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Please do get in touch with us with your suggestions for content. Send in your stories, photographs, gardening or cooking tips. Would you like to contribute to our Puzzle corner? Any content can be posted or emailed to us, we look forward to hearing from you.



Dates for your Diary

Wednesday 4th June 11am - 1pm

Nottingham Patient & Carer Support Group, Nottingham Central Library, 1 Carrington Street, Nottingham, NG1 7FH

Friday 6th June 11am - 1pm

East Midlands Mesothelioma Support Group at Ulvercroft Activity Centre

Saturday 28th June - Sunday 6th July

EMAST Fundraising Week

Wednesday 2nd July - Sponsored Walk 11am

From Cromford Mill Car Park, Cromford Canal

Friday 4th July - Action Mesothelioma Day

Events in both Leicester & Nottingham

Tuesday 22nd July 11am - 1.30pm

Derby Patient & Carer Support Group, 19 Chapel Street, Derby, DE1 3GU

Friday 1st August - 11am - 1.30pm

East Midlands Mesothelioma Support Group at Ulvercroft Activity Centre

We hope that you will be able to come along and take part in some of these events.



Welcome to the latest edition of your Wellbeing magazine

Living with a life limiting illness is a challenging and often unpredictable journey, one that touches not just the person diagnosed but their loved ones, carers and friends. Navigating

this path can feel overwhelming, but it is important to remember that you are not alone. This magazine was been created with you in mind — to offer support, encouragement and practical advice that nurtures both your physical and emotional wellbeing throughout your cancer journey.

Whether you are a patient facing treatment or a carer offering unwavering support, your wellbeing matters. While your illness may be a part of your story, it does not define who you are or the life you can still lead. It is vital to take time for yourself, to care for your mental health and to acknowledge the importance of self-compassion.

Throughout the pages of this magazine, we aim to explore a variety of topics that address the multifaceted nature of asbestos related illnesses, from managing physical symptoms to finding emotional resilience. Over the coming months, we will feature expert advice from healthcare professionals, uplifting stories from others walking a similar path and resources to help you access additional support, from local services to online communities.

As a carer, you may sometimes feel invisible in the face of your loved one's illness, but your role is crucial. Caring for someone with a life limiting illness requires a great deal of strength and empathy and it's easy to forget that your wellbeing is just as important as the person you care for. By taking the time to nurture yourself, you enable yourself to be a source of strength

for others, too. This magazine is here to remind you that it's okay to seek support and it's okay to prioritise your own health and happiness.

For those who may be coping with the side effects of treatment, which can be exhausting, there are ways to manage fatigue, stress and discomfort. In future editions we will explore alternative therapies, nutrition tips and exercises designed to complement traditional treatments, along with ways to stay connected with loved ones while maintaining your sense of identity.

We also aim to entertain and inform through the pages of the magazine, keeping you updated on what we here at EMAST are doing. Please do take advantage of the events we put on, where you will meet others on a similar journey to yourselves. We would love to hear your thoughts about what content you would like to see in the magazine. Why not send us a story or an article. It could be on anything, a recent holiday you have taken or things you have found helpful and not so helpful. This is your magazine and will be all the better for contributions from you, our readership! Please send us your content for the magazine either by post or email.

Above all, this magazine is a reminder of hope. We will focus on the positive changes you can make to enhance your quality of life



and highlight the incredible strength found in community and shared experiences. Here, you will find inspiration to live well, even in the face of adversity.

Healthy Eating During Chemotherapy for Those with a Reduced Appetite

Chemotherapy can significantly affect appetite and the ability to enjoy food. Taste changes, nausea, fatigue and mouth sores are just some of the side effects that may make eating feel like a chore. However, maintaining good nutrition during treatment is important for supporting the immune system, maintaining strength and helping the body recover from the effects of therapy.

For those experiencing a reduced appetite, it's helpful to focus on eating small, frequent meals rather than three large ones. Even if you don't feel hungry, try to have a bite or two every couple of hours. Keeping nutritious snacks, such as yoghurt, nuts, cheese or fruit, nearby can make it easier to graze throughout the day. High-protein and high-calorie options are often recommended, especially if you're struggling to maintain your weight.

When taste is affected, experiment with different flavours and temperatures. Sometimes cold foods are easier to tolerate than hot ones, particularly if you're dealing with nausea or mouth discomfort. Bland foods like mashed potatoes, rice or plain pasta may be soothing, but adding a drizzle of olive oil, a sprinkle of cheese or a touch of lemon juice can boost both flavour and calories without being overwhelming. Staying hydrated is equally important. If drinking water is unappealing, try alternatives such as diluted fruit juice, herbal teas or soups. Ice lollies and jelly can also help keep fluid intake up. If swallowing is difficult, a dietitian may recommend high-energy drinks or supplements to help you get essential nutrients in liquid form.

