

WELLBEING

Magazine

JAN - FEB
2025
EDITION



East Midlands Asbestos Support Team

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



Bi-monthly Wellbeing Magazine



Embracing Hope in the New Year: A Message of Resilience for Our Asbestos-Affected Community

As we stand on the threshold of a new year, it is a poignant moment for our community. We reflect on the challenges we've faced, the losses we've endured,

and the strength we've discovered within ourselves. In the face of asbestos-related diseases, our community has shown remarkable resilience, and as we welcome 2025, we do so with a spirit of hope and solidarity.

Looking Back with Gratitude

The past year has been one of both triumphs and tribulations. Together, we have celebrated the lives of those we have lost, cherishing the memories that continue to inspire us. In remembering their strength and determination, we find the courage to press forward in our mission to support one another.

Our collective efforts in raising awareness, advocating for research, and providing a supportive network for those affected by asbestos-related diseases have not gone unnoticed. The strides we've made in the past year give us hope for a future where the devastating impact of asbestos is mitigated.

Fostering Connection and Support

In the coming year, our commitment to fostering a sense of connection and support within our community remains unwavering. We understand the unique challenges each individual faces, and we are here to provide a compassionate space for sharing experiences, offering comfort, and lending a helping hand.

Our support groups and outreach programs will continue to be pillars of strength, providing not just solace but also a platform for collective action. Together, we can amplify our voices, advocate for change, and ensure that those affected by asbestos-related diseases are heard and supported.

A Year of Advocacy and Awareness

As we embark on a new year, let us renew our dedication to advocacy and awareness. Our mission to raise awareness about the dangers of asbestos and to promote research for better treatments and prevention strategies is more critical than ever. By coming together and speaking with one voice, we can effect change and work towards a future where asbestos-related diseases are a thing of the past.

Embracing Hope

The dawn of a new year symbolises a fresh start, and while we carry the weight of our past, we also carry the hope for a brighter future. Let us embrace the promise of the coming year with open hearts, supporting one another every step of the way. In unity, we find strength, and in hope, we find the motivation to persevere.

Meeting New People

Engaging with new faces and forging connections can be a powerful way to navigate the path of healing. Our Patient and Carer groups not only provide a supportive environment but also create opportunities for meeting new people who understand the unique challenges you face. Shared experiences can often lead to profound connections and lifelong friendships, forming a network of support. Look out for a group that you are able to get to.

As we bid farewell to 2024 and welcome 2025, let us remember that together, we are a resilient and compassionate community.

The EMAST team and Trustees wish for you all, a hopeful and empowering New Year. One that will bring healing, comfort, and renewed determination to continue our journey towards a world free from the devastating impact of asbestos.

**“Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.” —
*Alfred Lord Tennyson***



EMAST Staff and Trustees

EMAST Annual General Meeting

We are delighted to be holding our Annual General meeting this year, in Market Harborough, **on Wednesday 26th March**. We look forward to seeing more of our supporters from other parts of the East Midlands. It will be an opportunity for you to meet all our staff and Trustees, hear what we have been doing the past year and what our plans are for the year ahead. There will be a buffet lunch, speakers, and a raffle. Our Panel of solicitors will also be on hand to answer any questions.

SAVE THE
DATE!

WEDNESDAY 26TH MARCH



We are delighted to hold our Annual General Meeting next March at the Three Swans Hotel in Market Harborough

26 March, 2025

11:00 – 2:00 pm



EMAST Annual General Meeting

Buffet Lunch ✓

Great speakers ✓

Film ✓

»»»»

Location
Three Swans Hotel, Market Harborough



Contact Us
01246 380415



BOOK NOW

Apple and Ginger Compote with Yogurt

Serves 4 (or store leftover compote in fridge for up to 3 days)

Ginger is an ingredient that has long been used as a traditional remedy for nausea, something that lots of people going through cancer treatment have.

Apples are not only a good source of fibre, but they also contain a range of different antioxidants, vitamins and minerals that are important for our health. The yoghurt in this dish provides a really good source of protein as well as being naturally rich in calcium. Foods containing live bacteria may also help your gut health.

Ingredients

- *3 large apples, peeled and chopped into small pieces (pink ladies are our favourite)*
- *1 tsp vanilla bean paste*
- *1½ tbsp sugar*
- *A 3cm piece ginger, grated*
- *500g fat-free Greek yoghurt (or full fat if you are trying to keep your weight up)*
- *100g granola, to serve*



Method

1. Place the diced apples into a medium saucepan, add the vanilla and sugar, along with 5 tablespoons of water.
2. Stir everything together and bring to a gentle simmer for 10 minutes. Once the apples have softened and become translucent, add the grated ginger.
3. Stir well and cook for a further 2 minutes. Turn off the heat and allow the apple to cool for 10 minutes.
4. To serve, split the yoghurt between 4 bowls and spoon over a couple of tablespoons of apple compote. Finish with a sprinkling of your favourite granola.

Marmite Pasta with Porcini and Lemon Breadcrumbs

Serves 2

This dish is high in fibre and provides a good source of protein for healthy muscles and bones. The Marmite provides a good source of vitamin B12 – an essential vitamin that helps to form normal red blood cells and which helps to carry oxygen and nutrients around our bodies.

