

WELLBEING

Magazine

NOV-DEC
2024
EDITION



East Midlands Asbestos Support Team

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



Bi-monthly Wellbeing Magazine



Seasons Greetings

from all the team at EMAST

A very special welcome to those who may be reading this for the first time. To those who have been newly diagnosed and their families, we know that a life limiting illness can make us feel very alone and isolated. No matter how many good friends and family members we may have in our support network, illness can be a very solitary and frightening space to be in. So much so that often we are afraid to speak of how we are really feeling. This magazine has been posted out to over 750 people. That is 750 people who have had their lives changed by a devastating diagnosis. And whatever you may be feeling, today, tomorrow and over the Christmas period, you can rest assured that someone else reading this magazine, just as you are, has felt or is feeling the same, or something very similar. We hope that someone may find some comfort in knowing that.

November 1st, in the Christian faith is known as All Saints Day. In a practice dating back centuries, the Roman Catholic Church observes the first two days in November as a time in which the living commemorate the dead. All Saints Day, is a feast day observing the lives of the many saints for whom there is no specific feast day during the year. The following day, Nov. 2, marks a day of prayer for, and remembrance of, the "faithfully departed": relatives, friends and strangers who are no longer living. And then of course we have, just a few days later, Remembrance Sunday. November then, seems to be the month of remembering.

When we remember we bring to mind someone or something; we draw on our memories. But, of course, because we're human beings, what we remember with our minds evokes feeling in our hearts and in our bodies. Memories may feel warm and comforting – they may fill us with joy, or they may be filled with sadness, sorrow and regret – they may make us feel low. And that's where our feelings often translate to bodily aches and pains. Whatever feelings you have it is important to acknowledge them.

Christmas is a time that evokes many memories for most of us. For me it is a time to be with family and friends, and to stop and appreciate all that I am blessed with, and not just in a material sense! I am blessed with an abundance of love through my family and friends. So I guess, for me Christmas is all about love.

Illness and disease do not stop for Christmas, this can be challenging and means that Christmas Day is not a great day for everyone. Our Christmases are often coloured by memories of past, fears in the present and worries about the future. We all have pictures of Christmas and what we think it should look like for us. Many of these come from our childhood, and how we were raised to enjoy the day, and these become layered over with religious beliefs, family ideals and current circumstances.

However you mark this coming Christmas, the hope of us all here at EMAST is that you find some peace, hope and joy, but most of all we hope that you are able to celebrate love and create more memories to be cherished.

peace hope joy love

EMAST CHRISTMAS CARDS



Our brand new Christmas cards are available to buy now! Each pack contains 8 high quality cards featuring a beautiful woodland scene (our logo is a tree after all) with a Christmas message inside and our new logo and contact details on the back. Packs are just £5.99 including P&P and all proceeds go to supporting those affected by asbestos related disease.

If you'd like to pay by BACS, email admin.assistant@emast.org.uk or call 01246 380 415 for our bank details. Alternatively, complete and return the form below enclosing a cheque made out to 'EMAST' (we won't be able to accept cheques to our old name from October).

Name: _____

Tel: _____

Email: _____

Address & Postcode: _____

I would like to order _____ packs of cards @ £5.99 each and
enclose a cheque for £ _____.

Trustees at EMAST



EMAST Staff and Trustees

EMAST is a charity and as well as having paid staff is supported by volunteer Trustees who have legal responsibilities to ensure the charity is run in accordance with its aims and duties under the Charity Commission.

The EMAST trustees meet quarterly to discuss all matters relating to EMAST and receive a report from the Coordinator Jerry Hague.

The present Chair of the trustees is James Eaden who is President of the Chesterfield and District Trades Union Council and there are five other trustees from a range of backgrounds including former service users and volunteers. Trustees are elected/re-elected at the EMAST AGM when the officers' positions are also filled.

