

# STEPPING FORWARD

ONE SMALL STEP AT A TIME



AUG-SEP 2024



**DERBYSHIRE  
ASBESTOS  
SUPPORT TEAM**

**Monthly Bereavement Magazine**





## Welcome to our latest edition of Stepping Forward.

As I write this we are enjoying a lovely period of sunshine...very welcome after all the rain we have had! I am conscious though, of the shortening days

which will lead inevitably to Autumn, which I have to admit is my favourite season the year. Some people think of Autumn as a season of ending and dying, I like to think of it as a season of preparation and settling down ready for new beginnings.

For many of our young people and grandchildren it is a season of new beginnings. A new school year and all the opportunities and challenges that poses. My eldest grandchild will enter her final year and is visiting various universities with a sense of excitement. My youngest grandchild will be starting full time school with a sense of trepidation and some fear!

My youngest grandchild, Rorie, is a bright, happy go lucky, energetic chatterbox! But she is also a creature of habit, and as she has so enjoyed her time at nursery and all the friends she has made, she is finding the thought of no longer going to nursery and having to go to big school, very scary! I'm sure that she will settle in fine and will soon be enjoying it and coming home with tales of new friends and adventures.



*Rorie at her  
Nursery  
Graduation!*

When someone we love dies, especially if it is a life partner, we are plunged into a whole new season. We are faced with an a never ending string of firsts new challenges and new beginnings and it is hard!

Grief, unfortunately, is not a choice. When we lose a loved one, it's like we are suddenly thrust into a foreign land. Our thoughts and feelings are uncomfortably different and the world around us looks strange and not the same. Especially in the first year of loss, grief can feel particularly hard and painful for a number of reasons. We must now face life's events alone. Family gatherings, holidays, and the marking of time with birthdays and anniversaries can increase our sense of loss and loneliness. This adds to an overwhelming feeling in this first year of loss and pain and we can easily become overwhelmed by the sense of 'goneness' of our loved one.

Navigating this new landscape of grief and especially in the first year, everyday activities become more difficult. Simple tasks like food shopping and meal preparation can be daunting and difficult. And going out socially becomes strained. Not only are we overwhelmed with grief, but we can usually see in others their uncomfortableness for what to say or act towards us. This can make us feel more isolated and alone. All these painful feelings can cause us to feel depressed, losing our drive for doing anything but just being sad.

It is important to acknowledge our feelings. Being in the company of those we love and feel secure with can also help us to bring the memory of our loved one to the present. Gathering with family and friends who are

accepting of our grief is a very healthy way to create self-acceptance for the feelings we have.

As the second year rolls around, it is normal to think it will be easier. For some it is but for others it brings different challenges. The second year can be a really hard time, because you can feel like you're expected to be coping better. You'll feel like you should be able to do all of the things you found difficult in the first year. But it's so important to avoid putting those expectations on yourself.

During this second year, don't put pressure on yourself to feel or act a certain way. Just focus on being kind to yourself and don't expect too much too soon!

You should remember that you're still allowed to grieve. You're still allowed to feel sad. Know that you're still allowed to find things difficult, and you're still allowed (and encouraged!) to ask for help when you need it. One of the most common things I share with people is that wherever you are in your journey, when it comes to living with grief we're all different. Everybody deals with loss differently and there is no right or wrong way.

It can be really useful to reflect on everything that's happened during your first year.

By looking back, you'll be able to establish what you feel worked well and what you feel could be done differently. Maybe you've been doing things the same as you've always done them in memory of your loved one, but this in-fact, made you feel worse. Take these experiences and learn from them. Maybe this year could be an opportunity to try something different and see if that makes things any easier. It's hard finding your way and doing things differently. Whether it's changing the bedroom around or



trying something different at Christmas, don't let guilt or fear hold you back. Doing things your way can be liberating and empowering and will help you to understand what helps you cope with your grief moving forward.

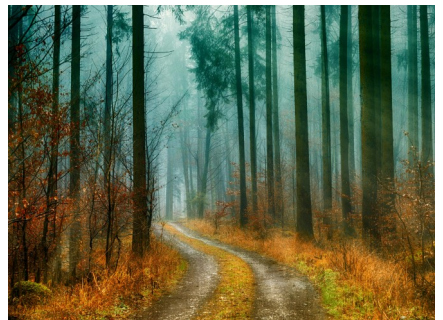
Living with grief often makes people close themselves off from other people and from relationships. However, it's really important to build yourself a support system with people you care about during this second year. This could be with existing family or friends, or with new ones.

My last piece of advice for living with grief is to reach out to grief support groups, networks and services.

It can be so invigorating and comforting to speak to people who have been through similar experiences with grief and loss. Sometimes, no matter how hard they try to help, people close to you who haven't been through what you have, just don't get it! So, engaging with local bereavement groups can help you to feel less alone. Don't ever be afraid to lean on people when you need help, support, or just a friendly face.

