East Midlands Asbestos Support Team

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



Your Wellbeing Matters!



September - October 2026 Edition



Post: 1 Rose Hill East, Chesterfield, Derbyshire S40 1NU
Tel: 01246 380415
Email: emast.admin@emast.org.uk

Social Media

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

www.facebook.com/EastMidlandsAsbestosSupportTeam
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A very warm welcome to the latest edition of ‘Your Wellbeing Matters!’

As summer begins to fade and we head into the colours, cooler days and darker evenings of autumn, we hope this issue brings you a little comfort, useful information and, most importantly, something enjoyable to sit down with over a cup of tea.

This edition has a distinctly autumnal feel. We take a nostalgic look at harvest traditions, remembering everything from corn dollies and blackberry picking to the familiar Harvest Festival. Later in the magazine, we turn to Halloween, with memories of homemade costumes, apple bobbing and the days when carving a turnip required considerably more determination than today’s pumpkin! There is even a Bonfire Night poem to help carry us into November.

Alongside the seasonal fun, we have also included articles looking at the more serious side of wellbeing. Living with an asbestos-related illness can affect every part of life, and this issue includes advice and thoughts on looking after your wellbeing one day at a time, as well as a longer feature exploring the emotional and mental-health impact of asbestos-related disease. We hope these pieces are reassuring not only for those living with illness, but for partners, family members and carers too.



There is plenty of news from the wider asbestos and mesothelioma community as well. We look back at this year's Action Mesothelioma Day, share information about upcoming support groups and carers' support, and bring you an overview of some of the encouraging developments taking place in mesothelioma treatment and research during 2026.

And because wellbeing should never be all serious, we have made room for some of the everyday things that can lift the spirits. You will find our Book Club, autumn Gardening Club, comforting recipes in Cookery Corner, puzzles to keep the grey matter busy and, of course, the latest news from our 200 Club.

Most of all, we would like this magazine to feel like your magazine. We love hearing from you, whether you have a story to tell, a photograph to share, a gardening tip, a favourite recipe, a book recommendation or simply an idea for something you would like to see in a future edition. As the magazine itself reminds readers, your stories and experiences may also inspire and help someone else.

To everyone living with an asbestos-related disease, to carers and families, to our supporters, volunteers and friends — thank you for being part of the EMAST community.

We hope you enjoy this autumn edition. Put the kettle on, find a comfortable chair and have a browse.

With warm wishes from everyone at EMAST

Gathering In: Why Harvest Still Matters

From corn dollies and church festivals to blackberry folklore and the comforting smell of something baking, harvest has always been about far more than bringing in the crops. This year, however, there is good reason to pause before we celebrate — as our farmers have had one of the toughest seasons in living memory.

There is something deeply reassuring about harvest time.
Perhaps it is the sight of golden fields beneath a lowering autumn sun, the first blackberries to pick in the hedgerows, the sudden need to make soup despite having shown absolutely no interest in soup since approximately March.
Harvest marks that lovely turn in the year when summer begins to loosen its grip and we collectively remember the existence of jumpers, crumbles and Sunday afternoons indoors.
Yet beneath all the cosy imagery lies something much older and more important. Harvest is about food, survival and community — and about our dependence on the natural world, however far removed from the farm gate most of us may feel.

A celebration as old as the fields
For centuries, bringing in the harvest was one of the defining moments of the year. In medieval farming communities, almost everyone could be called upon to help cut, bind and cart cereal crops during August and early September. The success of those few frantic weeks helped determine what food would be available during the winter ahead. Unsurprisingly, plenty of customs grew around it.
Lammas, traditionally observed at the beginning of August, marked the gathering of the first fruits of the season, while old harvest traditions included making corn dollies from straw. In some areas these figures were kept safely through the winter before being returned to the fields at sowing time — part craft project, part ancient insurance policy for next year's crop.

Then there was Michaelmas on 29 September, traditionally associated with the end of harvest and the beginning of autumn proper. Goose was once the celebratory meal of choice, supposedly bringing financial good fortune for the coming year. British folklore even offers a deadline for blackberry picking: by Old Michaelmas Day on October 11th, the Devil was said to have ruined the remaining fruit after landing rather unfortunately in a bramble bush. It is perhaps the most colourful explanation ever devised for an overripe blackberry.

From the field to the village hall

The Harvest Festival many of us remember from school — complete with hymns, wheatsheaves and a mysterious collection of donated tins — is a more recent tradition.

The Church of England traces the modern Harvest Thanksgiving particularly to the Revd R. S. Hawker, a Cornish parish priest who adapted older harvest customs in 1843 and chose the first Sunday in October for a Christian thanksgiving. The celebration spread quickly and was formally recognised by the Church of England in 1862. The tins, incidentally, have proved rather useful. Modern harvest festivals frequently collect long-life food and toiletries for food banks and community organisations, turning the old idea of sharing the year's abundance into something immediately practical.

And perhaps that gets to the heart of harvest. It has always been a mixture of gratitude and uncertainty: celebrating what has grown, while knowing that next year's weather is beyond anyone's control.



This year, that uncertainty has been painfully visible.

A harvest under extraordinary pressure

For many British farmers, 2026 has been devastatingly difficult. Months of exceptional heat and prolonged dry weather have left crops struggling for moisture and grass failing to grow. By late August, the National Farmers' Union was describing farmers and growers as being at a financial “crisis point”, with the organisation characterising the drought as the worst in 50 years. Some field crops have failed through lack of water, while livestock and dairy farmers have had to use supplies normally saved for winter because there has simply not been enough grass.

Even the timing of harvest tells a story. Crops ripened so rapidly in the heat that many farms began combining exceptionally early. Early national figures put average wheat yields at around 6.8 tonnes per hectare, compared with 7.2 tonnes in 2025 and a ten-year average of 7.9 tonnes. Results vary considerably according to soil, location and access to moisture — and oilseed rape has provided a welcome bright spot in some places — but the overall picture for many growers has been deeply challenging.

The heat has also created a frightening additional hazard: fire. With fields and grassland tinder-dry, wildfires and crop fires have threatened livestock, standing crops, machinery, homes and livelihoods. The NFU warned in August that fires were already damaging crops and affecting food production. Across the Midlands, July and August brought dozens of incidents: a long-running moorland blaze engulfed more than 885 hectares around parts of Derbyshire and Saddleworth Moor, while elsewhere fires destroyed hay bales and standing crops. Farmers themselves have joined efforts to create firebreaks and help slow advancing flames.