The trustees consist of James Eaden, Ann Lambert, Colin Hampton, Dave MacGregor, Hilary Cave and Tricia Clough.

If anyone would like to ask the trustees about any issues relating to EMAST please let us know and we can provide you with their contact details. Also, please contact Jerry Hague at coordinator@emast.org.uk if you would like any information about the role of trustees or how to become one.



Do you enjoy reading?

Have you ever thought of joining a Book Club?

Have you any recommendations for a good read?

Thank you to those who have already expressed an interest in joining our book club. We were planning on starting it in October when the nights draw in! However, we were hoping for more people to be involved so we will delay starting it till January and will announce the first book in the next magazine issue.

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.

Please do contact me on 01246 380415 or by email:

Bereavement.support@emast.org.uk to let me know that you wish to take part.

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

-J.K. Rowling



Soured cream, pea and mint baked potatoes

Serves 6

Eating can be a challenge if you have ulcers due to treatment. This recipe is gentle on your mouth and can be eaten hot or cold - just allow to cool a little before refrigerating for an hour to firm up. It's also high in Vitamin C and potassium. Cook when you have visitors or freeze leftovers for a quick and easy meal another day.

Ingredients

- 5 large potatoes, thinly sliced
- 1 large onion, diced
- 3 cloves garlic (optional), chopped
- 1 tsp ground black pepper
- 200ml soured cream
- 400ml water
- Spray oil
- 2½ tbsp cornflour
- 80g garden peas
- ½ tsp salt (optional)
- 12 mint leaves, 2 reserved for the top, chopped (optional)



Method

1. Preheat the oven to 220°C/Fan 200°C.
2. Use the spray oil to grease the inside of an 8-inch cake tin. If you don't have one, you can use a high-sided square baking tin.
3. Place a frying pan over a medium heat and add a couple of sprays of oil, then add in the onions and garlic (if using) and cook for 8–10 minutes until softened. Add the black pepper and cook for a further minute. Add in the soured cream and stir well.
4. Mix the cornflour into the water and stir well, trying to beat out any lumps, then pour into the pan with the soured cream mixture and mix well until everything is combined. Allow the mixture to come to a boil, stirring occasionally. It's OK if it begins to thicken; this is what we're looking for.

5. Once the liquid is boiling, turn off the heat, add the salt (if using), peas and mint.
6. Place two layers of the sliced potatoes into the baking dish, allowing them to overlap slightly so there aren't any large gaps. Pour in one-third of the soured cream mixture. Add another two layers of potato on top and repeat until you have no potatoes left. Make sure you keep enough soured cream to pour over the top layer.
7. Place into the centre of the oven to cook for 35–45 minutes until the potatoes are cooked through. If you like, you can cool the potatoes slightly and then run a knife along the edge of the baking dish to serve. Finish with a sprinkling of mint.

Basil and mushroom cannelloni with harissa ricotta

Serves 2

This recipe provides a good source of protein and is high in fibre. It is also a great source of calcium and phosphorus – both important for strong bones. Rich in vitamins and minerals, Cavolo nero is a vegetable similar to kale, which it can be substituted for if you can't find it.

Ingredients

- *1 tbsp extra-virgin olive oil*
- *1 onion, finely sliced*
- *1 red chilli, chopped*
- *10 cloves of garlic, chopped*
- *1 red pepper, finely sliced*
- *8 stalks cavolo nero kale, finely sliced*
- *1 large portobello mushroom or 3 small mushrooms*
- *1 tsp tomato paste*
- *12 stems of basil, roughly chopped – reserve a tablespoon for the top*



- 4 tbsp ricotta
- 1 tbsp harissa paste
- 8 cannelloni tubes
- 250g passata
- 1 lemon, zested
- Ground black pepper, to taste

