

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 June - July 2026

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Social media

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



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www.emast.org.uk



Welcome to the June/July edition of Stepping Forward

It may not quite be summer yet, but it has certainly felt like it over the past week or so. As I write this from my home office, overlooking the garden, I find myself frequently distracted by the

sunshine, the birdsong, and the wonderful display of colours outside. After a long, wet and cold season, the garden has burst into life, reminding me how quickly things can change and how much there is to appreciate in the small moments around us.

As we move into June and July, there is much to look forward to. Action Mesothelioma Day takes place on 3rd July this year at the Derby Museum of Making – the Silk Mill. It is always a significant opportunity to come together, remember loved ones, raise awareness and support one another.

Following the success of last year's fundraising week, we are delighted to be extending our fundraising activities to two weeks this year. We hope many of you will consider getting involved in whatever way feels right for you.

For many people, thoughts at this time of year turn to holidays and days away. However, bereavement can change how we feel about travel and time spent away from home, particularly when facing holidays for the first time on your own. In this edition, we explore some of the challenges and possibilities of holidaying as a solo traveller after loss, and share experiences and ideas that may help.

You'll also find an article celebrating the garden birds that bring colour, song and companionship to our outdoor spaces, along with gentle reflections and practical support for those navigating

grief. And, because moments of lightness matter too, we've included a touch of humour to bring a smile along the way.

Wherever you are on your bereavement journey, we hope this edition offers comfort, encouragement and connection.

Thank you for being part of the Stepping Forward community.

With warm wishes,
Jo



A Heartfelt Thank You

We are always incredibly grateful to our supporters who donate so generously to EMAST. As a small charity with no statutory funding, every pound we receive makes a real difference and helps us continue providing vital support to those

affected by asbestos-related diseases.

We would like to extend a special thank you to June Culley for her recent, kind and generous donation. We were pleased to have been able to support June in the past and are touched that she chose to think of EMAST in this way. Her generosity is greatly appreciated.

We would also like to say a huge thank you to Patricia (Tricia) Clough. Tricia has written a wonderful children's book, *Planting Memories*, and has generously pledged that all proceeds from book sales will be donated to EMAST.

The book launch, held in May, was a truly inspiring occasion, bringing together family, friends and supporters to celebrate Tricia's achievement. We are immensely grateful for her support and commitment to helping EMAST continue its work. To June, Tricia, and all our supporters, thank you. Your kindness, generosity and encouragement enable us to continue supporting individuals and families when they need us most.



It was a pleasure to welcome June Culley to the EMAST office and thank her in person for her generosity.

Tricia's Book Launch



Travelling Solo After Loss: Challenges, Opportunities and Gentle Steps Forward

For many people, the arrival of summer brings thoughts of holidays, days out and time spent away from home. Yet after the death of a loved one, the prospect of taking a holiday can feel very different.

Perhaps you always travelled together. Maybe you shared favourite destinations, routines and traditions. The thought of returning to a place filled with memories can be painful, while the idea of travelling somewhere new without your companion may feel daunting or even impossible.

If this sounds familiar, you are not alone.

Why Holidays Can Be Difficult

Bereavement affects every aspect of our lives, and holidays often highlight the absence of the person we miss. What was once a source of excitement may now bring anxiety or sadness.

- ♦ You may find yourself asking:
- ♦ Who will I share the experience with?
- ♦ Will I feel lonely?
- ♦ What if I become upset while I'm away?
- ♦ Is it disloyal to enjoy myself?
- ♦ Will other people judge me for travelling alone?

These are all natural thoughts. Grief does not stay at home when we pack a suitcase. It comes with us, often in unexpected ways.

Many bereaved people describe feeling particularly vulnerable during their first holiday after a loss. Favourite restaurants, scenic views and familiar walks can trigger powerful memories. Even simple decisions, such as where to eat or what to do each day, may feel overwhelming when you're used to making them together.

The Possibilities That Travel Can Offer

While travelling after loss can be challenging, many people also discover that it offers opportunities for healing and personal growth.

Being somewhere different can provide a break from daily routines and reminders. It can create space to reflect, rest and reconnect with yourself.

Some people choose to revisit a place they loved with their partner, finding comfort in treasured memories. Others prefer somewhere entirely new, creating fresh experiences and building confidence in their ability to navigate life independently.

A holiday does not have to be an exotic adventure. It might be a weekend by the sea, a coach trip with a local group, a visit to family, or even a few days in a nearby town. The destination matters less than finding something that feels manageable and right for you.

Taking Small Steps

If the thought of travelling alone feels overwhelming, consider starting small.

You might:

- ♦ Take a day trip to a nearby attraction.
- ♦ Visit a garden, museum or coastal town.