Living with grief is a like a new journey where, with deep pains of loss, we are making some sense of our new reality. As we do, we can forge ahead and create and build a new life while keeping the memory of our loved one alive.

Eventually the season changes again and one day, like sun breaking on a cloudy, winter's day, you will begin to feel glimmers of hope and begin to find your own path going forward.



# Everest Base Camp Trek

**Thank you to Tara, Becky and Rob for raising an amazing £2,350 for DAST as part of their Everest Base Camp Trek!**

Tara decided to fundraise for us after we supported her Aunty Trix when she was diagnosed with mesothelioma in 2020.

Unfortunately the challenge didn't go quite as expected and towards the end of the trek, Tara had to be evacuated from the mountain with her partner Becky accompanying her.



However, she's recovering well and was pleased to tell us that their friend Rob completed the arduous journey to base camp. Before heading to the mountain, they had an amazing time soaking up the local culture, sampling the local cuisine and taking in breath-taking views.

Tara is happy to have fulfilled her dream of setting sight on Mount Everest, which along with getting as far along the gruelling trek is a huge achievement that she and Becky should be proud of.

We hope they are busy planning the next adventure!

# *Thank You!*



**Do you enjoy reading?**

**Have you ever thought of joining a Book Club?**

**Have you any recommendations for a good read?**

Thank you to those who have already expressed an interest in joining our book club. We plan on starting it in October when the nights draw in!

How we envision it working is that members take it in turn to recommend a good read. Everyone then has a month to read the book and then meet together, (either online or in person depending on their locality), to discuss the book. We would also publish a summary of the conversation about the book in this magazine, this would enable those to take part who are unable to meet together. The conversations about the book can lead to all manner of insights, it can prompt you to reading it again, to apply it to your own situation or life, to encourage you to read others by the same author.

"I do believe something very magical can happen when you read a good book."

*-J.K. Rowling*

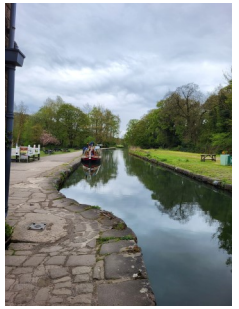


If this is something you would like to be part of then please do contact me on 01246 380415 or by email:

[Bereavement.support@dast.org.uk](mailto:Bereavement.support@dast.org.uk)

# Breathing Space Project

The Gothic Warehouse, alongside Cromford Canal, provided a lovely setting for the launch of our Breathing Space project in April. Amy from Derbyshire Wildlife Trust gave a wonderful talk about the history and nature of Lea Wood and then led some of us on a walk along Cromford canal to Aqueduct cottage to where one of our benches is sited as well as a beautiful sculptural base for the sign post.



Not only is this a beautiful, peaceful place to visit and enjoy, it now commemorates and raises awareness of those whose lives have been marred by asbestos exposure. Thank you to all who have given so generously to this project

We will continue to work with Derbyshire Wildlife Trust to ensure this beautiful Breathing Space is available and accessible to all. We hope to facilitate further meetings in the future for Patients & Carers in this beautiful setting.





## University of Leicester specialist is recognised for a lifetime's devotion to cancer research

*University of Leicester cancer specialist, Professor Dean Fennell is elected to Academy of Medical Sciences Fellowship for breakthrough mesothelioma treatment*

Professor Fennell thanked his collaborators and said "I'm especially grateful to patients and their carers for their generosity in supporting our research into this rare cancer, with whom we have shared a common goal of trying to improve clinical outcomes."



Professor Fennell was a junior doctor at St. Bartholomew's Hospital, London in the early 2000s when he and colleague Professor Peter Szlosarek hit upon a novel way to fight malignant mesothelioma.

Their study proposed a method of starving mesothelioma cancer tumours by cutting off their food supply. Now almost 20 years later, a breakthrough clinical trial has taken place, which has seen patients in Leicester given a new combination chemotherapy treatment inspired by the study and the first successful new chemotherapy type for mesothelioma in 15 years.

Results from the randomised placebo-controlled ATOMIC-meso trial, led by Queen Mary University of London, have shown the treatment significantly increases the survival of people with Mesothelioma. It found that the treatment increased the median survival of the 249 participants by 1.6 months, and quadrupled the survival at 36 months, compared to placebo-chemotherapy.

Of the trial, Professor Fennell said "It's incredibly gratifying to see our collaboration all of those years ago to finally be put into practice - it's been something of a lifetime's work for us both," said Professor Fennell. "The trials represent a successful bench-to-bedside collaboration in which the strategy published years ago has now been proven to work in patients in a pivotal clinical trial, when added to chemotherapy. Being based in Leicester, it's been personally pleasing that patients from the city were able to benefit from this new treatment, which is targeted to the most aggressive form of mesothelioma."