Method

1. Preheat the oven to 200°C/Fan 180°C.
2. Place a large frying pan onto a medium-high heat. Add the oil, onions, chilli, and garlic and cook for 3–4 minutes until the garlic begins to brown and you can smell it. Season to taste, then add 1 tablespoon of water along with the pepper, cavolo nero, and mushrooms and cook for 10–15 minutes until everything has softened. Add another 2 tablespoons of water if the mix becomes too dry.
3. Add the tomato paste, half the basil, and 100ml of water and cook for a further 5 minutes.
4. In the meantime, mix together the ricotta and the harissa.
5. Once the filling is cooked, turn off the heat and allow it to cool slightly. Place the cannelloni tubes into a high-sided baking dish, and – one at a time – use a small spoon (or your fingers) to push the mixture into the tubes, laying them flat once you have done so. Once you’ve finished filling the pasta, place any remaining filling you have into the mixing bowl with the passata and 100ml of water, then pour over the pasta. Spoon the ricotta on top of the cannelloni and spread it out lightly to cover them all.
6. Place the baking dish into the centre of the oven for 30–35 minutes until the pasta is cooked through and the ricotta is golden.
7. To finish, sprinkle over the remaining basil and the lemon zest.

CARERS CORNER In the last magazine we started looking at the importance of self-care for carers and 7 tips that may be helpful. We looked at the importance of sharing how you feel and being realistic. Next we look at finding ways to be organised and supporting the independence of the person you are caring for:

Find ways to stay organised

Staying organised can help you feel more in control. You could keep a diary or planner of your daily routine. Make sure that you keep all important information and medication in one place. But don't be hard on yourself if you get muddled or things get lost. You've got a lot to think about. If you feel comfortable using technology and have access to a smartphone, you can stay organised digitally. The Carers UK website will help with carer-specific technology, apps and online services. It may also help to tell someone else where the information is and what to do if you become unwell. This could be a friend, family member or paid worker.

I found it really helpful to keep a notebook, and every time I thought of something or had questions I would jot them down. I took that note book to hospital appointments so that I wouldn't forget them. I also jotted down notes when the oncologist or nurses were talking to us ,for our own future reference.

Support their independence

When faced with a devastating diagnosis, many people feel they have no control over what's happening to them. It's important to help them feel they still have some control over their day to day life. You may find this means taking a step back or supporting decisions that are not what you would do. Often the person you are caring for or supporting, will want to protect you, I may be

reluctant to talk openly. But it's really important to keep talking! Talk about how you are both feeling and how you can support each other; what they would like now and in the future. Be honest and open about your fears and concerns and encourage them to be the same. Don't be afraid to ask questions about practical matter, both current and future ones. Open communication is not always easy, and it can be extremely helpful if both of you have others whom you trust who you can talk to.

When I was in the role of carer our dog became my lifeline! Attending to his exercise needs gave me space to myself. Those morning and evening walks were like respite for me and I discovered that dogs make great confidants! I would share my concerns, frustrations and fears with the dog, fully confident that we wouldn't judge me and would never repeat what I said to anyone else!



Social media

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



Facebook: search for 'EMAST' to find our public page and our private group



Instagram: search for '@EMASTUK'

How to Make Natural Christmas Decorations

Celebrate the festive season with handmade decorations inspired by your winter walk! You can craft decorations that will hang beautifully on your tree or perhaps string together for a mantelpiece garland.



You will need:

- *Glue gun or glue*
 - *Scissors*
 - *Twine*
 - *Dried orange slices*
 - *Cinnamon sticks*
 - *Foliage you have gathered*
1. Gather your materials together. You can basically use anything from outside to create fun natural hangings, as well as dried fruit and cinnamon sticks.
 2. Make star decorations using twigs by cutting the twigs down to similar sizes and, using a hot glue gun to secure them in place, hold for a minute whilst the glue is drying.



3. You can also make snowflake-inspired decorations using the same technique with the twigs and then adding smaller twigs to the tops of the sticks, again using the glue gun to secure and holding in place until dry. Once you are happy with the shape, add twine.