It is difficult to reconcile those scenes with the postcard image of harvest: a combine moving peacefully through amber wheat beneath a blue sky. But perhaps we shouldn't try.

Gratitude without the rose-tinted spectacles

There is nothing wrong with enjoying the romance of autumn. By all means light the cinnamon candle. Pick the apples. Make the crumble. Buy the ludicrously large pumpkin and spend October wondering what on earth to do with it. But harvest offers something more meaningful than seasonal decoration.

It reminds us that food begins somewhere.

A loaf of bread begins with soil, seed, rain, sunlight and somebody willing to gamble months of work against weather they cannot control. A glass of milk depends upon animals that still need feeding when fields stop growing. The vegetables in our Sunday roast have needed water long before they encountered our gravy.

For our wellbeing, too, there may be something valuable in remembering this rhythm. Harvest invites us to notice rather than rush: to recognise what has sustained us, to appreciate the work hidden inside ordinary things and to share what we can.

That might mean buying British produce when it makes sense for us, visiting a farm shop or farmers' market, choosing seasonal fruit and vegetables, supporting rural businesses, donating to a food bank, or simply talking to children about where their dinner actually comes from.

Most of all, perhaps it means allowing gratitude and concern to sit alongside one another.

Harvest has never promised that every year will be abundant. Our ancestors knew that all too well. It is a celebration not of endless plenty, but of gathering what there is, sharing it, giving thanks — and preparing to begin again.

This autumn, as we enjoy the apples, blackberries, bread, squashes and all the other pleasures of the season, there is every reason to celebrate.

Just remember to raise your mug of tea to the people who got them here. They have had quite a year.

Looking After Your Wellbeing, One Day at a Time

Living with an asbestos-related disease can affect far more than physical health. Appointments, treatment, uncertainty and changes to everyday life can all take an emotional toll — not only on the person who is unwell, but also on those caring for and supporting them.

At times like these, wellbeing does not have to mean making big changes. Small moments of comfort and normality can make a real difference.

Try to give yourself permission to take each day as it comes. Some days may feel easier than others, and that is completely understandable. A quiet cup of tea, sitting in the garden, listening to music or spending time with someone you trust can provide a welcome pause from medical concerns and practical responsibilities.

Gentle movement, where appropriate for you, may also help you feel more comfortable and connected with your body. This could simply mean a short walk, light stretching or moving around the home. Always work within your own limits and follow the advice of your healthcare team.

For carers, looking after yourself matters too. Caring for someone you love can be rewarding, but it can also be physically and emotionally demanding. Taking a little time to rest, talk to someone or accept an offer of help is not selfish — it can help you continue to provide support without becoming overwhelmed.

Perhaps most importantly, remember that you do not have to manage everything alone. Talking with family, friends, healthcare professionals or specialist support organisations can help lighten the load.

There is no “right” way to cope with serious illness. Focus on what brings comfort, connection and a little more ease into your day — one small step at a time.

The Hidden Weight: Supporting Mental Health with Asbestos-Related Illness

Looking after your emotional wellbeing while living with an asbestos-related condition
Living with an asbestos-related illness affects much more than physical health. Alongside appointments, treatments, breathlessness and fatigue, there can be another burden that isn't always as easy to see: the emotional impact of living with a serious illness.

Fear about the future, anger about how the illness happened, changes to independence and worries about family can all weigh heavily. Some people experience anxiety, low mood or loneliness. Others find their feelings change from one day to the next.

At EMAST, we believe emotional wellbeing deserves the same care and attention as physical health. You don't have to put on a brave face, and you don't have to cope with everything by yourself.

More Than a Physical Diagnosis
Being diagnosed with mesothelioa, asbestosis or another asbestos-related condition can bring many different emotions.
There may be shock, particularly if the diagnosis comes many decades after the original asbestos exposure. There can be sadness for the life you expected to have, frustration at changes to everyday activities, and uncertainty about what comes next.
For some people, there is also anger. Asbestos-related illnesses are unusual because people may know exactly where or how they were exposed. Perhaps it happened while simply going to work and providing for a family. That knowledge can bring a powerful sense of unfairness.

There is no correct emotional response. You might feel frightened one day and determined the next. You may have days when you don't want to think about your illness at all.
Giving yourself permission to have those feelings can be an important part of looking after yourself.

When Worry Takes Over

It's understandable to worry about your health. But sometimes worry can begin to occupy more and more of the day.
You might find yourself thinking repeatedly about your next scan, whether symptoms are changing or what the future holds. Night-time can be particularly difficult, when there are fewer distractions and thoughts seem louder.
When this happens, try bringing your attention back to what you know “today”, rather than everything that might happen tomorrow.
It can also help to write worries down. Some people keep a notebook for questions they want to ask their medical team. Instead of trying to remember everything or repeatedly thinking about a concern, you have somewhere to put it until your next appointment.
If anxiety is regularly affecting your sleep, appetite or everyday life, tell your GP or healthcare team. Emotional distress is worth talking about, and support is available.

The Emotional Impact of Breathlessness

Breathlessness can be frightening in its own right. Feeling short of breath can cause anxiety, while anxiety can make breathing feel more difficult, creating a distressing cycle.
If this happens to you, try not to feel that you have somehow failed to "stay calm". Fear is a very human response to feeling breathless.

Your healthcare team can help you find ways of managing breathlessness and should be told about new or worsening symptoms. Learning techniques that help you feel more confident when breathlessness occurs may also reduce some of the fear surrounding it.

Grieving for the Life You Had

Grief isn't only something we experience after a bereavement.
A serious diagnosis can bring a sense of loss: loss of health, independence, work, routines or plans for the future. You might miss being able to walk as far as you once did, look after the garden, travel, work or simply get through a day without thinking about your health. These losses matter.
It can be tempting to compare yourself constantly with the person you were before diagnosis. On difficult days, try instead to recognise what your body is managing now.
Life may have changed, but that doesn't mean the things that give it meaning have disappeared.

Staying Connected

Illness can sometimes shrink your world. Fatigue or breathlessness may make socialising harder, while friends may be unsure what to say. It can help to be straightforward about what you need. You might say, "I'd really like some company today, but I don't have much energy," or suggest a shorter visit rather than cancelling altogether.
Connection doesn't have to mean a busy social life. A phone call, a cup of tea with someone you trust, a message from a friend or time spent with family can all make a difference.
Some people also find particular comfort in meeting others affected by asbestos-related disease. Being able to talk without having to explain every detail can reduce the feeling that you're facing this alone.