*Since her husband died Sandra has been discovering the highs and lows of solo holidays and travelling, read about some of her experiences:*

## 3 Years Alone

Well it is 3 years now since I lost Keith to mesothelioma. I really do miss him.

Our friends are no longer around since I cannot give them things like free holidays in France at our French holiday home, etc. I tried to have a lady friend for camping trips, but that did not work out well as she would not allow me to talk to other people. It was so bad I drove home 8am on a Sunday morning in my pyjamas to escape!

Then there was a chap who lost his wife, who used to live next door to us 50 years ago, but all he could do was try and scrounge off me. I had to be constantly on my guard when out with him. He gave me the creeps. It lasted 10 months until I could give him the slip! Just to be clear there was nothing romantic going on.

I've still got the little red campervan that Keith bought 3 weeks before he died, and have been out in it 6 times so far this year (2024). My blue and white wellies match my blue and white large umbrella which were in constant use. However, with the weather being so bad in England, and campsites under water, I flew off to Albufeira in March when the weather was supposed to be good there but ended up with 5 days of rain! Came home and thought would still like to see some sun, so straight away went off to the Gran Canaria where it only rained 3 days in the week, but only lightly. I'm now just back from my big adventure. A tour of Sicily with Titan Travel.

Well, I certainly found some sun, perhaps a little too much at 41 degrees. Had to just about live out of a suitcase for 9 nights as we



stayed at 4 different hotels. The first was Villa Favorita in Noto. All I can say is “wow”. View from my window:

The villa was huge set in extensive grounds.



Our first tour out was to Syracuse and Ortigia. I have no idea how a big coach managed to push its way through tiny streets and avoid overhanging balconies. I would have struggled to avoid all the cars with my own car. We had a walking tour with the local guide.



Our Titan rep was not allowed to guide us in any way in Sicily otherwise she would be heavily fined. So had to be careful what she said on the coach in front of the driver. We all had to wear “whispers”, where the guide talks and we can all hear through ear pieces.

Our next tour day was to Noto, Ragusa and Modica where the TV series “inspector Montalbano” was filmed. Again had to pick up the local guide. These are baroque



towns rebuilt after a devastating earthquake in 1693. The chocolate tasting in Modica was not to my taste, and the glass of beer under the lemon trees was even worse as we had to pay for it.

The next day we relocated to Palermo the capital of Sicily and our stay at the Mercure Hotel and my view of the fire escape and maids trolley out the window.

However, on our way we had a stop off at Cefalu which is a pretty beach town.



Next day we did cathedrals at Palermo and Monreale. Gosh they were elaborate.



Next we moved on to Erice where the famous pasticcini biscuits are made. Well, it rained and the shops charged 10 euro for an umbrella. When the rain slowed down the shop reduced the price to 5 euro. That's how things are there.

You can be charged 2.5 euro just to sit down at a bar, and service charge is always added to your bill.

Note the pattern on the pavement cobble stones. All the pavements and roads in this mountain village are the same. The village is dying because it is too remote and many houses now empty. Hence why they are promoting



the biscuits to tourists. At the bottom of the mountain we visited the salt pans.

Our next day we were out and about early visiting the Valley of the Temples at 8.30am. It achieved UNESCO world heritage status in 1998. The collection of Greek temples

were destroyed by an earthquake, but one has had its columns rebuilt. There is also a graveyard on site with new plaques dedicated to people who have been more recently killed by the



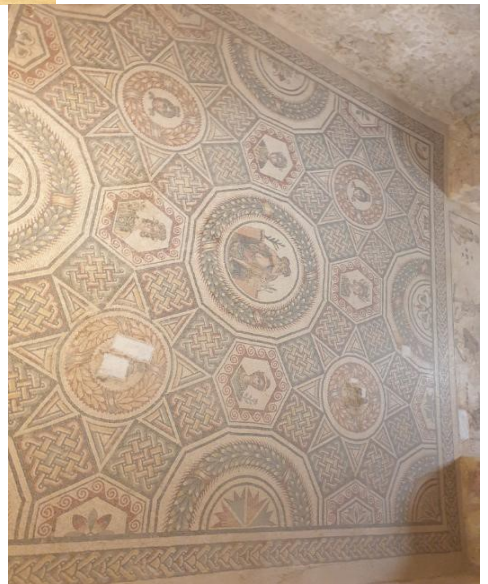
Mafia. Well that was the morning in the hot sun, in the afternoon we moved to Piazza Armerina for a guided tour of the villa and view the mosaics. There were just so many



of them.

Next day was Taormina and more churches. After this we had a few hours off to enjoy our new hotel Sant Alphio Garden in Giardini Naxos.

