

STEPPING FORWARD.....

ONE SMALL STEP AT A TIME



East Midlands Asbestos Support Team

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



Bereavement Magazine Aug – Sept 2026

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Post: 1 Rose Hill East, Chesterfield, Derbyshire S40 1NU

Tel: 01246 380415

Email: emast.admin@emast.org.uk

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 and share our posts to help raise awareness



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Welcome to our Summer edition of Stepping Forward. As I write this, the days are longer, the gardens are in full bloom and more than a little scorched in places!

Hopefully, we've all managed to find ways of keeping cool and hydrated in the scorching weather we have been having! Summer is often a time for getting outdoors, meeting up with family and friends, or simply taking a few moments to appreciate the world around us. We hope this edition inspires you to do just that.

Inside, we're looking back at another memorable Action Mesothelioma Day, where our community came together to remember loved ones, support one another and continue raising awareness of asbestos-related disease. It was a moving and uplifting occasion, and we're pleased to share some of the photographs that capture the spirit of the day.

You'll also find an update on our Breathing Space project with Derbyshire Wildlife Trust. This wonderful partnership continues to flourish, creating peaceful places where people can pause, reflect and enjoy the restorative power of nature. If you weren't able to join us at our recent event in Cromford, our feature tells the story of how this special project is making a lasting difference.

Sadly, we also bring you news about the increasing number of product recalls because they are contaminated with asbestos, these include children's toys and craft products! We encourage all our readers to contact their MP's about this worrying trend.

We're also delighted to include one of our readers' holiday memories from Scotland. It's a lovely reminder that, even after difficult times, there are still new places to discover, beautiful scenery to enjoy and happy memories waiting to be made.

And because no summer magazine would be complete without celebrating the season, we've taken a closer look at one of Britain's happiest flowers—the sunflower. Bright, cheerful and always turning towards the light, it's a fitting symbol of hope, resilience and optimism.

Alongside these features you'll find all your usual favourites, including EMAST news, forthcoming events, updates, puzzles and much more. As always, we'd like to thank everyone who has contributed to this issue. Whether you've shared your experiences, sent us your photographs, supported our events or simply continued to be part of the EMAST family, you help make Stepping Forward what it is - a magazine created by and for people who understand the importance of friendship, compassion and community.

We hope you enjoy this Summer edition. Wherever you're reading it - whether in your garden, on holiday, or with a cup of tea in your favourite chair - we hope it brings you a smile, keeps you informed and reminds you that you're never alone. Happy reading, and have a wonderful summer.

With Warmest Wishes

Jo Reeve

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” –

James Dent





**Are you a member of
a community group
or union branch?**

**Perhaps Rotary, WI, RAOB,
Masonic Lodge, Inner Wheel,
Oddfellows, U3A etc?**

**The Team at EMAST are
always happy to come along
to your group to give a talk.**

**We can speak about EMAST
and our work, the history of
asbestos, justice for asbestos
victims or welfare benefits
and compensation.**

**Please contact the office to
find out more or to book a
speaker for your event.**

Speakers

SHED SPEAK

By Dave Macgregor



The Summer House

Hi guys.

It's been a busy time since we last spoke; we marked Action Mesothelioma Day at the Silk Mill in Derby, and it was nice to see a few of the guys there. There were some great raffle prizes. The food was great too; I was somehow roped into a part in Jo's play, which was fun. You can read all about it in this magazine.

We had the Cromford walk with a great talk from Amy from Derbyshire Wildlife Trust. Due to the extreme heat, sadly some had to drop out and only a few were able to manage the walk.

The Nottingham and Derby bereavement groups had a great day at Uttoxeter races. We had a hospitality box, which was arranged by my daughter Jo.

I really had a hard day keeping control of the ladies, being the only man. It really was a great day, and we raised £110 for EMAST. There are some pictures for you to see. Hopefully we will do this again in the future.

I hope you are all looking after yourselves during this very hot weather. Please remember to drink loads of fluids.

Have you been on holiday this year? We would love to hear about your adventures.

Before I go, do you have any ideas to help us increase the number who attend the Bereavement groups? I'd love to be able try anything that would increase the numbers. I would say I have made some great friends in these groups and have had lots of fun and laughs.

Until next time, think about joining a group.

Regards
Dave

Many thanks to everyone who supported Action Mesothelioma Day at the wonderful Museum of Making in Derby.

The day began with a reflection to honour and remember those who have died from Mesothelioma. There was a presentation about Thermal recycling, which 'de-natures' asbestos, saving it from landfill and turning it into Calmag that can be used safely in construction. There was a heartfelt talk from the Regional Officer for UNITE, Katie Morris and a short drama showing the depths that the asbestos industry have and will go to! Special thanks to:

- Unite Regional Officer Katie Morris, for her very personal and heartfelt talk;
- to Graham Gould of Thermal Recycling for the fascinating presentation, giving hope for the future;
- to our talented band of thespians who helped tell the story of 'The Spy Among Us';
- everyone who bought raffle tickets and everyone who made an Action pledge!

The most common pledges made were:

- share their stories,
- make renewed efforts to spread the word about mesothelioma
- contact their local MP's about more action needed, asbestos in consumer products, thermal recycling, and asbestos removal
- raise awareness through their own social media
- keep on fighting and keep on living!