It's Okay Not to Talk About Illness

Support is important, but so is having time when you are simply ‘you’. Not every conversation needs to be about treatment, symptoms or hospital appointments. You may want to talk about football, grandchildren, television, gardening, old memories—or absolutely anything other than illness.

Tell the people around you what you need.

Maintaining the interests, relationships and ordinary moments that make you who you are can be an important part of protecting your emotional wellbeing.

Small Anchors in the Day

When life feels uncertain, simple routines can provide a reassuring sense of stability.

Your anchors might be having your morning cup of tea in the same favourite chair, listening to the radio, spending a few minutes outside, phoning a friend or watching a favourite programme in the evening.

Try to include something each day that isn't about being a patient.

It doesn't need to be ambitious. Pleasure and meaning can exist in very ordinary moments: sunlight through a window, a favourite song, laughing with someone you love or enjoying a good meal.

On difficult days, small is enough.

Supporting the People Around You

An asbestos-related diagnosis affects families too.

Partners, children and friends may be frightened or upset while trying to stay strong for you. Sometimes everyone protects everyone else—and nobody says what they're really feeling.

Gentle, honest conversations can help. You don't have to solve each other's worries. Sometimes saying, "I'm finding today difficult," and having someone listen is enough.

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Carers also need opportunities to rest, talk and receive support themselves. Looking after their wellbeing isn't taking attention away from you; it can help everyone cope better together.

When You Need More Support

There is a difference between having a difficult day and struggling emotionally for a prolonged period. If you've been feeling persistently low, anxious, hopeless or unable to enjoy things you would normally value, speak to your GP, specialist nurse or another member of your healthcare team. They can discuss appropriate sources of psychological and emotional support. You don't need to wait until things reach crisis point before asking for help.

And sometimes professional support isn't what you need at that particular moment. Sometimes you simply need someone who understands the world of asbestos-related illness and is willing to listen. That's where organisations such as EMAST can help.

At EMAST, we understand that supporting someone affected by asbestos-related disease means seeing the whole person - not simply the diagnosis. There may be practical questions, difficult emotions, worries about family or days when you simply need to talk.

Reaching out doesn't mean you're not coping. Sometimes sharing even a small part of what you're carrying can make that weight a little easier to bear.

You Are More Than Your Diagnosis

Living with an asbestos-related illness can change many things, but it doesn't erase who you are. You are still a partner, parent, grandparent, friend, colleague or neighbour. You still have memories, relationships, opinions, humour, interests and things that matter to you. There will be difficult days, and there may also be surprisingly ordinary ones. There can still be conversations, laughter, favourite meals, family moments and things to look forward to.

Looking after your mental health isn't about being positive all the time. It's about giving yourself space to feel what you feel, accepting support when you need it and holding on to the people and moments that help you feel like yourself.



Halloween Then and Now: A Little Bit of Magic in the Dark

Halloween has certainly changed over the years.

These days, shops are filled with plastic pumpkins, flashing skeletons and elaborate costumes. But for many older readers, Halloween memories are much simpler: cold autumn evenings, homemade fancy dress, apple bobbing and perhaps a ghost created from an old bedsheet. And somehow, that was quite enough.

Before Pumpkins Took Over

Before pumpkins became popular, turnips were often carved into lanterns in Britain and Ireland. Anyone who remembers trying to hollow one out will know it required determination, a strong spoon and plenty of patience.

The finished result, though, could be wonderfully spooky. A candle flickering behind a roughly carved face was often all that was needed to create the perfect Halloween atmosphere. Pumpkins may be easier, but battling with a stubborn turnip is a memory many will still recognise.

Homemade Halloween

Fancy dress was once a much simpler affair. A witch might wear an old black skirt and a cardboard hat. A vampire needed little more than a dark coat and some imagination. A ghost, of course, required a spare sheet — preferably one that nobody minded having two eye holes cut into. There were no professional make-up kits or elaborate costumes. If something looked slightly wonky, that simply added to the charm.

Halloween parties were equally uncomplicated. Apple bobbing was always popular, although it usually resulted in wet hair, soaked collars and at least one family member treating the whole thing like a competitive sport.Spooky stories were another favourite. A darkened room and a torch held under the chin could be more frightening than any expensive special effect.

A Knock at the Door

Trick-or-treating became much more common in the UK in later years. Some may remember older traditions such as guising, when children dressed up and offered a song, joke or rhyme in return for a treat. The rewards were usually modest: a few sweets, an apple or perhaps a small coin. Today, neighbourhoods can fill with witches, skeletons, superheroes and assorted monsters carrying buckets and bags. Hoping for sweets!



Autumn Evenings

Part of Halloween's charm is the time of year itself. By late October, the evenings have drawn in, leaves crunch underfoot and coats have returned from the back of the wardrobe. And whatever decade you grew up in, one Halloween tradition remains completely reliable: the British weather.



Passing Traditions On

One of the nicest things about Halloween is seeing old traditions enjoyed by a new generation. Perhaps grandchildren are carving pumpkins at the kitchen table while you explain that turnips were much harder. Perhaps their costumes are far more impressive than anything available years ago. The details may have changed, but much of the fun remains the same: imagination, family, laughter and a little harmless silliness on a dark autumn evening. Halloween does not have to mean noisy parties or frightening films. It might simply be lighting a pumpkin, watching an old favourite on television, telling a spooky story or enjoying something sweet. We may have swapped turnips for pumpkins and homemade masks for shop-bought costumes, but the pleasure of sharing a little fun as the nights draw in has not changed very much at all.

And if there are a few chocolates left over afterwards? Well, it would be a terrible shame to waste them.



Book Clubs

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

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

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

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

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

redemption feature heavily throughout the story; as the stories of Amir's life and what is happening in his country of Afghanistan become interwoven.

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

1. Amir watches Hassan's assault and does nothing. He then spends decades running from this guilt. Is Amir's guilt productive — does it ultimately lead to redemption — or is it self-indulgent?

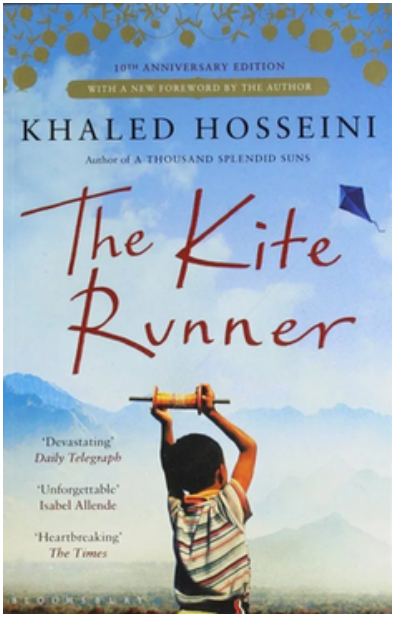
2. The kite-running competition is the novel's central metaphor. What does the kite represent, and how does its meaning shift throughout the novel?