For our final day we went to Mount Etna the volcano. The coach drove over an hour up the mountain beyond the clouds. We then took the 78 euro cable car





and then in the 4x4 vehicle even higher. On getting out the wind was so strong I could not stand up and the fallout from the eruption 6 months ago was so slippery. I decided to go back down and not do the 20 minute walk up to look in the crater. Those who did were frozen cold and said how scary it was with the wind and no barriers. Glad I opted for a coffee at the cable car station.



What I have not mentioned is that the driver and our rep had a great fallout on the coach to do with directions. He did not speak a word of English and had been given some wrong directions. He would not accept an iphone translation which the rep gave him.

Well, that was one day. Another day we got lost on the way to a villa in the mountains for lunch. After turning the coach round 4 times, even backing into a field on an unmade road, the villa owner came out by car to find us.

Unfortunately, lunch at this villa was not the best and the jugs of wine more like red vinegar.

One afternoon our first coach broke down whilst he was parking it after dropping us off. Our rep had a call from "Switzerland" to advise of the situation and said they were trying to find another bus for us. Luckily we were near a cliff



top restaurant and the rep paid for us all to have drinks.

Eventually a new bus arrived but the seats were smaller with not enough leg room for some. It would have been worse if we had been on the motorway.

Sicily is a very hilly country. The old roads are small. The new roads built up on supports. Plus there are lots of tunnels on the main roads.

I am not a great fan of pizza. However, I did have 2 whilst out at lunch and they were delicious.

Far more substantial than we get here. Luckily I was able to share with a friend off the trip with of course a bier each.

Would I recommend this trip?

Definitely.

Would I go again?

No as totally worn out having seen everything!

## We're changing our name!

From October 2024, we will be known as **East Midlands Asbestos Support Team**

The service we provide won't change and will function the same as it does now, but the new name will more accurately represent the large area that we cover and make the service accessible to more people as they will know it covers their area.

**East Midlands Asbestos Support Team**

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



# **SHED SPEAK**



By Dave Macgregor

Hi all.

Not sure but I think I messed up last edition of Shed Speak in Stepping Forward, anyway onward.

We had a good turnout for the Mesothelioma Day at the Double Tree hotel in Lincoln. The guess speakers Jason Addy, Scott Lennon and our own Jo Reeve were brilliant. There are some nice photos on the FB page.

Let's talk holidays: I hope you have had a holiday, or you're going to this year or at least get a few days out. It's good for mind and body. We are going to the New Forest this year we have not been for many years, let's hope we have some sun.

I have a question: do you think it would be beneficial to run a Shed Speak in the Wellbeing Magazine even if its under a different name? I ask this following feedback I received at the Meso Day in Lincoln. If you have any thoughts (ladies as well), please send them into the DAST office by phone, email. etc. or Monday Morning catch up just thought of that. I will raise this in the office and see what they think. Do any of you have any ideas of what content you would like to see in the magazines and what content you don't like? Please let us know as the magazines are for you to read and enjoy. One idea is a sports page.



Talking of sport, have you been watching the Olympics? As the years go by our bodies perhaps stop us from participating in the sports of our youth and we become armchair participants watching it on the telly box.

Having said that, there are some sports that fit our advancing years: golf, crown green bowling, fishing, walking football or walking rugby!

If you still participate in a sport, do let us know and perhaps write a little about it in the magazine. Just send your comments, pictures etc. to:

[Bereavement.support@dast.org.uk](mailto:Bereavement.support@dast.org.uk)

Sports clubs can be a great way of getting out and about and mixing with other people.

Well, the sun has come out here, so I am off to walk our dog and then wash our caravan, again!

Speak soon

Dave

*PS the pictures are not me!*



# Bereavement Support

## Stepping Stones Bereavement Groups

### Kettering Stepping Stones Bereavement Group



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

We meet the 2nd Tuesday of each month from 11.30 - 1.30 a light lunch will be provided. The

dates for our upcoming meetings are: **13th August, 10th September, 8th October**

Newcomers are always warmly welcomed

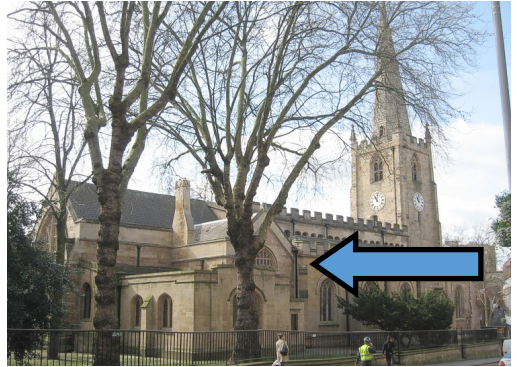
### Derby & Nottingham Stepping Stones Bereavement Groups

Our Derby group meets up for lunch at **The Silk Mill** at 19 Full St, Derby DE1 3AF on the 3rd Wednesday each month. There is no meeting in August, so our upcoming meetings are **18th September, 16th October, 12noon - 2pm** 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 Stepping Stones Bereavement Group

Our Nottingham group meets in the church hall at the rear of St Peters Church in the centre of Nottingham. We meet at 10am on the last Friday of each month.



