

WELLBEING

Magazine

**JULY-AUG
2024
EDITION**



**DERBYSHIRE
ASBESTOS
SUPPORT TEAM**

Bi-monthly Wellbeing Magazine



Welcome to our July/ August edition of the magazine



July and August are named after Emperor Julius Caesar and his great nephew Emperor Augustus Caesar respectively, who humbly named the months after themselves.

The summer solstice with its longest day is behind us, but there is still time for warm summer evenings, with us having 13 to 16 hours of daylight through the months. My garden is flowering, with lavender, clematis, floxglove, snapdragon, Spanish daisy and honeysuckle in full bloom.



Speaking of which, did you know you can water plants with your bath or shower water? Despite the soap suds, it's safe for garden plants (although avoid watering edible plants with it). For more tips, head to our Gardening Club section.

We also have visits from garden birds, evidenced by the bird seed and seed balls that I put out each day and are gone by the next. I enjoy watching our summer visitors the swifts chasing each other above my garden. They are aptly named as they can fly at up to 69pmh and spend almost all of their time in flight; sleeping, eating, bathing and even mating on the wing and only landing to lay their eggs!



the weather forecast and choose a clear night and a location with a clear view of the horizon and low light pollution. Meteors may be able to be seen as soon as the Sun sets in the early evening.

Binoculars and telescopes are not required as they will only show you a small section of the sky visible to you; instead allow your eyes to adjust to the dark for at least 15 minutes to have the best chance of spotting them.



Dates for
the Diary:

More details about each event can be found in the magazine, we look forward to seeing you!

Friday 16th August 11am - 1pm East Midlands Mesothelioma UK Support Group

Friday 6th September 11am - 1pm East Midlands Mesothelioma UK Support Group

Wednesday 9th October Mesothelioma UK Patient & Carer Community Dinner. More information to follow

Thursday 10th October Mesothelioma UK Patient & Carer Day at Holiday Inn, Garforth, Leeds. More information to follow

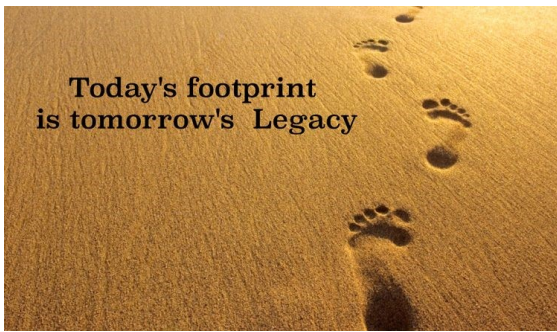
Friday 18th October 11am - 1pm East Midlands Mesothelioma UK Support Group

Friday 15th November 11am - 1pm East Midlands Mesothelioma UK Support Group

Friday 13th December 11am - 1pm East Midlands Mesothelioma UK Support Group

Watch this space for details of the next DAST Patient and Carer Support Group event!





Have you ever thought about the legacy you're leaving your family, your community, your world?

Or the legacy your loved one left behind?

Most people never give it a second thought. But a legacy is something you're creating every day, whether you realise it or not.

What exactly is a legacy?

The dictionary defines “legacy” as “something transmitted by or received from an ancestor or predecessor or from the past.”

Some examples of legacy are:

- She left us a legacy of a £100,000.
- He left his children a legacy of love and respect.
- His death left a legacy of heartbreak and pain
- Her artistic legacy lives on through her children.

Often, when we think of legacy, we think of things—material possessions. But as the above examples illustrate, your legacy isn't always about things. Usually, it's about who you are and how you touch people's lives.

A legacy may take many forms – children, grandchildren, a business, an ideal, a book, a community, a home, some piece of ourselves. Remember, it's not what we leave FOR others that matters; it's what we leave IN them that matters most. That's what the world needs from all of us.