3. The novel spans decades of Afghan history — from the monarchy through the Soviet invasion, the mujahideen, and the Taliban. How does Hosseini weave personal narrative and political history together?

4. Hosseini has said he wanted Western readers to see Afghanistan as more than a war zone. Does the novel succeed in this goal? What do you know about Afghan culture from reading it that you did not know before?

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

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



East Midlands Mesothelioma Support Group Meetings

We run Mesothelioma Support Group meetings in Leicestershire jointly with Mesothelioma UK, every 1st Friday of the month. Each date has a 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 unable to attend in person, a Zoom link is available.

Please accept our sincere apologies for putting the wrong dates in the last magazine. The correct dates for upcoming meetings are below:

Ulverscroft Manor Activity Centre, Priory Lane, Markfield, LE67 9PH

Buffet lunch included. October's meeting is cancelled due to the patient and carer event being held the day before.

Upcoming dates: Fri 6th November; Fri 4th December 11am-1pm

To book, contact Louise Nelson/Laura Smith on 0116 2502615 or mesocns@uhl-tr.nhs.uk Alternatively contact Natalie Woodward on 01246 380415 or email: benefits.advisor@emast.org.uk

Feel free to bring a friend or family member with you!

NOTTINGHAM PATIENT & CARER SUPPORT GROUP



- Wednesday 7th October 11 - 1pm
- Wednesday 4th November 11 - 1pm
- Wednesday 2nd December 11 - 1pm

Nottingham Central Library
1 Carrington Street Nottingham NG1 7FH

EMAST Benefits Advisor & Mesothelioma UK Nurse in attendance

Parking nearby

Easily accessible by public transport

Refreshments provided

NO NEED TO BOOK. FEEL FREE TO BRING A FRIEND/FAMILY MEMBER

Any queries call 01246 380415 or email emast.admin@emast.org.uk

MESOTHELIOMA UK

21st Annual Patient & Carer Day

Thursday 1 October 2026

King Power Stadium,





Our Patient & Carer Day is designed to support people living with mesothelioma and their families, so join us for an inspiring day of talks covering the latest treatments, clinical trials and supportive care. Free to attend for mesothelioma patients and carers, but booking is essential.

This event has been kindly sponsored by: Bristol Myers Squibb®

📱 Scan the QR code to book or secure your place on our website: **www.mesothelioma.uk.com/patient-carer-day**

SCAN ME

Contact us on: 0800 169 2409
or email: info@mesothelioma.uk.com



CARERS COURSE

Are you caring for someone with mesothelioma or know someone who is?

Our six week Carers Course will help you learn more about what to expect and where to get support - both for yourself and the person you care for. Sessions will be presented by Mesothelioma UK Clinical Nurse Specialists and will cover:

- Getting the best out of your NHS
- Looking after yourself
- Symptom control
- Benefits, Lasting Power of Attorney, wills, and role of the coroner
- Thinking ahead, palliative and end of life care
- Q&A - ask the professionals

This free six week course runs via Zoom for one hour each week.

To register your interest please email **support@mesothelioma.uk.com**. You'll be sent a pre course questionnaire so we can tailor the sessions to your needs as far as possible.

Freephone 0800 169 2409 | info@mesothelioma.uk.com | www.mesothelioma.uk.com

Mesothelioma UK offer a range of in person and online support groups and courses:
Online Support groups - joining details for all these available by emailing: support@mesothelioma.uk.com

1st Weds of each month at 1pm – Youngers Group – For those younger than a typical person living with a mesothelioma diagnosis

2nd Weds of each month at 2pm – Carers Hour – For those who have a loved one with a mesothelioma diagnosis

3rd Weds of each month at 2pm – Online Patient Support Group – For those with a mesothelioma diagnosis

Facebook Groups These are closed groups, monitored by the Support Team at Mesothelioma UK

Mesothelioma UK Patient and Carer Facebook Group - https://www.facebook.com/groups/161449728267828/

Mesothelioma UK Peritoneal & Multicystic Mesothelioma Facebook Group - https://www.facebook.com/groups/1640698032921115/

Online Short Courses –
These courses are free to attend - registration details for all these available by emailing support@mesothelioma.uk.com

Join the EMAST 200 Club today!



Congratulations to Carol Harvey who won June's draw which was a whopping 3 months of winnings - almost £300! Carol very generously donated £100 of her winnings back to EMAST. Thank you Carol! July was another rollover month and the August draw was won by Corrin Lucey. Congratulations to both Carol and Corrin!

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.

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

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

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

The most common pledges made were:

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


ACTION
MESOTHELIOMA DAY
REFLECTION


EMAST
welcomes you
to
THE MUSEUM
OF MAKING
ACTION MESOTHELIOMA DAY
2026
East Midlands Asbestos Support Team


ALAN SMITH
THE SPY WHO
INFILTRATED
CAMPAIGNERS'
NETWORKS
CONFIDENTIAL


THE SPY AMONG US
ASBESTOS INDUSTRY
INFORMATION INTELLIGENCE UNIT
SUPPORT GROUPS
MONITOR
ANALYSE
UNDERMINE
DISCREDIT
DIVIDE
DELAY
ASBESTOS
INDUSTRY
PROFIT
FIRST