The dates for our upcoming meetings are: **30th August, 27th September, 25th October**

And, as at all our groups, newcomers always warmly welcomed.



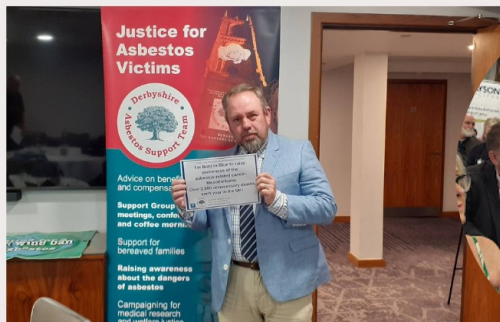
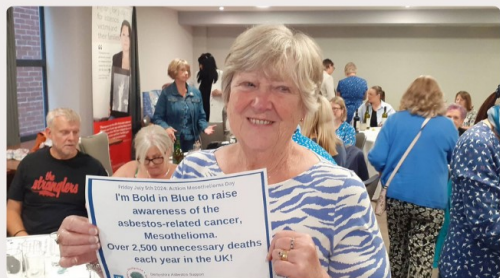
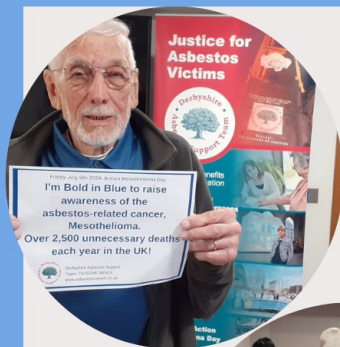
There is a special type of healing that comes from talking to someone who has experienced the same kind of loss that you have. It's like finding someone who speaks the same dialect as you.... The words they say just settle into parts of your spirit in a way no one else can.





Thank you to everyone who supported  
Action Mesothelioma Day 2024





**Keith Franklin lost his dear wife Joan to mesothelioma. For Action Mesothelioma Day this year he persuaded St Thomas' Church and the Methodist chapel in Market Rasen to "Go blue for Meso". This was in memory of Joan (who fought the disease for six years) and Chris Middleton who was the Church Warden,(who sadly died within six months of his diagnosis). Both were important members of the parish.**



**Keith also sent out a press release and was interviewed by the local newspaper which resulted in an excellent article in the Market Rasen Mail.**

**Literature was distributed raising awareness of Mesothelioma and residents were encourage to "wear blue for Meso". The parish church was open for reflection and private prayer.**





Thank you to Keith Franklin for raising awareness in Market Rasen



# Staying cool in summer: Tips to keep cool in hot weather

**1. Be sun smart** - It's best to avoid going out during the hottest hours of the day, but sometimes that can't be avoided. When out in direct sunlight remember:

- ♦ Wear (and regularly reapply) sunscreen.
- ♦ Cover your head with a hat.
- ♦ Take regular breaks indoors or in a shady area to avoid getting heat exhaustion or heatstroke.
- ♦ Wearing light-coloured, loose-fitting clothing will also help you to stay cool.

**2. Wetter is better** - Heat escapes through the skin, which is the largest organ in the body. So, the more skin you can cool down, the better. There are various methods for how to cool your skin down in baking hot weather:

- ♦ Drenching a t-shirt and keeping it wet can be very effective.
- ♦ Buy cooling spray.
- ♦ Having a cool shower - not freezing as you should cool down slowly.

You can quickly cool yourself down by putting your hands and feet in cold water. Wrists and ankles have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly.

**3. Drink plenty of water** - In hot weather, it's important to avoid caffeine and make sure you're drinking lots of water. If possible, drink isotonic sports drinks to replenish the lost salts, sugars, and fluids.

Both cool and hot drinks will work to keep your core temperature at the same temperature. Consuming hot drinks will not cool you down more effectively than cold drinks. In the heat, you should avoid drinks containing caffeine, including tea and coffee, it's typically best to stick to water. As you sweat throughout the day, the liquids you are losing need to be replaced to avoid dehydration. Symptoms of dehydration include:

- ♦ a dry mouth
- ♦ dizziness or confusion
- ♦ headaches

If untreated, dehydration can lead to heat exhaustion. If the person's condition gets worse, you should call 999 for emergency help.

**4. Limit alcohol** - Alcohol causes dehydration, which can hit especially hard if your body is already struggling to stay cool in the summer. Drinking alcohol can also make it harder to get a good night's sleep, something that's already difficult in warmer temperatures.