It's perfectly normal to have days when eating feels especially difficult. On those days, be kind to yourself. Eating what you can manage is better than nothing. Finally, seek support from your healthcare team. A dietitian can offer personalised advice based on your treatment and symptoms. Nutrition during chemotherapy isn't about eating perfectly—it's about doing the best you can, listening to your body and finding ways to nourish yourself during a challenging time. Every small effort counts and contributes to your overall wellbeing.

May and June: A Celebration of Light, Life and Local Delights

May and June mark a particularly vibrant and uplifting period in the UK calendar. As spring gives way to early summer, these two months are defined by longer days, warming temperatures and an unmistakable sense of renewal. It's a time when nature is in full bloom, communities come alive with festivals and events and the countryside and coastlines beckon with fresh allure.

May begins with the celebration of May Day — an ancient festival rooted in fertility and the arrival of spring.

Across the UK, traditional festivities like Morris dancing, maypole dancing and village fetes take place, especially in rural areas. The early

May Bank Holiday offers many a welcome break, often seen as the unofficial start to summer. The landscape is a patchwork of bluebells in woodlands, lambs in green fields and blossom-laden trees. It's an ideal time for country walks, picnics and gardening.



This year VE Day celebrations will be held all over the country to mark the 80th anniversary of Victory in Europe and the beginning of the end of World War II. Will you be joining in any celebrations? Please do send us your photos in so that we can feature them in the next magazine.

May is also known for its unpredictable weather — bright, sunny mornings can quickly give way to showers, so a jacket

is always advised. Despite this, the lengthening daylight (with sunsets stretching later into the evening) offers a boost to mood and energy levels after the darker winter months. Gardens and parks burst with colour, as tulips, rhododendrons and irises make their showy appearance.

As we move into June, the first month of meteorological summer, the country feels noticeably brighter and more relaxed. With the risk of frost behind us, allotments and gardens flourish with early harvests. Strawberries, peas, new potatoes and asparagus are in season, all staples of early summer British cuisine — and key ingredients in many a Wimbledon picnic hamper.

Speaking of Wimbledon, June is also when the UK's social and sporting calendar hits its stride. From the King's official birthday celebrations (Trooping the Colour) to Glastonbury Festival, Royal Ascot and various local fairs and music festivals, the spirit of celebration is in full flow. Communities come together, bunting goes up and streets, pubs and village greens buzz with activity.

The Summer Solstice, usually around the 21st of June, marks the longest day of the year. Thousands gather at Stonehenge to witness the sunrise — a tradition that dates back millennia. It's a powerful reminder of the connection between people, nature and the passage of time. Whether you live in a bustling city or a quiet rural village, May and June offer something for everyone — a time to shake off the last remnants of winter, enjoy the outdoors and reconnect with others. The UK in these months is a place of light, life and shared joy.





EMAST AGM

Many thanks to those who supported us at our Annual General Meeting in March, held in Market Harborough. It was uplifting to hear all about the work of EMAST and from our Trustees. It was particularly good to hear from those who have benefitted from the work we do.

We hope that you will be able to join us for Action Mesothelioma Day in July!



Reader's Contributions

My Wartime Memories

Born 1935 at Shoebury, Essex.

In the last magazine, we left a young Don in Lancashire, fascinated by the footwear of the local lads!

Meanwhile, Hitler was having a bad war, his forces were being beaten on the ground thanks to help from our Commonwealth Countries America and China. In the Atlantic, his U boats were suffering ever increasing losses due to long range American and British bombers which had been fitted with a new British radar which could pinpoint a periscope at a range of two miles, so the first they knew of an attack was when depth charges were being dropped on them.

This was having a bad effect on Hitler because his megalomaniacal aspirations were fading away and all he could see was the tiny British Isles stopping his march towards world domination. He duly called a meeting with his engineers and scientists and it was reported that, after a lot of ranting and raving, he demanded they give him a weapon that neither spitfires nor guns could shoot down.

Thus the V1, (also known as a doodlebug or buzz bomb) was born. This was a tubular flying bomb containing some 100kg of high explosive powered by a pulse jet engine and guided by a rudimentary navigation system. It flew at over five hundred miles an hour making it difficult for the spitfires to catch and almost impossible for the guns to hit. Once its target was set, it was launched from a ramp in France or later from Holland and when

over the target, its control wires and fuel line were cut and it toppled to the ground. Its engine made a distinctive sound so you could hear it coming but when it stopped you took cover until you heard the crump as it exploded. To try to counteract these “unstoppable” bombs a defensive line of floating barrage balloons were set across the south of England to protect London. These balloons were filled with hydrogen gas and were tethered to the ground by strong steel cables. The idea was that if a V1 were to hit one of the cables it would run along the fuselage and rip one of the wings off.