So, in a sense, we, and all we are and do, are part of the legacy to the world that our loved one has left behind. His or her influence on our lives, has helped to mould and form who we are, helped make us the people we are. How we move forward with our lives when left alone can honour and carry on his/her legacy.

Where do you think it's best to plant a young tree: a clearing in an old-growth forest or an open field?

Ecologists tell us that a young tree grows better when it's planted in an area with older trees. The reason, it seems, is that the roots of the young tree are able to follow the pathways created by former trees and implant themselves more deeply. Over time, the roots of many trees may actually graft themselves to one another, creating an intricate, interdependent foundation hidden under the ground. In this way, stronger trees share resources with weaker ones so that the whole forest becomes healthier.



That's legacy: an interconnection across time, with a need for those who have come before us and a responsibility to those who come after us.

We would also like to talk about monetary legacies - gifts in wills.

DAST are a registered charity and we do not ask for any payment from anyone who accesses our services. We do not receive any statutory funding and are fully reliant on voluntary donations.

Asbestos will not be eradicated at any time in the near future. It is estimated that 90% of all public sector housing contains asbestos and it is commonly found in schools and other public buildings. For us to continue our work for as long as it is needed, we need people to consider supporting us well into the future. A Legacy or an In Memoriam collection is an ideal way to ensure DAST can

carry on our work for years to come.

Leaving a Legacy to DAST

The best way to provide DAST with long term financial support is to leave us a legacy in your will.

There are different types of legacy:

- Pecuniary – a fixed sum of money
- Residuary – a share of the estate after specific bequests have been paid
- Specific – an item of property including shares or jewellery
- Contingent – a gift that only takes effect if other gifts fail

You can also add to an existing will if you have already made one using a Codicil. Tell your solicitor how you would like to make your charitable legacy.

If you leave a gift to a charity in your will, its value will be deducted from your estate before Inheritance Tax is worked out. Gifts made before your death may also qualify for exemption.

For more information on how to go about this, ask to see our factsheet “Leaving a Legacy to Charity in Your Will.” You will need to see a solicitor and they will need to know our full details:

It doesn't matter how small your donation is...every bit will be used to help people affected by asbestos in the East Midlands.

Your legacy could help secure our future

Speedy Moroccan Meatballs

This quick and easy recipe is ready in just 20 mins. High in calories and protein for those trying to maintain their weight, it is also full of flavour which is great if you have lost your sense of taste or smell due to cancer treatment. It serves 4, or you can keep leftovers in the fridge to save cooking the next day.



Ingredients

- Olive oil (1 tbsp)
- Ready-made beef, chicken or veggie meatballs (about 16)
- 1 large onion, sliced
- Dried apricots (100g/3.5oz), halved
- Ground cinnamon (0.5 tsp)
- 1 tin of chopped tomatoes with garlic (400g/14oz)
- Toasted, flaked almonds (1 tbsp)
- Handful of fresh coriander, roughly chopped

Method

1. Heat the oil in a large, deep frying pan. Fry the meatballs for 10 mins, turning occasionally until cooked through. Take them out of the pan and set aside.
2. Fry the onion for 5 mins, until softened.
3. Add the apricots, cinnamon, tomatoes and half a tin of water to the pan. Stir and bring to the boil, then simmer for 10 mins.
4. Return the meatballs to the pan and coat well with the tomato sauce.
5. Sprinkle with the almonds and coriander, then serve.

Summer Pudding

This simple dessert has a cook time of only 15 mins plus chilling overnight. As well as being full of flavour, it's great if you have a dry or sore mouth, problems chewing and swallowing, nausea or sickness and loss of appetite. Serves 4, or you can keep leftovers in the fridge.