**5. Eat light meals to feel cooler** - When it's hot, you are far better off sticking to light, well-balanced, regular meals. Food with a high water content like strawberries, cucumber, celery, and lettuce, will also help to keep you hydrated and cool in summer weather.

**6. Keep your home cool** - During the hot weather, it's important to make your home a place you can escape to out of the heat, so keeping it cool is key to feeling comfortable. Keep curtains and blinds drawn to keep the sun out and only open windows in the evening when the temperature cools down.

Enjoy the good weather and stay safe!

# GARDENING CLUB

**If you have a holiday planned, here are some simple ways to get your garden ready for your time away:**

- 1. Deadheading.** A few days before you go, deadhead flowering and fully open flowers. Any existing buds will be blooming on your return and it prevents plants running to seed.
- 2. Mow your lawn.** Mowing just before you leave will keep weeds down and encourage good growth, but set the blades high if it's forecast to be hot to prevent it suffering from drought.
- 3. Water pots.** Pots are most likely to suffer in the heat, so be sure to water your potted plants well and Putting saucers underneath the pots will collect water and increase the humidity. Relocate them to a shady spot so they don't dry out as quickly, or cover them with fleece or shade netting.
- 4. Speak to family, friends or neighbours.** They may be able to water and harvest your plants for you - you can return the favour when they go away.



**5. Eat or freeze ripe fruit and veg.**

Pick and then either eat or freeze any crops you have. Harvesting beans and peas will keep more coming and harvesting courgettes (even tiny ones) avoids them turning to marrows.



**6. Just before you go.** Water anything fruiting and anything newly planted. Smaller pots can be sunk into the ground in a border or raised bed, so that as the compost dries out, it can take up moisture from the soil.



**7. The finishing touches.** A couple of days before you travel, weed the borders and edge the lawn. If you have a pond, don't forget to top it up in case the level drops while you're away - the wildlife will thank you for it!



*Stepping Forward Magazine is 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*

*dast.admin@dast.org.uk*





# Meals for one

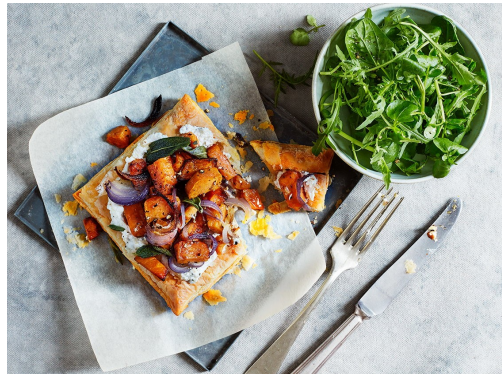
## SWEET POTATO AND SAGE TART

*5 mins prep time*

*35 mins cook time*

### ***Ingredients***

- 75g ricotta
- 1 tsp olive oil
- 1 sage sprig
- 100g frozen sweet potato chunks
- ¼ red onion, sliced into thin wedges
- 100g ready-rolled light puff pastry (about 12 x 12cm)
- 80g bag watercress, spinach & rocket, to serve (optional)



### ***Method***

1. Preheat the oven to gas 6, 200°C, fan 180°C. Put the frozen sweet potato and the red onion in a roasting tin and drizzle with the oil. Season with salt and black pepper and toss to coat.
2. Roast for 15-20 mins, stirring halfway, until browned and heated through. Add the sage leaves to the tin for the last 5 mins to crisp.
3. Put the piece of pastry onto a tray lined with baking paper. Prick the centre of the pastry all over with a fork, leaving a 1cm border. Bake for 10-15 mins until golden brown and cooked through.



4. Season the ricotta with black pepper. Spoon onto the centre of the pastry and spread with the back of the spoon.
5. Top with the roasted sweet potato, red onion and crispy sage. Serve with salad leaves, if you like.

*Recipe from tesco.com*

## **Cooking after loss**

Cooking is often the last thing on your mind when you're grieving, but eating something is better than eating nothing, so here are a few ideas for when you just can't face cooking:

- Smoothies. A simple and flavoursome way to get your all the nutrition you need in one go. Use plain yogurt for calcium and protein; fruit or veg to get your 5-a-day and oats, coconut flour, nuts or seeds for added fibre
- Soups. Tinned, chilled or homemade soups are nutritious and great when you don't have much of an appetite.
- Things on toast. This can be as simple as peanut butter, jam or marmite, or make an easy hot meal with beans, egg or mushrooms on toast
- Meal replacements. These come in shakes, soups and bars, are nutritionally complete and also good when you're not feeling hungry
- Soup makers. Great for cooking with minimal input; load it up with your ingredients and it'll make your soup for you. You can also use them to make stews and casseroles and some even make smoothies too
- Batch cooking. When you feel up to cooking, make several portions instead of just one. You can refrigerate or freeze the rest, which means you'll have a hearty nutritious meal ready when you don't have the energy to make it

## The Uninvited Friend

I have an uninvited friend.

