

WELLBEING Magazine

MARCH -
APRIL 2026
EDITION



East Midlands Asbestos Support Team

helping victims of asbestos-related diseases and their families. Formerly known as DAST.



Bi-monthly Wellbeing Magazine

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Social media

If you or your family use social media please check out our sites and help us to reach more people. Please also like or share our posts to help raise awareness.



www.facebook.com/EastMidlandsAsbestosSupportTeam

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www.emast.org.uk

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Welcome to our Spring Wellbeing Edition

As winter slowly loosens its grip, spring arrives with lighter days, small signs of growth, and gentle reminders that change is still possible, even when life feels incredibly hard. For many people living with asbestos-related diseases, this season can bring mixed emotions: hope alongside uncertainty, relief alongside fatigue, and moments of light woven through very real challenges. Wherever you find yourself as you read this, please know that this magazine is here to support you, without judgement or expectation.

The **first day of spring** marks a natural turning point. It doesn't promise that everything will suddenly feel better, but it does offer reassurance that warmth and light do return, often gradually and quietly. **Easter** is a time many associate with renewal, reflection, and compassion - whether that's found through faith, family, or simply noticing the world beginning to wake up again.

Mother's Day can be especially meaningful, bringing moments of love, gratitude, and connection. For some, it is a day of celebration; for others, it may stir memories, loss, or longing. All of those feelings are valid, and we hold space for each one. Even **April Fool's Day** has its place, reminding us that a gentle laugh, a shared joke, or a moment of lightness can still exist alongside serious illness and difficult emotions.

In this Spring edition, we focus on wellbeing in its fullest sense - emotional, physical, and practical. You'll find stories from others who understand this journey, thoughtful reflections, and information designed to support you day by day. There is no pressure to be positive, no need to 'make the most' of the season, and no right way to feel. Taking things at your own pace is more than enough.

As the days slowly grow longer and the world outside begins to bloom again, we hope these pages offer comfort, reassurance, and a sense of connection. You are not alone in this, and you are always part of our community.

With warmest spring wishes,

The EMAST Team

Easter : Chocolate, Customs, and a Little Bit of Hope

Easter here in the UK arrives like a gentle nudge from the universe that winter can't actually last forever. The days stretch out, the mornings brighten, and suddenly the world looks a little less grey. Even if the weather is still doing what British weather does best (being deeply unsure of itself), Easter brings a sense of warmth and possibility.

For many people, Easter is about faith and reflection. For others, it's about family, springtime, and the very serious business of chocolate consumption. And for most of us, it's a bit of everything — tradition, comfort, nostalgia, and perhaps a slightly overambitious attempt at making a roast dinner on a long weekend.

What Easter actually means

At its heart, Easter is a Christian festival celebrating the resurrection of Jesus Christ. It follows the solemnity of Good Friday, which remembers the crucifixion, and leads into Easter Sunday, a day of hope, renewal, and new beginnings.



Even for those who aren't religious, the themes of Easter have a universal pull: rebirth, light returning after darkness, and the idea that difficult seasons don't last forever. It's no surprise that Easter lands in spring - the natural world is doing its own version of resurrection, with daffodils pushing up, lambs appearing in fields, and blossom showing off on every street.

A calendar that keeps moving

Unlike Christmas, Easter doesn't have the decency to stay on the same date each year. It moves around the calendar, which means every year someone ends up asking, "When is Easter this time?" as if

it's a mischievous relative who refuses to RSVP.

Easter is celebrated on the first Sunday after the first full moon following the spring equinox. That sounds complicated, but it does explain why it can fall anywhere between late March and late April. It also gives Easter a slightly mysterious vibe — less “fixed holiday” and more “ancient seasonal ritual”.

British Easter traditions: the serious and the silly

In the UK, Easter is a delightful mix of the meaningful and the mildly ridiculous. Churches hold special services, people attend family gatherings, and at the same time the nation collectively agrees to hide chocolate eggs behind plant pots and pretend this is a normal thing for adults to do.

One of the most loved traditions is the Easter egg hunt. Gardens, living rooms, and sometimes entire parks become battlegrounds as children sprint around in search of foil-wrapped treasure. Adults often stand nearby with a cup of tea, offering “helpful hints” while quietly hoping a spare egg might mysteriously go unclaimed.



Then there are Easter bonnets, a tradition that feels like it belongs in another era but still pops up in schools across the country. Children create hats decorated with chicks, rabbits, and far too much glitter. Parents glue

on pompoms with the haunted look of someone who's been up until midnight wrestling a hot glue gun.

Hot cross buns: the true taste of Easter

No Easter is complete without the arrival of hot cross buns. Soft, spiced, and studded with raisins, they appear in supermarkets from about Boxing Day onwards (which is both impressive and mildly concerning). Traditionally eaten on Good Friday, the cross on top symbolises the crucifixion, though most people would agree it

symbolises “the start of acceptable snacking season.”

There are now endless varieties — salted caramel, chocolate orange, apple and cinnamon — and purists will insist these are not hot cross buns but “sweet bread imposters.” Either way, toasted with butter, they remain one of the best parts of Easter.

Eggs, rabbits, and why we don’t question it

Easter is filled with symbols that are so familiar we rarely stop to think about how odd they are. Why eggs? Why rabbits? Why do we give each other chocolate shaped like things that don’t naturally lay chocolate?

Eggs have long been a symbol of new life and fertility, dating back to pre-Christian spring celebrations. The tradition was absorbed into Easter as a symbol of resurrection and renewal. The practice of giving decorated eggs became popular in Europe, and eventually evolved into the chocolate eggs we know and love today.

The Easter bunny is believed to come from German folklore, where a hare would deliver eggs to children. This made its way into British and American culture over time. And now, without question, we accept that a rabbit is responsible for distributing chocolate in pastel-coloured packaging. It’s a strange world, but it’s our world.



Good Friday: quiet traditions and fish on the menu

Good Friday is often the quieter part of the Easter weekend. Some people attend church services or spend time reflecting. Traditionally, Christians avoid eating meat on Good Friday, which is why many families in the UK still have fish - fish and chips remains a popular choice.

In some towns, there are still Good Friday processions, where communities walk together in remembrance. While these traditions aren’t as widespread as they once were, they still form part of Easter’s

deeper cultural roots.

Easter Sunday: roast dinners and new beginnings

Easter Sunday often brings family meals, and in many British households the traditional centrepiece is roast lamb. Lamb has long been associated with Easter in Christian symbolism, but it also fits perfectly with spring, when lambs are in the fields and the season feels fresh and new.