Ingredients

- Caster sugar (115g/4oz)
- Juice of 1 lemon
- 1 cinnamon stick
- Mixed fruits (frozen or washed fresh) – raspberries, blackberries, redcurrants and blackcurrants (900g/2lbs in total)
- Bread (450g/1lb), one day out of date, sliced and crusts removed
- Clotted cream (150ml/0.25 pint, leave out if you have nausea or sickness so it's not as rich)

Method

1. Put the fruit in a pan. Add the sugar, lemon juice and cinnamon. Bring to the boil and simmer gently for 5 mins.
2. Use a colander and a bowl to separate the fruit from the juice. Put the fruit to one side.
3. Return the juice to the heat and simmer until it's reduced by half. Leave to cool.
4. Dip the slices of bread in the juice, then use them to line the base and sides of a pudding basin or pie dish. Overlap the slices a little so there are no gaps.
5. Cover the base with a layer of fruit, then a layer of dipped bread. Repeat until the dish is full, ending with a layer of bread. Put a piece of greaseproof paper on top, weighing it down lightly.
6. Refrigerate overnight. Turn the pudding out upside-down on to a plate and serve with clotted cream and some of the juice.

Etwell Well Dressings

Many thanks to Ruth Jackson for sending pictures and account of her recent trip to see the Tissington Well Dressings.



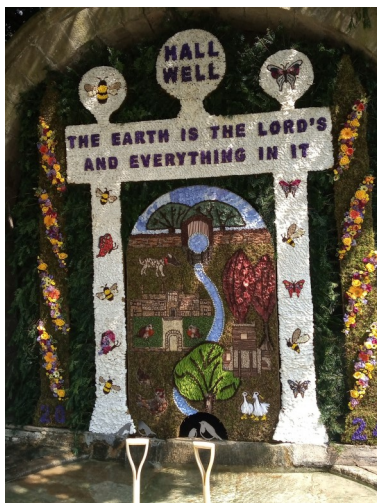
My friend Helen and I set off on the Ashbourne bus and then a small bus to Tissington Well Dressings

It was a beautiful sunny day on Thursday May 9th.

The first day of the Well Dressings it was very hot walking around the village, the 1st one was the Guide Dogs Well Dressings which was one of my favourites,

there was Noah's Ark, one for Elijah, another one for the farmers which was stunning and a Wallace and Gromit one for the children

There are six wells in total in the gorgeous Tissington village, there is a beautiful lake in the middle that is so calming when you sit down on a bench there



We sat there to eat our lunch, we also visited the plant nursery there and we both bought 2 plants each, mine are growing very well. We also visited the Village Hall where a craft sale was on,



just before we left we visited "Wicked and a Prayer", a gorgeous candle workshop. I bought a hurricane lamp, it's made from a special wax that doesn't melt. You put a tea light inside and the picture on the outside lights up. I have one with elephants on the outside and I wanted one for a special 70th birthday next week, it's a really good day out there in beautiful countryside. We al-

so went in the

church to watch a video about how the village makes the well dressings. It is all about thanking God for the gift of good water and they have a running spring in the village, a precious essential gift to keep us alive.



Are there any unusual customs and festivals in your locality?

We would love to hear about them!

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

Latest dates:

Friday 16th August 11am-1pm—buffet lunch provided

Friday 6th September 11am-1pm—buffet lunch provided

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



Thank you to Chesterfield Labour Club for holding a Coffee Morning for us at the end of May - it raised a fantastic £200!

Exercising Back to Health *by Ken Rawson*

In January of 2022 I was diagnosed with Mesothelioma. My symptoms began in August 2021 with backache. Several examinations and tests ended with a scan. It revealed fluid in my left lung, which explained my breathlessness that started to accompany the backache.

It came as a shock, obviously, when my 'backache' was discovered to be the result of effects from the asbestos-causing cancer. Then came the quietness whilst I took it in and considered how to react. I didn't know – no one does. Soon, I started to wonder when and where I had inhaled asbestos. The only possible situation was when I was about 19, working as a compositor at a publishing company. They moved us into a new three-story block whilst still building the internal offices. The panel walling contained asbestos and we had a cloud of dust over us when they were cutting these to size. The building team took about six months to totally complete the task.