Ingredients

- 150g wholemeal pasta
- 20g butter or spread
- 1 tbsp Marmite/yeast extract
- 150g spinach
- 3 tbsp wholemeal breadcrumbs
- A small handful of dried/finely chopped fresh porcini mushrooms
- 1 lemon, zest and juice
- 20g parmesan
- Ground black pepper, to taste



Method

1. Preheat the oven to 200°C/Fan 180°C.
2. In a medium pan, cook your pasta following packet instructions.
3. In a small saucepan, melt the butter (or spread) and Marmite over a medium heat. Add in the spinach until just wilted and set aside.
4. Whizz the breadcrumbs in a food processor with the dried mushrooms and lemon zest. Spread evenly onto a baking tray and toast in the oven or under the grill until golden brown.
5. Once the pasta is cooked, drain, keeping a ladleful of the pasta water. Add the ladleful of pasta water into the Marmite butter sauce and stir to combine. Then add in the pasta and mix well until it is covered in the silky-smooth sauce.
6. Transfer to a plate and serve with a large sprinkle of the breadcrumbs. Finish with a sprinkle of parmesan and lemon juice.

OLD PHOTOGRAPHS

by Becky Helmsley



I love looking through old photographs.

I love seeing my parents at a party. My mum in her dress and my dad in his suit.

I love seeing my grandparents on their wedding day. Smiling and laughing as they dance together.

I love seeing my great-grandparents sitting in deckchairs on the beach. Blankets on their knees and a flask of tea at their feet.

I love seeing my family's old neighbours and friends playing football or throwing a ball for the dog; clinking glasses and having dinner and opening presents.

And when I look at these photos, I never find myself wondering what size dress my mum was wearing at that party.

I never notice whether my grandad's laughter had left lines on his forehead.

I never pay attention to the size of the neighbour's nose or the brand of the friend's outfit or whether my great-grandma's hair was frizzy as she sat at the beach pouring tea for my great-grandpa.

Because I don't actually look through old photographs to see things. I do it to feel things. Nostalgia and joy and gratitude.

Love.

Because we are not here to be something to look at. Like all those people before us, in all the old photographs, we are here to be someONE. Someone who brings life to moments and memories.

So I've stopped worrying about how I look in photographs. Stopped worrying that the wind makes my hair stick up or my laughter makes my teeth stick out.

Because one day, the people that matter most to me will be left with lots of old photographs, and when they look at them, I know they won't care how I looked.

As long as that picture is still full of life.

And as long as I look like I was living in each moment.

Every single one of them.

CARERS CORNER

Becoming a carer is often a very big change, so it is inevitable that it will have an impact on your relationships. Not only will your relationship with the person you are caring for be affected, but also your relationships with the other people in your life too. Some of these changes will be positive, whereas others will be a bit more challenging for all of you.

How your relationship with the person you care for might change.

Of all the relationships in your life, the one that will change most dramatically is likely to be your relationship with the person you care for. This is not surprising. Alongside your previous role as their husband, wife, son, daughter, nephew, niece, grandchild or friend, you now have to add 'and carer' as well. This can be a big adjustment for both of you. There are many different ways that this relationship could change. You may experience none, some, or all of these changes:

- Becoming a carer for someone can increase the tension in your relationship with them. Sometimes your relationship is also affected by behavioural changes in the person you care for, caused by their illness or condition. It is of vital importance that you take time out for yourself, look after yourself and breathe! 10 minutes outside in the garden breathing deeply can have a wonderful restorative effect,
- It may be that the person you care for had previously always cared for you instead, so this is a big role reversal for you both. One way to minimise the impact of your roles being reversed is to treat the person you are caring for as though nothing has changed. Try not to think of them as someone you care for, but instead think of them as still just your parent, grandparent, partner etc. Remember to see the person, not the condition.

- If the person you are caring for is your partner, you may find their condition could also affect the wider intimacy in your relationship. Sometimes things like sitting next to each other on the sofa, sharing a bed or being able to give each other a kiss or a cuddle can become more difficult due to their condition.

Not all the changes to your relationship will be negative. In some cases, caring for someone can actually strengthen your relationship with them.

If the person you are caring for feels grateful to you for their care, and you feel good about yourself for doing it, then it could make you both feel more positively towards one another.

Or if the person you are caring for is diagnosed with a serious condition, it can put some of the small grievances you may previously have had into perspective and allow you to concentrate on what matters instead.

It can also give you a chance to spend a lot more time together than you were previously able to, which some carers report has made them feel closer and more deeply connected than before. Some even come to see it is a privilege to have the chance to bond with the person they care for so intensely and to create a new special tie with them.

In general, it is good to bear in mind that relationship changes are normal and you are certainly not alone. Almost half of carers report facing difficulties in their relationships because of their new responsibilities. And in fact all relationships have their ups and downs, even without the extra trials brought by your caring role.

Taking a break as a carer can be one of the hardest parts of the role. By taking a break, I don't necessarily mean going away! But it is important to take time out. It can be difficult practically to take some time out and still ensure they are being looked after. But it can also be emotionally difficult, with many carers reporting that

they feel guilty for taking a break.