ACTION
MESOTHELIOMA
DAY
THE SPY AMONG US
PART 5: THE COURTROOM
The truth was hidden. Justice brought it to light.
HOW THE INFILTRATION HAPPENED
GAIN ACCESS
EARN TRUST
GATHER INFORMATION
REPORT BACK
CAMPAIGNERS
FAMILIES. WORKERS.
BEREAVED.
We act in the
public interest.
EVIDENCE
SOLICITOR
WHY THEY DID IT
PROTECT PROFITS
DELAY REGULATION
WEIGHT CAMPAIGNS
AVOID ACCOUNTABILITY
WE CLIENTS ALLEGE THEY
WERE INFILTRATED BY
A MAN POSING AS A
DOCUMENTARY MAKER –
ALAN SMITH.
HE ATTENDED PRIVATE
MEETINGS. RECORDED
CONVERSATIONS.
GATHERED INTERNAL
DOCUMENTS
AND PASSED THAT
INFORMATION ON.
I DIDN'T HURT
ANYONE.
YOU DID.
YOU TOOK OUR FEAR
AND TURNED IT
INTO A PILL.
YOU TOOK OUR DEAD
AND TURNED THEM
INTO LEVERAGE.
ALAN SMITH
THE EVIDENCE
WITNESS RECORDINGS
INTERNAL STRATEGY
DOCUMENTS
EMAIL COMMUNICATIONS
MEETING AGENDAS
CONTACT DATABASES
NOTES & REPORTS
A PATTERN.
A PLAN.
A BETRAYAL.
OUR DEAD
DESERVE
TRUTH.
OUR LIVING
DESERVE
JUSTICE.
WE DO THIS
FOR THEM.
JUSTICE
FOR
VICTIMS
JUDGE (DELIVERING VERDICT)
"THE COURT HAS CONSIDERED THE EVIDENCE.
THESE ACTIONS CAUSED SERIOUS DISTRESS
AND INTERFERED WITH LAWFUL CAMPAIGNING WORK.
DAMAGES WILL BE PAID."
– JUSTICE.
OUTCOME
DAMAGES AWARDED
TO THE CAMPAIGNERS:
• ACCOUNTABILITY CONFIRMED
• SPYING EXPOSED
• CAMPAIGNS PROTECTED
• VOICES VALIDATED
COURT NEWS
CAMPAIGNERS WIN
LANDMARK SPYING CASE
CORPORATE INTELLIGENCE OPERATION
EXPOSED. JUSTICE DELIVERED.
THE TRUTH SURFACED. THE SPY WAS NAMED.
THE CHANGE WAS REAL. THE VICTORY IS DONE.
WE REMEMBER. WE RESIST. WE WILL WIN.
ACTION MESOTHELIOMA DAY


ACTION
MESOTHELIOMA
DAY
THE SPY AMONG US
PART 2: ALAN SMITH
The face of trust.
The hands of betrayal.
ATTEND
MEETINGS
BUILD
TRUST
GATHER
INTELLIGENCE
THEY SAW
A DOCUMENTARY
MAKER.
"I'M HERE TO
TELL THE TRUTH."
I'M MAKING A
DOCUMENTARY
ABOUT ASBESTOS.
ABOUT INJUSTICE.
ACCESS.
INFORMATION.
INFLUENCE.
MISSION
COMPLETE.
WE NEED
PEOPLE LIKE
YOU.
WHAT HE COLLECTED
NAMES & CONTACTS
MEETING AGENDAS
STRATEGIES & PLANS
FUNDING INFORMATION
MEDIA & CAMPAIGNS
LEGAL ACTIONS
ALAN SMITH
NOT WHO HE
CLAIMED TO BE.
SEND REPORT
TO CLIENT
UPLOADING...
TRUST
OWNERSHIP
SOLIDARITY
MEETING NOTES
CAMPAIGN STRATEGY
KEY CONTACTS
UPCOMING ACTIONS
LEGAL PLANS
MEDIA OUTREACH
JUSTICE FOR VICTIMS
INTERNAL STRATEGY
DOCUMENTS
MEETING
AGENDAS
CONTACT
DATA
EXPOSED.
BETRAYED.
BUT NOT
DEFEATED.
WE REMEMBER.
WE RESIST.
WE WILL PREVAIL.
ACTION MESOTHELIOMA DAY
TRUST WAS USED. LIVES ARE AT STAKE.
AWARENESS. ACTION. JUSTICE.


ACTION
MESOTHELIOMA
DAY
THE SPY AMONG US
PART 3: THE CAMPAIGNERS
SHARE
STORIES
RAISE
AWARENESS
BUILD
ALLIANCES
DEMAND
JUSTICE
We are not politics. We are people.
We are families. We are workers.
We are the voices of those
who can no longer speak.
ASBESTOS
KILLS
There is no
safe level.
They know.
They said it anyway.
EVERY BAN
SAVES LIVES
MY FATHER
DIED FROM
THIS.
THEY KNEW.
THEY SOLD IT
ANYWAY.
WE'RE HERE
BECAUSE PEOPLE
KEEP DYING.
IF WE STOP
THEY WIN.
IF WE STAY
TOGETHER,
WE WIN.
THE TRUTH EXPOSED
ALAN SMITH
NOT A DOCUMENTARY
MAKER.
A CORPORATE SPY.
WHAT HE TOOK
MEETING DETAILS
CAMPAIGN STRATEGIES
NAMES & CONTACTS
INTERNAL DOCUMENTS
YEARS OF TRUST
WE WON'T
LET IT DEFEAT US.
OUR RESPONSE
INVESTIGATE
LEGAL ACTION
SPEAK OUT
KEEP FIGHTING
OUR STRENGTH
TRUTH
UNITY
SOLIDARITY
PERSISTENCE
COURAGE
STRATEGY MEETING
– INTERNAL –
CAMPAIGNS
MEDIA & LEGAL ACTIONS
ALLIANCES
OUR GOALS
BAN ASBESTOS NOW!
PROTECT WORKERS
PREVENT FUTURE
DEATHS
ENSURE ACCOUNTABILITY
PEOPLE
ON AIR
EVIDENCE
TESTIMONY
RESEARCH
CAMPAIGN
DOCS
LIVES
BEFORE
PROFITS
BAN
ASBESTOS
NOW!
NO MORE
SILENCE
NO MORE
DELAY
PEOPLE
DIE
TOGETHER WE CAN.
TOGETHER WE WILL WIN.
ACTION MESOTHELIOMA DAY
OUR VOICES. OUR LIVES. OUR FUTURE.
AWARENESS. ACTION. JUSTICE.


THE TRUTH
SURFACED
Through campaigners, court action,
and years of persistence,
The spy was publicly identified as
Alan Smith, and the corporate
spying case led to damages being
paid to multiple activists.
A settlement cannot undo what was done.
But it exposed what was hidden.
And it proved something powerful:
That the campaigners
were never paranoid.
They were right.
JUSTICE
FOR
VICTIMS
ASBESTOS
KILLS
FAMILIES
TRUTH
JUSTICE
ACCOUNTABILITY
THE GUARDIAN
SPY IN THE CAMP:
EXPOSED
CONFIDENTIAL
ALAN SMITH
SETTLEMENT APPROVED
CAMPAIGNER 1:
They watched us.
CAMPAIGNER 2:
They tried to
frighten us.
CAMPAIGNER 3:
They tried to
silence us.
CAMPAIGNER 4 (FUTURE):
But we're
still here.
NARRATOR
Because asbestos kills quietly.
But justice–
justice does not have to.
Justice will not be silenced.