4. The oranges and cinnamon sticks on their own make lovely natural decorations too so simply thread a length of twine through and secure to make your decorations. Leaves, berries and foliage will also work well and will simply dry out when hung up.



Craft idea from www.hobbycraft.co.uk

A Festival of Christmas Trees

Saturday 16th Nov to Sunday 1st Dec

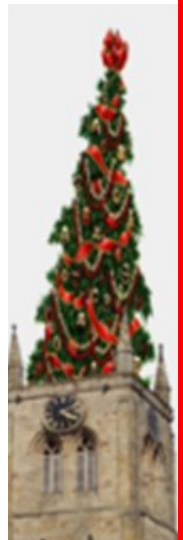
If you're in the Chesterfield area in the last 2 weeks of November, why not check out our Christmas tree and over 100 others at the Crooked Spire's Christmas Tree Festival?

**Opening times are Mon - Thu 10.30am - 4.30pm, Fri/
Sat 10.30am - 5pm, Sun 12pm - 5.30pm**

There will be live music, a gift shop and you can even book a Tower Tour of the famous Crooked Spire

**Chesterfield Parish Church, Church Way,
Chesterfield, S40 1XJ**

Free admission, donations towards upkeep of the church welcome



For any queries please contact the church directly on 01246 206 506

A diagnosis of mesothelioma doesn't just affect the person with the disease, those close to them are affected too.



- ◆ You may want to offer practical help, or emotional support
- ◆ You may struggle with your own feelings about the diagnosis
- ◆ Whether you live with them full time or not, if they are a family member, friend or colleague, being a carer for someone can mean:
 - ◆ Emotional support – company, a friendly face, a listening ear
 - ◆ Helping with daily tasks
 - ◆ Driving them to appointments
 - ◆ Talking to other people on their behalf, such as health and social care professionals
 - ◆ Helping with personal care such as bathing and dressing

If any of this rings true for you, why join the Mesothelioma UK, Carers Hour.

The Mesothelioma UK Carers' Hour is designed specifically to support anyone who knows someone living with mesothelioma.

Not everyone knows how it feels to have a family member or friend living with mesothelioma. Our monthly Carers' Hour is an opportunity to talk to those who know exactly how it feels.

Facilitated by one of our Mesothelioma UK nurses, should any clinical questions arise, the meetings take place virtually on the 2nd Wednesday of each month at 2pm. For joining details, please contact support@mesothelioma.uk.com



East Midlands Mesothelioma Support Group Meetings



With our colleagues from Mesothelioma UK, we are now holding monthly Mesothelioma Support Group Meetings. Each date has a specific theme and your specialist nurses Louise and Laura and Benefits Advisor Natalie will be available to offer support and advice and answer any questions you may have. For those who are unable to attend in person, a Zoom link is available.

Please note the venue has changed: events are now held at Ulverscroft Manor Activity Centre, Priory Lane, Markfield. LE67 9PH. A buffet lunch is included.

Latest dates:

Friday 15th November 11am-1pm

Friday 13th December 11am-1pm

Friday 17th January 2025 11am-1pm

Friday 7th February 2025 11am-1pm

Friday 21st March 2025 11am-1pm

To book your place, contact Louise Nelson or Laura Smith on 0116 2502625 or email mesocns@uhl-tr.nhs.uk alternatively you can contact Natalie Woodward benefits.advisor@dast.org.uk or 01246 380415

Reader's Contributions

We had a lovely email from Lesley Cheeseman:

My daughter Paula, decided she would like to commit to a swimming challenge. At the beginning of September she decided to swim the equivalent distance of the English Channel in a swimming pool. This involved swimming 200 lengths of the pool every day for 7 days. One thing led to another and she decided to try and raise some money for 2 charities. Through family and friends she has raised just over £1,200 which has been divided between Mesothelioma UK and Oesophageal Cancer. I attach a photo of her when she had finished the final length on the last day.