Of course, some families go for roast chicken, beef, or a vegetarian feast. The important part isn't the meat — it's the gathering. Easter Sunday tends to be about being together, sharing food, and enjoying a little pause in the year.

The magic of a long weekend

Let's be honest: part of Easter's charm is that it comes with a built-in gift from the heavens — a bank holiday weekend. Four days of slightly slower living, where people tackle gardens, take walks, visit relatives, or simply enjoy the rare luxury of doing nothing without guilt.

A season that brings hope

Easter is not just about chocolate and tradition. There's something quietly powerful about it. It arrives after the long stretch of winter, when many people feel tired, low, or worn down. Easter reminds us that seasons shift. That light returns. That change happens slowly but surely. Even if life feels difficult, spring brings small signs of renewal: a brighter morning, a warm patch of sunlight, a flower opening. Easter carries the message that beginnings are possible, not always dramatic, not always immediate, but real.

So whether you spend Easter in church, with family, in your garden, or simply enjoying a hot cross bun in peace, it's a moment worth noticing. A small seasonal milestone. A gentle reminder that brighter days do come.

And if nothing else... it's a very good excuse to eat chocolate for breakfast.





A Gentle Spring

Spring arrives with softer mornings,
And longer days of light,
With buds that swell on bare old branches
And skies a clearer bright.

The air feels fresh with quiet promise,
The world begins to sing,
As birds return to garden hedges
And bring the joy of spring.

Small changes come so gently now,
A daffodil, a bee,
A patch of sun upon the path,
A blossoming old tree.

And just like nature wakes again,
So too our spirits rise,
With hope tucked into simple things
And warmth behind the skies.

So take a moment, breathe it in,
This season kind and new —
For spring is not just in the garden,
It's in the heart as well, in you.

Cookery corner - Spring Recipes

Mediterranean lamb chops

Ingredients

- Lean lamb chops or cutlets
- 1 tbsp, fresh mint
- 1 tbsp, fresh rosemary
- 2 cloves garlic
- 2 tbsp olive oil
- 1 small aubergine, sliced
- 1 courgette, sliced
- 1 red or yellow pepper, cut in large chunks
- 50g/2oz feta cheese, crumbled
- 250g/9oz cherry tomatoes



Method

1. Preheat the oven to 180C/160C Fan/Gas 5.
2. Using a pestle and mortar or wooden spoon and bowl, pound together the fresh mint, fresh rosemary and the garlic, then mix with 1 tbsp olive oil. Smear over four lean lamb chops or cutlets.
3. Place the aubergine, courgette and red or yellow pepper on to a baking sheet. Drizzle with 1 tbsp olive oil and place the lamb chops on top. Bake in the oven for 20-25 minutes.
4. Top the chops with feta cheese and add the cherry tomatoes to the pan. Cook for a further 10 minutes until the cheese just starts to brown. Serve the chops with the roasted vegetables, toasted ciabatta bread and mixed leaf salad.

Greens with bacon and hazelnuts

A Hairy Bikers Recipe

Ingredients

- 2 heads of spring greens, leaves separated, tough stalks removed, roughly chopped
- 2 tbsp rapeseed oil
- 4 rashers smoked streaky bacon, chopped into 1cm/½in pieces
- 50g/2oz toasted hazelnut pieces
- Salt and freshly ground black pepper



Method

1. Bring a large pain of water to the boil. Add a pinch of salt and the greens to the boiling water. Cook for 2 minutes, then drain and rinse under cold water. Drain thoroughly.
2. Heat the oil in a large frying pan over a high heat. Add the chopped bacon and fry for 3-4 minutes, stirring regularly, until the fat has melted and the bacon is crisp and golden-brown.
3. Add the cooked spring greens to the pan and stir-fry for 1-2 minutes, or until wilted and coated in the fat. Season with salt and pepper and stir in the nuts. Serve immediately.

Do you have a favourite recipe? Email it to us at emast.admin@emast.org.uk

WAYS TO HELP EMAST



1 Make a one off or regular donation through our Local Giving page www.localgiving.org/charity/east-midlands-asbestos-support-team. You can also donate by cheque (please use the form at the back of the magazine), bank transfer or standing order.

2 Shopping online? Buy via EasyFundraising and we'll receive a donation at no extra cost to you. They partner with 8,000+ brands, from groceries and electricals to entertainment, travel and insurance. To find out more and sign up, go to <https://www.easyfundraising.org.uk/causes/emast> and click 'Start raising free donations today'.

3 Join our 200 Club lottery for just £1 per number per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. To join, email admin.assistant@emast.org.uk or call 01246 380 415

4 Consider making a legacy in your will. EMAST has received much generous support this way. Talk to your solicitor about this and they will give you personalised advice.

5 If you're a UK taxpayer, increase every £1 you donate by 25p by becoming a Gift Aider. There's no extra cost to you and it makes a huge difference to our fundraising. Return the form at the back of the magazine with your donation or contact us for an electronic copy.

Raise funds for us for FREE

If you shop online, buy through EasyFundraising and they will donate a portion of what you spend to us, at no extra cost to you!

They partner with over 8,000 retailers from groceries and electricals to entertainment, travel and insurance so you can turn your daily shopping into much needed funds for us

They even have a mobile app and browser extension with a built in donation reminder so you won't forget to shop through them and generate your donation

To sign up, go to <https://www.easyfundraising.org.uk/causes/emast> and click 'Start raising free donations today'

8,000+ retailers will donate to us whenever you shop with them



Start at the easyfundraising website or app

Click out to where you'd like to shop



Checkout: prices are exactly the same!

The retailer sends a % of your spend to easyfundraising



They pass it on to us :)

Wednesday 25th March
10.30 - 2.00pm

EMAST AGM



Double Tree by Hilton Hotel, Brayford
Wharf, Lincoln LNI IYW

You are warmly invited to our Annual General Meeting, held this year in Lincoln. This is a great opportunity to mix and meet with EMAST staff, trustees and members.

- Refreshments and buffet lunch provided.
- Hear about the work of EMAST over the past year.
- Presentations from the staff.
- Ask The Panel - an opportunity to ask questions of our panel of solicitors.

Please book your place by contacting the office: 01246 380415; email: emast.admin@emast.org.uk



INTERNATIONAL WORKERS MEMORIAL DAY 2025

**Tuesday 28th
April 11am**



Where

Chesterfield Football Club, Memorial Wall (next to the East stand) Parking is available at the ground.