Meanwhile more and more doodlebugs were being sent our way. One day I was in the garden and looking up I saw what I thought was a Me109



Messerschmitt coming low over the houses at the end of the road, definitely a German fighter and it was coming straight for me! Obviously it was on a strafing mission to shoot at young children — I ran into the shelter and then realised I couldn't see anything so I smartly turned round and risked a peep outside - just in time to see a Doodle bug flying past me. Its engine was still roaring so I knew I was safe. It was heading towards the factory but kept going. Someone else's problem!

V1's were coming over in ever increasing numbers (some 100 per day were hitting London) and one day they got lucky, one flew over the top of our house and slammed into the corner of the factory.

Although they were difficult to hit, the RAF were having more success in finding and destroying their launch ramps and the number getting through was reduced.

There was one, however, that had got through the gun defences along the south coast and was tootling up from the south coast towards London when it ran into one of the steel cables attached to a balloon. The cable ran along its fuselage, took off its wing and it went tumbling to the ground, making an extremely large crater in a farmer's field and took the roof off his house. He had been living in south London but moved with his family to the country where he thought he would be safe from the bombing. He was wrong!

Fewer V1s were getting through to London which caused more excitement and ranting in the Hitler camp. The result was the launch of V2 rockets. These were much more threatening than the V1 as they were launched from across northern France, Holland and Germany and were invisible to the naked eye from launch to impact on target. As it flew into the stratosphere at over 2,000 mph before dropping to the ground carrying a tonne of high explosive, it could reduce a whole street to rubble. Hitler had got his unstoppable weapon. These were in fact the forerunner of the American space rockets. However the Germans were soon to capitulate. The fighting stopped all over Europe and our troops started to come home.

VE (Victory in Europe) Day was announced which was to be marked with celebrations all over the country including street parties with music and dancing. A bonfire was made in the middle of the road (no traffic), tables and chairs were brought out and everyone



raided their larders to produce sandwiches and cakes. It was only a short street but there were people there that I had never seen before because we only knew the people who lived either side of us.

Then it was announced that there would be a victory celebration in London to include a march-past down the Mall, fireworks in the evening and all public buildings were to be illuminated which hadn't been seen since the before the war. On this day I went with Mum and Dad to London and found a spot in front of the crowds lining The Mall within sight of Buckingham Palace, sitting on the kerb with my legs stretched out into the road. The march-past was thrilling with Army, Air Force and Navy plus everyone in between, followed by all the Services and a fly past by a Spitfire, Lancaster and a Hurricane, Vivid in my mind was the “rumble-past” of a Sherman tank only inches from my feet and belching hot diesel fumes all over me and then I saw a very large maroon Rolls Royce sedately coming along the road towards me from Buckingham Palace. I could see that the King and Queen were inside doing “their wave” and as they drew level with me the King looked down at me and gave me a smile and a wave, a proud moment for a small child.

We then made our way along to The Embankment where there was to be a fireworks display on one of the bridges. We waited expectantly, it seemed for hours. By now it was dark, there was a chilly wind blowing off the water and it had started to drizzle. Handel's Water Music and Music for the Royal Fireworks was being played and Dad was moaning! He didn't like the music. In fact if he heard it played on the radio from then on he would go “into one” about the “rubbish music”!

Eventually with a fizz and a bang the display started and we were treated to a satisfying pyrotechnic display. We squelched off home after, glad to make a move as we were cold and tired.

Nevertheless we had been there, seen a unique event and some seventy years later it is still fresh in my mind.

Returning to the time when a V1 dropped into a farmer's field. The farmer was Ron Smith who lived in what was to become my damaged house in Cheam, Surrey and the two children went to school there.

Meanwhile I had moved away from the factory to the outskirts of Carshalton and was working for an electronic research company in a day release job studying for a Mathematics Degree.

Meanwhile the elder of the two girls, Pauline was working as a Secretary in London and taking a cookery course at Ewell Technical College which happened to be where I was studying. We met and I soon decided it was much more interesting to have a girlfriend who could cook than to study maths. We were married at Ewell Church in 1957 - thanks to help from Hitler!

Footnote:

Whilst reading through my memories I began to wonder why we had so many near misses, with a bomb in the back garden, an incendiary in the front and so many other bombs around us. Now I realise that it was only due to the presence of the Factory that we had so much attention. No bombs were dropped on the town or its surroundings. It seems that the Factory was making some 5million valves a year which was a major threat to Germany and they were desperate to destroy it and as we only lived a mile away, we were living within its danger zone.

Thank you so much Don for sharing your war time memories with us.

If you have a story, a memory or something you would like to share, please email it to us at: emast.admin@emast.org.uk



East Midlands Mesothelioma Support Group Meetings



With our colleagues from Mesothelioma UK, we are now holding monthly Mesothelioma Support Group Meetings. Each date has a specific 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 who are unable to attend in person, a Zoom link is available.