You should never feel bad for needing to take some time out from being a carer. Nobody expects other people to work continuously without any breaks, and most other roles are far less physically and emotionally demanding than caring. Plus, not only is taking time out important for you, it is also important for the person you care for.

Taking time out is fundamental to how resilient you are as a carer and how well you are able to manage the role in the longer term.

It can be tempting to use all of your time out to do other tasks such as managing your finances, running errands or doing housework. Whilst these things are important, you need to have breaks that are focused on helping you to relax as well.

Why not use your time out to pursue your hobbies or other interests? If you don't already have a hobby, it can be great to take one up when you are a carer. It can really help to have things in your life you enjoy, alongside your caring role.

Many carers find it helpful to have unstructured time by themselves, where they can just relax alone and take time to reflect, process and unwind. Even just having a little bit of time to yourself can help to clear your head, recharge your batteries and make you feel so much better about everything.



YOUR LEGACY COULD BE EMAST'S FUTURE

Do you have a will, and is it up to date? It's important that we all have an up-to-date will as it can make things so much easier for our family when we die.

If you are thinking about amending your will, or even making one for the first time, then please consider leaving a legacy to EMAST. We have received some very generous donations in the past, that have made a real difference to the services that we can deliver.

Unlike the big national charities, your gift to EMAST won't be soaked up by large running costs. Past legacies have paid for bereavement support meetings, memorial events and literature that raises awareness of the dangers of asbestos.

To arrange a legacy, discuss it directly with your solicitor who can give you personalised advice.



A legacy in your will or an In Memoriam collection can secure our future so that we can support more victims of asbestos exposure



Just a line to say I'm living, that I'm not among the dead
But I'm getting more forgetful and mixed up in my head
I've got used to arthritis, to my dentures I'm resigned I
can cope with my bifocals, but God, I miss my mind
There are many times I wonder, what am I doing here
I must be here for something, but what, Oh dear Oh dear
Before the fridge so often, my head is filled with doubt
Now have I put some food away, or come to take some
out

Sometimes I can't remember, when pausing on a stair
If I'm going up for something, or coming down from there
Sometimes in my pyjamas, when I'm beside my bed
I don't know if I'm retiring, or getting up instead
If its not my turn to write to you, forgive me yet once
more

For perhaps I've already written and don't want to be a
bore

Oh Dear, my mail's just come and my face is now quite
red

I didn't post this of to you, I've opened it instead



Quick Sixties Tunes Trivia

This aquatic creature was found on the 'B' side of The Beatles hit "Hello, Goodbye" in 1967.

- a. The Walrus
- b. The Blue Whale
- c. Seal
- d. Moby Dick

Who were Simon and Garfunkel singing about in the 1969 Grammy Awards "Song of the Year?"

- a. Lady Madonna
- b. Cherie
- c. Mrs. Robinson
- d. My Girl

Who had a "Silver Hammer" in 1969 on a track from the Beatles "Abbey Road" album?

- a. Orwell
- b. Maxwell
- c. Rodwell
- d. Speedwell

The Kingsmen sang about a sailor in their 1963 hit. Who was the sailor?

- a. Fishman Freddie
- b. Captain Calypso
- c. The Piano Tuna
- d. Louie Louie

"Proud Mary" was a huge hit for which band in 1969?

- a. The Three Degrees
- b. Sonny and Cher
- c. Creedence Clearwater Revival
- d. Emerson, Lake and Palmer

Which brothers sang about "Cathy's Clown" in 1960?

- a. The Brothers Johnson
- b. The Isley Brothers
- c. The Everly Brothers
- d. The Righteous Brothers

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



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 Ulverscroft Manor Activity Centre, Priory Lane, Markfield. LE67 9PH. A buffet lunch is included.

Latest dates:

Friday 17th January 2025 11am-1pm

Friday 7th February 2025 11am-1pm

Friday 21st March 2025 11am-1pm

To book your place, contact Louise Nelson or Laura Smith on 0116 2502625 or email mesocns@uhl-tr.nhs.uk

Alternatively you can contact Natalie Woodward benefits.advisor@dast.org.uk or 01246 380415



Reader's Contributions

We continue with the Wartime memories of Don Lowen from Northamptonshire.

My Wartime Memories - Born 1935 at Shoebury, Essex.

I remember the bomb that fell onto a gas storage tank which was at the end of our road. These tanks or gasometers held and stabilized the gas for the whole town and it was an awesome sight to see orange flames leaping some 30 metres up into the sky and even more awesome to see men running about on the top of the tank, such brave silhouettes dwarfed against the roaring flames. They were trying to make it safe, but if it had exploded it would have flattened the whole town — me included.

A few nights later from the safety of our shelter we heard an enormous explosion. When Dad came in to see us he said that a large bomb had landed on the Factory. He was most upset when he found out that it had exploded in his department and his treasured tools and steel work bench were now sitting in the yard outside.

They had dropped some 20 metres. This was no ordinary bench because it had been flat in all directions to an accuracy of one micron which he needed to work on for his precision engineering. He was very upset about this because it wasn't easy to replace — a bit like my fish tank!

People were getting very nervous asking how it was possible for the Germans to locate the factory at night and score a direct hit on it.