Paula did amazingly well and it is a wonderful memorial to her dad who passed away to Mesothelioma six and a half years ago. Thank you DAST for your support during a dreadful time with the loss of my very dear husband, father, grandfather and great grandfather.

Well done Paula, what an amazing achievement!

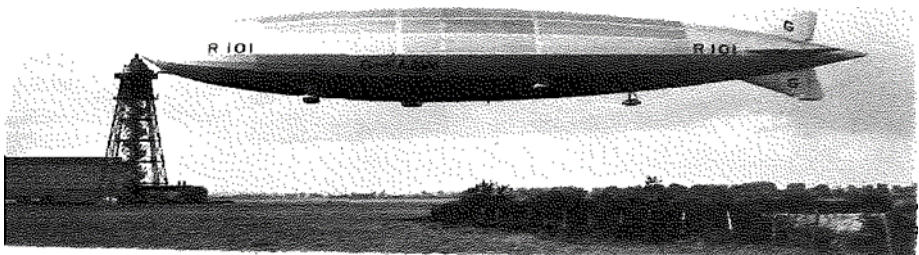


Reader's Contributions

Over the next few magazines we shall be sharing the Wartime memories of Don Lowen from Northamptonshire. It's fitting that we start this series during the month of November when we all remember the sacrifices made by so many. Thank you Don for sharing your memories!

My Wartime Memories Born 1935 at Shoebury, Essex.

I could hear it before I could see it. I was playing in my back garden in early 1939 when I heard a loud droning noise coming from in front of my house. I ran round to see what it was and saw something that I'd never seen before — it was a massive silver cigar shaped object in the sky making its way along the coast from the direction of Southend towards Shoebury. I just stood there looking at it transfixed, in awe. I later found out that it was one of the British airships, either the R100 or the R101, it was 202 metres long and was to become one of my earliest memories of living at Shoebury. One of these was soon to crash and catch fire whilst coming in to land.



One day soon after, my Dad took me to Southend Pier for a boat trip. The boat belonged to Dad's brother in law Ike King and the boat was named "The Seagull" which was a large open boat seating some 12 passengers. What we

didn't know then, was that a year later the Allied Army in Northern France would be beaten back to the coast at Dunkirk and with no way of escape it looked as if it would be a total loss. The only way to escape was by sea but the beaches were too shallow to allow our large ships to get close enough to rescue them so, with or without the owner's consent, all the small boats along the south coast were requisitioned by the Government and together crossed the Channel to the French beaches to ferry the stranded troops from the beaches to the waiting ships. All this time they were at the mercy of the German planes who bombed and machine gunned them at their will. They continued like this until they were all back to safety. It was reported later that they had saved over 330,00 people -one of the miracles of the War.

It was September 1939 and one day I noticed that my parents were looking very grim faced as they listened to the radio. Sometime later I was to learn that it was a message to the nation from our Prime Minister, Neville Chamberlain saying that we were at war with Germany. I didn't understand the full impact of this but I realised it was bad news as my Mum was crying and Dad was holding her looking very grim faced. This was to hit my parents hard because my Dad was a skilled toolmaker making and using tools for a carpentry and joinery company which now had to close with the loss of his job. He had learnt his skills on the lathe whilst still at school maybe at 10 or 11 years old. This was a Saturday job and he was making screws from steel rods which had to have a slot machined on one end and tapered down to a point at the other including a thread for wood. For this skilled job he was paid one old penny (slightly under half a new penny) for twelve.

He was now to reap the benefit of this hard work because Dad's brother, who worked at the Mullard Radio Valve Company in Mitcham Surrey arranged for him to have an interview for a job as a toolmaker making machines that

made valves for the domestic market and for the Military. He was successful in getting the job which meant we had to move from Shoebury into a house very close to the Factory so that Dad could walk to work.