What

For a short reflection, as we remember all those who lost their lives in their workplace, including at Dema Glass the former workplace where the stadium now stands. Refreshments will be served afterwards in the Hub Cafe.



Why

As we commit to continue the fight for the living, towards ending preventable deaths, we focus particularly on asbestos, which still poses an unacceptable threat to many.



Chesterfield FC
COMMUNITY TRUST



Event organised by the Trade Union Safety Team with the support of the Chesterfield and District TUC





Remembering Dema: A Reflection on Work, Loss, and Hope

This April, as we mark International Workers' Memorial Day, many of us

are reminded that asbestos-related diseases are not just medical conditions — they are the lasting result of workplaces that failed to protect the people who kept them running.

In Chesterfield, the site where Chesterfield Football Club now stands was once home to Dema Glassworks, a factory where generations of local families worked in extreme conditions. Former workers describe heat rolling from the furnaces, the constant roar of machinery, and the relentless pace demanded by production. Cuts and burns were common, and safety was often treated as an afterthought.

But the greatest danger was the one nobody could see.

Fine dust drifted through the air, settling on workbenches, hair, clothing - even sandwiches. It was often referred to as “lagging,” and it coated pipes and insulation throughout the factory. Workers repaired and stripped old insulation without masks, sometimes watching it crumble into clouds around them. At the time, many did not know the word “asbestos,” and those who did were rarely warned of the risk. It was simply accepted as part of the job.

Years later, the true cost became clear.

Many former workers developed breathing problems, lung disease, and cancers such as mesothelioma - conditions that

often appear decades after exposure. Families have been left with grief, anger, and unanswered questions. It is a painful truth that asbestos-related illness is not 'bad luck'. It is the consequence of preventable exposure, and a legacy that still affects thousands across the UK.

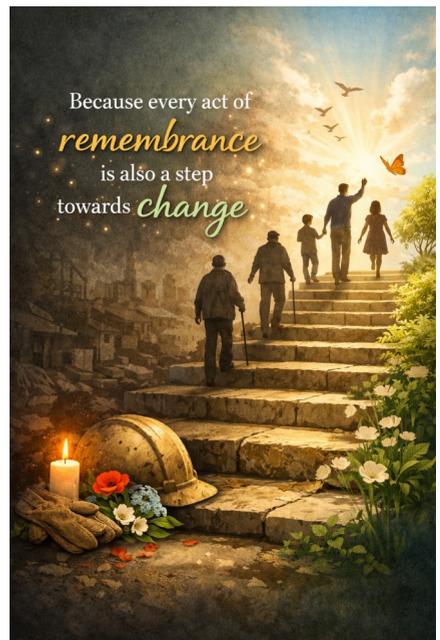
Yet alongside this history is another important story: the story of people who fought back.

Trade unions played a crucial role in raising concerns, challenging unsafe practices, and demanding better protections. They did not win every battle, and for many workers the changes came too late - but their courage helped shape the workplace safety standards we now rely on.

Today, where Dema Glassworks once stood, supporters gather under floodlights to cheer their team. Children play nearby, and families attend events in a space that has been rebuilt and reimagined. But for those who remember, the ground holds two histories - one of industrial labour and hidden danger, and one of community pride.

For anyone living with an asbestos-related disease, remembrance is not just about the past. It is about recognising that your story matters. Your experience matters. And as we continue to campaign for awareness, research, and justice, we also hold onto something equally important: hope.

Because every act of remembrance is also a step towards change.





East Midlands Mesothelioma Support Group Meetings



We run monthly Mesothelioma Support Group meetings in Leicestershire with Mesothelioma UK. Each date has a theme and your specialist nurses Louise and Laura and Benefits Advisor Natalie will be available to offer support and advice and answer any questions you may have. For those unable to attend in person, a Zoom link is available.

Ulverscroft Manor Activity Centre, Priory Lane, Markfield, LE67 9PH
Buffet lunch included.

Upcoming dates: Fridays 13th Mar, 10th Apr & 1st May 11am-1pm

To book, contact Louise Nelson/Laura Smith on 0116 2502615 or mesocns@uhl-tr.nhs.uk Alternatively contact Natalie Woodward on 01246 380415 or benefits.advisor@emast.org.uk

Feel free to bring a friend or family member with you!

NOTTINGHAM PATIENT & CARER SUPPORT GROUP

Wednesday 4th March 11am-1pm
Wednesday 1st April

Nottingham Central Library
1 Carrington Street
Nottingham NG1 7FH

Refreshments provided
Feel free to bring a friend/family member

Parking nearby
Easily accessible by public transport

NO NEED TO BOOK - JUST TURN UP

Any queries call 01246 380415 or email emast.admin@emast.org.uk

PLANTING MEMORIES!

Tricia Clough has been an ardent supporter of EMAST since her husband Dave's death from mesothelioma. She is now a Trustee of EMAST. She has also written a beautifully illustrated children's book, called Planting Memories. The book is now available to buy

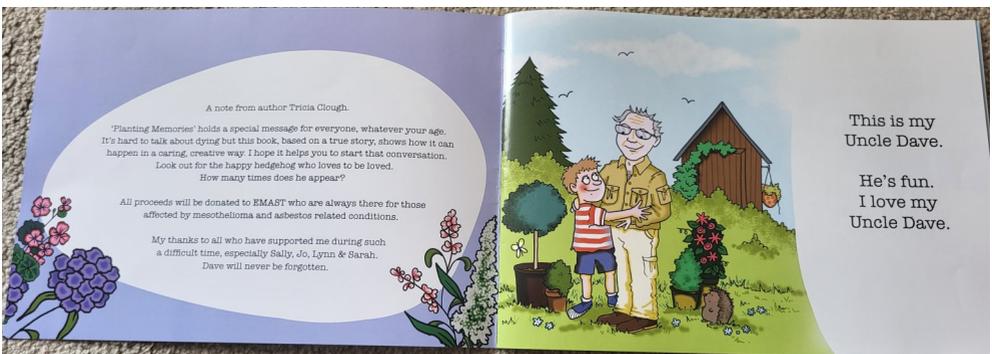


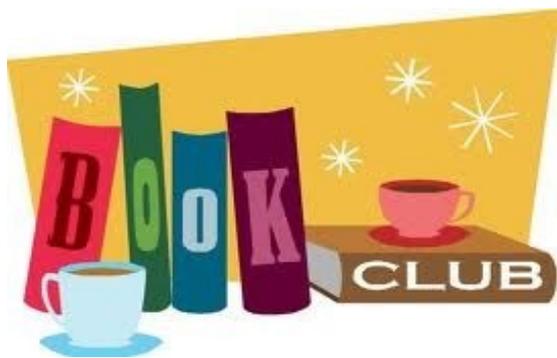
from Tricia and the EMAST Office. The cost of the book is £8, or £10 for a signed copy.