Sunflowers: The Golden Giants That Never Go Out of Style

There's something irresistible about a sunflower.

Perhaps it's the unapologetic splash of sunshine they bring to a garden, or maybe it's their remarkable ability to make even the greyest day feel just a little brighter. Whatever the reason, these golden blooms have earned a place in our hearts—and our flower beds—for centuries.

A walk past a field of sunflowers is an experience in itself. Hundreds of bright yellow faces stretch towards the horizon, swaying gently in the breeze like a crowd at an outdoor concert. It's impossible not to slow down, take a photograph, or simply stop and admire nature's own display of optimism.

But beneath those cheerful petals lies an extraordinary story. Young sunflowers are famous for their daily dance with the sun. As daylight moves across the sky, they slowly turn their heads from east to west, soaking up every precious ray. Scientists call this heliotropism, but it feels more like the flowers are determined to squeeze every last drop out of the day. Once fully grown, they settle facing east, ready to welcome each sunrise with quiet confidence.

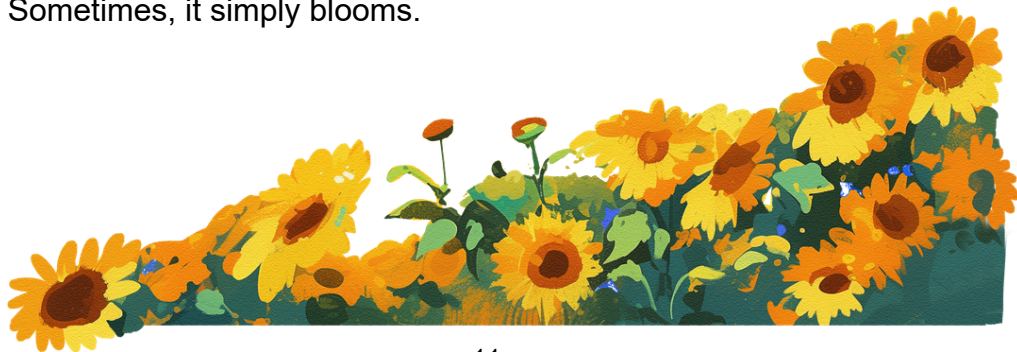
Then there's their impressive stature. While many flowers are content to stay close to the ground, sunflowers have loftier ambitions. Some varieties can grow taller than a double-decker bus is wide, reaching over three metres in height. They're the gentle giants of the garden, commanding attention without ever appearing boastful. Of course, they're not just beautiful—they're incredibly generous too. Bees buzz happily from bloom to bloom, butterflies pause for a quick visit, and birds eagerly await the ripening seeds later in the season.

Even people benefit, with sunflower seeds becoming nutritious snacks and sunflower oil finding its way into kitchens around the world. Few plants give back quite so much.

Sunflowers have inspired artists, poets and dreamers for generations. Vincent van Gogh famously immortalised them in a series of paintings that continue to captivate audiences more than a century later. Their simple beauty has become a symbol of joy, loyalty and hope across many cultures—a reminder that even the simplest things can leave the greatest impression.

Perhaps that's why growing sunflowers has become something of an annual tradition for families. Children delight in measuring them week after week, turning gardening into a friendly competition to see whose plant reaches the greatest height. It's one of those rare activities that combines patience, curiosity and just a little bit of wonder. And maybe that's the sunflower's greatest gift.

In a fast-moving world, these remarkable flowers ask us to pause. To look up. To notice the warmth of the sun, the hum of bees, and the quiet beauty of something growing steadily towards the light. So this summer, whether you're planting a single seed in a pot or wandering through a sea of golden blooms, take a moment to appreciate the flower that seems to smile without saying a word. Because sometimes happiness doesn't arrive with great fanfare. Sometimes, it simply blooms.





Asbestos in Consumer Products: Why We Must Speak Up

In recent months, families across the UK have been shocked to see a number of consumer products recalled because they may contain asbestos.

Many of the affected items have been children's toys, craft kits and sand-based play products. For those of us who support people living with asbestos-related diseases, this news is deeply concerning. We know too well that asbestos is not simply a material from the past. It remains a real public health issue today.

Asbestos has been banned in the UK for many years, yet these recalls show that contaminated products can still reach homes, schools and nurseries. That should worry everyone.

Why this matters

Asbestos is dangerous when tiny fibres become airborne and are breathed in. Exposure can lead to serious diseases, including mesothelioma, lung cancer and asbestosis. These illnesses often take many years to develop, which is why preventing exposure now is so important.

Government guidance is clear: there is no safe level of asbestos in consumer products. If asbestos is found, the product should be recalled.

For people already affected by asbestos-related disease, these recalls may feel distressing and frustrating. Many families have spent years campaigning for better awareness, stronger controls and safer environments. To see asbestos appearing in modern consumer goods, especially products used by children, is unacceptable.

What should consumers do?

Anyone concerned about a recalled product should check the official GOV.UK product safety recalls list and follow the specific advice given by the retailer or manufacturer.

General advice includes:

- stop using the product immediately;
- keep it away from children;
- avoid creating dust;
- do not shake, sweep or vacuum loose material;
- use wet cloths for careful clean-up where advised;
- follow the retailer's return or disposal instructions;
- contact the retailer or local authority if unsure.