- ♦ Book one or two nights away rather than a full week.
- ♦ Join an organised group excursion.
- ♦ Travel with friends for part of a holiday while allowing yourself some independent time.
- ♦ Building confidence gradually can make larger trips feel more achievable in the future.

Connecting with Others

One concern many solo travellers share is loneliness. Yet travelling alone does not necessarily mean being alone.

Many hotels, guided tours, walking groups and special-interest holidays attract people travelling on their own. Shared activities often provide opportunities for conversation and companionship without any pressure.

Some people enjoy the freedom of setting their own pace, deciding exactly how they spend each day. Others find comfort in joining organised activities while still having private time when needed.

There is no right or wrong way to do it.

Giving Yourself Permission

Perhaps one of the hardest challenges after bereavement is allowing yourself to enjoy life again.

Many people experience guilt when they laugh, relax or have a good time. Yet finding moments of pleasure does not diminish the love you have for the person who died. Nor does it mean you have forgotten them. Your loved one remains part of your story wherever you go.

Taking a holiday, enjoying a beautiful view, or finding

happiness in a new experience can exist alongside grief. The two are not mutually exclusive.

Be Kind to Yourself

If you decide to travel this year, keep your expectations gentle. Some days may be enjoyable; others may feel difficult. You may experience moments of sadness when you least expect them.

That's okay.

Take photographs if you wish. Rest when you need to. Allow yourself to change plans. Carry a favourite memory, object or photograph if it brings comfort.

Most importantly, remember that there is no timetable for grief and no pressure to travel before you feel ready.

Whether this summer brings a grand adventure, a short day trip, or simply time spent in your own garden, every step forward counts.

And sometimes, the bravest journey is simply giving yourself permission to take the first one.



We would love to hear about your adventures and experiences of solo holidays. Please either email them or post them to the office.

14 DAYS OF ★ ★ HOPE ★ ★

***EMAST FUNDRAISING
FORTNIGHT***

JUNE 27 - JULY 12

Got a fundraising idea? We'd love to hear it! Please get in touch to let us know how you can help make this year's Fundraising Fortnight our biggest and most successful yet.

**EVERY POUND RAISED WILL HELP
US CONTINUE SUPPORTING THOSE
WHO NEED US MOST.**

Every year, more than **5,000 people in the UK lose their lives to asbestos-related diseases**, and sadly, new patients continue to be referred to EMAST every week. The need for our support services has never been greater.

Unlike many organisations, **EMAST receives no statutory funding**. We rely entirely on the generosity, kindness and commitment of our members, supporters, fundraisers and local communities to ensure we can continue providing vital support, information and advocacy for those affected by asbestos-related diseases.

Following the fantastic success of last year's fundraising week, we are delighted to announce our **EMAST Fundraising Fortnight**, running from **Saturday 27 June to Sunday 12 July 2026**, incorporating **Action Mesothelioma Day** on Friday 4 July. We would love as many people as possible to get involved. Whether you're organising a coffee morning, taking on a sponsored challenge, holding a raffle, hosting a quiz night, or coming up with your own creative fundraising idea, every pound raised will help us continue supporting those who need us most.

Got a fundraising idea? We'd love to hear it!

Together we can make a difference!

Please contact the office to tell us of your plans and how we can help in any way.

Birthday Reflections

Sixty-five, how did that happen?

The age where your body becomes a group project between the docs, the pharmacy, Specsavers and the nice man at the hip clinic.

I now have: two hearing aids, one replacement hip, three pairs of glasses and absolutely no idea where any of them are at any given time. I spend half my life saying "Pardon?" and the other half saying "Don't pull me over, you ***** idiot!" to the Ginger Ninja dog, who still believes I'm twenty-seven and loves leaving stealth traps (toys) on the stairs for me to fall on/over!

The hearing aids are interesting. Tiny little devices designed to help me hear the world better, which mainly means I can now clearly identify every creak, every sigh, every bodily sound I previously had the good fortune to miss.

And the new hip?

Magnificent piece of engineering. Honestly, parts of me are now probably under warranty. Though nobody tells you that after the operation people suddenly expect you to be "grateful" for stairs.

The glasses situation has become ridiculous.

One pair for reading/computer work.

One pair varifocals supposedly for both reading & distance.

Several cheap pairs one in each room, I wear while searching for the other two pairs.

And yet — underneath all the comedy, there are moments when ageing feels strange. Because somewhere along the way, between appointments, physio and prescriptions, between learning how to become this newer version of myself, I find myself yearning for who I was and missing Mick more than ever!

Because I still miss who I was before grief arrived and rearranged the furniture of my life and ‘we’ became ‘me’! Back then I knew myself better. Or at least I thought I did.

Now I have absolutely no idea who I’m becoming.

Some days I feel strong.

Some days I feel ancient.