Please note the venue has changed: events are now held at Ulvercroft Manor Activity Centre, Priory Lane, Markfield, LE67 9PH. A buffet lunch is included.

Latest dates:

Friday 6th June 2025 11am-1pm -

Molly Scotland, Experience of clinical trials

Friday 4th July 2025 11am-1pm -

Action Mesothelioma Day at The Secret Garden, Glenfield

Friday 1st August 2025 11am-1pm -

Helen Ashton, Demystifying the Legal Process

To book your place, contact Louise Nelson or Laura Smith on 0116 2502615 or email mesocns@uhl-tr.nhs.uk

Alternatively you can contact Natalie Woodward on 01246 380415 or email benefits.advisor@emast.org.uk



DERBY PATIENT & CARER SUPPORT GROUP

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19 Chapel St, Derby, DE1 3GU

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- *Easily accessible by public transport



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NOTTINGHAM PATIENT & CARER SUPPORT GROUP

WEDNESDAY 4TH JUNE
11AM-1PM

Nottingham Central Library
1 Carrington Street
Nottingham
NG1 7FH

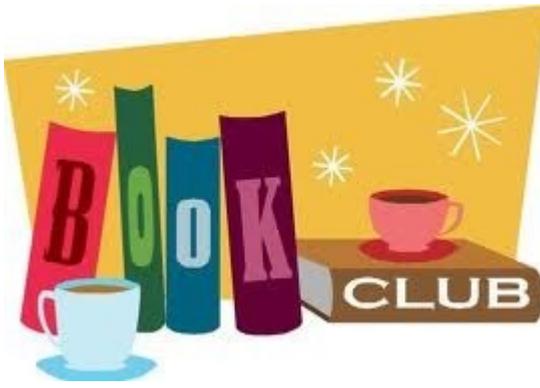
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Have you finished reading *The Nightingale* yet?

I was deeply moved by the book and although I thought I knew a lot about what happened in France during WW2, I learnt so much more and saw many shades of grey.

Here are some discussion starters or points to ponder from the book::

1. Think about the narrative structure of *The Nightingale*. Why do you think Kristin Hannah chose to keep the narrator's identity a secret in the beginning and end of the novel? Were you surprised by who it turned out to be? Did you go back and reread the beginning of the novel once you finished? Were you satisfied when you discovered who was narrating the novel?
2. The sisters Isabelle and Vianne respond to the war in very different ways. Isabelle reacts with anger and defiance, risking her life to join the resistance against Nazi occupation. Vianne proceeds with caution and fear, avoiding conflicts for the sake of her children. Who do you admire—or relate to or sympathise with—more, Vianne or Isabelle?
3. Perhaps one of the most chilling moments in the book is when Vianne provides Captain Beck with a list: Jews. Communists. Homosexuals. Freemasons. Jehovah's Witnesses. We know now how wrong it was to provide this list, but can you understand why Vianne did it? What do you think you would have done?
4. Take a moment to talk about Beck. Is he a sympathetic character? Did you believe he was a good man or was he just trying to seduce Vianne. Did he deserve his fate?
5. Think about the scene in which Ari is taken away. What do you believe is the right answer in this situation—if there is one? What would you have done in Vianne's position?

6. Finally, a show of hands: Who cried—or at least got a little choked up—while reading this book? Which scenes moved you the most? Which character's fate would you say was the most tragic? The most poignant? The most harrowing? Did the book give you a better understanding of life under Nazi occupation during World War II? Did it move you, inspire you, haunt you? And finally, what will you remember?

We discussed the book on Zoom at the end of March and at group meetings. The overall consensus of opinion was that it was wonderful, if harrowing book. One that will stay with all who read it a long time. I personally read the last chapter or so through tears.

I personally would have been more like Isabelle especially at that age. I first thought that Vianne was being naïve and a coward. But through the book I realised different types of bravery and I came to realise that both sisters were incredibly brave. Reading the book from this side of history it is all too easy to think that we may have reacted differently. But would we have?

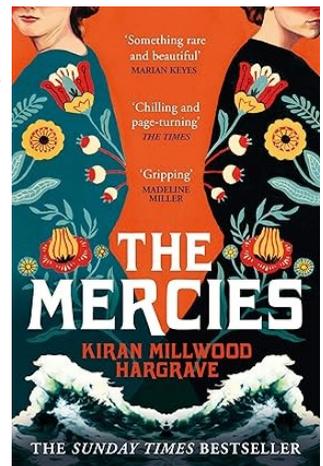
Please do let us know your thoughts about the book!

Our next book has been chosen by Tricia Clough. It is The Mercies by Kiran Millwood Hargrave. The Mercies is inspired by real historical events – a story about the strength and courage of women.