This is not about causing panic. It is about taking sensible precautions and making sure the public has clear, reliable information.

A wider problem

These recalls raise important questions.

How did asbestos-contaminated materials enter the supply chain? Were products tested properly before sale? Are import checks strong enough? Are online marketplaces doing enough to protect consumers? Are schools, nurseries and parents being informed quickly and clearly?

These are questions that should be asked in Parliament, not left only to affected families and campaigners.

Please contact your MP

We are asking readers to help raise awareness by contacting their Member of Parliament.

You do not need to be an expert. You simply need to explain why this matters.

You may wish to ask your MP to:

- raise the issue of asbestos-contaminated consumer products in Parliament;
- ask what action the Government is taking to prevent further contaminated goods entering the UK;
- support stronger product testing and import controls;
- call for clearer public communication when recalls are issued;

- ensure schools, nurseries and childcare settings receive timely guidance;

A short email can make a difference. MPs are more likely to act when they hear directly from constituents.

Here is a suggested message to your MP

Dear [MP's name],

I am writing as a constituent because I am concerned about recent UK product recalls involving asbestos-contaminated consumer goods, including children's craft and sand-based products.

Asbestos is a banned and dangerous substance. Many families already live with the devastating consequences of asbestos-related disease, including mesothelioma, lung cancer and asbestosis. It is extremely worrying that products containing asbestos may still be reaching homes, schools and nurseries.

Please could you raise this issue with the relevant Minister and ask what steps are being taken to strengthen product testing, import controls, marketplace regulation and public recall communication?

I would also be grateful if you would support greater awareness of asbestos-related disease and the need to prevent all avoidable exposure.

Yours sincerely,

[Your name]

Together

we can make a difference

Asbestos should not be in our homes, our workplaces, our schools or our children's toys.

Every recall is a reminder that vigilance still matters.

By speaking up, sharing information and contacting our MPs, we can help protect future generations from the harm asbestos has already caused to so many families.



Contact your MP



Raise awareness



Support stronger protections



Protect future generations



Your voice matters. Our future depends on it. *Thank you.*

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Could you consider supporting our magazine by sponsoring its production? Each issue costs £1.50 to produce, and with your help we can continue to provide a valuable resource for our community.

Our magazine plays an important role in offering

support, information, and connection to those we serve. Any contribution, no matter the size, would make a meaningful difference and help ensure we can keep it available to those who rely on it. If you would like to discuss sponsorship or find out more about how your support could help, we would be very pleased to hear from you.



Thank you to Ruth Jackson for sending in the following about her holiday in Scotland.

At the end of May, I travelled to Fort William on a coach holiday. We stopped at Moffat on the way, a lovely, quaint town full of history. We went to Clansman Harbour to board a Jacobite cruise ship to go to the deepest part of Loch Ness. We didn't get to see Nessie, but had a lovely time, nonetheless.

We then travelled on to Inverness, lots to see and a beautiful castle. The following day we went to Eilean Donan Castle, which was absolutely stunning; my photo looks like a painting.

We also went over the sea to Skye and visited the colourful harbour of Portree. We drove "the famous road to the isles" and stopped at Glenfinnan Monument and Viaduct for a photo opportunity.

The next day, from Fort William we travelled to the famous Jacobite Railway, described as one of the greatest railway journeys in the world.

This section of the West Highland Line travels over Glenfinnan Viaduct made famous in the Harry Potter films. The journey is nearly 2 hours long both ways, and we went on for some free time in Mallaig before our return train journey. It was a fantastic day, and people stood on the hills waving to us.

On the journey back, we stopped off at Gretna Green before making our way home. A really lovely memorable holiday.

Ruth's Scottish adventure





How did you find Sarah
Winman's book, *Still Life*?

At its heart, *Still Life* is about love in all its forms, the families we create, and the beauty we find in each other's imperfections. Through the decades, from post-war London to Florence, Winman shows how life can be filled with art, laughter, loss, and acceptance. *Still Life* captures the pulse of Florence, blending art with life and showing how beauty, friendship, and connection endure, no matter the distance or time. I really enjoyed it.

Our next book recommendation is ***The Kite Runner* by Khaled Hosseini**.

The Kite Runner is a coming-of-age novel about friendship, betrayal, grief, and loss. It tells the story of two boys who grew up together as the closest of friends despite their differences in heritage, ethnicity, background, and privileges.

Although a deeply gripping novel, it is also at times shocking and hard to read, as Hosseini spares no details in divulging the suffering of his characters.

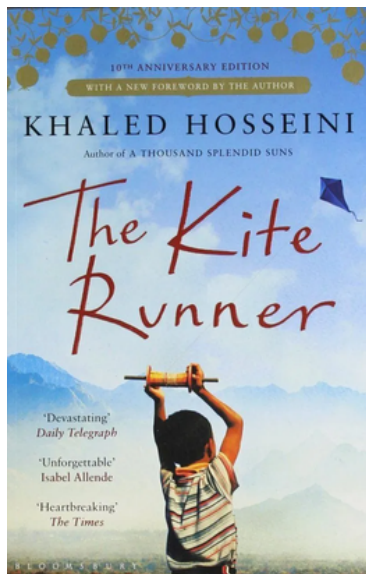
Amir is a young boy in Afghanistan who lives a privileged life as the son of one of the rich men in Kabul. Hassan, the son of the families' servant, is loyal to Amir and is his companion throughout his young life. When Amir, in a moment of uncertainty betrays Hassan, both of their lives are changed forever. As an adult living in America, Amir must return to Afghanistan to seek the redemption for the betrayal that has haunted him throughout his life. The themes of betrayal and redemption feature heavily throughout the story; as the stories of Amir's life and what is happening in his country of Afghanistan become interwoven.