Some days I feel wildly grateful to still be here, still laughing, still being tormented by a chaotic ginger dog – Mick’s dog.

Maybe that’s all any of us are doing really — learning how to carry the old versions of ourselves while slowly making peace with the new one.

Sixty-five isn’t what I imagined. But here I am:

slightly bionic,

occasionally wobbly,

a bit louder than necessary,

a bit softer in places too, still loving, still grieving, still trying, still here.

And honestly? That’ll do.

Jo Reeve



How did you find Sarah Turner's book, **Stepping Up?**

Although not a book I would have normally chosen I found it warm, emotional and often funny. The characters felt wonderfully real and

relatable. While the novel deals with difficult themes including bereavement and loss, it is balanced with warmth, humour and moments that made me both laugh and cry.

Our next book recommendation is **Still Life by Sarah Winman**

Set in post-war Florence and London, *Still Life* tells the story of Ulysses Temper, a young British soldier whose chance encounter with an art historian during the Second World War changes the course of his life.

This book is about life, life of artists and wordsmiths in the City of Florence in Italy, and therefore aptly named " *Still Life*".

There are a host of characters in this novel, and we get to share in their conversations and life experiences from 1944 to 1979.

The two main characters are Ulysses and an older woman named Evelyn Skinner. These two characters briefly meet at the end of the war in Italy and they never forget each other, and this novel is an account of their mutual friends experiences and most of the novel depicts this through conversation, against the backdrop of history with the renaissance artists and the writings of famous storytellers such as E. M. Forster and Shakespeare.

Beautifully written, warm and uplifting, this novel celebrates friendship, love, art and the families we create for ourselves. Rich in atmosphere and unforgettable characters, it transports readers to the sunlit streets of Florence while exploring the bonds that sustain us through life's challenges.

Sarah Winman's *Still Life* is a novel rich in character, friendship, art, love and the enduring impact of chance encounters. Here are some questions and themes for you to reflect on as you read the book:

Friendship lies at the heart of the novel.

Which friendships in the book did you find most moving?

Can friendships sometimes be as important as family relationships?

The Meaning of Home

Many of the characters are searching for a place where they belong. What does "home" mean to the different characters?

Is home a physical place or the people we surround ourselves with? Did your understanding of home change while reading the novel?

Art and Beauty

Art plays a significant role throughout the story.

How does art influence the lives of the characters?

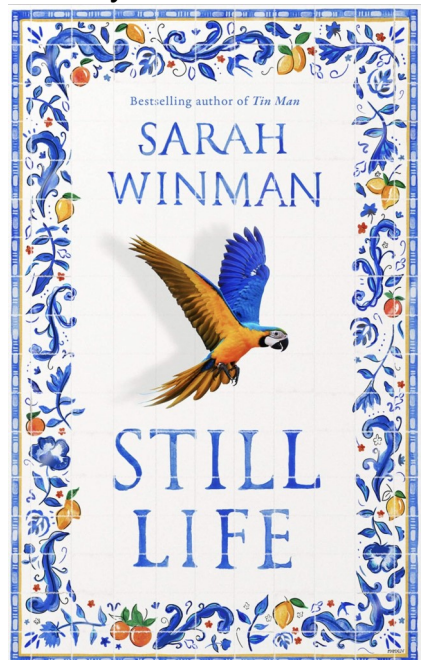
Have you ever experienced a book, painting or piece of music that changed your perspective on life?

Florence as a Character

The city of Florence is vividly portrayed throughout the novel.

How important was the setting to your enjoyment of the story?

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





MERLIN MAGIC: THE APP THAT TURNED ME INTO A BIRD DETECTIVE

Who doesn't love birds?

I am lucky enough to live on the edge of a park, which means there is always birdsong drifting through the garden. Admittedly, some mornings it arrives considerably earlier — and louder — than I would ideally like, but generally speaking, I enjoy having nature as my alarm clock.

Over the years I've become quite fond of my feathered visitors. The garden has hosted a regular cast of characters including robins, blackbirds, blue tits, great tits, sparrows, pigeons and the occasional celebrity appearance from something I couldn't identify but was convinced was either extremely rare or had simply flown in from the wrong continent.

In fact, my interest had already reached the point where I had invested in a pair of binoculars. Not because I planned to become the David Attenborough of suburban parks, but because I was tired of saying things like:

"Look! It's that little brown one again."

The binoculars helped, but then I discovered the Merlin Bird ID app and my entire understanding of my local bird population changed overnight. Or rather, over two days.

Within 48 hours, Merlin had identified an astonishing 26 different bird species around my home.

Twenty-six!

Apparently, my garden isn't just a garden. It's Heathrow Airport with bird feeders.

The clever app listens to birdsong and identifies which species are

singing. At first, I was deeply suspicious. After all, this is technology. This is the same world that occasionally autocorrects perfectly sensible words into complete nonsense.