New Hope in Mesothelioma Treatment: 2026 updates



Although mesothelioma remains a serious illness, there have been several encouraging developments in the UK during 2026. These include new clinical trials, longer-term results from immunotherapy, and growing interest in treatments that are tailored to the genetic features of an individual patient's tumour.

Immunotherapy is now an established treatment

One of the biggest changes in recent years has been the arrival of immunotherapy. For some people with pleural mesothelioma that cannot be removed with surgery, the combination of two immunotherapy drugs, nivolumab and ipilimumab, is now an established NHS treatment. These drugs work by helping the immune system recognise and attack cancer cells. Long-term results published in 2026 have added to the evidence supporting this treatment. Around 14% of patients treated with nivolumab and ipilimumab were still alive after five years, compared with around 6% of patients who received chemotherapy. That does not mean immunotherapy works for everyone. However, for a small group of patients, the response can last for several years.

A new personalised treatment trial has opened

One of the most interesting UK developments is a study called "SELECTmeso1". This trial is exploring a more personalised approach to mesothelioma treatment. Instead of giving everyone the same drug, researchers examine the tumour for particular genetic changes. One of the changes they are looking for is the loss of a gene called MTAP.

This is found in a significant proportion of mesothelioma tumours. Patients whose tumours have this genetic change may be offered an experimental drug called navlimetostat, also known as BMS-986504. The drug is designed to take advantage of a weakness in cancer cells caused by the loss of MTAP. The first patients have already entered the trial in Leicester, and the study is expected to involve several UK hospitals. This type of research is important because it could move mesothelioma treatment closer to the kind of personalised medicine already used for some other cancers.

Proton beam therapy is being tested

Another major UK study is called HIT-MESO. It is testing whether proton beam therapy can improve outcomes for some people with pleural mesothelioma. Proton therapy is a highly targeted form of radiotherapy. It can deliver radiation to a tumour while reducing the amount of radiation that reaches nearby healthy organs. That could be particularly useful in mesothelioma, where treatment may need to cover a large area of the chest close to the heart and healthy lung tissue.

The HIT-MESO trial aims to recruit patients through NHS hospitals across England and Wales. Proton treatment is being delivered at specialist centres in London and Manchester.

The trial is designed for a selected group of patients whose cancer is limited to one side of the chest and who have not yet received anti-cancer treatment.

It is still too early to know whether proton therapy will improve survival, but the trial should provide much stronger evidence than has previously been available.

Another new drug has shown early promise

Researchers are also studying a new drug called RSO-021. This treatment works differently from immunotherapy.

It interferes with one of the systems cancer cells used to protect themselves from harmful chemical stress. In a small early-stage study involving people whose mesothelioma had already been treated, the drug was given directly into the space around the lung. Early results were encouraging. Around two-thirds of patients had their disease controlled at 12 weeks, and some tumours became smaller. However, this was a very small Phase I trial. At this stage, the main purpose of such studies is to find out whether a drug is safe and what dose should be used. RSO-021 is therefore still experimental and is not an approved treatment.

A large international trial is also worth watching

Another study, called eVOLVE-Meso, is testing a drug called volrustomig together with chemotherapy. Volrustomig is designed to affect two immune checkpoints at the same time, with the aim of helping the immune system attack cancer more effectively. Recruitment has now closed, but the results will be important because they could influence how newly diagnosed mesothelioma is treated in the future. The trial includes hundreds of patients internationally and has also involved UK centres.

Not every promising treatment is available on the NHS

One treatment that has attracted international interest is pembrolizumab, also known as Keytruda, used together with chemotherapy. Although this combination has shown promise in research, it has not become a routine NHS treatment for mesothelioma in the UK. In England, NICE was unable to recommend it after the manufacturer did not proceed with an evidence submission. A similar situation occurred in Scotland. This does not necessarily mean the treatment is ineffective. It means there is currently no routine NHS funding recommendation for its use in this setting.

Mesothelioma treatment is becoming more personalised
Perhaps the most important wider change is the way researchers are starting to think about mesothelioma.
In the past, patients were often treated in broadly similar ways. Researchers are now paying much more attention to differences between tumours, including their cell type and genetic makeup.
For example, doctors already distinguish between epithelioid, biphasic and sarcomatoid mesothelioma, because these types can behave differently and respond differently to treatment.
Trials such as SELECTmeso go a step further by looking for specific genetic weaknesses that could be targeted with particular drugs. This approach could eventually allow doctors to choose treatments based on the individual biology of each person's cancer.

What does all of this mean for patients?
There is still no guaranteed cure for advanced mesothelioma, and many of these newer treatments remain experimental. However, the range of treatment approaches is expanding. Researchers are now studying immunotherapy, targeted drugs, proton radiotherapy and treatments delivered directly into the chest. Longer-term survival with immunotherapy also shows that some patients can respond for much longer than was once expected. For anyone living with mesothelioma, it may be worth asking their specialist team whether there are clinical trials that could be suitable for them. Eligibility can depend on factors such as previous treatment, general health, the type of mesothelioma and particular genetic changes found in the tumour. The overall picture in 2026 is one of cautious progress. Mesothelioma remains a challenging cancer, but research is becoming more sophisticated, more personalised and increasingly focused on giving patients a wider range of treatment options.







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



Harvest

We gather with thankful hearts
for earth, rain, sun, and seed,
for hands that grow and hands that share,
and all that meets our need.

For autumn fields and golden leaves,
for fruits the seasons bring,
we celebrate the gifts of earth
and every living thing.

May no one face an empty plate,
may all have food and care,
and may we notice those in need
and gladly choose to share.

May we give as we receive,
with kindness, hope, and care,
and remember every harvest
is richer when we share.

Gardening Club

Autumn Gardening: Nurture Your Garden, Nurture Yourself

As summer fades and the days become cooler, autumn brings a quieter rhythm to gardens across the UK. While it may seem like the growing season is coming to an end, this is actually one of the most rewarding times to spend outdoors.

Gardening in autumn is not only about preparing plants for winter. It can also be a simple way to slow down, get some fresh air and reconnect with nature.

