

Glitter Jar

Decorate a jar of bottle. Fill it with $\frac{3}{4}$ water, clear glue, a little food colouring and glitter. Seal the lid with hot glue (ask an adult to help!). Shake it and watch the glitter settle, this can give time for those feelings to pass.

Feel The Beat

For 1 minute jump up and down, run on the spot, do star jumps – or all of them! Then sit on the floor, close your eyes and put your hand on your heart. Can you feel it beating? Think about your breathing and how it feels until your breathing and heart return to normal.



5 Senses Gratitude Challenge

Close your eyes and use your 5 senses to concentrate on things you are grateful for. What is your favourite thing to smell, touch, see, hear and taste?

Hot Chocolate Breathing

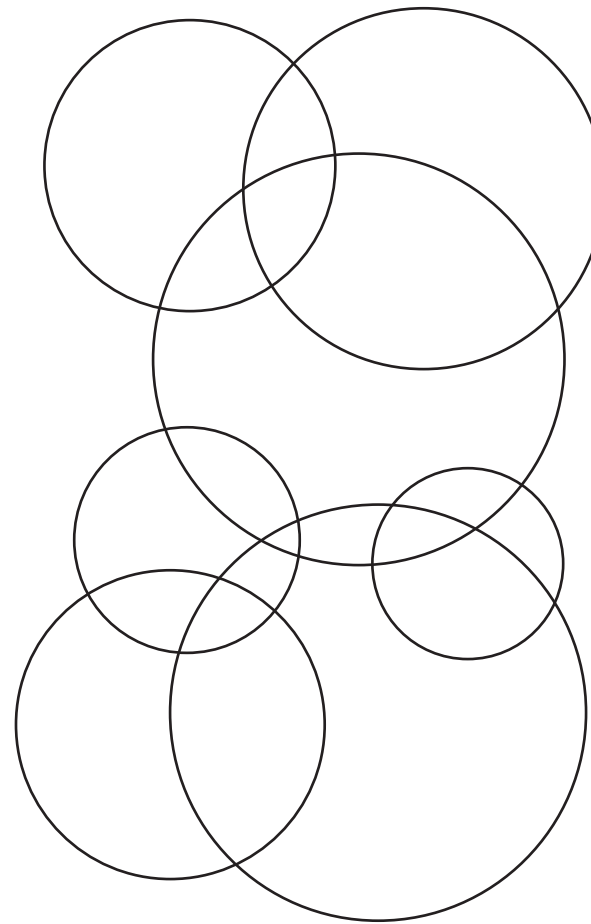
Close your eyes and imagine holding a big mug of hot chocolate (with extra cream and marshmallows!). Bring the mug close to your face, deeply smell the lovely chocolate and slowly blow the steam away. Do this a few times until you feel calm and relaxed.



Thought Bubbles

Use the picture of the bubbles below. These are YOUR bubbles to do as you wish.... You could colour each one a different colour and with each one say something you are glad to have in your life.

You could label each one with a worry and then pop them as you discuss the worries with an adult. You could take slow, deep breaths and each time you breath out, pop a bubble until they are all gone. You could make up your own Thought Bubble activity, I'd love to hear about it!



Instead of Joke Corner this edition, I am including mindfulness phrases which might be useful:



RNOH Cake sale and information day

Tuesday 16th June started bright and sunny, I found myself at our local train station full of nerves and excitement boarding a train to London with a lot of other everyday commuters, it felt like we were playing sardines!!! Just over an hour later I found myself emerging into the sunshine at Great Portland Street station looking for Bolsover Street around the corner.

The old premises of the hospital are now offices and luxury apartments and next door where the car park used to be is a new bright well-planned hospital with lots of windows which is ok if its not approaching 30 degrees.

Upon entering the main foyer there were lots of things going on, two large tables were being filled with yummy looking cakes and another area just for information leaflets and me so that I could talk with parents and children about their Erb's....only problem was I'm not much of a talker but somehow, I knew I'd be fine.

Karen and Lisa from the Physiotherapy and Occupational Therapy department who I'd been liaising with greeted me with open arms and welcomed me to the day and tempted me with cake Later on, was my reply.



As the morning progressed, lots of cakes were purchased and I was introduced to lots of parents, other physio and ot's from the department.

I soon got into the swing of things, listened to parent's stories, shared some of my mum experience of raising a child with Erb's who towers above me and survived 3 years of university on his own.

At lunchtime I was given a tour of the building, and I was very impressed with the facilities and equipment.

As the day wore on and cakes being sold, I really enjoyed listening and speaking to others and tried to encourage them where I could.

When it was time to leave, I asked if it would be possible to do this information day again in the future to which Karen and Lisa agreed as the feed back was unanimous in saying it was a great idea and so helpful. So off I walked to Regents Park round the corner in search for Ice cream but sadly none was to be found.

Since that day we have had 5 new families join the group and several more on our Facebook page, as well as raising an amazing £342 in cake sales and donations.

Thank you to everyone who attended and donated. Here's to the next event!