But Merlin proved remarkably accurate.

I found myself wandering around the garden holding my phone aloft like some sort of ornithological wizard, while the app calmly informed me that a wren, a goldfinch and a chiffchaff were all performing nearby.

A chiffchaff!

Before Merlin entered my life, I had never knowingly encountered a chiffchaff. I wasn't entirely convinced it wasn't something made up by Beatrix Potter.

Now I can identify one by song alone.

In fact, the most surprising thing is how quickly I'm learning to recognise many of the birds without using the app at all. Once you start paying attention, you realise every species has its own voice and personality.

It's rather like discovering your neighbours all have distinctive doorbells.

I've also become fascinated by their daily routines.

Who gets up first? (Always the Blackbird, and very noisily too!)

Who stays out late?

Who spends the day shouting at everyone else?

The answers, it turns out, are surprisingly consistent.

The dawn chorus begins before most sensible people have even considered opening their eyes. The early risers, seem determined to announce both their presence and their opinions to the entire postcode.

Then, as evening approaches, another ritual begins. Every night there appears to be a musical showdown between the blackbird and the

robin. The blackbird starts confidently, delivering a beautiful, rich performance worthy of a sold-out concert hall. Then the robin joins in. And somehow, every evening, the robin refuses to concede defeat. The contest continues until the light begins to fade and one by one the other birds fall silent. Then, almost invariably, the robin delivers the final song of the day. I am delighted by this. Perhaps it's because robins always seem slightly cheerful and determined, like tiny feathered optimists. Whatever the reason, I find myself quietly rooting for him each night. And so far, he has never let me down.

What started as curiosity has become something much more enjoyable. The Merlin app hasn't simply helped me identify birds; it has encouraged me to notice them.

To listen.

To pay attention.

To appreciate the tiny dramas unfolding in the trees and hedgerows around me every day.

It's easy to overlook birds because they're always there. But once you begin to recognise their songs and understand their habits, the world becomes richer somehow.

Although I should probably warn you. Downloading Merlin may result in spending considerable amounts of time standing in your garden staring at trees, talking about chiffchaffs, and becoming emotionally invested in a nightly singing competition between a robin and a blackbird!

The Merlin Bird ID app, developed by the Cornell Lab of Ornithology, does far more than simply identify birds by their song. It can identify birds from photographs, help you build a personal list of species you've spotted, and provide information about their appearance, behaviour and habitats. The app is available free of charge for both Android and Apple devices. Simply download it from the Google Play Store or Apple App Store, create a free account, and you'll be ready to discover just how many birds are hiding in plain sight around you. Once you start using it, you'll never listen to birdsong in quite the same way again.



**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

ACTION MESOTHELIOMA DAY 2026

FRIDAY 3RD JULY 10.30AM - 2PM



DERBY MUSEUM OF MAKING - SILK MILL 1 SILK MILL LANE DERBY DE1 3AF

Please join us as we raise awareness of mesothelioma, generate vital funds, and honour all those affected by Mesothelioma. A buffet lunch will be provided. We are also pleased to welcome a speaker from Unite the Union.



THE SPY AMONG US

We shall be showcasing a short drama based on real events, revealing the extraordinary lengths the asbestos industry has gone to in its attempts to silence campaigners, undermine activists, and suppress the truth.



THERMAL RECYCLING

There will also be an informative video exploring thermal recycling — an innovative approach to reducing the harm caused by asbestos waste by transforming it into new, usable materials.

And don't forget to wear blue for Meso! 💙

BOOK YOUR PLACE NOW by telephone: 01246 380415
or email: emast.admin@emast.org.uk

Join Us for a Scenic Summer Stroll.

As part of EMAST's Fundraising Fortnight, we are delighted to invite you to join us for a relaxing walk along the beautiful Cromford Canal on Friday 10th July at 11.30am. Starting from the historic Gothic Warehouse at Cromford Wharf, this enjoyable 1.4-mile guided walk will take participants along one of Derbyshire's most picturesque waterways to Aqueduct Cottage. The event will include light refreshments and lunch, together with a fascinating talk from the Derbyshire Wildlife Trust, providing an insight into the rich wildlife and heritage of the canal and surrounding area.

EMAST merchandise, including t-shirts, will also be available to purchase. This walk forms part of our fundraising activities to help ensure EMAST can continue providing vital support. While there is no charge to attend, **donations are warmly welcomed and greatly appreciated.**

Come along, enjoy the fresh air, meet new people and help support a cause that makes a real difference to families across the region.