Mitcham

Life was very quiet for some time. I had a 2 mile walk to school which was somewhat enlivened by the fact that it was mainly along the river Wandle and by lying down on the bank I was able to catch tiddlers, red throats and newts in my school mug which someone had thoughtfully said we had to take with us daily. It was also useful for drinking our daily one third pint of milk.

In the meanwhile the Government had started building air raid shelters in all the gardens and houses.

Then the war started properly. By night we could hear the noise of bombers going overhead. Despite my mum telling me to get into the shelter, I used to stand in the garden and look up to see the searchlights raking the sky. One night I was rewarded when one of the planes was caught in a searchlight. Immediately many others latched onto the same plane which was now showing up as a bright silver dot and then I saw a string of coloured light coming from the plane and as if by magic, all the beams were switched off. It was some years later whilst watching the film "The Dambusters" there was a scene showing the crew of a bomber loading a plane before a night sortie and one was loading flares into a tube in the side of a plane and checking in a code book to see the correct colours and sequence of the day. This was known as IFF (Identify Friend or Foe).

One night Mum and I were asleep in the shelter and Dad, who was an Airaid Warden, was patrolling the streets on the lookout for lights showing, bomb damage or a gas attack. To give warning of a gas attack, outside each Wardens post, there was a wooden post with two pieces of wood nailed on top like a roof and painted green. When this came into contact with gas it turned a bright yellow.

Hopefully the duty warden would notice this and instantly snap on his gas mask, jump onto his trusty bicycle and peddle like mad round the local streets twirling a wooden rattle similar to those used by football fans. This was to let everyone know we were under attack — the rattle was the official warning of a gas attack!

Luckily we never knew the efficacy of this system as Germany never used gas against the UK, presumably for fear of retaliation. On this night whilst we were sleeping there was an almighty explosion outside which threw us from our bunks and filled the air with bits of cork and dust— (the inside of the shelter was



sprayed with cork to absorb build up of condensation), and this didn't stick very well to the walls, it just floated around and got into my eyes. Dad was promptly with us to see if we were safe. He told us to stay inside as a bomb had fallen into our back garden and he couldn't see what damage it had done.

The next morning we could see that the bomb had missed us by some twelve metres and had made an extremely large hole in the garden about eight metres across which was now filling up with water — just right for floating bits of wood which became targets for me to throw stones at. I don't remember being upset by our near death experience although I was a bit peeved that our shed had been wrecked and my glass fish tank with it.

Later we could see that the whole house had been moved back by some 20mm. which had broken the connection between the house and the main sewer. The strange thing was that none of our windows were broken. It seemed this could happen when a large bomb fell onto soft soil such as our garden and was some two or three metres deep before it exploded. The blast was mainly directed upwards plus a shock wave which travelled sideways and took the house foundations with it.

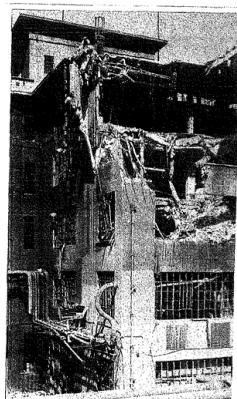
The next night we were again in the shelter when we heard a lot of commotion coming from the front of the house and my Dad came rushing in to collect the bucket of sand which had always been hanging on our shelter wall. I had never queried why it was hanging there, it seemed quite natural to me, I thought everyone had one and I was now about to find out why.

It seemed an incendiary bomb had fallen so close to our house that it had fallen through the gutter and was burning on the ground next to the house. Luckily it had fallen parallel to the house when it hit and had punched a neat rectangular hole through the cast iron gutter without touching the house.

The bomb was made from a magnesium compound and was burning fiercely with a very bright white light which water would not extinguish hence the sand which smothered it. I, of course had followed dad out to the front of the house and saw him poised over the bomb calmly pouring the sand over it until it was extinguished. I only had a glimpse of this as I was hauled rapidly back to the shelter but it left a vivid memory which sticks with me today. Apart from having the magnesium body, it also had a blunt iron nose which was designed to break the tiles on the roofs to allow the bomb to pass into the house and set fire to it.