Jackie x



The Tim Dyde Fund for Gifted Individuals

Helping EPG members pursue their passion

The Tim Dyde Fund exists to support people living with Erb's Palsy to develop their talents and achieve personal goals. If you, or your child, could benefit from help with equipment, fees, travel or other costs connected with a musical, sporting or artistic passion, the Fund may be able to help.

The history of the Fund

The Tim Dyde Fund was established in 2015 following untimely death of Tim Dyde, a Partner at Tozers Solicitors and a long-standing friend and supporter of the Erb's Palsy Group. The Fund was created following a large number of donations from professionals who had worked alongside Tim, his friends, family, former clients and from his firm Tozers. Those who knew Tim wanted to honour him in a way that reflected his values and his commitment to helping those with Erb's Palsy.

Tim was highly respected as a clinical negligence lawyer who was passionate about achieving the best possible outcomes for his clients. He was known for going the extra mile, particularly in difficult and unusual cases, and members of the Erb's Palsy Group who worked with him remember him as a loyal friend of the charity and someone who genuinely cared about improving the lives of those affected by Erb's Palsy.

The Fund proved so successful that, after many worthwhile applications had been supported, Tozers Solicitors made a further contribution in 2023 to ensure it could continue. Tim's family were keen for the Fund to remain active and for his legacy of helping others to continue in his name.



What is the Fund for?

The purpose of the Fund is simple but powerful: to enable talented people living with Erb's Palsy to pursue their sporting, musical or artistic aims. For example, that talent might be in swimming, photography or drama. The pursuit of such aims requires both dedication but also financial commitment and this can often prove to be a barrier to success. The Fund aims to remove some of those barriers and can be used to help with competition fees, travelling expenses or specialist equipment but is not limited to that as all applications which meet the guidelines.

Pursuing a passion can enrich life, build resilience and provide a positive outlet when facing adversity. The Fund is as much about personal growth and enjoyment as it is about achievement.

Examples of previous grants

Previous awards show the breadth of activities the Fund can support. Grants have helped with:

- **Mountain bike racing competitions;**
- **European orchestra competitions;**
- **English Disability Open Golf Championship expenses;**
- **Camera equipment;**
- **Para-swimming championships;**
- **Acting-related expenses, including professional headshots, voice reels and profile costs;**
- **Musical instruments and accessories; and**
- **Snowboarding equipment for Team GB Paralympian.**

Who should apply?

You can apply if you or your child:

- **has Erb's Palsy, and is a member of the Erb's Palsy Group**
- **is resident in or a citizen of the UK**
- **is between 12 and 30 years old**
- **and has been recognised as progressing in, or having a talent in sports, arts or music, and would benefit from financial assistance with training, equipment, entry fees, travel or other related costs.**

How to apply

Applications can be made through the Erb's Palsy Group. The application form, full details of the eligibility criteria and application process are available through the Tim Dyde Fund page on the EPG website.

www.erbspalsygroup.org.uk/tim-dyde

It is important that parents are aware of the obligations on schools in relation to pupils with disabilities, as well as the steps they can take to avoid problems and issues arising. Whilst the article focuses on students in schools, the same legal concepts apply to workplace issues as well.

Disability

For there to be an act of discrimination, certain requirements must be met in relation to both the child's disability and the school's knowledge of this.

A disability can be a physical (or mental) impairment and must be more than minor or trivial, have lasted or be expected to last more than 12 months and must affect the pupil's ability to carry out normal day to day activities.

The school must know that the student has the disability or ought to be aware of this; this will likely be the case if an employee of the school comes into possession of this information. As parents or carers it is important to ensure not just the school has been informed but also those likely to have day to day contact or supervision are aware of it. In practice communication is key.

It is important to note that if either of these criteria are not satisfied, the school may escape any potential criticism/responsibility and any potential claim.

The duty to make reasonable adjustments

Parents should be aware that

education providers are under a general duty to make reasonable adjustments for disabled pupils. Where a child suffers from a disability and this puts them at a substantial disadvantage, there is a duty on the school to take reasonable steps to avoid that disadvantage. Examples of steps that a school could take for a pupil with upper limb issues could include the following:

- Making available to the pupil speech to text recognition software so the pupil can make proper notes in class.
- Providing pupils with extra time for exams.
- Ensuring that students are not reprimanded because their upper limb issue means that the pace of their work differs to other pupils.
- Ensuring that students are not forced to demonstrate or be criticised by teachers for not being able to do certain sports that require use of both hands, such as tennis.
- Providing equipment, such as ergonomic or one handed keyboards.

Factors to be taken into account when considering whether the adjustment is reasonable include:

- Whether the adjustment would overcome the pupil's substantial disadvantage.
- The practicability and cost of the adjustment.
- The effect of the disability on the pupil.
- Health and safety requirements.
- The interests of other pupils and potential pupils.

If an adjustment is deemed to be reasonable taking into account these factors and the adjustment is not made, there will be an act of discrimination by the school. Regularly communicating with the school and keeping them up to date as to any changes in the child's needs is important. Regular feedback allows the school to keep things under review and ensure that any adjustments made for the child remain appropriate.