1617. The sea around the remote Norwegian island of Vardø is thrown into a vicious storm. A young woman, Maren, watches as the men of the island, out fishing, perish in an instant.

Vardø is now a place of women . . .

Eighteen months later, a sinister figure arrives. Absalom Cornet has been summoned to bring the women of the island to heel. With him travels his young wife, Ursa. In her new home and in Maren, Ursa encounters something she has never seen before: independent women. But



where Ursa finds happiness, even love, Absalom sees only a place flooded with a terrible evil, one he must root out at all costs . . .

A story about how suspicion can twist its way through a community, about a love that could prove as dangerous as it is powerful.

The Mercies is a rich, atmospheric novel with plenty to explore in a book club setting. Here are some thoughtful questions :

General Discussion Questions

What were your initial impressions of the novel and did they change as the story progressed?

How did the setting of Vardø and the harsh Norwegian climate shape the tone and atmosphere of the novel?

The story is inspired by real historical events. How does knowing that affect your reading of the novel?

Character-Focused Questions

Absalom is a complex character. Do you see him as purely villainous or is there more nuance to his actions?

Ursa's journey from outsider to someone caught between loyalty and love is pivotal. How did her character development impact the story?

Think about the relationships between the women of Vardø. How do they support or undermine one another?

Thematic and Symbolic Questions

Witchcraft and superstition play a central role in the plot. How does the novel explore the dangers of fear and scapegoating?

How are gender roles depicted in the novel? Do you think the women's independence after the storm is celebrated or punished by the narrative?

How is silence used in the novel – both as a personal coping mechanism and as a community practice?

The title The Mercies is open to interpretation. What do you think it refers to?

Personal Reflections

Did you feel emotionally affected by the story? Which moments stayed with you the most?

Do you think this story has relevance to contemporary issues? If so, in what ways?

Would you recommend this novel to others? Why or why not?

Please do contact Jo Reeve on 01246 380415 or by email: Bereavement.support@emast.org.uk to let us know that you are taking part and to share your thoughts.

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.



Facebook: search for 'EMAST' to find our public page and our private group



Instagram: search for @EMASTUK



BlueSky: @EMASTUK.bsky.social

You can also keep up to date with what we are up to by visiting our website: www.emast.org.uk

Promoting Health and Wellbeing for Patients with a Life-Limiting Illness:

A Guide for Patients, Families and Carers

Living with a life-limiting illness can be incredibly challenging – not just for the person affected, but also for their family members and carers. The journey may involve emotional, physical, social and spiritual challenges. But even in the face of illness, it is possible to experience moments of comfort, connection and peace. This guide offers supportive advice to help promote health and wellbeing through a holistic, person-centred approach.

Taking Care of the Whole Person - Wellbeing is about more than physical health. It's about feeling supported, understood and connected. A holistic approach considers your whole experience – including emotional wellbeing, social connections and spiritual needs – to help you live as well as possible.

Managing Physical Symptoms - Comfort is key. If you or your loved one is experiencing pain, fatigue, breathlessness, nausea or other symptoms, speak to your healthcare team. They can create a personalised care plan, often involving a team of professionals such as doctors, nurses, physiotherapists, dietitians and pharmacists, to help manage symptoms and maintain quality of life.

Supporting Emotional Wellbeing - Feeling worried, sad or overwhelmed is completely natural. Talking about these feelings can help. Counselling, mindfulness and creative activities like music or art can bring relief and comfort. Support is available through mental health professionals, community services or support groups – you don't have to face this alone.

Staying Connected - Staying socially connected can bring a great sense of comfort. Spending time with family and friends,

talking openly and keeping a sense of normality can make a big difference. Support groups, whether in person or online, can also be a source of understanding and friendship.

Exploring Spiritual Needs - Spiritual support is about finding meaning and peace – this might come from faith, nature, creativity or personal reflection. Some people find comfort in talking with a chaplain, engaging in legacy projects or simply sharing memories and hopes with loved ones. It's a deeply personal part of the journey.

Maintaining Independence and Dignity - Being involved in decisions about your care helps you stay in control. Whether it's deciding on treatment options, where you want to be cared for or how you wish to be remembered, your choices matter. Advanced care planning and honest conversations with your healthcare team can help ensure your wishes are respected.

How Families and Carers Can Help - As a family member or carer, your role is incredibly important. Listening, being present, helping with daily needs and encouraging self-expression all contribute to wellbeing. It's also vital to care for yourself – take breaks, talk to someone you trust and seek support when needed.

Working with Healthcare Professionals - Your healthcare team is there to support you. Don't hesitate to ask questions, express concerns or request help. Good care is built on trust, communication and compassion. You are not alone – there are people ready to walk this journey with you.

Final Thoughts - Even with a life-limiting illness, life can still hold meaning, love and connection. By focusing on what matters most to you and by accepting support from others, it is possible to find moments of joy, peace and dignity. You deserve compassionate, respectful care every step of the way.