Tricia has generously paid for the illustration and publishing of the book so that all the proceeds will go directly to EMAST.

The book tells the story of Tricia and Dave's nephew, and him being told about Uncle Dave being poorly. This prompts them to make memories together.

It really is a beautiful book that adults will love as much as children. To get your copy please contact the EMAST office.





How did you find Andrew Raymond's book, *The Shortlist*?

The *Shortlist* explores ambition, power, and moral compromise within a competitive professional selection process. As a group of candidates vie for a single coveted role, Andrew Raymond reveals how pressure exposes insecurities, rivalries, and ethical fault lines.

I found the characters were convincing, the plot was thrilling with twists and turns, red herrings here and there and dry humour. Tension is largely psychological rather than dramatic, but I found it compelling, driven by interviews, conversations, and internal conflicts. Did it keep you guessing right to the end?

Our next book, ***Love Untold* by Ruth Jones**. I have chosen this as I like Ruth's work on TV (*Gavin and Stacey*, *Stella*, *Fat Friends & Run Away*). This is her latest new novel which is funny, moving and uplifting.

Grace is about to turn ninety and she doesn't want parties or presents or fuss. She just wants a quiet celebration: her daily swim in the sea and a cup of tea with granddaughter Elin and great-granddaughter Beca. More than anything, she wants to heal the family rift that's been breaking her heart for decades.

And to do that she must find her daughter, Alys - the only person who can help to put things right. But thirty years is a long time. And many words have been left unsaid.

So is it too late now to heal the pain of the past?

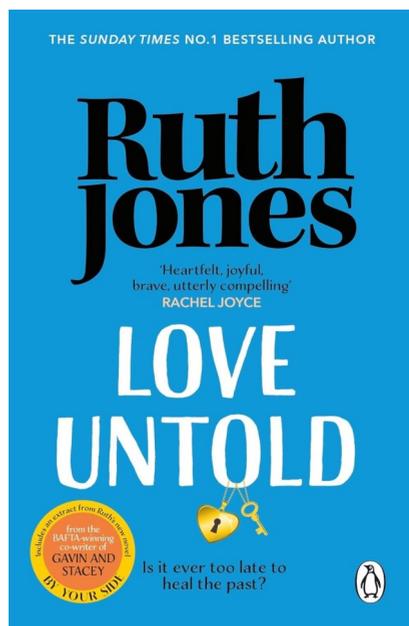
This is a story about mothers and daughters: the love inherent in that bond and the heartache that miscommunication can bring.

More than anything, it's about the importance of being true to oneself. Meet Grace, Alys, Elin and Beca - a family you'll come to know, and to love.

Here are some thoughts to consider as you read the book:

- ⇒ Which character did you find most relatable and why?
- ⇒ Did you find Grace's journey to reconcile with the past believable?
- ⇒ How did the younger characters (Elin, Beca) contrast with the older generations?
- ⇒ Did any character remind you of someone you know (or even Ruth Jones's famous character Nessa)?
- ⇒ Did you find the ending satisfying, or did it feel too neat/rushed?
- ⇒ How did the humour fit in with the serious themes?
- ⇒ What lessons did you take away about family and regret?
- ⇒ How did Jones's writing make you feel connected to the characters and the setting?
- ⇒ Did the different points of view enhance the story?

I hope you enjoy the book! Let us know what you thought of it.



East Midlands Asbestos Support Team

helping victims of asbestos-related diseases and their families. Formerly known as DAST.



MAKING SURE THAT
EVERYONE GETS THE
ASBESTOS SUPPORT
THAT THEY NEED

A gift in your will can secure our
future so that we can support more
victims of asbestos exposure

THE IMPACT OF A LEGACY GIFT IN YOUR WILL

Q. Why should I make a will?

A. It is important that on your death, you ensure that your loved ones are looked after and that your money, property and possessions are distributed just as you would wish. If you do not have a will, then the state directs who inherits – so your friends, relatives and favourite charities may not get what you would wish them to have. You may think that it is not worth you having a will, but it doesn't matter how small the legacy is. Even £50 would help a charity to provide someone else with a service.

Q. Is it difficult to make a will? How do I go about it?

A. A will is easy to make and it is even easier to update in the future, if your circumstances change. You need to see a solicitor – if you are a member of a trade union then you may be able to access a will writing service cheaply through them. The solicitor will ask you to list your assets and to decide who is to benefit. You will also need to name an executor and have the will witnessed.

Q. How do I arrange a charitable legacy?

A. There are different types of legacy:

- Pecuniary – a fixed sum of money
- Residuary – a share of the estate after specific bequests have been paid
- Specific – an item of property including shares or jewellery
- Contingent – a gift that only takes effect if other gifts fail

You can also add to an existing will if you have already made one using a Codicil. Tell your solicitor how you would like to make your charitable legacy.

Q. Are there any tax benefits?

A. Yes. If you leave a gift to a charity in your will, its value will be deducted from your estate before Inheritance Tax is worked out. Gifts made before your death may also qualify for exemption.

Q. Is there any other way I can help a charity after my death?

A. Yes, you can ask your loved ones to collect In Memoriam donations from friends and relatives, specifically to be passed on to your chosen charity. This can be arranged through the funeral director.



A diagnosis of mesothelioma doesn't just affect the person with the disease, those close to them are affected too.



- ◆ You may want to offer practical help or emotional support
- ◆ You may struggle with your own feelings about the diagnosis
- ◆ Whether you live with them full time or not, if they are a family member, friend or colleague, being a carer for someone can mean:
 - ◆ Emotional support – company, a friendly face, a listening ear
 - ◆ Helping with daily tasks
 - ◆ Driving them to appointments
 - ◆ Talking to other people on their behalf, such as health and social care professionals
 - ◆ Helping with personal care such as bathing and dressing

If any of this rings true for you, why join the Mesothelioma UK, Carers Hour.

The Mesothelioma UK Carers' Hour is designed specifically to support anyone who knows someone living with mesothelioma.

Not everyone knows how it feels to have a family member or friend living with mesothelioma. Our monthly Carers' Hour is an opportunity to talk to those who know exactly how it feels.