Embrace the Seasonal Reset

Autumn is a natural time for clearing and tidying. Remove plants that have finished flowering, gather fallen leaves from paths and give borders a gentle tidy.

There is no need to make the garden spotless. Leaving some seed heads, fallen leaves and hollow stems provides shelter and food for insects, birds and other wildlife throughout the colder months.

Try thinking of autumn gardening as a reset rather than a clean-up. A short session outside can provide a satisfying sense of progress without feeling like another task on your to-do list.

Plant for Spring Colour

One of autumn's pleasures is planting bulbs and imagining the colour they will bring next year. Tulips, daffodils, crocuses and alliums can be planted during the cooler months, depending on the variety and local conditions. Whether you have a large garden or simply a few containers outside your front door, planting bulbs gives you something positive to anticipate through winter. For an extra wellbeing boost, choose flowers you particularly love rather than worrying about creating a perfectly coordinated display.





Let the Leaves Work for You



Fallen leaves are valuable garden material. Instead of throwing them away, collect them to make leaf mould, which can eventually be used to improve soil. Leaves can also be added to compost heaps or left in quiet corners where they provide shelter for wildlife. There is something wonderfully calming about working with the natural cycle of the seasons rather than trying to tidy every trace of autumn away.

Grow Something You Can Eat

The arrival of colder weather does not mean you have to stop growing food. Hardy crops such as winter salads, spinach and certain varieties of kale can keep kitchen gardens and containers productive. Herbs including parsley and chives may also continue growing well in sheltered spots. Even a small pot of edible leaves can provide the satisfaction of harvesting something you have grown yourself.

Protect Tender Plants

Before the first hard frosts arrive, move tender container plants to a sheltered position where possible. Some plants may benefit from horticultural fleece, while containers can be raised slightly from the ground to improve drainage during wet weather. Taking a little time to protect plants now can reduce losses over winter and give your garden a stronger start next spring.

Garden at Your Own Pace - Gardening does not need to be strenuous to be beneficial. Choose manageable jobs, take breaks and notice what is happening around you: the smell of damp earth, the sound of leaves underfoot or the changing colours of the trees. Even ten or fifteen minutes outside can provide a change of scenery and a welcome pause from everyday worries and responsibilities. Autumn reminds us that rest is part of growth. By gently preparing the garden for winter, we can also create space to slow down ourselves — enjoying the season rather than rushing towards the next one.

We would love to hear your gardening tips, send us pictures of your garden to share or of a beautiful garden you have visited: emast.admin@emast.org.uk

Cookery Corner

For readers having chemotherapy or other cancer treatment, food often needs to be simple, nourishing, soft and adaptable. Appetite loss, nausea, taste changes and a sore or dry mouth are all common, and smaller meals can sometimes be easier than full-sized portions. Soft, moist foods can also be more comfortable when the mouth is sore.

Gentle Chicken, Sweet Potato & Herb Soup

Comforting, nourishing and easy to eat - a bowl of homemade soup can be an easy way to enjoy something warm and satisfying. It can also be blended completely smooth if preferred.

Ingredients

- 1 tbsp olive oil
- 1 small leek, washed thoroughly and finely sliced
- 500g sweet potato, peeled and cut into small cubes
- 750ml low-salt chicken stock
- 250g cooked skinless chicken, finely shredded
- 100ml whole milk & 2 tbsp full-fat natural yoghurt
- 1 tbsp finely chopped fresh parsley, optional
- A little black pepper, if comfortable to eat

Method

1. Warm the olive oil in a large saucepan over a low heat. Add the leek and cook gently for 5–6 minutes until very soft, without allowing it to brown.
2. Add the sweet potato and chicken stock. Bring to a gentle simmer, cover and cook for around 15 minutes, or until the sweet potato is completely tender.
3. Remove from the heat and blend until smooth. For a little more texture, blend only half of the soup.
4. Return to a low heat and stir in the shredded chicken and milk. Warm thoroughly.
5. Remove from the heat before stirring in the yoghurt and parsley. Serve warm rather than piping hot. Enjoy!

Make it work for you

If your appetite is small: Serve in a mug or small bowl rather than facing a large portion. Leftovers can be chilled and enjoyed later.

If your mouth is sore: Blend the soup completely smooth and leave out the pepper and herbs if they irritate your mouth.

If you need extra nourishment: A little grated cheese, extra full-fat yoghurt or a splash of cream can make a small portion more substantial.

If cooking smells make you feel queasy: Prepare the soup when you are feeling better and reheat a portion later, or try eating it slightly cooler.

One-Pot Lentil & Sweet Potato Stew

Serves 2

You'll need:

1 small sweet potato, 1 carrot, 100g red lentils, 400ml low-salt vegetable stock, 200g chopped tomatoes and 1 tbsp olive oil.

Method:

Place everything in a saucepan, bring to a gentle simmer and cook for about 20 minutes until soft and tender.

Gentle tip: Add extra stock or mash lightly for a softer texture.

Everyone's nutritional needs during cancer treatment are different. There is no single diet that is right for everyone. If you are losing weight, struggling to eat or drink, having difficulty swallowing, or have been given particular food-safety or dietary instructions by your treatment team, speak to your specialist nurse, doctor or dietitian. Always follow their advice over general recipe suggestions.

WINTER FUN!









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ACROSS

5. WINTERY SURFING
6. MOVING IMAGES
7. LENGTHS OF WARMING FABRIC
8. INTERPRETING SYMBOLS FOR MEANING
9. EXPOSING TO DRY HEAT FOR CONSUMPTION





DOWN

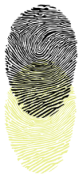
1. SNOWY FIGURE
2. CRAFT OF CREATING INTERCONNECTED LOOPS
3. SOURCE OF WARMTH
4. DESIGNED TO SOLVE
7. MOVING ON FLAT RUNNERS