I gradually came to terms with this. Prior to it, I was so content with each aspect of my life. I realised that I had to stop my garden design business – the consultations, surveying, designing, liaison with contractors and seeing the project through was going to be impossible. I was also heavily involved in village activities and very fit.

So I started to do everything I could to help deal with this new life.

I started with exercise in a very haphazard way. I couldn't face the usual methods – a gym. I began with warm-ups with stretching, moving on to lifting 1.5 kg dumbbells. Then foot exercises to improve balance. The problem was, I treated it as something I had to do between breakfast and starting my 'to do' lists of the day. So, it was hurried and not always done every day. It was too easy to think I was too tired or I'll do them later. I finally set it as a habit and did them every day. But they were still hurried. My wife started looking into Tai Chi. Never really understanding what it was meant to achieve, I started watching a

video she had downloaded onto her laptop. Eureka! I realised that it had to be done slowly and mindfully. So I applied that principle to my exercising. Rather than lifting the dumbbells at speed, thinking I was tough and building up



muscles, I did it slowly, noting which muscles were being activated. The slightest shift in position and angle of arm or hand affected a different muscle.

A different approach

I have finally devised a regular sequence of exercising that suits me. It is this. I start with a Tai Chi approach, doing all the movements I do with dumbbells. This is essentially stretching, but noting which muscles are being activated with each movement. I start with arms at side, lifting them to the horizontal. An easy one. Then arms at side again then raising to horizontal to the front. Then the same but bending at the elbows. Several others follow, causing tension in biceps, wrists, shoulders and shoulder blades. It doesn't matter which order you do them in.

I then repeat them all with the dumbbells, slowly and taking note of the effect of each muscle being woken up. This has actually changed my attitude of exercising as a task and something boring to being almost relaxing (yes!) and meditative. In the first four weeks of this approach, I have built up muscle in arms, back, neck and shoulders. Previously, it was a matter of wishful thinking that the dumbbells were working. I've kept this up for about three months now and has become a habit. Breakfast can wait and the job lists will still be there!

The feet movements for balance

I was very unsteady on my feet and aware that a fall could happen at any time. Walking was staggered as though I had come out of my

local pub. I felt there was a disconnect between the ground and my feet. And would get breathless. I now practise what is called 'Feeling Feet', meant to improve the feeling that my feet were actually on the ground and behaving themselves. It has its origins in the Buddhist practise of walking barefoot to get good contact with the ground's rhythms and vibes. It's working!

It involves standing, preferably near a hard-backed chair or a table just in case you know what happens. Start by curling your toes downwards ten times. Then raising them for the same count. Then raise yourself on the balls of your feet ten times. Now comes the test; raise up again on the balls of your feet and count. Have your hands ready to grab the chair back or edge of table. You'll wobble but keep on. Your body is acting like a gyroscope, moving slightly to correct your wobbles.

I could manage a count of ten before having to stop. I can now do it for fifty, sometimes with the occasional wobble. It does depend on your state of wakefulness but so what – fifty's fine with me.

Walking much straighter and looking like I'm sober. Sometimes there's breathlessness but that's down to the cancers' effect on my lung.

All this has helped enormously with building myself back to something of what I was. I feel fitter and more positive and accepting of my new life.

Contact details for DAST:

1 Rose Hill East, Chesterfield

Derbyshire, S40 1NU

Tel: 01246 380415

Email: dast.admin@dast.org.uk

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!