She came to my door last night, again,  
and I almost pretended to be out.

But it was too late, she saw me peering through the blinds and  
she can sense my energy anyway.

I let my friend in and she wrapped her arms around me,  
uninvited.

We stayed there like that, quietly, just some sobbing, some  
sighing and a little silent crying.

Without saying a single word, my friend gave me three things.

She gave me a hug, she gave me some ice-cream (my favourite  
kind) and most of all, she gave me back my hope.

I had lost it again you see, outside somewhere.

And she found it, like she always does.

And brought it back to me, uninvited.

I hope you have an uninvited friend, like mine.

And if not,

I hope you can be one to  
yourself...

I can't imagine life without  
her.



*Donna Ashworth*

## Sunday Rest

Don't fall into the trap of thinking that  
doing nothing is doing nothing for you.

That being unproductive is unproductive for you.

We've gotten so used to being busy,  
so used to doing things with visible results,  
so used to tracking our steps and logging our activity and ticking  
things off our to-do list,  
that we've forgotten the importance of rest.

'Doing nothing' and being 'unproductive' are actually doing  
something productive.

They are helping you recharge.

Recoup.

Reading a magazine or having a bath or sitting in the garden with  
a cup of coffee are not a waste of time.

Time spent rested is not time wasted.

We are not machines.

We are not robots.

We are not here to  
constantly work and move and do.

We are human beings.

And sometimes we just need to  
be.



*Becky Helmsley*



**THIS  
MONTH'S  
WINNER  
IS...**



Congratulations to Tom Hitchcock who was our DAST 200 Club winner for July. June was a rollover, so Tom won the bumper cash prize of £144.50!

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

If you'd like to purchase any numbers, please get in touch with us at [admin.assistant@dast.org.uk](mailto:admin.assistant@dast.org.uk) or 01246 380 415





**A sincere thankyou for all of your generous donations to DAST. Your contributions have helped to fund our support work for members including bereavement support and awareness raising. Below are more ways that you can help!**

- 1** Make an online donation through the Local Giving website at [www.localgiving.org](http://www.localgiving.org) and search for Derbyshire Asbestos Support Team. You can also make a one off donation or make instructions for a standing order. Please use the form at the back of the magazine.
- 2** When shopping online go through [easyfundraising.org.uk](http://easyfundraising.org.uk) or if shopping with Amazon go through Amazon Smile. Search for Derbyshire Asbestos Support Team under 'Charities'. It's easy and comes at no extra cost to yourself..
- 3** Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to DAST. Go to [vintagegiving.com](http://vintagegiving.com)
- 4** Consider making a legacy in your will. DAST has received much generous support this way. Talk to your solicitor about this and they will give you personalised advice.

### **Vintage Giving**

**Free Fundraising by donating your old and vintage items**

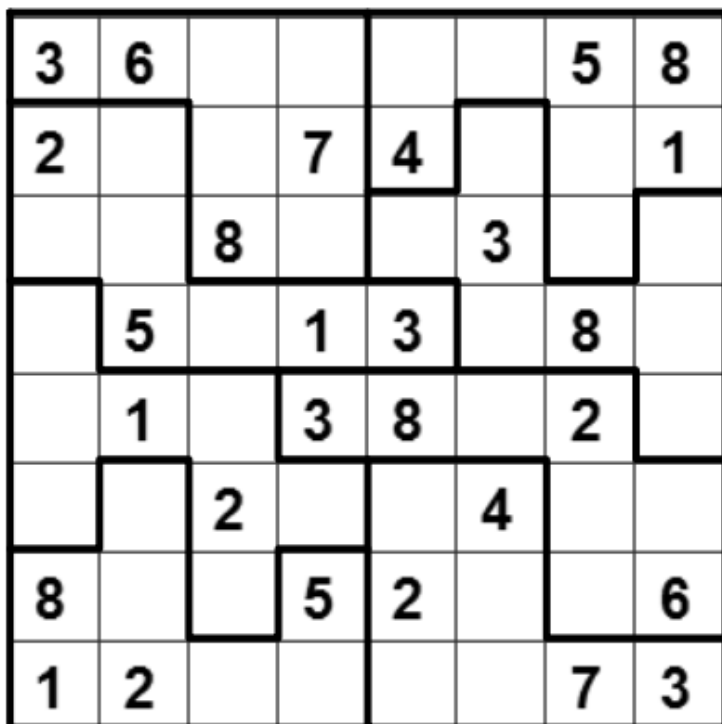


# Localgiving

# Puzzle Corner

Keeping the brain active is an important aspect of brain health. Challenging mental activities stimulate the formation of new nerve cells connections and may encourage new cell generation. Try word searches, Sudoku puzzles, crafts and books to keep your mind alert and ready for anything.