It seems that this was the German's technique — to use high explosive bombs to shatter the buildings and to then to send showers of incendiaries to burn every thing to the ground. They knew that most of the factory workers lived close to their work and this was an effective way to stop production at the factory.

We look forward to reading more of Don's memories in the next magazine!



Damage caused by a flying bomb at Mullard, Mitcham in June 1944

Department for Work & Pensions

Another year has passed since the Department of Works and Pensions (DWP) closed Barrow Industrial Injuries Disablement Benefit Centre. I am sorry to say that there is no improvement in the service they are giving to people suffering from asbestos related conditions.

Those of you who have been a service user for a while will remember that we fought hard to keep the valuable service of Barrow Benefit centre open but it was unsuccessful. The Government at the time assured us that losing Barrow would not cause any problems at all “the staff at Barnsley/Bradford were experienced staff use to dealing with claims”.

Statistics do not lie, processing times are up, helpline waiting times are up, and use of postal service adds delays.

Mesothelioma processing times:

Industrial Injuries Disablement Benefit

- April 2022 – 28 days (average)
- April 2024 – 54 days (average)

PWCA/2008 scheme (Lump Sum Payments)

- April 2022 – 34 days (average)
- April 2024 – 71 Days (average)



As you can see the times are increasing even though the staff should be more experienced and I am providing work history evidence within a week of the claim going in. With the Asbestos Victims Support Forum we are highlighting the problem with the Department of Work and Pensions as well as registering formal complaints and also hope to arrange an appointment with Liz Kendall who is the MP for Leicester West is the Minister for Works and Pensions (as she is a local MP in the East Midlands).

Natalie Woodward

In Flanders Fields



In Flanders fields the poppies grow
Between the crosses, row on row
That mark our place: and in the sky
The larks still bravely singing, fly
Scarce heard amid the guns below.



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.



Take up our quarrel with the foe:
To you from failing hands we throw
The Torch: be yours to hold it high!
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae

From 1914 to 1918, Flanders Fields was a major battle theatre on the Western Front during the First World War. A million soldiers from more than 50 different countries were wounded, missing or killed in action here. Entire cities and villages were destroyed, their population scattered across Europe and beyond.

Forum update



Campaigners staged a demonstration outside Altrad's Rotherham office in August 2023

EMAST has continued to campaign with other asbestos support groups under the guidance of the Forum which coordinates national campaigns on asbestos issues.

The Forum has kept up pressure on Cape to make a contribution of £10 million to research for mesothelioma with videos from those who have suffered working for Cape or using their materials. Also, we have had the support of senior medical experts and a former director of Cape who have all spoken out about the need for Cape to help victims of asbestos exposure.

We are grateful for all our service users who signed the letter to Altrad saying how they had been affected by exposure to asbestos and asking for Altrad to make the donation to mesothelioma research.

Following the result of the General Election, the Forum awaits the formation of the All Party Parliamentary Group on asbestos issues so that we can work with MPs to hold Cape to account and improve the poor levels of service our users receive from the DWP.

The Forum also supports the call from the APPG and other support groups for asbestos to be removed from all public buildings within 40 years, starting in the buildings most at risk such as schools.

If anyone would like more information about any of the above campaigns, please contact Jerry Hague at: coordinator@emast.org.uk

East Midlands Mesothelioma UK Carer's Coffee Morning



Natalie was invited to attend the last meeting and will have an ongoing presence going forward. She said: "It was lovely to meet everyone who were able to ask questions about current treatment options and trials, as specialist Mesothelioma Nurse Louise Nelson was there.