CROMFORD CANAL WALK

FRIDAY 10TH JULY, 11.30AM

Gothic Warehouse, Cromford Wharf, Mill Road, Cromford, DE4 3RQ. Parking on site

- ✓ Light lunch and refreshments
- ✓ Talks from Derbyshire Wildlife Trust
- ✓ 1.4 mile walk along the beautiful Cromford Canal to Aqueduct Cottage
- ✓ EMAST t-shirts and other merchandise will be available to purchase
- ✓ As part of our fundraising week, any donations would be very welcome



BOOK NOW

emast.admin@emast.org.uk
or 01246 380415

Summer After Loss: Finding Gentle Moments of Comfort

For many people, summer is a season associated with holidays, family gatherings, gardens in bloom and longer, brighter days. Yet when you are grieving the loss of someone you love, summer can bring mixed emotions. The sunshine and activity around us can sometimes feel at odds with the sadness and loneliness we carry within. If this is your first summer following a bereavement, you may find yourself missing the routines and traditions you once shared. Perhaps you used to enjoy days out together, tending the garden, watching sport, taking holidays, or simply sitting in the sunshine with a cup of tea. These reminders can be both comforting and painful.

It is important to remember that there is no right or wrong way to feel. Some days you may enjoy the warmth and beauty of the season; on others, grief may feel especially close. Both experiences are perfectly natural.

Embracing the Season in Your Own Way - Summer can offer opportunities for gentle healing, not by forgetting the person you have lost, but by finding ways to carry their memory with you.

You might like to:

- ⇒ Visit a favourite place that held special meaning for you both.
- ⇒ Spend time in your garden or a local park, enjoying nature and the changing seasons.
- ⇒ Create a memory book or photo album filled with treasured moments.
- ⇒ Plant flowers, herbs or a small tree in their memory.
- ⇒ Sit outdoors with a favourite book or simply listen to birdsong and enjoy the fresh air.
- ⇒ Attend local community events, coffee mornings or support groups to connect with others.

Even small activities can help bring structure to the day and provide moments of peace and reflection.

The Benefits of Being Outdoors - Research has shown that spending time in nature can help improve mood, reduce stress and encourage gentle physical activity. You do not need to undertake long walks or strenuous exercise. A short stroll around the neighbourhood, sitting by a lake, or enjoying a local beauty spot can have a positive effect on wellbeing.



Many people find comfort in observing the natural world. Watching flowers bloom, hearing bees buzzing or seeing young birds leave the nest can remind us that life continues to move forward, even during difficult times.

Staying Connected - Bereavement can sometimes lead to isolation, particularly for older people. Summer can be a good time to reconnect with friends, neighbours or family members. A phone call, a cup of tea in the garden or a short outing can make a significant difference.

If you know someone else who has experienced loss, consider reaching out. Often, a simple conversation can provide comfort to both people.

Be Kind to Yourself - Grief does not take a holiday during the summer months. Some days may still feel challenging, especially on anniversaries, birthdays or special occasions. Allow yourself permission to rest, to say no when you need to, and to seek support when emotions feel overwhelming.

Most importantly, remember that healing does not mean forgetting. The love, memories and connection you shared remain part of your story. This summer, try to find one small thing each day that brings comfort - a favourite flower, a conversation with a friend, a peaceful walk, or simply the warmth of the sun on your face. Sometimes it is these gentle moments that help us navigate the path through grief and towards hope.

Those were the days...

We continue our nostalgic journey back in time through the memories shared by friends and beneficiaries of EMAST.

It was a conversation about our carbon footprint that set my husband Dave thinking. How could we reach New Zealand with as little flying as possible - and as cheaply as possible? For several months we planned. The aim was to travel across Russia, Mongolia, China, Laos, Vietnam, Cambodia and Thailand before flying the remainder.

Our main adventure started on the Tran-Siberian railway. We never knew who would be sharing our carriage. That in itself led to many interesting days and nights. Who would have thought I would have woken one morning on a top bunk gazing across at a gorgeous Russian soldier with rippling muscles?

From Russia through to Mongolia then China we trundled along. We each had a small haversack with wheels. Careful thought had gone into the contents. We knew the train's restaurant was somewhat limited so packets of dried rice, cereals and hot chocolate were crammed in.

Each carriage had a samovar with boiling water freely available. Kellogg's had sent two plastic bowls to accompany us. When not in use they contained my two clean pairs of quick dry pants! It's amazing how long you can survive with just three pairs of most things, one



jumper and a coat.

We had home stays in Russia. I had imagined a country cottage with Babushka holding court with the family. The reality were tall blocks of flats with steel doors and no lifts. And our stay was usually on one of the top floors. Dave thought he was in seventh heaven at our first one when a Barbie lookalike opened one door. She was not our hostess. Just the extremely young-looking daughter who had popped by to meet us. For the next three nights we slept on sofas that had clearly seen better days. I curled around the visible spring and hoped I wouldn't be skewered! Our evening meals were buckwheat and buckwheat. The hostess made it clear on the first night that we should be out by 9am and not home until 8pm. She wasn't unkind, just very assertive. Our evening entertainment was a succession of Russian songs intermingled with whatever English or Scottish songs I could bring to mind. 'Auld Lang Syne' went down well and tears of laughter rolled down Dave's cheeks.