Have a go at this **Jigsaw Sudoku**, a twist on the popular puzzle. Like regular Sudoku, the rows and columns should contain only one of each digit, however instead of the usual 3x3 subareas (known as nonets), they are irregularly shaped. Find the answers at the rear of the magazine.





# Arrowword

Toffee-nosed people	▼	Speck of dust	▼	Row, quarrel	▼	Brand name of a range cooker	▼	Eccentric	▼
Gave hope to		Bring back to grace		Ruined ship		___ Radcliffe, marathon runner		Become man and wife	
Tea-making session (4-2)	▶		▼		▼		▼	Liquid measure	▼
				University lecturer	▶				▼
Consume	Scheduled	▶				Literary variant of Hindustani	▶		
				Popular fizzy drink	▶			Be in arrears	
Billiard-player's rod	Tooth surface			Wrinkled (the lips)		Tori ___, American singer	▶		▼
	▼		▼	Well-acquainted (with) (2,4)	▼	South Africa's money unit		Snoops	
Casual employee		Took by force	▶			▼	▼		▼
				Distant	▶			Gobble up	
Den of a wild animal		Floppy-eared breed of dog	▶					▼	
				Utopian	▶				
School fair		Speck, round mark	▶			Pen for keeping pigs	▶		



## Add to the memory and message patchwork and support DAST's work

Pictured is DAST's wonderful Memory and Message patchwork, designed to make a strong visual statement about the terrible impact that asbestos disease has had on individual lives and on the wider community.

Since the project started it has gradually built up to be a beautiful display, but we'd love to add more so that it can be turned into a banner.

There are two ways to add a hexagon to the patchwork:

If you are the crafty type, you can decorate your own. We will supply the blank hexagon and attach your completed work to the patchwork in return for a donation of £2.50.

Or we can supply a ready decorated hexagon for a donation of £5.00. We will add a set of initials or a short name and attach it to the patchwork for you.

Call us on 01246 380415 to request your hexagon.



### Contact details for DAST

**1 Rose Hill East, Chesterfield**

**Derbyshire**

**S40 1NU**

**Tel: 01246 380415 Email: [dast.admin@dast.org.uk](mailto:dast.admin@dast.org.uk)**

## Puzzle Answers

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

# ONLINE STEPPING FORWARD MAGAZINE

Exciting News! 🎉 Our latest issue of Stepping Forward Magazine is now available ONLINE!

Say goodbye to clutter and hello to convenience. If you're ready to make the switch from physical copies to digital editions, simply let us know!

📞 Call us on 01246380415 or ✉ email us at [dast.admin@dast.org.uk](mailto:dast.admin@dast.org.uk) to update your preferences.

## Thank you!

## Puzzle Answers - Pieceword and Arrowword

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

	S		M		A		A			O
E	N	C	O	U	R	A	G	E	D	
	O		T		G		A			D
	B	R	E	W	U	P		W		
U	S	E		R	E	A	D	E	R	
		D	U	E			U	R	D	U
C	U	E			C	O	L	A		S
		E		K		A	M	O	S	
T	E	M	P		A				W	
	N			U	S	U	R	P	E	D
L	A	I	R			F	A	R		O
	M			S	P	A	N	I	E	L
F	E	T	E			I	D	E	A	L
	L			D	O	T			S	T

**Social media** – If you or your family use Social Media please check out our sites and help us to reach more people

**Facebook**



**DAST (Derbyshire Asbestos Support Team)**



**dast - east midlands wide asbestos support**



**Twitter**

**@DAST24**

**DAST Website: [www.asbestossupport.co.uk/](http://www.asbestossupport.co.uk/)**

# DONATE TO DERBYSHIRE ASBESTOS SUPPORT TEAM



Date :

Full Name

Full home address

Postcode

Email

I would like to make a one-off donation and enclose my cheque for £.....

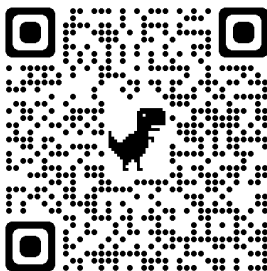
I would like to be added to our email list for updates on DAST activities and fundraising Yes / No

I want to Gift Aid my donation of £.....and any donations I make in the future or have made in the past 4 years to DAST.

## 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 the charity named above to reclaim tax on the donation detailed, 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 that the charity will reclaim 25p of tax on every £1 that I have given. Please notify the charity if you want to change this declaration, change your name or address or if you no longer pay sufficient tax.



PLEASE RETURN THIS FORM TO DAST, 1, ROSE HILL EAST, CHESTERFIELD, DERBYSHIRE S40 1NU

THANK YOU FOR YOUR DONATION