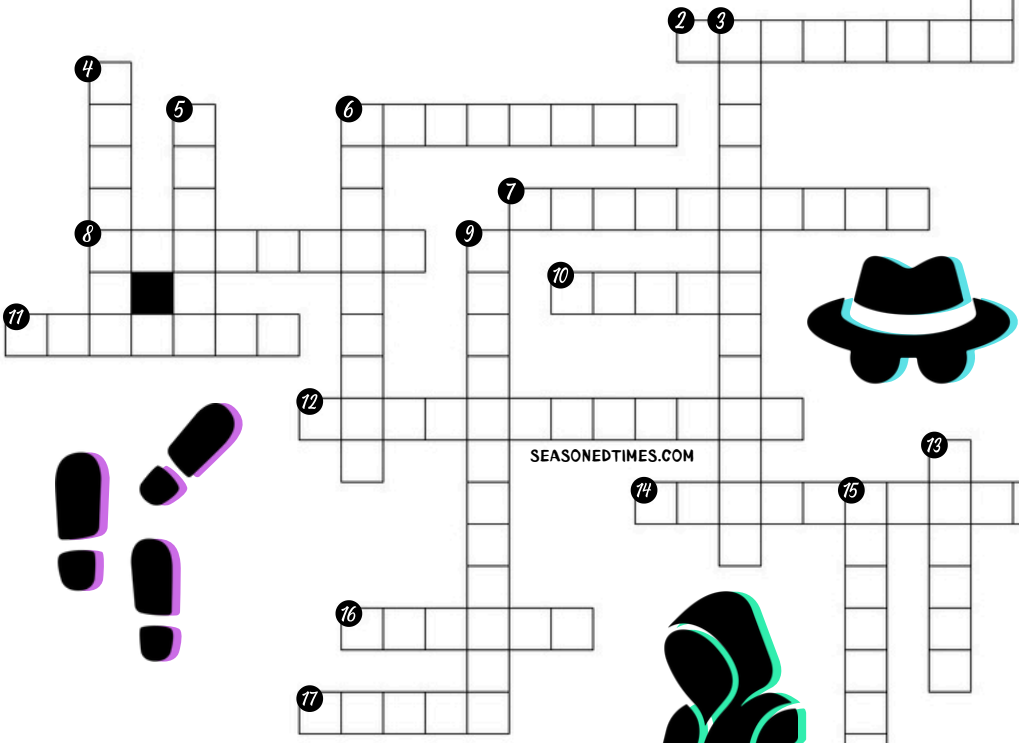
IT'S A MYSTERY

FOR ALL THOSE ARMCHAIR SLEUTHSWHO READORWATCH MYSTERIES FOR FUN.

CAN YOU FIGURE OUTALL THEELEMENTS OFMYSTERYNEEDED TOFILL IN THE PUZZLE?







ACROSS

2. CAMOUFLAGE APPEARANCE
6. BREAKING AND ENTERING
7. ADMISSION
8. POTENTIAL PROOF LEFT BEHIND
10. COVER STORY
11. PERSON WHO LOOKS ON
12. IDENTIFIABLE MARKINGS
14. RED SMEAR OF EVIDENCE
16. ABDUCTION
17. LEGAL MISDEED



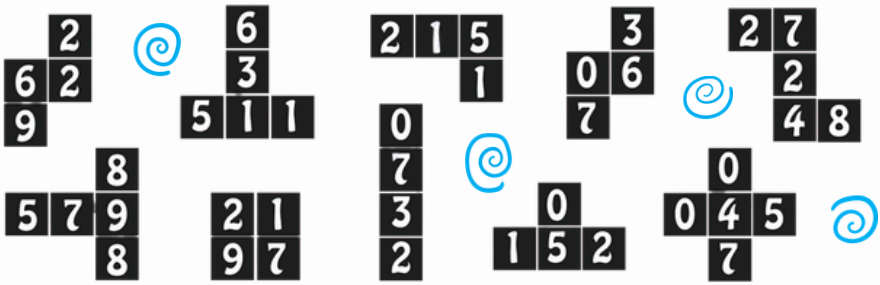
DOWN

1. A TELLTALE HINT OR SIGN
3. PROBE INTO WRONGDOING
4. PERSON OF INTEREST
5. INNER DRIVE THAT INSPIRES ACTION
6. FINANCIAL DEMAND
9. KEEPING TABS ON SOMEONE
13. REQUESTED PAYOFF FOR RETURN
15. SECRET WATCH OF LOCATION



NUMBER PATTERNS

9	4	6	2	1	8	5	7	3	6	0	2	1	3	5	8
4	2	4	7	0	7	2	5	2	6	8	3	7	8	2	1
2	6	2	0	4	5	8	6	2	0	2	6	2	4	8	2
9	1	9	1	7	3	7	9	1	3	9	3	7	1	0	9
1	3	0	5	4	5	6	4	8	4	5	1	1	2	0	1
0	6	2	0	6	2	6	2	6	6	4	8	5	1	5	2
7	9	2	5	0	0	4	3	2	5	3	2	3	2	6	5
7	9	4	5	0	0	4	3	2	5	3	2	3	2	6	5
2	8	2	6	0	7	0	6	2	1	5	5	2	0	5	0
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7	8	7	9	7	9	8	6	8	7	9	8	1	2	3	7
1	4	4	2	1	4	0	1	4	2	4	8	9	1	4	3
2	5	1	6	3	2	7	8	2	1	4	2	4	7	8	2
8	5	1	2	3	8	2	0	4	7	3	2	1	9	5	0
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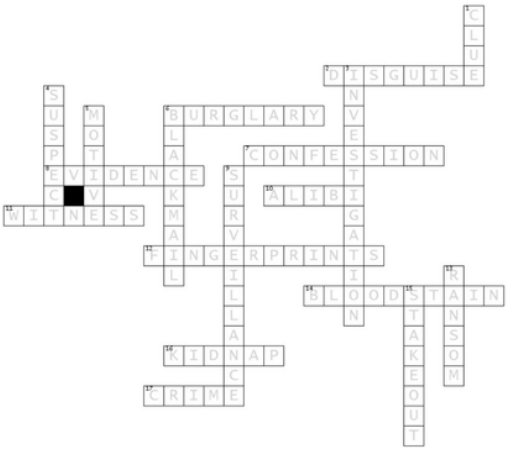


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Puzzle Answers







Remember this is your magazine, please let us know what you would like more of... or less of, we'd love to hear from you.
Send us your stories, thoughts and pictures. Your story could be a great inspiration to others!
Just contact the office by telephone, post or email!

Bonfire Night

The evening air is crisp and clear,
As Bonfire Night once more draws near.
The fire is lit, the sparks take flight,
And fireworks dance across the night.

With glowing skies of red and gold,
We gather close against the cold.
A cup held warm between our hands,
While colour bursts across the land.

For just a while, we stop and stare,
At trails of silver in the air.
A moment shared, a memory made,
Before the final colours fade.

So wrap up warm and take delight,
In simple joys this Bonfire Night.
And as the embers softly glow,
Hold close the ones you love and know.

WAYS TO HELP EMAST

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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.

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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 _____

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THANK YOU FOR YOUR DONATION!