Here are some questions for you to ponder as you read the book.

1. Amir watches Hassan's assault and does nothing. He then spends decades running from this guilt. Is Amir's guilt productive — does it ultimately lead to redemption — or is it self-indulgent?
2. The kite-running competition is the novel's central metaphor. What does the kite represent, and how does its meaning shift throughout the novel?
3. The novel spans decades of Afghan history — from the monarchy through the Soviet invasion, the mujahideen, and the Taliban. How does Hosseini weave personal narrative and political history together?
4. Hosseini has said he wanted Western readers to see Afghanistan as more than a war zone. Does the novel succeed in this goal? What do you know about Afghan culture from reading it that you did not know before?

5. Sohrab's silence after his suicide attempt is one of the novel's most painful elements. What has been taken from this child, and what can Amir realistically offer him?

Please let us know what you thought of the book and perhaps give us a book recommendation of your own.



Summer's Promise

The morning sun warms sky and trees,
A gentle breeze drifts softly by.
The flowers bloom, the birds all sing,
While swallows dance across the sky.

Take time today to pause awhile,
Enjoy a smile, a cup of tea.
The smallest moments often bring
The greatest gifts so quietly.

A helping hand, a kind hello,
The scent of roses after rain—
These simple joys remind us all
That hope can blossom once again.

So may this summer bring you peace,
Bright days to treasure, skies above,
And gentle moments filled with hope,
Friendship, comfort, light and love.

Anonymous

Breathing Space: Where Nature Helps People Heal

In July, we welcomed members and supporters to the Gothic Warehouse in Cromford for another inspiring update on our long-term Breathing Space project. Amy Bennett from Derbyshire Wildlife Trust gave a fascinating presentation, sharing the latest developments at Lea Wood and highlighting how our partnership continues to create places where people can pause, reflect and reconnect with nature.

The afternoon was due to conclude with a guided walk along the Cromford Canal to Aqueduct Cottage, allowing everyone to experience the project first-hand. However, with temperatures soaring during one of the hottest days of the summer, many who had hoped to join us understandably decided against venturing out. A small but enthusiastic group braved the heat and enjoyed exploring the beautiful woodland setting.

For those who were unable to attend—or for anyone wondering what ‘Breathing Space’ is all about - we hope you enjoy this feature on a project that demonstrates how nature can bring comfort, wellbeing and hope. We are delighted that our partnership with Derbyshire Wildlife Trust has created places to pause, reflect and reconnect with nature. Sometimes the greatest gift isn't something we can hold in our hands - it's the chance to stop.



In today's fast-paced world, finding a moment of peace can feel like a luxury. Yet for people living with the impact of asbestos-related disease or bereavement, time spent in nature can offer something remarkably powerful: space to breathe, reflect and begin to heal.

That simple idea lies at the heart of “Breathing Space”. The project combines conservation with compassion, creating welcoming places where visitors can slow down, appreciate the natural world and enjoy the wellbeing benefits of being outdoors.

A Woodland with a Story to Tell - The setting for the project is Lea Wood, a magnificent 30-hectare ancient woodland overlooking the Derwent Valley. Gifted to Derbyshire Wildlife Trust by the local community in 2012, the woodland is rich in both wildlife and history. Once an important source of timber, stone and fuel for local industry during the Industrial Revolution, it has gradually been reclaimed by nature, becoming one of Derbyshire's hidden gems.

Walk through Lea Wood today and you'll discover carpets of bluebells and wild garlic in spring, colourful fungi in autumn and birdsong echoing through mature woodland throughout the year.

Derbyshire Wildlife Trust has carefully managed the site to allow natural processes to flourish, creating a resilient habitat for rare plants, fungi, butterflies, woodland birds and countless other species.



Nature as Therapy - Research consistently shows that spending time in green spaces can reduce stress, improve mood and support both physical and mental wellbeing.

For EMAST, whose members often face life-changing diagnoses or the loss of loved ones, this connection between nature and wellbeing has become an important part of supporting the community.

As Amy Bennett, Derwent Valley Living Landscapes Officer, explains, we are all guilty of allowing life to rush by. The Breathing Space project encourages people to do the opposite - to pause, notice the changing seasons and simply enjoy being present in beautiful surroundings.

Creating Places to Pause - With generous support from the friends of EMAST, Breathing Space has transformed Lea Wood with a series of thoughtfully positioned oak benches, handcrafted and installed with the help of dedicated volunteers. Each bench has been carefully placed to make the most of the woodland's spectacular setting. One sits peacefully beside the Cromford Canal, another overlooks Pees Leas Meadow and the River Derwent, while another provides a tranquil viewpoint opposite the historic Aqueduct Cottage. Together they offer quiet places for visitors to rest, reflect or simply listen to the sounds of the woodland. The project also includes sculptures, improved access and interpretation, making it easier for people of all ages and abilities to enjoy this remarkable landscape.