Reading about it later I think the Government, to keep morale up, started a whispering campaign saying that

Reader's Contributions

there was someone on the roof with a light guiding the bombers to their target. I can remember at the time wondering how he managed to get clear before the bomb struck as he had eight flights of stairs to get down and then make his escape from the factory but it was generally accepted as this was the only explanation possible. The truth however, was even more frightening. In fact the Germans could choose any target in the UK and send their bombers to destroy it.

They achieved this by building two very powerful thin beamed radio transmitters. One was positioned far to the east of France and the other far to the west. One transmitted morse code "dashes" and the other "dots." Once the target had been chosen, they simply turned the transmitters so they crossed each other over the target.

The bombers would then fly along one beam listening to say the transmitted dots until they heard the dashes from the other one — and then released the bombs.

Another trick was to drop hundreds of "butterfly" bombs at night. These were small bombs which were dropped by parachute and had arms or hooks either side and that were designed to catch on to trees shrubs or bushes. People on their way to work, or children on their way to school would find them, pick them up and die, because they were fitted with a motion detector which when disturbed exploded the bomb. A small bomb but totally disruptive to the families involved. To counteract this the Government urgently printed pamphlets warning of this which were distributed to all households, factories and schools.

In an attempt to keep up moral, the Government instructed the breweries to keep the pubs supplied with beer and they received an extra allowance of sugar for this, which was fine until sugar became scarce. To counteract this, the

Swift Brewery started selling their beer in one third pint glasses instead of the usual half pint so the expression "Swift Half" didn't refer to the speed at which it was drunk but to the name of the brewery and the fact it was only a third of a pint.

Keeping up the moral of the workers was important as a lot of the jobs were producing everything in large numbers for the war effort. It was repetitive and hard work so Eric Coates was commissioned by the Government to write some stirring music which could be played throughout the factories, and so "Calling All Workers", also known as "Worker's Playtime" became a ritual throughout the country. I still remember every note of the introduction and everyone would be singing popular songs as they worked.

One day I complained about a toothache - bad move - because I was promptly marched along to see the Dentist. His surgery was in a large detached house bordering one of the main roads into Mitcham. We went upstairs and into his surgery, I looked out of the window and much to my joy we were looking out onto an anti aircraft gun emplacement. Twenty or so anti aircraft guns, all painted mid green, their barrels pointing skywards at an angle of about 60 degrees and facing south-ish seemly quivering with anticipation, waiting for the enemy planes. The dentist had to apologise to us for keeping the windows open because if they were closed when the the guns fired it would shatter the glass. My mind was so full of these exciting words that I don't remember having the filling.

These guns were there to protect the Factory and also contributed to my shrapnel collection because when they exploded they flung jagged shards of steel in all direction. I was standing at the entrance to the shelter during a daytime raid when I heard a noise as if someone had thrown a handful of gravel across the garden.

Despite being in the middle of an air raid I went into the garden to investigate and found pieces of shells —still warm! Regarding the shrapnel collection, every boy was

an avid collector of shrapnel, usually garnered on the way to school and was the first thing to be inspected and discussed on arrival. My prized piece was a circular brass disc which was stamped with numbers relating to the height at which the shell would explode. This was the flaw in the system because it relied on the height of the planes being accurately estimated and then being converted to the equivalent barometric pressure at which the shell would explode and was set on each shell before firing using the brass disc in the its nose Not a very accurate system. However help was at hand because Mullard were developing a close proximity fuse shell which my dad was working on. They had to build a miniature electronic circuit small enough to fit into the nose cone of a shell which would detect a change in the surrounding magnetic field due to being close to a plane and then trigger an explosion. Dad was making the tools to be used in the machines that would make the the valves for these circuits by the thousand. One night when he came home from work he gave me a handful of valves the size of torch bulbs. These were rejects from their trials although he never told me what they did. I soon had these wired up to a battery and they were duly lined up on a shelf in my bedroom lighting up the room. They soon went into full production and all AA shells were eventually fitted with these fuses. We heard years later that the Germans were puzzled by the increased accuracy of our gunners and had sent spies into Britain to see if they could hear anything

said about a new type of gun sight. In fact there were posters on show in all public places saying "Careless Talk Costs Lives" If they had known they could have looked in my bedroom to see what they were looking for!

The bomb which dropped on the factory was the final straw for mum and dad. They were friendly with a neighbour whose parents lived in Scotland and I soon found myself with her on an eight hour train ride to





Scotland. The strange thing about memory is that I can remember nothing about this journey with a stranger or my subsequent stay in Scotland nor being worried about leaving home, but I can still remember vividly my brass disc from the shell.

I returned home after about a month to find that rationing had been introduced. At this time Britain could not produce all the food needed to feed everyone.

Food, machinery and fuel were being sent to us from America in massive convoys across the Atlantic. These became targets for the German U Boats (unter wasser botes} which were sinking countless ships every day with twenty seven new ones being launched every month.

All the food available was divided equally by the number of people living in the Country which, in theory, would make sure that nobody went hungry. Coupons were printed for all the items and made into Ration Books which were issued to everyone.