Our final home stay in Ulan Ude brought a charming lady into our lives. She spoke no English. A former teacher, she eked out her money by having homestays. By the time we reached her, our clothing was ready for a wash. Dave's socks could have walked home on their own! I gestured washing my clothes. She took me to the bathroom and placed a wooden board across the bath. A plastic bowl and my travel soap were soon in use. Fortunately it was good weather as the only way to dry clothes was a clothes horse on the balcony. No mod cons here!



Our hostess Victoria was such a gentle soul who followed the

teachings of Buddha. She gave us a postcard of Itigilov, a Buddhist monk who reached Nirvana. Well worth a Google. Quite fascinating.

Back onto the train and Mongolia next. We didn't linger in the city which we'd heard was full of black markets and dodgy dealings. Instead we were driven to the middle of nowhere to stay in a Mongolian ger. We were taught the traditional way of entering and moving around the ger. Clockwise at all times and never cross between the two centre poles or an argument would ensue.



The beds were wooden with the thinnest of mattresses. I doubted we would get a wink of sleep. It also felt odd having a 'his' and 'hers'. As night fell, we wished each other a good night and clambered into bed. We both slept so well until we heard someone creeping into our tent. Immediately



my hand grabbed my bum bag which always slept under my pillow and I hoped Dave was wearing his secret money belt. Were we about to be burgled? Absolutely not. A waif of a girl was quietly raking the ashes of our stove and bringing it back to life. By the time we woke for breakfast, the ger was as warm as toast and we were ready for roaming the Mongolian hills with a local dog which took an instant liking to Dave. Everyone and everything loved Dave.

Patricia Clough

Look out for more stories in the next issue!

WAYS TO HELP EMAST



1

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

2

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

3

Join our 200 Club lottery for just £2 per number per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. To join, email admin.assistant@emast.org.uk or call 01246 380 415

4

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

5

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

The Joy of Growing Older (Even if the Knees Disagree!)

There are many advantages to getting older. We have more life experience, greater wisdom, and we've finally stopped worrying about what other people think. Unfortunately, our knees, backs and memories didn't receive the same memo.

One of the unexpected benefits of later life is that we become experts in adaptation. For example, we no longer bend down to pick something up without first checking whether there is anything else on the floor that needs retrieving while we're down there. After all, opportunities like that shouldn't be wasted.

Then there are our conversations with friends. Years ago, we discussed careers, holidays and raising children. Now we compare notes on gardening, bargain supermarkets and whose hearing aid has developed a personality of its own.

Technology keeps us on our toes too. We grew up learning how to operate record players, cassette decks and video recorders. Today we're expected to remember passwords, download apps and understand why the television needs "updating." Some days, simply finding the remote control feels like a significant achievement.

And let's not forget the joys of the weather. As children, sunshine meant ice creams and days at the seaside. As adults, it means remembering where we put the sun cream, finding a hat and deciding whether it's warm enough to put the washing out.

One of the nicest things about getting older, however, is learning to appreciate the little pleasures in life. A cup of tea in the garden. A phone call from a friend. A good book. A robin visiting the bird table. A favourite song on the radio. These simple moments often bring the greatest happiness.

Many people who have experienced loss say they have learned to treasure everyday moments even more. Life has a way of teaching us what really matters. While we may carry sadness for those we miss, we also carry precious memories, shared laughter and stories that still bring a smile years later.

So here's to growing older. We may occasionally forget why we walked into a room, need reading glasses to find our reading glasses, and make mysterious noises when getting out of a chair, but we've earned every grey hair, every laugh line and every story.

And if all else fails, there's always tea and biscuits.

Remember - "Age is merely the number of years the world has been enjoying you."



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: **9th June, 14th July, 11th August**

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: **17th June, 15th July, 19th August**



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:
26th June, 31st July, 28th August



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

GARDENING CLUB

Gardening Tips for June/July

Enjoying Your Garden This Summer

The summer months are a wonderful time to enjoy the garden. Longer days, colourful flowers and fresh produce can make spending time outdoors both relaxing and rewarding. Whether you have a large garden, a small patio, or a few pots by the door, there are plenty of ways to keep your garden looking its best without overdoing it.

Water Wisely - June and July can bring warm, dry spells, so watering is important.

- ⇒ Water plants early in the morning or later in the evening to reduce evaporation.
- ⇒ Focus on the roots rather than the leaves.
- ⇒ Containers and hanging baskets may need watering daily during hot weather.
- ⇒ Consider using a watering can rather than a hose to save water.