Becky Hemsley Poetry

He walked across the field
When he came upon a stile
And he almost turned around
'Cause he'd already walked for miles

But then he heard a melody
That made him carry on
It was the faint and distant echo
Of an old familiar song

He walked towards the music
And it led him past a sign
To a row of houses starting at
The number ninety nine

And from that house the scent
Of childhood dinners filled the air
And he smelled the heady perfume
That his grandma used to wear

The next house on the path
Was somehow number thirty four
And it had a stained glass window
Of a rose within the door

He peered in through the window
Of the next house on the street
And he saw familiar photographs
Upon the mantelpiece

He heard some children laughing
So he looked over the fence
And he saw a young boy playing
In the garden with his friends

They were splashing in a paddling pool
And playing with a ball
They were practising their cartwheels
And their handstands at the wall

And something like... nostalgia
Made him stand there for a while
'Til he tore himself away and turned
And headed for the stile

And it was then he passed the signpost
With an all-familiar name
And he realised he had just walked down
A street called

Memory Lane

Becky Hemsley 2020



My Dream Holiday to Sri Lanka *by Ruth Jackson*

On March 14th I set off from Heathrow airport to travel to Sri Lanka, a place I have wanted to visit for many years. I love elephants so much and wanted to see the country.



We visited Sigiriya Rock Fortress (Lion Rock), climbing up so many steps to get to the lions feet and some of our group went higher up. It was 34 degrees and we set off at 7am.

After a lunch stop we went to Polonnaruwa which was once the royal capital of the Sinhalese kingdom and is over 1000 years old. It was advantageously positioned to safeguard against possible attacks.

Here we admired the ruins of the royal palace and wandered around Gal Vihara famous for its carved Buddha statues. The next day we left Dambulla for Kandy.

We went to the beautiful botanical gardens in Peradeniya with gorgeous plants and trees and a orchid house. We then went to Pinnawala Elephant Orphanage which was the highlight here! I



got to feed a young elephant with a plate of fruit I bought and then we had lunch and saw the elephants come down at 2pm for their bathing time. You can get in the water to wash them if you can get down the rocks, I was just content to film them. We



visited the elephant poo paper shop, elephant dung is recycled to make quality paper into notebooks.

All the profits go back to the orphanage to give the elephants a good diet, vitamins and medicine and keep them healthy and to pay their keepers.

Departing from Kandy we visited a tea plantation where we saw the tea pickers and even got to pick tea ourselves and

then got to tour the factory to see the process and how it goes through the various stages before being packed. This is the best tea you can buy here as the rest of the tea goes to auction where it can be bought and the buyers can blend it.

We travelled to Nuwara Eliya and stopped at a beautiful waterfall and then to a district referred as "Little England" where there was a post box made by A. Handyside of Derby, I had a photo next to it.

We travelled to Yala National Park the next day for a safari, seeing wild elephants and wild boar, buffalo, deer and many birds.

The next day we went to Galle Fort, once the chief port of Ceylon and the centre of the Dutch regime in the 17th Century where there is a Dutch Church and Lighthouse.



We then went to a Turtle hospital where turtles who get trapped in fishing nets get nursed back to good health before being released back into the sea.

We then saw fishermen fishing on stilts, the last place in the



world to still do this and lots of dried fish drying out on huge tables on the beach. Then to Mount Lavinia hotel with a beautiful beach before travelling the next day to our 5* hotel for a 4 night stay to unwind before returning home to England again.

A fabulous tour and holiday with so many experiences and memories to remember forever.

It sounds like you had a wonderful time Ruth, I too love elephants!

Please do send us in your holiday stories and pictures. I think we all like to live a little vicariously through other people's lives and adventures.

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

Facebook:



'DAST - East Midlands Wide Asbestos Support' page
'DAST (Derbyshire Asbestos Support Team)' group



Twitter/X:

@DAST24



Instagram:

Dast_east_midlands

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



Do you enjoy reading?

Have you ever thought of joining a Book Club?

Have you any recommendations for a good read?

We are testing the waters to see if there would be any interest in joining a Book Club through DAST.

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.