Coupons could then be exchanged for food at the time of payment. This seemed to work well although at times there were spasmodic shortages of most things. It was such a time when meat was scarce that we were able to obtain some french horsemeat steaks. These were eagerly anticipated as mum fried them with plenty of onions and we took our first mouthfulls. Silence except for the sound of chewing and more chewing. The verdict - a reasonable flavour helped by the onions but very stringy which gave us an unexpected entertainment value with all the chewing needed. Our next foray into such culinary delights was — whalemeat! It had a greyish appearance and was a bit squishy and smelt of old oily - fish, not what you would

expect from a steak but it had to be tried.

Same routine as before, frying with onions, chewing, but then in unison, spitting it out - a horrible smelly experience.

Generally the rationing worked well and I never felt hungry although looking back I suspect my parents were going without so that I could have full meals.

At school we were issued with gardening tools and proceeded to dig up the playing field to grow vegetables (better than all that running about). In fact everyone was encouraged to grow vegetables wherever they could and posters began appearing urging us to "DIG FOR VICTORY"

In America people were encouraged to make up food parcels for the "starving Brits". Presumably these were collected together and loaded onto a ship bound for the UK. Having defied being sunk during Atlantic crossing they were distributed throughout the UK and onto local distribution points where Dad had picked one up from work, and that is how a parcel arrived on our kitchen table marked "ADULT". Great excitement as we stood around it — did it contain tins of meat, cheese or butter — even jam would be nice. Dad triumphantly pulled out a tin of—Popping Corn?!! We had no idea what this was as we didn't have pop corn at that time.



Oh the excitement, but you'll have to wait for the next magazine to find out what they did with this strange tin of Popcorn!

Date Night

by Becky Helmsley

I met the moon for coffee
It was Friday night I think
When she watched me hardly sleeping
And invited me for drinks

We found ourselves a table
In the middle of the night
And the constellations twinkled
Like a thousand fairy lights

She asked me how I'd been
As she poured coffee from a pot
For she said she'd watched me
Waking up at midnight quite a lot

I said my brain was far too full
My mind was always on
And when I woke it felt as if
I was the only one

The only one who lay awake
Whilst I sat on my bed
With thoughts that raced at lightning speed
Around my busy head

The only one who watched the clock
Tick one and two and three
Who laid awake and worried
Whilst the world was fast asleep

My thoughts were stuck in orbit
And I couldn't pull them back
As they preferred to swim against
A sky so vast and black



The moon said simply nothing
But she opened up a book
And I saw it was a diary
So I took a closer look
And listed there were names of people
All around the world
And all the thoughts and worries
That the moon had overheard

Just then, my eyes were drawn towards
The name that was my own
And that was when the moon said
“See, you shouldn’t feel alone”

And then she pulled me close
Using the night sky as a blanket
And said “I know you sometimes feel
So lonely on this planet

But when you cannot sleep,
Get up and watch me from your room
And you’ll see so many others
Having coffee with the moon”.

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’



Twitter: search for ‘@EMASTUK’

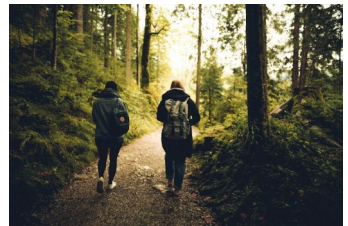
You can also keep up to date with what we are up to by visiting our website: **www.emast.org.uk**

Nature's Healing Powers

The living world has an incredible ability to bring comfort, ease anxiety and lighten the mood. Here are our top ways to connect to nature for mental wellness.

Take a walk on the wild side

Fresh air and getting into the natural world can reduce stress and be mentally grounding, while improving physical health too. Head to the woods, beach or local park and engage your senses, taking in the beauty of your surroundings. Walk by yourself, with friends or family or join a local walking group.



Grow your own little bit of paradise

Having something to nurture and cultivate can lift our spirits and give a sense of achievement in watching it flourish. Grow fruit, vegetables or flowers in your garden, in a window box or in indoor plant pots. The RHS website has a handy beginners guide to get you started [rhs.org.uk/advice/beginners-guide](https://www.rhs.org.uk/advice/beginners-guide)



Go wildlife watching

Seeing wildlife can bring a deep sense of wellbeing, leaving us calmer and more energised. Visit the ducks in your local park, or if you don't feel up to leaving home, hang a bird feeder up and watch the birds *flock* to your garden!



Bring nature into your home

Collect shells from the beach, pine cones from the forest or leaves from the park. Decorate your home with them or use them in art projects. Take photos of things you see. If sleep is an issue, listening to recordings of birdsong or ocean waves can ease racing thoughts.



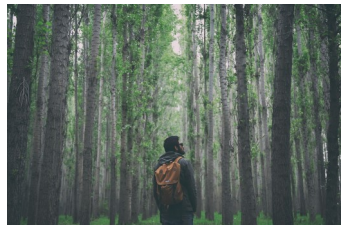
Save the planet

Give something back to the earth by combining your wild wander with a litter pick. Go the whole nine yards with grabbers and gardening gloves, or just take a carrier bag with the aim to take 10 pieces of rubbish away with you.