Looking After Wildlife, and Ourselves - Lea Wood is much more than a beautiful place to visit. It is a thriving ecosystem where Derbyshire Wildlife Trust continues to restore habitats, encourage natural woodland processes and support biodiversity. From colourful fungi and ancient wildflowers to pied flycatchers returning from Africa and rare woodland insects, the reserve demonstrates how careful conservation can benefit both wildlife and local communities. Even innovative conservation techniques, including using pigs as "ecosystem engineers" to mimic the natural disturbance once created by wild boar, are helping the woodland flourish.

Stronger Together - Breathing Space is a wonderful example of what can happen when organisations come together with a shared purpose. Derbyshire Wildlife Trust brings expertise in protecting nature, while EMAST understands the importance of supporting people through some of life's most difficult experiences.

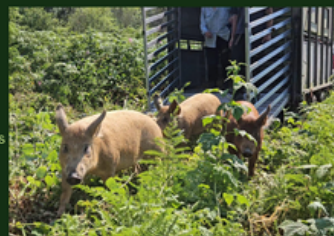
Together we are creating something far more valuable than benches or pathways. We have created opportunities - for conversation, quiet reflection, remembrance and hope. Because sometimes healing begins with something wonderfully simple: taking a seat beneath the trees, listening to birdsong and remembering to breathe.

Breathing Space: Sculptures



PIGS!

- Wild boar proxy – missing natural process
- Ecosystem Engineers
- Meadow restoration





**Join the
EMAST
200 Club
today!**



Congratulations to our June 200 Club winner Carol Harvey, who also won 2 rollover months of winnings with her number 127! We'd also like to give a big thank you to her for very kindly donating a third of her prize back to us.

To join or purchase additional numbers, please get in touch at admin.assistant@emast.org.uk or 01246 380 415. Numbers are £2 each per month, with each month's winner receiving half the proceeds and EMAST receiving the other half.

Thank you to all our members for your participation and support - regular donations really make a difference to our small charity.

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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!

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



JOHN
LEWIS



The Quiet Strength of Our Community

Grief has a way of changing us. It can arrive suddenly, even when we have known for months that a loved one's illness was terminal. It can also linger quietly, appearing years later in moments we least expect. There is no timetable, no finish line, and certainly no "right" way to carry the loss of someone who died from an asbestos-related disease.

One of the things that makes our community unique is that we understand not only the pain of losing someone we love, but also the anger and injustice that often accompanies that loss. Knowing that a husband, wife, parent, sibling or friend became ill because they were exposed to asbestos - often simply by going to work or supporting someone who did - can make bereavement feel particularly complicated. Yet, alongside that shared experience is something incredibly powerful: understanding.

Whether you have joined us recently or have been part of this community for many years, you know that there is comfort in speaking with someone who simply "gets it." Sometimes there are no words of advice, only a nod of recognition, a shared memory, or a quiet conversation over a cup of tea. Those moments remind us that we are not walking this road alone.

Many people tell us that in the early months after their bereavement they felt isolated. Friends and neighbours were kind, but gradually life moved on for everyone else. They were left wondering why the grief still felt so overwhelming. Others tell us that years later they still have difficult days - birthdays, anniversaries, family celebrations or even an ordinary afternoon when a familiar song or photograph brings everything rushing back.

The truth is that grief does not disappear. Instead, we slowly learn how to carry it alongside our lives.

Our community is made up of people at every stage of that journey. Some members are taking their very first steps after losing someone. Others have travelled this path for many years and now find themselves offering reassurance to those who are newly bereaved. Both roles are equally valuable.

By sharing our stories, we honour the people we have lost. We keep their memories alive while also giving hope to someone who may be wondering if life will ever feel manageable again.

If you are reading this as someone newly bereaved, please know that you do not have to face everything at once. Be gentle with yourself. Accept support when it is offered, even if that simply means sitting with others who understand.

If you have been part of our community for many years, thank you. Your kindness, your willingness to listen, and your honesty about your own journey provide reassurance that cannot be found in any book.

You can reach out to us by telephone, email or posting on our facebook Bereavement Group, or come along to one of our Bereavement Groups, you will be made very welcome.

Together we remember. Together we support one another. And together we continue to build a community where every person's grief is acknowledged, every loved one is remembered, and no one has to feel alone.

Stepping Stones Bereavement Support Groups

Kettering

Here are some of the people who come to our Kettering group. We have a lovely venue in the Loasby Room at St Andrew's Church, Lindsay St, Kettering, NN16 8RG



We meet the 2nd Tuesday of each month from 11.30am - 1.30pm a light lunch will be provided. The dates for our upcoming meetings are: **11th August; 8th September; 13th October**

Derby

Our Derby group meets up for lunch at **The Silk Mill pub** at 19 Full St, Derby DE1 3AF on the 3rd Wednesday each month, 12noon - 2pm.



Our upcoming meetings are: **19th August; 16th September; 21st October.**

There is a lovely light bites lunch menu as well as a comprehensive main menu. Please come and join us! We look forward to welcoming newcomers as well as old friends.

Nottingham

Our Nottingham group meets in the church hall at the rear of St Peters Church, St Peter's Gate, Nottingham, NG1 2NW

We meet on the last Friday of each month 10am-12pm. The dates for our upcoming meetings are:

28th August; 25th September; 30th October



Newcomers always warmly welcomed.