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

Admin.assistant@dast.org.uk

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

-J.K. Rowling



GARDENING CLUB

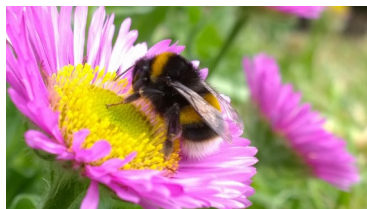
Here are some great ways to make your gardening more sustainable

- 1. Save water.** Use a water butt or large containers to catch rainwater instead of using tap water. Swap your hosepipe for a watering can, not only will you use less water, it'll ensure the water is directed to where it's most needed.
- 2. Go peat-free.** Peat bogs store huge amounts of methane and carbon dioxide, which is released when the bogs are drained to dig the peat out to make peat compost. Not only that, but the precious biodiverse habitats for rare animals, insects and plants are destroyed, devastating the ecosystem. Alternatives include peat-free compost, bark, wood fibre or waste sheep's wool.
- 3. Plant a tree.** Trees can be planted in the smallest of gardens, you just need to choose the right species. Trees provide an important food source and place of shelter for wildlife, as well as absorbing air pollution and CO², guarding against soil erosion and reducing effects of flooding. Plus, if you plant a fruit tree you'll get home grown produce too!
- 4. Make your outdoor space a haven for birds.** Put up bird

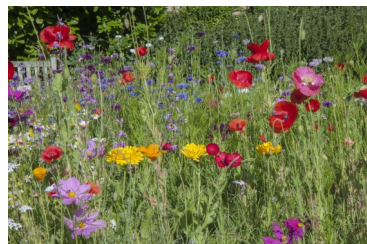


feeders, baths, tables or houses and the birdlife will *flock* to your garden! Position them well away from cats and other predators and that the food and water is changed and kept clean so the birds stay healthy and disease-free.

- 5. Plants for pollinators.** Bees, which are hugely important for pollinating hundreds of plant species, are under threat from loss and degradation of their habitats. Planting shrubs and plants that flower at different times will prolong the nectar season. For example; primrose in Spring, lavender in Summer and hyssop in Autumn.



- 6. Mow less:** reduce your energy bills and help the fauna and flora by leaving longer in between mows, or if you have space, why not leave the grass to grow longer in one area?



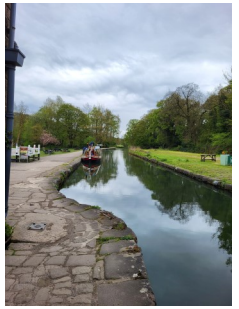
- 7. Go for natural over chemical.** Chemicals harm wildlife, pollute water sources and damage soil health. Instead, make up your own weed killer by mixing white vinegar, salt and washing up liquid in a spray bottle. You can also use the cooled water from cooking pasta, rice, potatoes, vegetables or eggs as a fertiliser!

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



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 and a beautiful sculptural base for the sign post. As well as being 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.”



You are not alone.

Five ways in which DAST can support you after diagnosis of asbestos related disease

- 1** Our friendly and highly experienced benefits advice team can advise you of all benefits that you or your family may be entitled to, including pensions and any compensation you can claim as a result of your diagnosis. For most people this includes a home visit and can include support with benefits applications and appeals.
- 2** We have a very experienced and highly committed panel of solicitors who can give you specialist legal advice about making a civil compensation claim. They have all demonstrated an excellent track record in achieving compensation for asbestos victims and their families.
- 3** We run events and activities for people affected by asbestos related disease, including wellbeing events with speakers and workshops, to be planned later this year. These events offer you the opportunity to meet with peers and discuss your experiences.
- 4** For families and carers we are planning an event and handbook to offer support for you in your caring journey
- 5** You will receive our free bi-monthly Wellbeing magazine, with articles by peers and including advice on healthy eating etc., plus puzzles and other features.



**JOIN THE
CLUB
TODAY!**



Congratulations to Wendy MacDonald who was our DAST 200 Club winner for May! June was a rollover, so good luck to everyone next month who could win **TWO** months' of winnings!

Numbers are just £1 each per month, and at the end of each month, we draw out a number and whoever holds that number wins half of the month's proceeds. The other half goes towards supporting DAST's work.