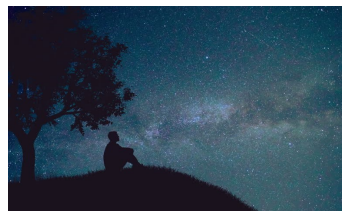
Try some Mindfulness

The 5-4-3-2-1 Mindfulness method is a grounding technique that involves identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Incorporating this with nature is especially beneficial to combat feelings of stress and anxiety, however it can be done anywhere at any time to redirect your attention from distressing thoughts and emotions to the present moment, interrupting your fight-or-flight response and calming the nervous system.



Stargaze

Studies have revealed replacing the hustle and bustle of the day with wonder and awe that stargazing brings can relieve anxiety and ease stress. The website www.gostargazing.co.uk has a wealth of information on when, where and how to stargaze.





**Join the
EMAST
200 Club
today!**



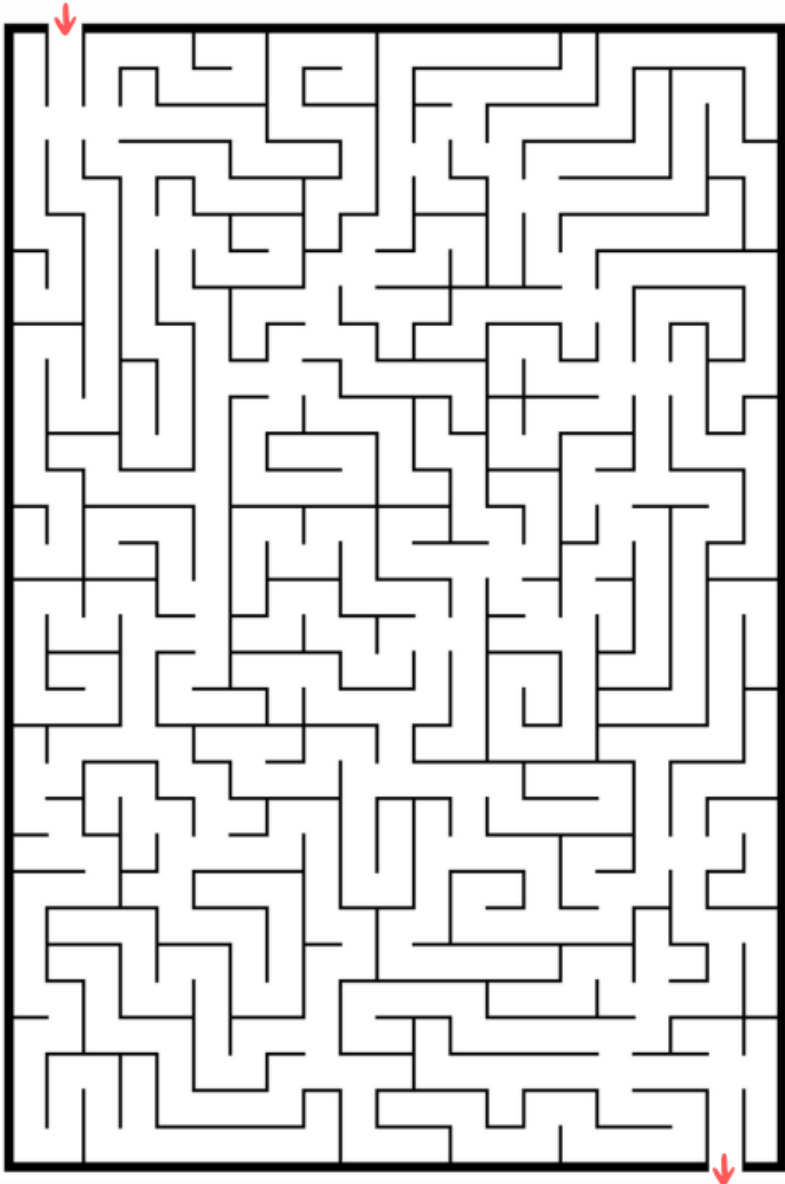
Congratulations to Keith Franklin who was our 200 Club winner for November with number 99!

Numbers are just £1 each per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. Thank you to all our members, this is a really valuable regular donation that we can use to directly support our work!

If you'd like to purchase any numbers, please get in touch with us at admin.assistant@emast.org.uk or 01246 380 415.

Puzzle Corner

✧ MAZE ✧



Words Within

A word is hidden in a sentence that is also a description of the answer. For example, the answer to “The monarch at Buckingham Palace” is “king” (The monarch at Buck**KING**ham Palace).

1. What a homeowner hears if her cat is unhappy
2. A sometimes thankless part of the leg
3. Intense anger can lead to tragedy
4. Desired affirmative response when asked if my purple eye shadow looks okay
5. A confession on a tape cassette is a thing of value in court
6. A popular sandwich is made of this unfortunate fish
7. A bee’s action that leaves a lasting impression