Leicester Stepping Stones Bereavement Support Group

Meeting on the 3rd Thursday of each month at the Quaker Meeting House, 16 Queen's Road, Leicester LE2 1WP between 10:30 – 12:30 refreshments and cake will be provided.



A welcoming and safe space to meet others who have similar experiences, and 'Get it!' Where, over a cuppa and cake you can speak openly about how you are coping...or not, make new friends and feel part of a community.



If you are nervous about coming along, bring a friend, or give our friendly team at EMAST a call on 01246 380415

THE LITTLE THINGS THAT KEEP MEMORIES ALIVE

LITTLE MOMENTS BIG MEMORIES

When we think about remembering someone we love, we often imagine the big occasions - birthdays, anniversaries, Christmas or family gatherings. Those days matter deeply, but many bereaved people tell us that it is the little things that keep their loved one's memory closest.

It might be making a favourite recipe exactly as they did, hearing a song they always sang in the car, or walking the same familiar route where countless conversations once took place. It could be the smell of fresh coffee, the sight of a well-worn gardening tool, or finding an old shopping list tucked into a drawer.

These small moments can catch us by surprise.

Sometimes they bring tears. Sometimes they bring a smile. Often they bring both at once.

For those whose loved one died from an asbestos-related disease, these memories can be especially precious. The illness may have changed daily life in ways none of us expected. Hospital appointments, treatments and caring responsibilities may have overshadowed ordinary family routines. As time passes, many people find comfort in reconnecting with memories that belong to the whole of that person's life—not just their illness.

There is no right or wrong way to remember.

Some people create memory boxes filled with photographs, letters or treasured keepsakes. Others enjoy telling stories to grandchildren so that younger generations grow up knowing the personality, humour and values of the person they never had the chance to meet properly.

Many simply speak their loved one's name in everyday conversation, refusing to let their memory fade.

One member of our community recently said, "I realised I didn't have to stop talking about him just because other people had stopped asking."

Those words resonate with many of us.

Grief changes over time, but love remains constant. Talking about the people we have lost is not living in the past - it is recognising that they continue to shape who we are today. If you ever wonder whether anyone else remembers in the same way you do, the answer is almost certainly yes. Somewhere within this community, another family is smiling at an old photograph, making a familiar meal, or pausing for a quiet moment because a simple everyday memory has appeared unexpectedly.

Perhaps that is one of the greatest gifts of belonging to a bereaved community. We remind one another that remembering is not something to be hidden or hurried. It is an act of love that continues long after loss.

So, this month, perhaps take a moment to remember one small thing - a favourite saying, a shared joke, a treasured habit. Share it with someone if you can.

Because every story told keeps a life remembered, and every memory shared strengthens the bond that connects us all.



THANK YOU!



A huge thank you to the wonderful ladies, and the gentleman, from our Derby and Nottingham Bereavement Support Groups, who recently arranged a joint trip to Uttoxeter Races.

A special thank you also goes to Dave's daughter, Jo, who kindly arranged for the groups to have a box and refreshments, giving everyone a welcome chance to escape the heat of the sun. The groups even placed a bet on behalf of EMAST.

We are so grateful for the generous donation of £110.

This kind of activity really shows some of the many benefits of joining one of our bereavement support groups. You receive amazing support from people who understand, make new friends, and enjoy wonderful trips out and adventures together.



Thank you so much to the Nottingham and Derby Groups for your kindness, support and generosity ❤️



Gardening Club

Gardening Through Late Summer

Easy Gardening Tips for August and September

There's something very satisfying about the late summer garden. Borders are bursting with colour, vegetables are ready for harvesting, and there's still plenty to enjoy before autumn arrives. Better still, most gardening jobs at this time of year are gentle and can be done at your own pace.

Here are a few simple ideas to keep your garden looking its best.



Keep Watering Wisely

If the weather is warm, water plants thoroughly once or twice a week rather than giving them a light sprinkle every day. Early morning or evening is the best time, helping the water reach the roots before it evaporates.

If bending is difficult, a watering can with a long spout or a lightweight hose attachment can make the job much easier.



Deadhead Summer Flowers

Regularly remove faded blooms from roses, dahlias, cosmos and geraniums. This encourages the plants to produce more flowers and keeps borders looking colourful well into autumn.

A comfortable garden stool or kneeler can make this task much kinder on the knees and back.



Harvest Little and Often

August is one of the busiest months for harvesting.

Tomatoes, runner beans, courgettes, cucumbers and beetroot all benefit from being picked regularly. The more you harvest, the more many plants will continue to produce.

Don't forget to share any surplus with neighbours or family, home-grown vegetables always taste better when shared!



Feed Hanging Baskets and Containers

Plants growing in pots quickly use up their nutrients.

Adding a liquid feed every week or two will help keep flowers blooming until the first frosts.

Plan for Next Spring

September is the perfect time to plant spring-flowering bulbs such as daffodils, crocuses and alliums. Watching them emerge after winter is always a welcome sight.

If you're planting lots of bulbs, a long-handled bulb planter can save bending.

Tidy - but Not Too Much

As flowers finish, it's tempting to clear everything away. Instead, leave some seed heads for birds and insects. They also add interest to the garden during autumn and winter.