Deadhead Summer Flowers

Removing faded flowers from plants such as roses, geraniums, petunias and marigolds encourages more blooms throughout the summer.

A few minutes spent deadheading each week can make a big difference to the appearance of your garden.

Keep Weeds Under Control

Weeds grow quickly in warm weather and compete with plants for water and nutrients.

Try:

- ⇒ Removing weeds after rain when the soil is soft.
- ⇒ Hoeing little and often.
- ⇒ Applying mulch around plants to help suppress weed growth.
- ⇒ A few minutes each day is easier than tackling a large patch all at once.

Create a Wildlife-Friendly Garden

Summer is a busy time for birds, bees and butterflies.

You can help by:

- ⇒ Providing a shallow dish of water for wildlife.
- ⇒ Leaving some flowers to attract pollinators.
- ⇒ Growing lavender, foxgloves, buddleia or verbenas.
- ⇒ Avoiding pesticides where possible.
- ⇒ Watching wildlife can bring great enjoyment and a sense of connection with nature.

Look After Yourself Too - Gardening is excellent exercise, but it's important to garden safely.

- ⇒ Wear a hat and sunscreen on sunny days.
- ⇒ Take regular breaks.
- ⇒ Use kneeling pads or garden stools to reduce strain.
- ⇒ Avoid working in the hottest part of the day.
- ⇒ Keep a bottle of water nearby.

Remember, gardening should be enjoyable, not exhausting.

Easy Jobs for Hot Days - When the weather is warm, choose lighter tasks such as:

- ⇒ Watering containers
- ⇒ Picking flowers for the house
- ⇒ Harvesting fruit and vegetables
- ⇒ Deadheading blooms
- ⇒ Planning future planting schemes
- ⇒ Simply sitting and enjoying the garden!

A Summer Gardening Thought

A garden doesn't have to be perfect. Whether you're growing prize-winning roses or simply enjoying a few colourful pots, every flower, vegetable and visiting butterfly is something to celebrate. Take time to pause, appreciate your efforts and enjoy the beauty that summer brings.

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

Email emast.admin@emast.org.uk





Meals for one

Summer is the perfect time to enjoy lighter meals using fresh, seasonal ingredients. Cooking for one can sometimes feel like a challenge, but simple recipes can help make mealtimes enjoyable while reducing waste and saving time in the kitchen. Here are a few easy summer dishes that are perfect for one person.

Sunshine Salad Bowl - A colourful salad packed with flavour and goodness.

Ingredients:

Mixed salad leaves

½ avocado, sliced

Handful of cherry tomatoes

Small portion of cooked chicken, ham or cheese

A drizzle of olive oil and lemon juice

Simply combine all the ingredients in a bowl and enjoy with crusty bread or a bread roll.

Summer Omelette - Quick, filling and ideal for lunch or a light supper.

Ingredients:

2 eggs

Handful of grated cheese

Chopped tomatoes

Fresh herbs such as chives or parsley



Beat the eggs, pour into a lightly oiled frying pan and add the remaining ingredients. Cook until set and serve with a side salad.

Prawn and Cucumber Sandwich - A refreshing alternative to traditional sandwiches.

Ingredients

Small handful of cooked prawns

A few slices of cucumber

Wholemeal bread & light mayonnaise

Mix the prawns with a little mayonnaise, add cucumber and serve as an open sandwich or between two slices of bread.

Berry Breakfast Pot - A simple breakfast or healthy dessert.

Ingredients:

Greek yoghurt

Handful of strawberries, raspberries or blueberries

Spoonful of honey

Sprinkle of granola

Layer the ingredients in a glass or bowl and enjoy immediately.

Jacket Potato with Summer Toppings - A baked potato makes a versatile and satisfying meal.

Try topping with:

- Cottage cheese and chives
- Tuna and sweetcorn
- Baked beans and cheese
- Coronation chicken
- Serve with a crisp side salad.



No-Cook Fruit Sundae - Perfect for warm evenings.

Ingredients:

Mixed summer fruits

Vanilla yoghurt or ice cream

Crushed meringue or biscuit crumbs

Layer together and enjoy a refreshing treat.

Stay Hydrated

During warmer weather it's important to drink plenty of fluids.

Water, squash, milk, tea, coffee and fruit-infused water all count towards your daily intake. Keeping a jug of water in the fridge with slices of lemon, orange or cucumber can make staying hydrated more enjoyable.

A Final Thought

Cooking for one doesn't have to mean complicated recipes or hours in the kitchen. Simple, fresh ingredients can create delicious meals while helping you stay healthy, energised and ready to enjoy everything summer has to offer.

SHED SPEAK

By Dave Macgregor



Hi guys.