How to address concerns with the school

The law imposes a further duty on schools to ensure that disabled pupils have the same level of access enjoyed by other pupils and to help them to overcome substantial disadvantage. This requires schools to go further and take pre-emptive steps to overcome obvious barriers for students with disabilities.

Ensuring that the school are aware of the child's condition before that child joins the school is recommended, as it gives the school the opportunity to consider and implement any adjustments that are necessary. This approach also ensures that the relevant members of staff can be informed in advance.

If a parent is concerned about a child's disability, the parent or carer can contact a local authority to conduct a statutory assessment to determine whether any education, health and care plan (EHC) is needed. Doing this in advance of the student starting education is the recommended approach.

Where a child has any care plan, which may include an individual health care plan or an EHC, parents should keep communication open with the school and teachers who have responsibility

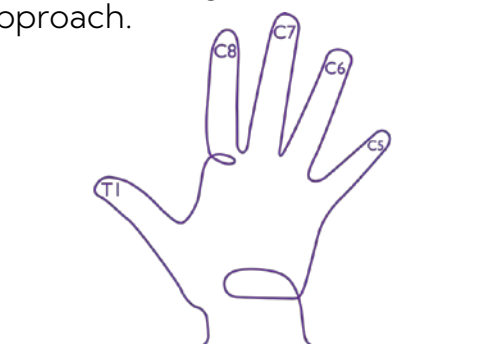
for special educational needs. Clearly communicating what difficulties the child is facing can ensure that any care plan is up to date and reflects the child's current needs. It can also allow schools to advise parents that an EHC may be needed and how to request a statutory assessment.

Whilst a collaborative approach is recommended, if a parent or carer is having difficulties agreeing an adjustment with the school they should raise a complaint in writing with the school in the first instance. The EHRC has issued technical guidance for schools which parents can direct schools to which can be found here: <https://www.equalityhumanrights.com/guidance/home/technical-guidance-schools-england>.

It is good practice for schools to make parents and carers aware of complaints procedures and, if adjustments are not agreed, they are required to give reasons.

Final thoughts

Effective and early communication means issues can be anticipated and avoided and ensures that parents and carers can foster a good relationship with their child's school, with a shared sense of responsibility. Addressing issues after they happen can lead the school to taking a more defensive approach.



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Achievements



Here is **Kat** showing us real strength and determination deadlifting 85kg and bench pressing 17.5kg. Wowers!



Bobby has been out canoeing with school and his teacher said he was the best rower, despite only using one arm. That is some incredible work Bobby!



Albert has learnt to ride his bike without stabilisers. Keep it up, Albert!



Max took part in sports day at school and competed in several different activities, some he hadn't tried before.



Jessica has been to her Yr13 Prom. She is hoping to attend Bristol University to study Maths – good luck with your results!



Louie is ready to ride into the sunset with his amazing new scooter skills!



Nathan has got the summer off to a *kicking* start by winning 2 bronze medals and a gold medal at the Scottish Taekwondo National Championships!



Coen has had a great season playing football this year. Keep up the good work.



Bobby not only managed to impress with his canoeing skills, but has also shown wonderful craftsmanship too with his CDT project at school. This work is something he can be really proud of, designed and created by himself to incorporate his arm into his work. Well done Bobby!!

2026 CHRISTMAS CARD SELECTION

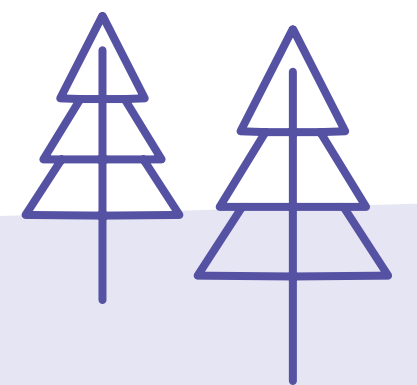
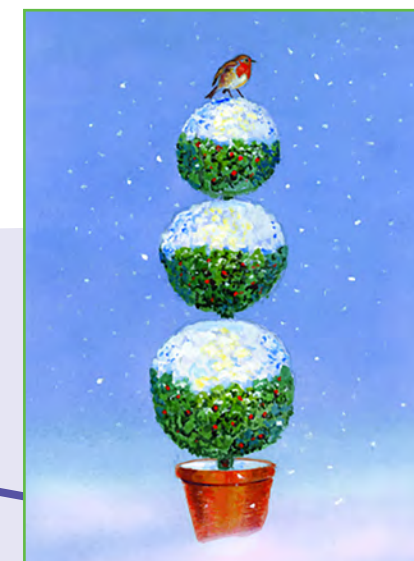


As ever it's only August, but we are thinking ahead! This is a preview of this years Christmas Cards.

These will be on sale in LIMITED Numbers from September on our website erbspalsygroup.org.uk.

There are 10 cards and envelopes per packet, all with details of the Charity printed inside.

ALL proceeds from these cards come directly to us – so if you can please buy a packet and help us raise funds and awareness!



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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** 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