Only remove diseased plants and weeds that are likely to spread.

Divide Perennials

If plants such as hostas, daylilies or hardy geraniums have become overcrowded, September is an excellent time to divide them. Not only does this keep plants healthy, but you'll have new plants to fill gaps or give away.

Look After Garden Wildlife

Keep bird baths topped up with fresh water and continue feeding garden birds if natural food is scarce. Leaving a small corner of the garden slightly wild provides valuable shelter for hedgehogs, bees and butterflies.

 **Don't Forget to Enjoy It!** - Perhaps the most important gardening tip of all is to stop every now and then. Take a seat with a cup of tea, listen to the birds, watch the butterflies and admire everything you've grown. Gardening isn't only about jobs to do—it's about enjoying the peace and pleasure that nature brings.

Cookery Corner

Two Tasty Recipes for One

Cooking for one doesn't have to mean compromising on flavour. These simple, nutritious recipes are easy to prepare and perfect for a light lunch or satisfying evening meal.

Creamy Chicken & Mushroom Pasta

Serves: 1

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

- 75g dried pasta (penne or fusilli)
- 1 small chicken breast, diced
- 4 - 5 mushrooms, sliced
- 1 garlic clove, crushed
- 2 tablespoons crème fraîche or soft cream cheese
- 1 teaspoon olive oil
- A handful of spinach (optional)
- Salt and freshly ground black pepper
- Grated Parmesan (optional)



Method

1. Cook the pasta according to the packet instructions.
2. Meanwhile, heat the olive oil in a frying pan and cook the chicken until golden and cooked through.
3. Add the mushrooms and garlic, cooking for another 3–4 minutes.
4. Stir in the crème fraîche and a splash of the pasta cooking water to make a light sauce.
5. Add the spinach and allow it to wilt.
6. Drain the pasta and stir it into the sauce.
7. Season with black pepper and sprinkle with Parmesan if desired.

Serve with: A crisp green salad or a slice of crusty bread.

Baked Salmon with New Potatoes & Greens

Serves: 1

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

- 1 salmon fillet
- 150g new potatoes
- A handful of green beans or broccoli
- 1 teaspoon olive oil
- Juice of half a lemon
- Fresh parsley or dill (optional)
- Salt and pepper

Method

1. Heat the oven to 200°C (180°C fan).
2. Place the salmon on a baking tray, drizzle with olive oil and lemon juice, then season with pepper.
3. Bake for 15–18 minutes until the fish flakes easily.
4. While the salmon cooks, boil the new potatoes for 15 minutes.
5. Steam or boil the green vegetables for the last 4–5 minutes.
6. Serve everything together with a little extra lemon juice and chopped parsley.



Top Tip: Leftover cooked salmon makes a delicious filling for a sandwich or salad the following day.

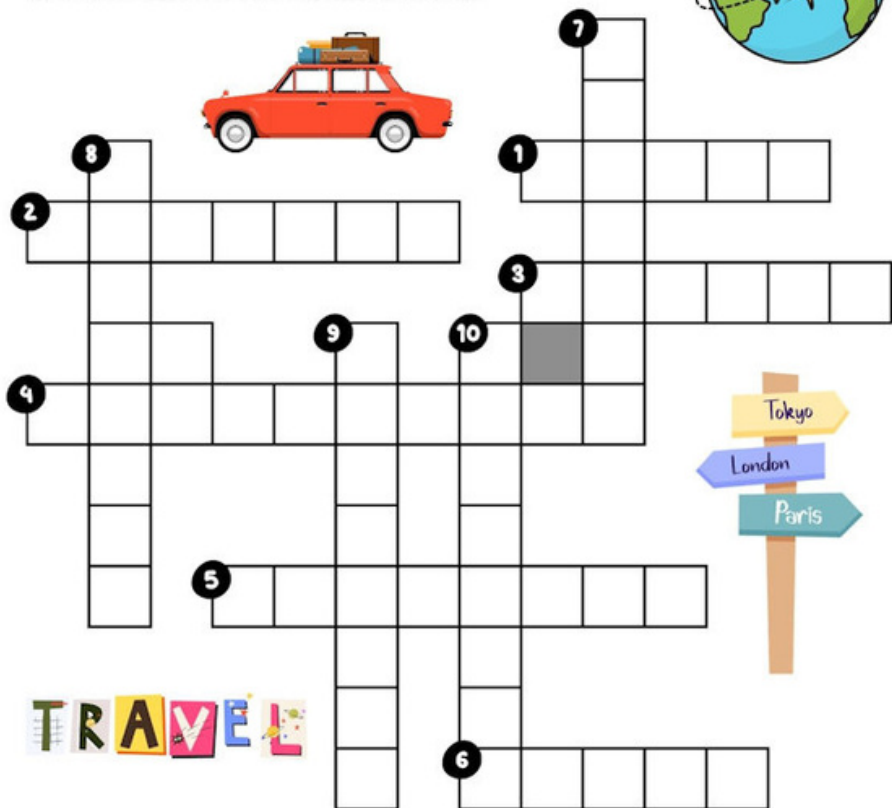
Cooking for One Tip

Many ingredients can be frozen in single portions. Freeze sliced bread, grated cheese, cooked chicken or herbs in small bags so you only use what you need, helping to reduce waste and save money.