Facilitated by one of our Mesothelioma UK nurses, should any clinical questions arise, the meetings take place virtually on the 2nd Wednesday of each month at 2pm. For joining details, please contact support@mesothelioma.uk.com



CARERS COURSE

Are you caring for someone with mesothelioma or know someone who is?

Our six week Carers Course will help you learn more about what to expect and where to get support - both for yourself and the person you care for. Sessions will be presented by Mesothelioma UK Clinical Nurse Specialists and will cover:

- Getting the best out of your NHS
- Looking after yourself
- Symptom control
- Benefits, Lasting Power of Attorney, wills, and role of the coroner
- Thinking ahead, palliative and end of life care
- Q&A - ask the professionals

This free six week course runs via Zoom for one hour each week.

To register your interest please email support@mesothelioma.uk.com. You'll be sent a pre course questionnaire so we can tailor the sessions to your needs as far as possible.



MESOTHELIOMA UK

Mesothelioma UK offer a range of in person and online support groups and courses:

Online Support groups - joining details for all these available by emailing: support@mesothelioma.uk.com

1st Weds of each month at 1pm – **Youngers Group** – For those younger than a typical person living with a mesothelioma diagnosis

2nd Weds of each month at 2pm – **Carers Hour** – For those who have a loved one with a mesothelioma diagnosis

3rd Weds of each month at 2pm – **Online Patient Support Group** – For those with a mesothelioma diagnosis

Facebook Groups These are closed groups, monitored by the Support Team at Mesothelioma UK

Mesothelioma UK Patient and Carer Facebook Group -

<https://www.facebook.com/groups/161449728267828/>

Mesothelioma UK Peritoneal & Multicystic Mesothelioma Facebook Group -

<https://www.facebook.com/groups/1640698032921115/>

Online Short Courses –

These courses are free to attend - registration details for all these available by emailing support@mesothelioma.uk.com



200 CLUB NEWS



Congratulations to our latest 200 Club winner David England, who was the winner of the January draw with his number 33! We hope he enjoyed his winnings.

The 200 Club is a valuable regular donation that we use to continue supporting people with asbestos related diseases and their families and we are incredibly grateful for your generous contributions.

Since we launched the lottery in 2016, we've worked hard to keep prices unchanged to ensure they are reasonable and affordable. However, as you can appreciate, the costs of running both the 200 Club and the organisation overall have continued to rise over the years. Therefore, we've had to adjust our prices to cover these rising costs and **from January 2026, 200 Club renewals and new numbers will be £2 each per month.**

With a smaller pool of participants than larger lotteries, you still have a greater chance of winning, plus the new 200 Club cash prizes will be larger! We truly appreciate your understanding and ongoing support for our small charity - your participation continues to have a meaningful impact.

For more information on joining the 200 Club, please get in touch with us at admin.assistant@emast.org.uk or 01246 380 415.

Those were the days...

Read on for our final instalment of memories shared by friends and beneficiaries of EMAST.

Pete and I began with tents, and progressed to a caravan and then a motorhome. One of our favourite places was Northumberland, at that time it was an undiscovered county, a beautiful place where you parked up overlooking the sea without the maddening crowds. We parked up one day when a little girl asked for an ice cream! Her father explained that we were not an ice cream van, I only wished I had an ice cream on board for her.

Our son settled in Holland and we used to visit them every year in the motorhome. Once, Pete decided to take a crate of his popular home brewed beer, which travelled on the floor in the centre of the motorhome. Just as we turned into the street where they lived some of the bottles decided to crack — beer everywhere. I banned his beer from future trips but unbeknown to me one weekend, he sneaked a couple of bottles into the wardrobe - and guess what - yes, they burst. I started my weekend by doing the washing.



Susan Wilson

My career as a scout lasted less than a year- it was immediately replaced by an interest/passion for the Youth Hostel Association. First, plan a walking adventure: find the appropriate Hostel accommodation that matches your route, book it, bookings confirmed, wait excitedly for the Easter Holiday (1962) and off you go. 'Dubbed' boots, two pairs of thick woolly socks, a green bobble hat for the 'I've been to' badges, bus into Leek and suddenly you own the whole of the Peak District - or at least that part of it which fits onto your brand new Ordnance Survey linen backed map! I did Rudyard, Oakenclough, and Ravenstor (Buxton) during the Easter holiday and the Peak District Trail from Edale and Castleton in the north, to Ilam and The Ranger in Dimmingsdale in the south, where my parents arrived on a Sunday 'run' to see if we had enough bread. Embarrassing. The following year

it was Cardigan Bay with a group of school friends on bikes, six of us.

I'd got a racing cycle, drop handlebars and 18 Campagnole gears (although I'm certain I never used more than six, there was something called a 'derailer' which I never got the hang of!) On one of our first practice runs, sweeping down a gentle, straight, long, empty country road, I'd swung round in my saddle to warn whoever was behind that there was a heron on the road



"There's a heron on the—"...CRASH!!!! I ran into the bike in front and the two bikes behind ran into me. A mess of twisted wheels and grazed flesh. Dad and a van got us home.

Dave Brown

We were really lucky as children, my brother and I, as my parents would take us on holiday most summers and we mostly stayed in Cornwall or Wales. We would travel down in the car overnight, it would be mainly A roads as I remember with a stint on the motorway. The rule was no sweets until we got on the motorway and I would look for signs that we were getting on it from the moment we left the house! My brother and I had sleeping bags which we would get in as soon as we got in the car. My mum took charge of the sweets and snacks and a flask of tea in the front with my dad driving. We would stop at Exeter so my dad could sleep, although sometimes it was difficult as you could hear the cars and lorries driving by. The caravans we stayed in would be cosy and it was exciting to unpack our things. The thing I remember being excited about the most was a multi pack of mini Kelloggs cereal boxes for breakfast, this was a real treat!

Clare Griffiths

I think that I belong to the gas fire generation! It's strange to think how recent an invention central heating is, because we now take it for granted. But I remember our family moving into a newly built bungalow in 1982, and it did not include central heating as part of the fixtures and fittings. We got our hot water from an immersion heater — so you had to plan ahead if you wanted a bath. And all source of heat was the gas fire in the living room. I remember on winter mornings getting dressed into my school clothes in front of the fire. Mum would lay my

clothes out on the floor in front of the fire while I brushed my teeth, then I would put them on quickly, while they still retained a bit of heat. We needed plenty of blankets at night! I can remember the sound and the smell of the fire now. When I tell my teenage children about this (especially having to plan ahead for a bath), they are astonished!