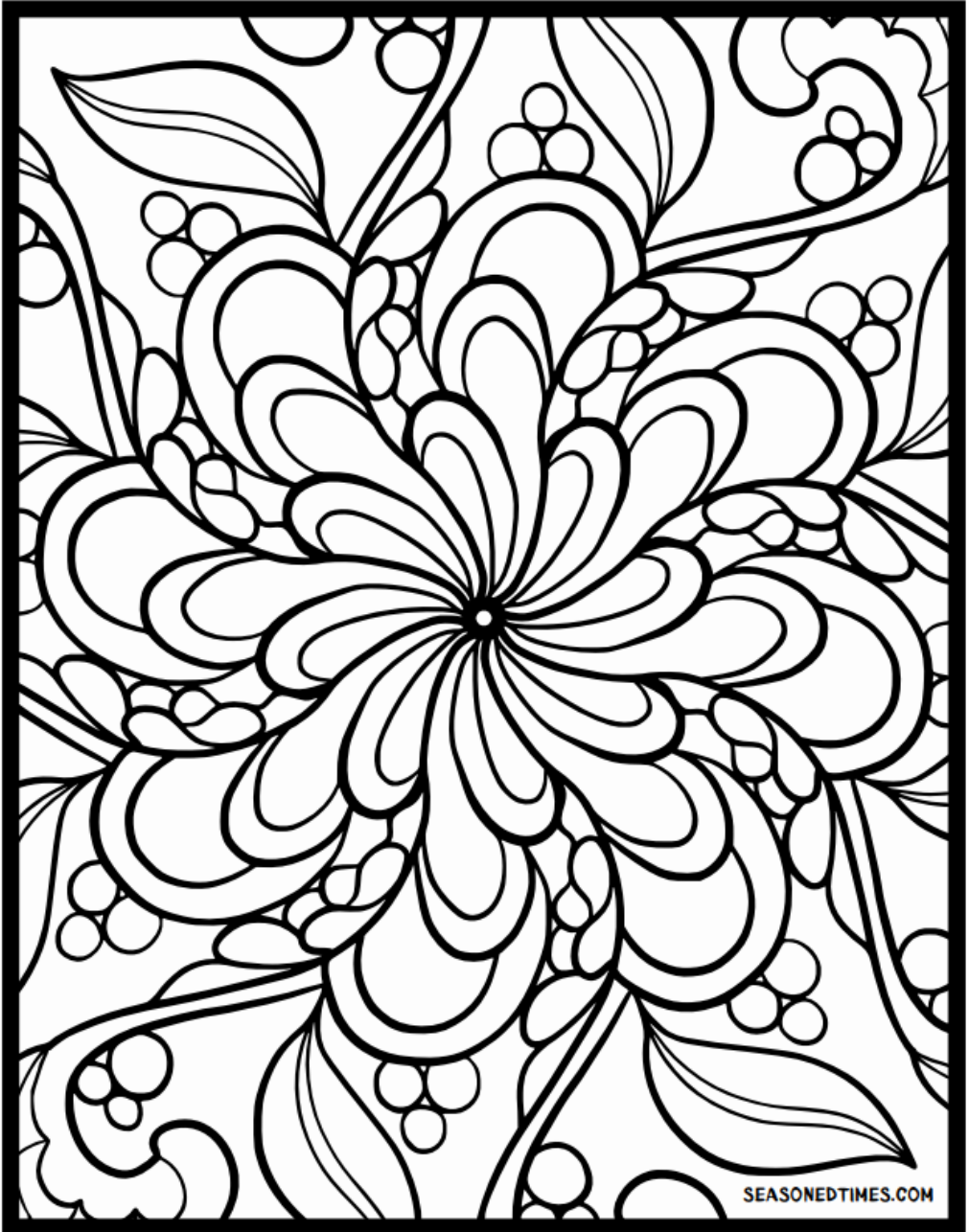
Missing Letters

One specific letter is missing from each of the following words, but the letter is missing in multiple spots. Remember, every blank is always the same letter, no matter how many blanks there are. For example: “_ I _ T E R _ (HINT: Siblings)” is missing the letter “S” and the word is “SISTERS.”

1. B _ N _ N _ (HINT: Must unpeel to eat)
2. 2. _ L U _ _ Y (HINT: Soft to the touch)
3. 3. C H _ _ S _ (HINT: Pressed curds)
4. 4. _ E _ _ E R (HINT: Adds flavor)
5. 5. _ U C C E _ _ (HINT: Victory)
6. 6. _ N V _ S _ B _ L _ T Y (HINT: Unseen)
7. 7. P I _ _ A _ _ (HINT: Spark of style)
8. 8. _ U _ _ A B Y (HINT: Quiet song)

Adult Colouring

Colouring relieves stress and anxiety by calming the brain and allowing your body to relax. It can also improve sleep if you colour before bed.



Winter Word Search and Sudoku

Can you find the following words in the word search?