Well, we are now heading towards summer and the EMAST team are very busy with new service users wanting help and advice. This shows no sign of slowing down which means there is a lot of pressure on our small team. Please support them if you can and keep the fundraising ideas coming. Check the magazines for dates and times of any planned fundraising. Let the team know your fundraising plans so we can advertise them.

Ok, who has booked a holiday or a day trip? What, none of you?

Come on guys, the ladies have been on cruises, day trips and solo holidays. Yvonne and I have booked 3 holiday trips for this year. Let us know what you are doing for your hols and days out. Send us your pictures so that you may inspire others!

It would be lovely to see you in Cromford to join us for a spot of lunch by the canal followed by a lovely walk along the canal to the Breathing Space benches and Aqueduct cottage. You could get sponsored for the walk as part of the EMAST Fundraising Fortnight. There's ample parking and it is on bus and train routes.

If you have been following the book club recommendations in the magazines, we'd love to hear what you thought of the books, or you could recommend one yourself.

If you are feeling isolated or lonely or just feel it would help to talk to someone, try going along to one of the local bereavement groups - details can be found in the magazine, we also have a relatively new group in Leicester. If you are unsure about attending then contact Jo Reeve and I will do my best to be there too. We can always go somewhere quiet for a chat.

Or you could join the Zoom meetings on a Monday - contact the EMAST office for joining details.

Jo is always happy to talk with you, either by telephone or she can come and visit you. For some reason the ladies find it easier to talk about their feelings and reach out than we men do.

Do you remember the old BT advert from the 1990's with Bob Hoskins in it, 'It's good to talk'? Well, old Bob knew a thing or too and he was right, it is good to talk.

Well, I look forward to reading about holiday trips or days out in the next magazine. In the meantime, remember - It's good to talk!

Speak next time.

Dave.



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



**Join the
EMAST
200 Club
today!**



Congratulations to Tricia Swain, whose number 72 won March's 200 Club draw! April and May we had an amazing double rollover, with no one owning the winning numbers 175 and 186, meaning June's winner will win a whopping 3 months of winnings - almost £300!

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.

Puzzle Corner

WELLNESS WORD SEARCH



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

SEASONEDTIMES.COM



FITNESS
NUTRITION
HYDRATION

EXERCISE
SLEEP
BALANCE

MEDITATION
BREATHING
HEALTH



What's the Word?

There are words that sound similar BUT are spelled differently AND have different meanings. Use the two words provided to find two other words that sound the same. For example, the answer to 'MANE & HOPPER' is 'HAIR & HARE.'

ORB & SOB

UNCOVERED & TOLERATED

DOCKING SITE & DELIVERY

FRUIT & COUPLE

INACTIVE & HERO

PALLID & BUCKET

Common Connections

Find the one word that can be added in front or behind all words in each list to form a new word or phrase. For example, the solution to 'EXERCISE – ROAD – STATIONARY' is 'BIKE.'

EYE - MUSIC - PIE

OIL - SUNDAY - TREE

DRUM - TOOL - SURVIVAL

FREE - OUTER - DEEP

SORE - BACK - BAG

TEA - LUNCH - EXTRA

NEWS - TOILET - WALL

QUICK RIDDLES

1. What is always in front of you but can't be seen?
2. What can travel around the world while staying in a corner?
3. What begins with T, ends with T, and has T in it?
4. What holds water even though it is full of holes?

Puzzle Answers

Wellness Word Search

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

Puzzle Answers

What's the Word?

ORB & SOB	BALL & BAWL
UNCOVERED & TOLERATED	BARE & BEAR
DOCKING SITE & DELIVERY	BERTH & BIRTH
FRUIT & COUPLE	PEAR & PAIR
INACTIVE & HERO	IDLE & IDOL
PALLID & BUCKET	PALE & PAIL

Common Connections

EYE - MUSIC - PIE	CHART
OIL - SUNDAY - TREE	PALM
DRUM - TOOL - SURVIVAL	KIT
FREE - OUTER - DEEP	SPACE
SORE - BACK - BAG	SADDLE
TEA - LUNCH - EXTRA	TIME
NEWS - TOILET - WALL	PAPER

Quick Riddles

1. FUTURE
2. STAMP
3. TEAPOT
4. SPONGE

DONATE TO EMAST



Name _____

Full address _____

Email _____

Tel _____

☐

PLEASE TICK THE BOX IF YOU'D LIKE TO GIFT AID YOUR DONATION:

I am a UK Income or Capital Gains taxpayer and I want to Gift Aid this donation and any donations I make in the future or have made in the past 4 years to EMAST.

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.

Signed _____ Date _____

PLEASE MAKE ALL CHEQUES PAYABLE TO 'EMAST' AND SEND ALONGSIDE 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/east-midlands-asbestos-support-team

THANK YOU FOR YOUR DONATION!