Sarah Walters

Nowadays many people have double glazing and I remember how grateful I was when my parents had it installed when I was growing up at home. I can still remember early mornings in the winter, getting up when it was dark and getting dressed practically on top of the radiator where, if I had remembered to put my clothes the night before, my toasty warm school uniform sat waiting for me. I also remember on extremely cold and icy mornings the condensation would turn to ice inside the window and I would pick this off and (sorry mother) eat it. I think I must've been quite a strange child, as I would also wear mittens on my feet inside my boots/wellies to keep my toes warm. My school lessons took place in mobile classrooms which were essentially a glorified shed! My toes would be so cold and the extra socks and mittens seemed to help.

Clare Griffiths

When I was young, growing up in London's East End, my favourite meal was a stew made using Foster Clark's Tomato Soup Powder. It was about a 2 inches square cube and encased in paper. It was crumbled like an Oxo cube and added to boiling water. The taste was heavenly. I can remember the flavour to this day.

In the kitchen of our house, we had a copper, a mangle and a dimpled-glass wooden framed scrubbing board to wash the clothes clean. The copper was free-standing, it had an enamelled metal exterior that supported the inner can or copper and had a lid. The copper would be filled with soapy water; the clothes added and put on to boil to clean the clothes. The clothes were removed using a wooden stemmed large tweezers. Once the clothes had boiled and were clean, the tweezers were used to extract the clothes into the sink to be rinsed. Once the clothes had been rinsed free of the soapy water they were fed through

the mangle to squeeze out the water.

One day, my mother had filled the copper with soapy water and had added the clothes when she caught sight of the fish tank and decided to quickly change the water in the tank and clean it. As she scooped the fish in her hands to transfer it into waiting clean water, the fish jumped out of her hands into the copper full of clothes, before it had been switched on! Mum had to take out and inspect each piece of clothing for the fish until eventually she found it. Once in the clear water it started releasing bubbles through its gills and passing a lot of excrement! The fish recovered well and lived a long time after its adventure.



Denise Healy

One of my favourite foods when I was growing up were Mums homemade bread cakes, they had to be eaten straight away, as they didn't keep well, but that wasn't a problem as they were delicious, and made the house smell lovely! Among the strikes in the 1970s were bread strikes, so I used Mum's bread recipe.

I made the bread and left it to prove on top of the oven, then did a few more jobs before realising my wedding ring was not on my finger! With hindsight it's obvious where it was, but I had once lost it whilst making the bed (it was under the pillow) so I searched high and low.



Eventually I realised where it was, the only problem was there were 4 nice round puffed up little loaves which would be spoilt with my poking about. I was fairly lucky, got it in the second one. It was such a relief to find it, and the bread tasted ok!

Elizabeth Walters

***Thank you to everyone who contributed their stories!
Do you have a memory you'd like to share? Email it to us
emast.admin@emast.org.uk***

Mesothelioma in the UK: what's changing, what's new, and where hope is growing

Living with mesothelioma, or supporting someone who is, can feel overwhelming. The medical language, statistics, and constant stream of “new information” can be hard to take in. This article aims to explain what's happening in the UK right now in a clear, straightforward way, while also sharing where genuine hope is beginning to grow.

The facts: understanding the bigger picture

Mesothelioma is a cancer caused almost entirely by exposure to asbestos, often many decades ago. Although asbestos was banned in the UK years ago, the disease is still affecting thousands of people.

- Around **2,700 people are diagnosed each year** in the UK
- About **2,200 people die from mesothelioma each year**
- Most people diagnosed today were exposed to asbestos **30–60 years ago**, often at work
- The majority of cases occur in people **over the age of 75**, though it can affect younger people too

These numbers are stark, and they matter. But they do not tell the whole story, especially not the progress being made in treatment, care, and research.

Treatments today: more options than ever before

For many years, treatment options for mesothelioma were very limited. That has begun to change.

Drug treatments

Traditionally, chemotherapy has been the main treatment offered to people with pleural mesothelioma (the most common type). Chemotherapy can help slow the disease, ease symptoms, and sometimes extend life.

In recent years, **immunotherapy** has brought real change. Immunotherapy works by helping the body's own immune system

recognise and attack cancer cells.

In England and Wales, the NHS now offers a combination of two immunotherapy drugs — **nivolumab and ipilimumab** — to some people with advanced pleural mesothelioma. This is the **first major new treatment approved in around 15 years**, and for some patients it has led to longer survival and improved quality of life.

Not everyone will be suitable for immunotherapy, and side effects can occur, but its availability marks an important step forward.

Surgery and radiotherapy

Surgery is only suitable for a small number of people and is now approached more cautiously. Recent UK research has shown that very major surgery does not always improve outcomes and can cause significant side effects. This has helped doctors have more honest, balanced conversations with patients.

Radiotherapy is often used to help manage symptoms, such as pain, rather than to cure the disease.

Supportive and palliative care

Importantly, **supportive care is now recognised as a vital part of treatment**, not something that comes “at the end”. Managing breathlessness, pain, fatigue, anxiety, sleep, and emotional wellbeing can make a huge difference to daily life — and many people receive this alongside active cancer treatment.

Clinical trials: why they matter

Clinical trials are carefully designed research studies that test new treatments or new ways of using existing ones. Taking part is always a choice, and trials are not right for everyone — but they are a major source of progress.

In the UK, researchers are focusing on:

- New **immunotherapy combinations**
- Tailoring treatment to the **biology of each person’s tumour**
- Improving symptom control and quality of life

- Finding ways to predict **who will benefit most from which treatment**

One important UK initiative, **SELECTmeso**, aims to match people to treatments based on the specific features of their cancer, rather than using a “one-size-fits-all” approach.

Mesothelioma UK provides clear information about current trials and can help patients ask the right questions.

Reasons for hope

While mesothelioma remains a serious illness, there are genuine reasons for hope:

- New treatments are **finally emerging** after years of little change
- Immunotherapy is already helping **some people live longer and better**
- UK research is highly respected worldwide and continues to grow
- Care is becoming **more person-centred**, focusing on quality of life as well as length of life
- Awareness, support services, and specialist nurses are stronger than ever

Hope does not mean false promises or unrealistic expectations. It means progress, choice, and being better supported, wherever someone is on their journey.

A final word

If you or a loved one is affected by mesothelioma, you are not alone. Asking questions, seeking second opinions, and exploring all available options, including supportive care, are all valid and important.