Puzzle Pages

TRAVEL FUN

COMPLETE THE CROSSWORD WITH WORDS RELATED TO TRAVEL.



TRAVEL

ACROSS

1. PERSON WHO SHOWS TOURISTS AROUND
2. DAY SET ASIDE TO CELEBRATE, RELAX, OR TRAVEL
3. PROVES PAID PERMISSION TO ENTER
4. WHERE CUSTOMERS DINE
5. POPULAR TRAVEL BAG
7. TO COACH OR TEACH



DOWN

7. SOMEONE VISITING FOR PLEASURE
8. SOMETHING PURCHASED TO REMEMBER A PLACE
9. CARRIES PERSONAL POSSESSIONS
10. CERTIFIES IDENTITY

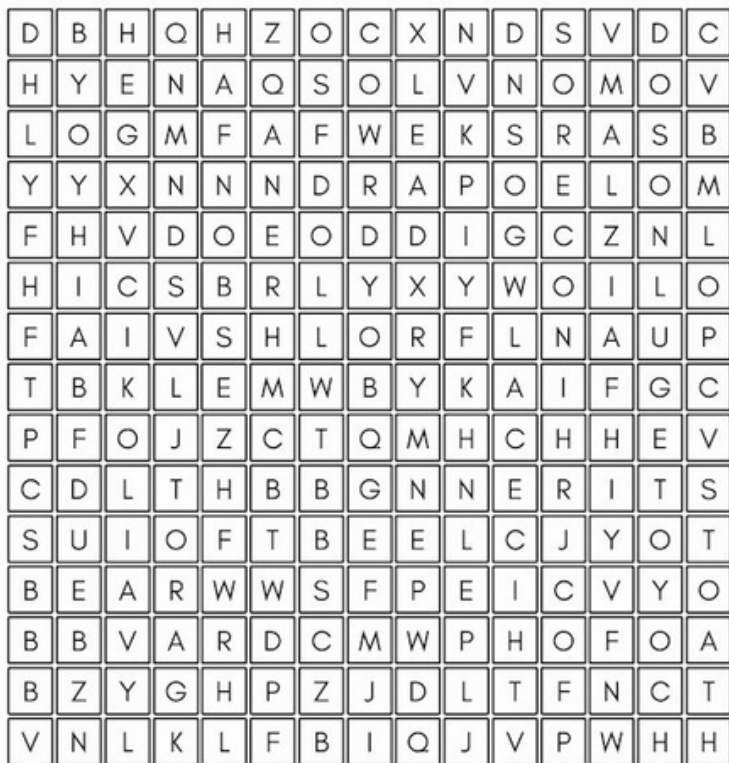




IT'S A WILD, WILD WORLD



FIND THE WILD ANIMALS HIDDEN IN THE PUZZLE.



SEASONEDTIMES.COM

BEAR

BISON

COYOTE

ELK

FOX

HYENA

LEOPARD

LION

RHINOCEROS

SANDCAT

STOAT

WOLF



Riddles

1. The more you take, the more you leave behind. What am I?
2. I have keys but no locks, space but no room. What am I?
3. I speak without a mouth and hear without ears. What am I?
4. I have branches, but no fruit, trunk, or leaves. What am I?
5. I'm tall when I'm young, and short when I'm old. What am I?
6. What has a neck but no head?



SUMMER WORD SEARCH

FIND WORDS ASSOCIATE WITH SUMMER. MAY BE IN ANY DIRECTION AND OVERLAP.



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

SEASONEDTIMES.COM

AUGUST

BEACH

CAMP

FIREWORKS

HOT

JULY

JUNE

PICNIC

POOL

RELAX

SWIM

SWIMSUIT

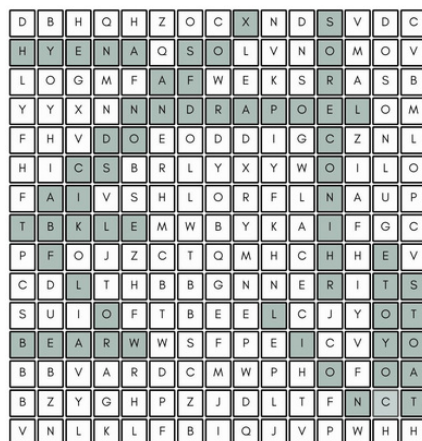
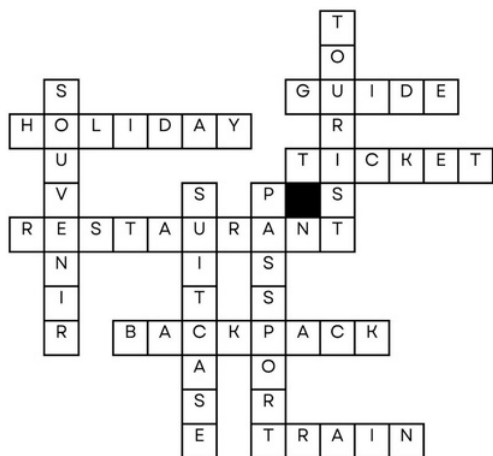
TRAVEL

VACATION

WATERMELON



Puzzle Answers



Riddles Answers

Footsteps

Keyboard

Echo

Bank

Candle



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