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.



EMAST FUNDRAISING WEEK 28 JUNE - 6 JULY

YOU ARE INVITED TO BE A PART OF SOMETHING EXTRAORDINARY AS WE DECLARE THE WEEK 28TH JUNE TO 6TH JULY OUR WEEK OF FUNDRAISING FOR EMAST COULD YOU HOLD AN EVENT IN YOUR AREA?



-  LET US KNOW WHAT YOU ARE ORGANISING
-  ADVERTISE YOUR EVENT IN LOCAL PRESS
-  PLEDGE TO DO SOMETHING AND GET SPONSORS



THE HIGHLIGHT OF OUR FUNDRAISING WILL BE ACTION MESOTHELIOMA DAY ON FRIDAY 4TH JULY, WE HOPE YOU CAN JOIN US IN NOTTINGHAM.

Join Us for EMAST Fundraising Week – Let's Make a Difference Together!

Here at EMAST, we are excited to announce our upcoming **Fundraising Week** and we're calling on all our incredible members and supporters to get involved. This is your chance to make a meaningful impact – and have some fun while you're at it! As a charitable organisation, we don't receive any statutory funding, so the vital support we offer to those affected by asbestos-related conditions relies entirely on the kindness and generosity of our members, supporters and partners. Every pound raised helps us continue our essential work – and that's where you come in.

What Can You Do? We're asking our members to take on a fundraising activity in their local area during Fundraising Week. Whether it's big or small, every effort counts. Here are just a few ideas to get you started:

- Host a coffee morning or afternoon tea
- Organise a bake sale
- Take on a sponsored walk, run or cycle
- Challenge yourself to a sponsored silence
- Hold a jumble or car boot sale
- Pledge to complete a social media challenge and gather sponsors
- Host a quiz night or bingo evening
- Offer a skill for donations – gardening, ironing, dog walking, etc.
- Do a 'dress up' or 'dress down' day at work
- Set up a charity car wash or community clean-up

Be as creative as you like – just make sure you let us know what you're planning so we can support you. If you need a press release, a sponsorship form or help contacting your local press and media, just ask – we're here to help make your fundraiser a success. Here at EMAST we have two events already lined up for you and we hope you will be able to join us:

Breathing Space Sponsored Walk on Tuesday 1st July 11am

Organised by the Derby Stepping Stones Group. If you are able to join us for this lovely, gentle walk along the Cromford Canal please contact us for Sponsorship forms and EMAST T-shirts.

Action Mesothelioma Day on Friday 4th July 11am until 3pm

The highlight of our fundraising week will be Action Mesothelioma Day. Once again we are inviting you to 'Go Blue for Meso' and join us in Nottingham, this year, at The Belgrave Rooms on 25 Goldsmith Street, Nottingham. There is on site parking and for those travelling by public transport, a Tram will take you from the Train station to Goldsmith Street. Please book your place now!

There will be a variety of speakers and lunch. This is a powerful day of remembrance and awareness and a fitting highlight of a week of community-driven support and action.

We are also asking you to get involved by lighting up your home or contacting a prominent landmark in your local area to light up blue on this day. By doing so, you'll be helping to put a spotlight on a disease that deserves more attention.

So please – get involved, get creative and help us continue providing much-needed support to those affected by asbestos-related illness across the East Midlands. Together, we can make a real difference.

For more information or to tell us about your fundraising plans, please get in touch today!

BREATHING SPACE SPONSORED WALK

Wednesday 2nd July, 11am
CROMFORD WHARF, MILL RD, DE4 3RQ

Organised by the Derby Stepping Stones Group. Meet at 11am in Cromford Mills Car Park for a gentle 1.4 mile walk along the canal tow path to Aquaduct Cottage before we turn round and head back for refreshments at the cafe.



Contact us for

- ✓ Sponsorship forms
- ✓ EMAST t- shirts
- ✓ Other merchandise available

BOOK NOW



01246 380415

ACTION MESOTHELIOMA DAY

GO BLUE FOR MESO

Friday 4th July, 11am - 3pm



**VARIETY OF
SPEAKERS**



**BELGRAVE ROOMS
25 GOLDSMITH ST,
NOTTINGHAM NG1 5LB**



**FREE PARKING
AND LUNCH**

Help shine a light on mesothelioma, raise vital funds, and honour those affected

BOOK NOW: 01246 380415

The Months of May and June

May steps in with blossom bright,
A crown of hawthorn, pure and white,
With gentle winds and skies of blue,
She wakes the world with morning dew.

The blackbird calls, the bluebells ring,
And all the woods begin to sing.
She paints the fields in shades of green,
A softer light, a gentler scene.

Then June arrives with warmer breath,
And roses bloom in fullest depth.
The days stretch long, the sun climbs high,
And larks are woven through the sky.