Cold

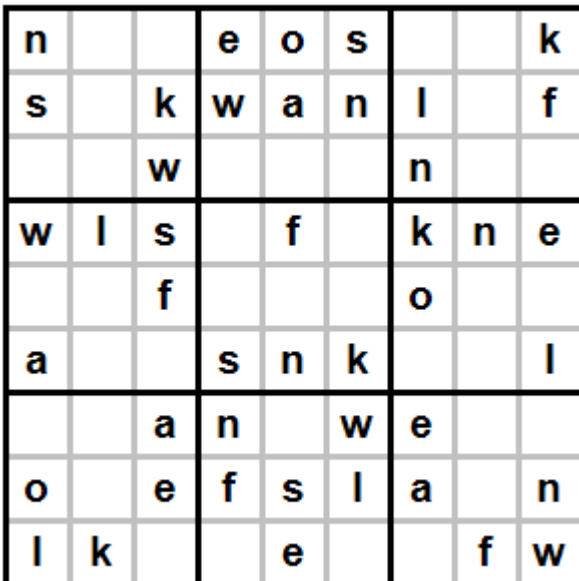
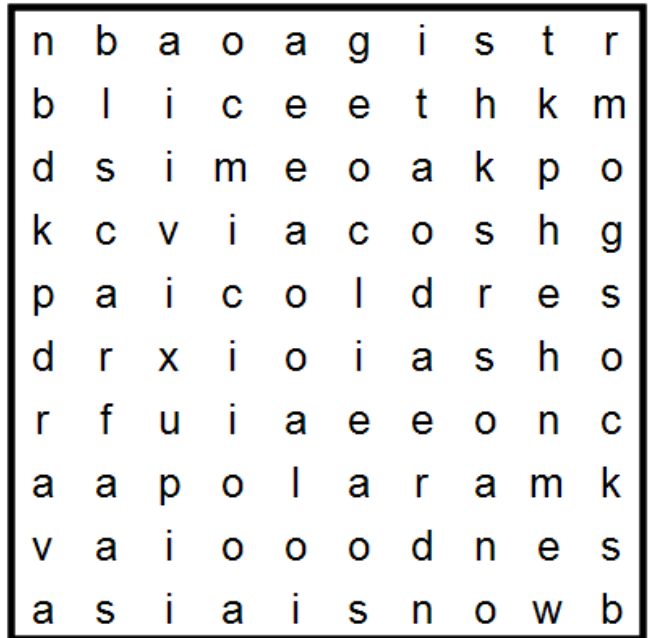
Ice

Polar

Scarf

Snow

Socks



Fill in the grid with the letters S, N, O, W, F, L, A, K and E, making sure no letter is repeated in every row, every column and within each mini grid.

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/derbyshire-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.



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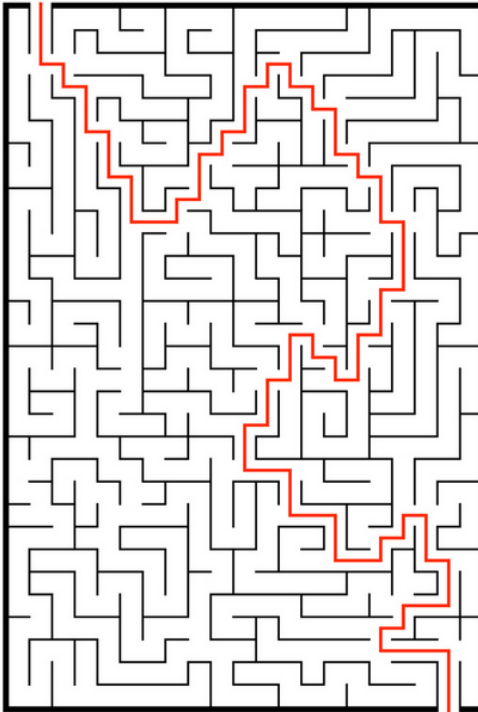
THEY COULD HAVE A PAGE ADVERTISING THEIR SERVICES

PLEASE CONTACT US ON 01246 380415 FOR MORE INFORMATION



- ⇒ Drink more water daily.
- ⇒ Eat more vegetables and fruits.
- ⇒ Cut down on processed foods.
- ⇒ Get enough sleep each night.

Puzzle Answers



n	b	a	o	a	g	i	s	t	r
b	i	c	e	e	t	h	k	m	
d	s	i	m	e	o	a	k	p	o
k	c	v	i	a	c	o	s	h	g
p	a	i	c	o	l	d	r	e	s
d	r	x	i	o	i	a	s	h	o
r	f	u	i	a	e	e	o	n	c
a	a	p	o	l	a	r	a	m	k
v	a	i	o	o	o	d	n	e	s
a	s	i	a	i	s	n	o	w	b

n	f	l	e	o	s	w	a	k
s	o	k	w	a	n	l	e	f
e	a	w	k	l	f	n	o	s
w	l	s	a	f	o	k	n	e
k	n	f	l	w	e	o	s	a
a	e	o	s	n	k	f	w	l
f	s	a	n	k	w	e	l	o
o	w	e	f	s	l	a	k	n
l	k	n	o	e	a	s	f	w

Contact details for EMAST

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Tel: 01246 380415

Email: emast.admin@emast.org.uk



East Midlands Asbestos Support Team

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



DONATE TO EMAST



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Gift Aid

If I have ticked the Gift Aid box, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want EMAST to reclaim tax on the donations detailed on this form, given on the date shown. I understand that if I pay less Income Tax or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given. I will notify EMAST if I want to change this declaration, if I change my name or address or if I no longer pay sufficient tax.

**PLEASE MAKE ALL CHEQUES PAYABLE TO 'EMAST'
AND SEND WITH THIS FORM TO:
1 ROSE HILL EAST, CHESTERFIELD, S40 1NU**

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/derbyshire-asbestos-support-team

THANK YOU FOR YOUR DONATION