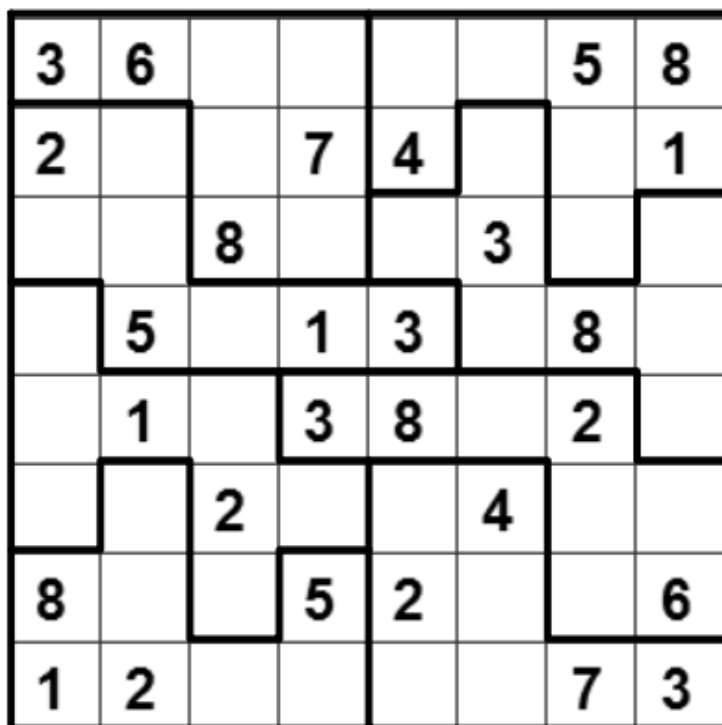
To purchase one or more numbers please email admin.assistant@dast.org.uk

This is a really valuable fundraiser for DAST as it's a regular donation that we can use to directly support our work - thank you!

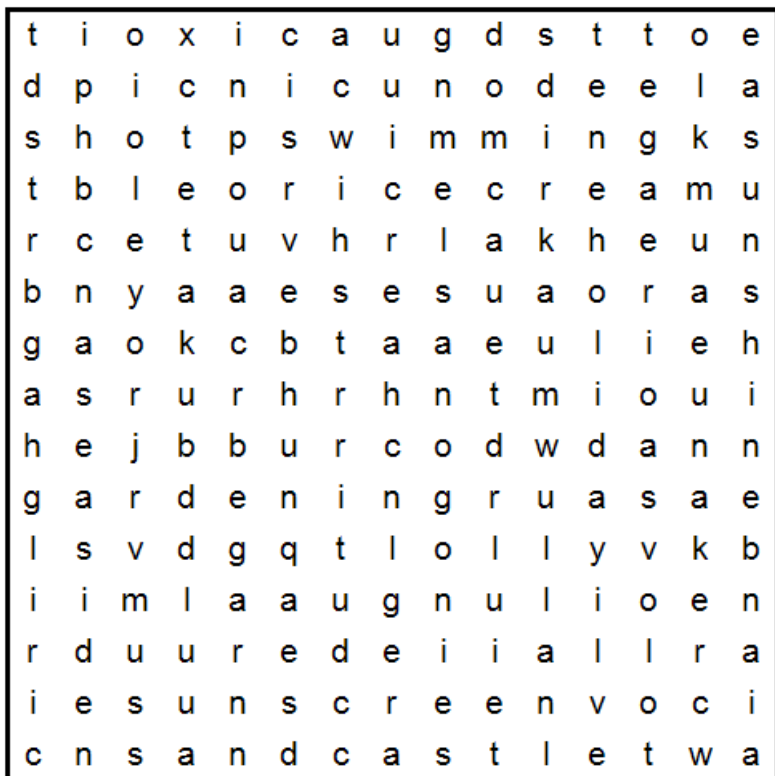
Puzzle Corner

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.



Summer Wordsearch



Can you find these words?