Above all, your experience matters. Medicine is advancing, research is ongoing, and every step forward has come from people who were willing to be seen, heard, and supported.





St Patrick's Day is celebrated every year on **17 March** and is a day dedicated to **St Patrick**, the patron saint of Ireland. It is one of the most well-known cultural celebrations in the world and is marked not only

across Ireland, but also throughout the UK and many other countries.

St Patrick is believed to have lived during the 5th century and is remembered for helping to bring Christianity to Ireland. Over time, the day became an important religious occasion, but today it is also widely recognised as a celebration of **Irish identity, heritage, and tradition**.

One of the most famous symbols of St Patrick's Day is the **shamrock**, a small three-leafed plant. According to tradition, St Patrick used the shamrock to explain the idea of the Holy Trinity. The colour **green** has also become strongly linked to the day, and many people choose to wear something green as part of the celebrations.



St Patrick's Day is often marked with lively parades, traditional Irish music, dancing, and community gatherings. Many landmarks are also lit up in green, and people enjoy Irish food and drink as part of the festivities. Even those without Irish roots often join in, as the day is seen as a fun and friendly occasion.

Above all, St Patrick's Day is a chance to celebrate **culture, community, and togetherness**. It brings people together in good spirit, and for many it is a cheerful reminder of the importance of heritage, tradition, and shared celebration.

Puzzle Corner



ST. PATRICK'S DAY SEARCH

FIND WORDS ASSOCIATE WITH ST. PATRICK. WORDS COULD BE IN ANY DIRECTION.



K Z U C M N I B N W Q Z W F Q
W C Z Q C W T E Y X W J B A P
F P U Z S E R M J K P G U N O
D D W L B B E E L G C R B J T
H W R O W K M R Q N O E N U A
J T U N O J I A V G D E L C T
L D L O G W L L G F M N I F O
S D N G S I D D S W R U B E F
A I E I R M O Z G T H H K H I
T S H A M R O C K A C A D Q F
I F O J C L J S N A N X K F B
A D F Z X S U Y H S P J I C E
S A J L I M E R I C K O T Z K
Q W E G D B T L B M P V Y P B
F P Q E C N U A H C E R P E L