She hums with bees and summer's tune,
And blushes gold beneath the moon.
With strawberries ripe and garden fairs,
And scents of jasmine on the stairs.

Together, May and June entwine,
A fleeting spell, a touch divine.
Two sisters dancing, young and free,
The soul of spring, the start of glee.

So let us walk where wild things grow,
And feel the months like rivers flow.
For in their arms, we find once more,
The greenest days we're longing for.

The Times Lawyer of the Week

Congratulations to Sarah Kennerley-Fawcett who has been named The Times Lawyer of the week. Sarah is a Senior Solicitor at Thompsons, one of our Panel Solicitors.

See the article below. Sarah successfully acted for Malcolm Gelsthorpe who was a vintage train engineer. He was awarded a significant sum of compensation by the High Court, after being exposed to asbestos dust while restoring carriages of the Orient Express. Sadly Malcolm died in March.

In the interview below, Sarah is asked what law she would enact. She responded with: "One requiring the safe removal of asbestos, prioritising high risk settings such as schools and hospitals, along with a central register to record the location and condition of asbestos. Asbestos is not a historic issue and still causes the deaths of more than 5,000 people each year"

Well done Sarah!

THE TIMES

THE TIMES | Thursday April 10 2025

Lawyer of the week Sarah Kennerley-Fawcett

Sarah Kennerley-Fawcett, a lawyer at Thompsons Solicitors, successfully acted for Malcolm Gelsthorpe, a vintage train engineer who was awarded £495,000 by the High Court after being exposed to asbestos dust while restoring carriages of the Orient Express. Having done the work at the Steamtown Railway Museum in Carnforth, Lancashire, in the early 1980s, he was later diagnosed with cancer and sued his final employer, St Hogs Property Investments. Gelsthorpe died last month.

What were the biggest hurdles you had to overcome in this case? This was a novel claim in which the defendant denied that my client had been exposed to asbestos. It was therefore necessary to secure

persuasive evidence to put forward a strong case at the court hearing.

What is the best decision you have taken as a lawyer? Deciding to specialise in asbestos. It is an emotive area of law, and although challenging, it is immensely rewarding. It is an honour and privilege to be invited by clients into their homes when they are at their most vulnerable.

Who do you most admire in the law? Those in any area who fight for

the victims of injustice, unfairness and inequality.

What's the best advice you have received? Trust your instincts. Always fight for the good cause and never give up.

What is the funniest thing that has happened in your job? A client once told me that he had had lunch with an alien. I omitted it from his witness statement.

What are the best and worst aspects of being a lawyer? The best is making

a positive difference to a client's life. The worst is not having a nine-to-five job and taking the job home.

What law would you enact? One requiring the safe removal of asbestos, prioritising high-risk settings such as schools and hospitals, along with a central register to record the location and condition of asbestos. Asbestos is not a historic issue and still causes the deaths of more than 5,000 people each year.

What is your favourite cocktail? Any — if I have managed to get to the end of the week.

Catherine Baksi
catherinebaksi@hotmail.com



GARDENING CLUB

Gentle Gardening Tips for Seniors this Spring

As the days grow longer and the first signs of spring appear, many seniors may feel inspired to step outside and enjoy the beauty of their gardens. Gardening is a wonderful way to stay active, boost mood and connect with nature. However, it's important to approach gardening gently, especially if mobility or energy levels are a concern. Here are some gentle gardening tips to help seniors enjoy the season in a safe and manageable way.

1. Choose Low-Maintenance Plants

Opt for plants that are easy to care for and don't require constant attention. Hardy perennials like lavender, geraniums and hostas are great choices—they come back year after year and require minimal effort. Low-growing flowers, such as pansies and primroses, can also be a bright addition without the need for too much bending or heavy lifting.



2. Use Raised Beds or Containers

Raised garden beds or containers are ideal for seniors as they reduce the need to bend or kneel. By raising the planting area, it's easier to tend to plants without straining the back or knees. Container gardening is also versatile and can be placed in sunny spots or on patios, making it perfect for small spaces or limited mobility.

3. Keep Tools Lightweight and Ergonomic

Using the right tools is essential for making gardening easier and more enjoyable. Look for lightweight, ergonomic tools that are designed to reduce strain on your hands and wrists. Tools with padded grips, long handles and curved designs can help prevent discomfort while making tasks like weeding and pruning more manageable.



4. Plan for Shorter Gardening Sessions

Instead of spending hours in the garden, try shorter sessions throughout the day. Start with 15–20 minutes and gradually build up as you feel comfortable. Regular breaks are important to avoid overexertion. This way, you can enjoy the gardening process without feeling rushed or fatigued.

5. Stay Hydrated and Protect from the Sun

Gardening in the spring sunshine can be enjoyable, but it's essential to stay hydrated and protect yourself from the elements. Make sure to drink plenty of water before, during and after gardening. Wearing a wide-brimmed hat and applying sunscreen will also help protect your skin while you work outside.