Barbeque

Hot

Sandcastle

Beach

Ice cream

Seaside

Gardening

Lolly

Sunscreen

Heatwave

Picnic

Sunshine

Holiday

Sand

Swimming

Brain Teasers

tade
rranitgfuod
tuasams
pearg
npuer
rryhec
fgi
acpeh
mpul
osanmd

<div>NO NO RIGHT</div>	<div>Vision Vision</div>	<div>COFFEE</div>	<div>1111</div>
<div>B E D</div>	<div>HEAD</div>	<div>FREQUENCY</div>	<div>3. BLAME 4. BLAME</div>
<div>PROMISES</div>	<div>GRASS</div>	<div>JOB</div>	<div>1. Way 2. Whey 3. Weigh</div>

Donations Always Welcome

Here are some of the ways you can donate to DAST. Thank you to everyone that has donated in 2023 and before that. Your generosity has helped to fund the different ways we support our members.

Five Ways to Donate to DAST

1. You can make an online donation to DAST through the Local Giving website – go to www.localgiving.org and search for Derbyshire Asbestos Support Team.
2. When making online purchases go through easyfundraising.org.uk – or if shopping with Amazon go through Amazon Smile. We have accounts with both of these websites and you should be able to find us by searching the charities. These donations come at no extra cost to yourselves.
3. Post your cheque (payable to DAST) to us at
1 Rose Hill East, Chesterfield S40 1NU
4. Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to DAST.
Go to **vintagegiving.com**



Mindful Colouring Bookmarks

Colour in with coloured pens or pencils or felt tips, then cut out and stick back to back to a piece of card (if you don't have card, use part of an empty cereal box). To make it extra special, make a hole at the top using a hole punch or by pushing a sharpened pencil through, then thread a ribbon through the hole.



Puzzle Answers

Fruits

Date, dragonfruit, satsuma, grape, prune, cherry, fig, peach, plum, damson

Rebus

Right under the nose, double vision, coffee break, looking out for number one, bedspread, big head, high frequency, no one to blame, broken promises, green grass, inside job, count the ways

3	6	1	4	7	2	5	8	t	i	o	x	i	c	a	u	g	d	s	t	t	o	e
2	8	5	7	4	6	3	1	d	p	i	c	n	i	c	u	n	o	d	e	e	l	a
7	4	8	2	1	3	6	5	s	h	o	t	p	s	w	i	m	m	i	n	g	k	s
4	5	6	1	3	7	8	2	t	b	l	e	o	r	i	c	e	c	r	e	a	m	u
6	1	7	3	8	5	2	4	r	c	e	t	u	v	h	r	l	a	k	h	e	u	n
5	3	2	8	6	4	1	7	b	n	y	a	a	e	s	e	s	u	a	o	r	a	s
8	7	3	5	2	1	4	6	g	a	o	k	c	b	t	a	a	e	u	l	i	e	h
1	2	4	6	5	8	7	3	a	s	r	u	r	h	r	h	n	t	m	i	o	u	i
								h	e	j	b	b	u	r	c	o	d	w	d	a	n	n
								g	a	r	d	e	n	i	n	g	r	u	a	s	a	e
								l	s	v	d	g	q	t	l	o	l	l	y	v	k	b
								i	i	m	l	a	a	u	g	n	u	l	i	o	e	n
								r	d	u	u	r	e	d	e	i	i	a	l	l	r	a
								i	e	s	u	n	s	c	r	e	e	n	v	o	c	i
								c	n	s	a	n	d	c	a	s	t	l	e	t	w	a

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 know it covers their area. It will also improve access to funding in other East Midlands counties.

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 £.....

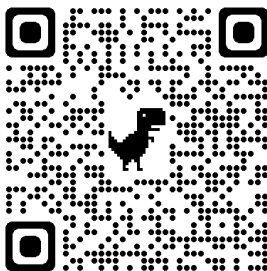
I would like to be added to our email list for updates on DAST activities and fundraising Yes / No

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