SHAMROCK
EMERALD
LUCK

LIMERICK
LEPRECHAUN
POTATO

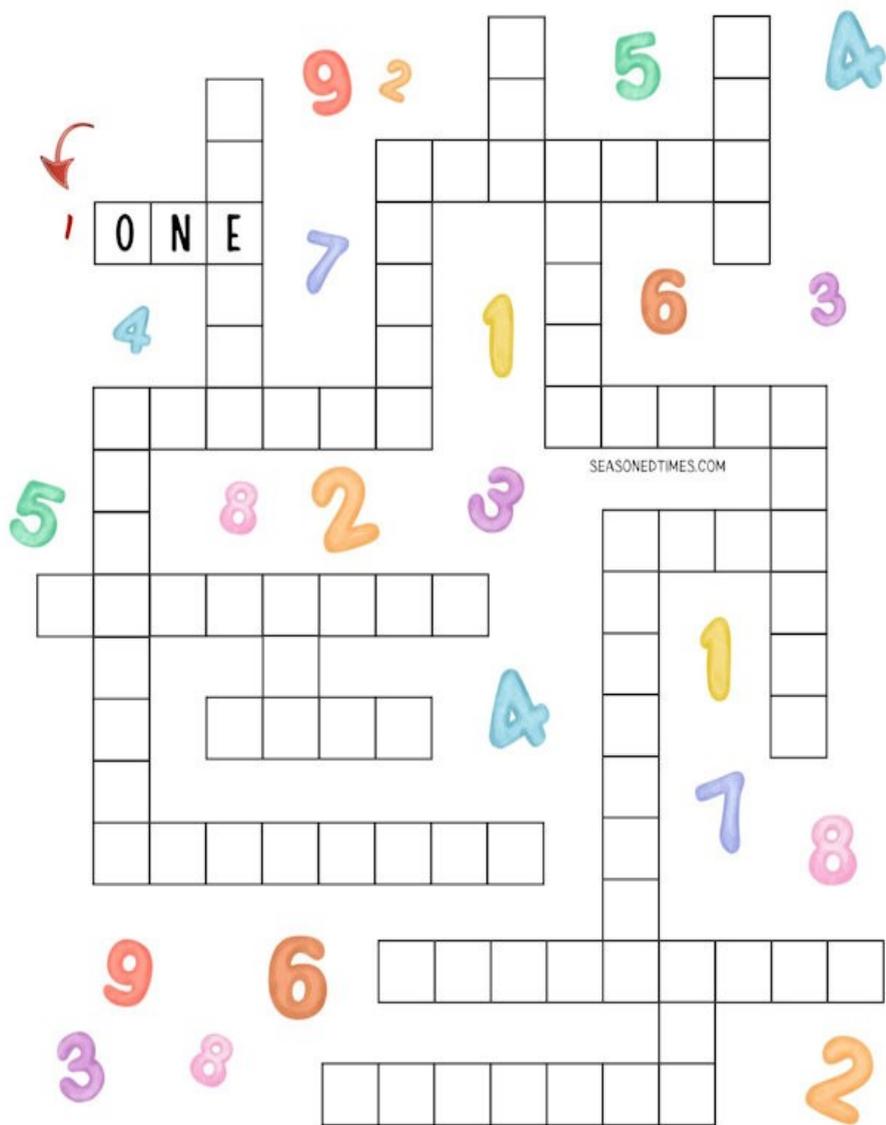
GREEN
GOLD
SNAKE



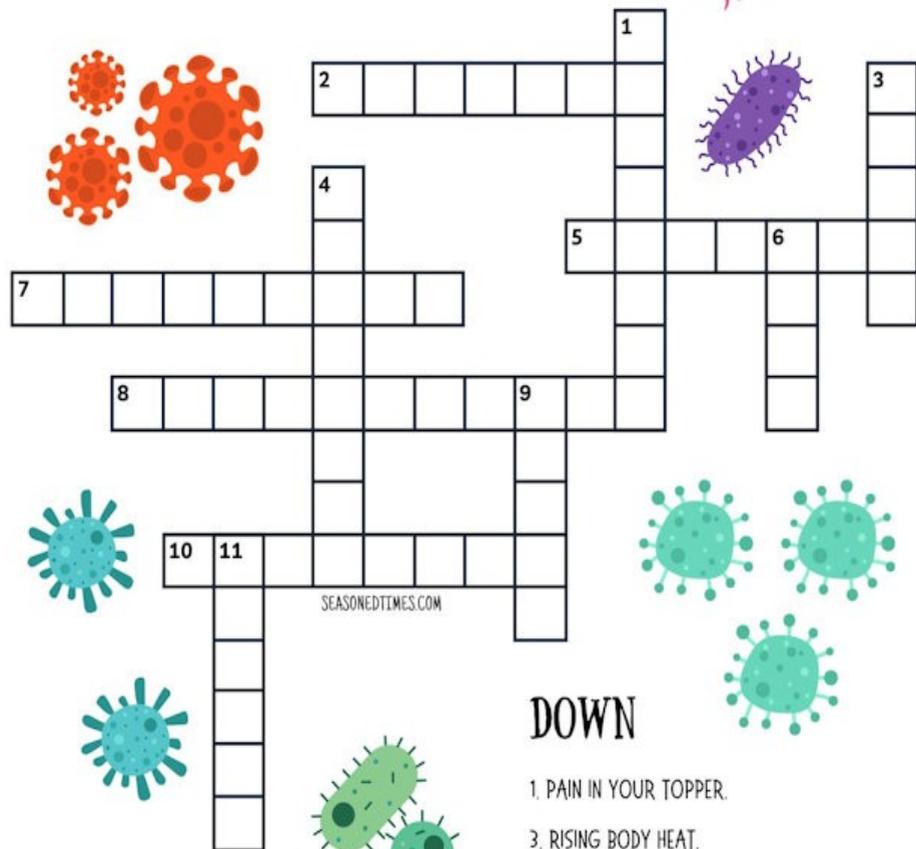
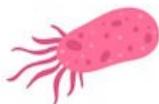
SEASONEDTIAES.COM

1 - 20 CROSSWORD

Fill in numbers 1 through 20 as they fit into the crossword puzzle.



ILLNESSES & SYMPTOMS

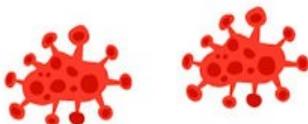


ACROSS

2. FEELING VERY TIRED AND WEAK.
5. PAIN IN YOUR SHELL-LIKE APPENDAGE.
7. PAIN WITHIN YOUR MOUTH.
8. DISCOMFORT IN YOUR MIDSECTION.
10. BLOWING AIR SUDDENLY.

DOWN

1. PAIN IN YOUR TOPPER.
3. RISING BODY HEAT.
4. PAIN IN YOUR VERTEBRAE.
6. A COMMON ILLNESS.
9. NOISE FROM YOUR THROAT.
11. FEELING LIKE RELEASING CONTENTS



Riddles

1. What has hands, but cannot clap?
2. Ask this question all day long, but always get completely different answers, and yet all the answers will be correct. What is the question?
3. What loses its head in the morning but gets it back at night?
4. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?
5. What is at the end of a rainbow?
6. What kind of tree can you carry in your hand?
7. They come out at night without being called, and are lost in the day without being stolen. What are they?
8. You'll find me in Mercury, Earth, Mars, Jupiter, Saturn and Uranus. But never Neptune, or Venus. What am I?
9. I can be cracked, made, told and played. What am I?
10. What kind of room has no walls, door or windows?

1. Clock; 2. What time is it?; 3. Pillow; 4. Corn on the Cob; 5. The letter W; 6. Palm; 7. Stars; 8. The letter R; 9. A joke; 10. A mushroom.

Riddle answers

GARDENING CLUB

Gardening Jobs for March & April

1. Tidy Up Borders and Beds

Remove dead leaves and winter debris.

Cut back faded perennials (leave any new shoots untouched).

Pull out weeds while they're small (much easier now than later).

Tip: Use a kneeling pad or a garden seat to avoid strain on knees and back.

2. Start Planting Hardy Vegetables

Great choices for early spring include:

Potatoes (early varieties)

Onions and shallots

Peas and broad beans

Carrots and beetroot (later in April)

Lettuce and spinach



Tip: Raised beds or containers are easier to manage and reduce bending.

3. Plant Summer Bulbs

April is ideal for planting bulbs such as:

Gladioli, lilies, dahlias (once frost risk is low)

Tip: Plant in pots if digging is difficult — they can still look stunning.

4. Prune Roses and Shrubs

March is a good time to:

Prune roses (if not already done)

Trim back buddleia and shrubs that flower in late summer

Remove damaged branches from winter weather

Tip: Keep secateurs sharp — it makes the job easier and safer.

5. Feed the Lawn

Spring is the time to: rake out moss and dead grass, apply lawn feed

And re-seed bare patches.

Tip: Don't overdo it — a little raking at a time is better than one big effort.

8. Help Wildlife

Put out a shallow dish of water for birds and bees.

Leave a small “wild patch” for insects.

Clean bird feeders regularly.

Tip: Add a few pebbles in water dishes so bees can land safely.

Gentle Reminder

Gardening should feel enjoyable — not exhausting.

A little potter each day is the best way to keep your garden looking lovely.



We're always keen to hear your gardening tips or you can send us pictures of your garden to share. We'd love to hear if you've visited a beautiful garden too!



Puzzle Answers

St Patrick's Day Word Search Solution

K	Z	U	C	M	N	I	B	N	W	Q	Z	W	F	Q
W	C	Z	Q	C	W	T	E	Y	X	W	J	B	A	P
F	P	U	Z	S	E	R	M	J	K	P	G	U	N	O
D	D	W	L	B	B	E	E	L	G	C	R	B	J	T
H	W	R	O	W	K	M	R	Q	N	O	E	N	U	A
J	T	U	N	O	J	I	A	V	G	D	E	L	C	T
L	D	L	O	G	W	L	L	G	F	M	N	I	F	O
S	D	N	G	S	I	D	D	S	W	R	U	B	E	F
A	I	E	I	R	M	O	Z	G	T	H	H	K	H	I
T	S	H	A	M	R	O	C	K	A	C	A	D	Q	F
I	F	O	J	C	L	J	S	N	A	N	X	K	F	B
A	D	F	Z	X	S	U	Y	H	S	P	J	I	C	E
S	A	J	L	I	M	E	R	I	C	K	O	T	Z	K
Q	W	E	G	D	B	T	L	B	M	P	V	Y	P	B
F	P	Q	E	C	N	U	A	H	C	E	R	P	E	L

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