6. Get Help When Needed

It's perfectly fine to ask for a little help with heavier tasks, such as lifting bags of compost or moving larger pots. Many local community groups offer assistance and family or friends may be more than happy to lend a hand. Don't be afraid to accept support when it's needed.

7. Enjoy the Process, Not Just the Outcome

Gardening should be a relaxing and fulfilling activity. Focus on the joy of planting, watching things grow and connecting with nature. The results will be all the more satisfying when you approach gardening at your own pace and allow yourself time to enjoy the process.

With these simple, gentle gardening tips, you can make the most of your spring garden, staying active and enjoying the beauty of nature without overexerting yourself.

We are always keen to hear if you have any gardening tips or pictures to share. We'd love to hear if you have visited a beautiful garden too! Please email emast.admin@emast.org.uk



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PLEASE CONTACT US ON 01246 380415 FOR MORE INFORMATION



A sincere thank you for all of your generous donations to EMAST. Your contributions have helped to fund our work including benefits advice, bereavement support and awareness raising. Below are more ways that you can help!



1 Make an online donation through the Local Giving website www.localgiving.org/charity/east-midlands-asbestos-support-team. You can also make a one off donation or make instructions for a standing order via your bank. Please use the form at the back of the magazine.

2 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

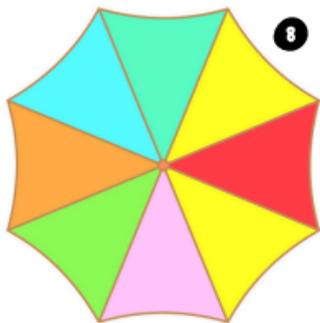
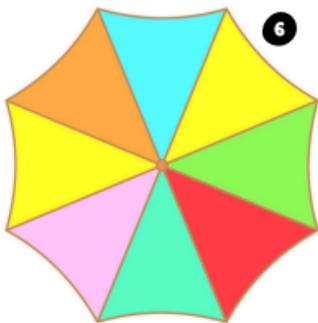
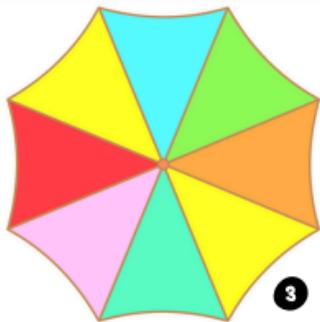
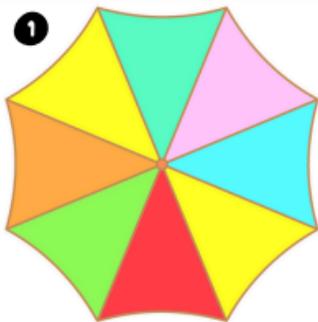
3 Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to EMAST. Go to www.vintagegiving.com

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.



POINT OF VIEW

Try to match up the top view and side view for four different umbrellas.

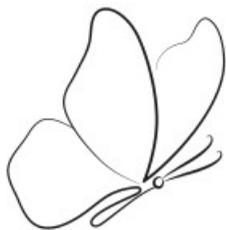
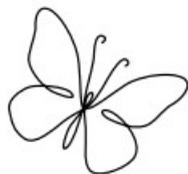


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Spot the Difference



FIND 8
DIFFERENCES



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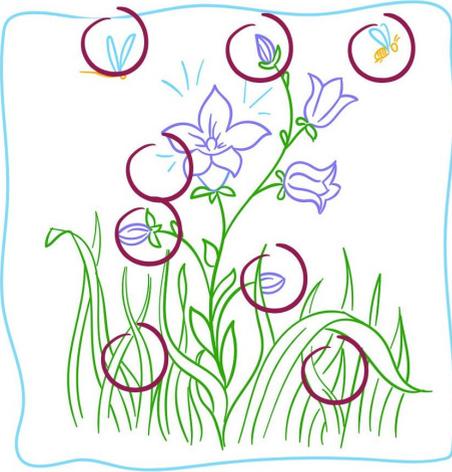
Adult Colouring



Puzzle Answers

Spot the Difference

Point of View



1 & 7
3 & 2
6 & 5
8 & 4



Contact details for EMAST

Post: 1 Rose Hill East, Chesterfield, Derbyshire, S40 1NU
Tel: 01246 380415



East Midlands Asbestos Support Team

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



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**PLEASE MAKE ALL CHEQUES PAYABLE TO 'EMAST'
AND SEND WITH THIS FORM TO:
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You can also make a BACS payment (please call us on 01246 380 415 for our bank details) or donate at www.localgiving.org/charity/east-midlands-asbestos-support-team

THANK YOU FOR YOUR DONATION