"It was also interesting to meet families who had sadly lost their love one to Mesothelioma. They were able to speak about their ongoing journey after losing a love one to Mesothelioma and how they are raising awareness of this condition and asbestos being present in so many places. Their voice is important to us all."

So if you are caring or have cared for a loved one affected by Mesothelioma and would you like to meet others in a similar situation to chat, socialise and share experiences, why not come along?

Latest dates

Friday 22nd November 2024, 9:30am – 11:00am

Friday 20th December 2024, 9:30am – 11:00am

Venue: Mesothelioma UK Head Office 235 Loughborough Road,
Mountsorrel, Leicestershire LE12 7AS

For more information please contact:

Louise Nelson & Laura Smith

Tel 0116 2502615 or email mesocns@uhl-tr.nhs.uk

Natalie Woodward

01246 380415 or email benefits.advisor@emast.org.uk

GARDENING CLUB

What to plant in November and December

By sowing now and again in spring, you can grow more of the flowers, fruit and vegetables that you love and enjoy the crops for longer. In addition, more roots holding the soil together prevents loss of soil nutrients and erosion in the winter rain.

- Alliums - bees and other pollinators love alliums. Sow *Allium sphaerocephalon* any time of year, although they need a period of cold to successfully germinate. Containers are best as they take a long time to germinate



- Sweet peas - a great way to add colour and fragrance to your garden. Stagger your sowing by sowing in both autumn and spring, with autumn sown sweet peas flowering much earlier than the spring sown ones. Sow indoors in December, in cardboard tubes so they can be planted directly into the soil to minimise root disturbance

- Snap dragons - easy to grow, sow these in your greenhouse or cold frame now for flowering in June onwards. Although they are usually grown as annuals or biennials, they are actually short-lived perennials



- Bird-in-a-bush - this perennial's flowers show colour variation and may vary in colours and shades from purple to white. It is best planted in a cool and moist spot with partial shade or dappled sunlight.

- Bugle - this is a great ground-cover plant for sun or partial shade provides evergreen colour. For more coverage, go for common bugle, or choose standing bugle for one that doesn't spread as quickly



- Salad leaves - spinach, mizuna (Japanese greens) and mustard can be sown in a greenhouse or indoors on a bright windowsill for a winter harvest

- Lambs lettuce - this salad plant has been grown and eaten for centuries over the winter, with their harvested leaves lasting up to two weeks in the fridge. Sow seeds in an unheated greenhouse and pick by removing individual leaves or the whole rosette



- Lettuce - some varieties, such as 'Winter Gem', can be grown at low temperatures and winter provide crops. For best results, grow in an unheated greenhouse or cold frame

- First early peas - sowing varieties such as 'Kelvedon Wonder' and 'Meteor' in Autumn will provide crops in early spring. Grow in covered containers to protect from slugs, birds and mice



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 emast.admin@emast.org.uk





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
EMAST
200 Club
today!**



Congratulations to Janet Watkiss who was our 200 Club winner for September with number 62. August was another rollover, so Janet received a total of £158!

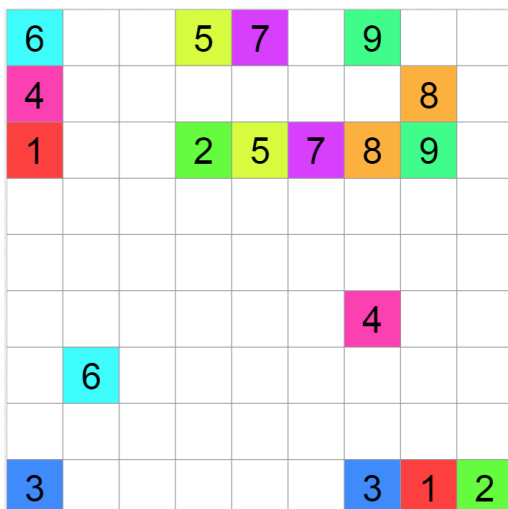
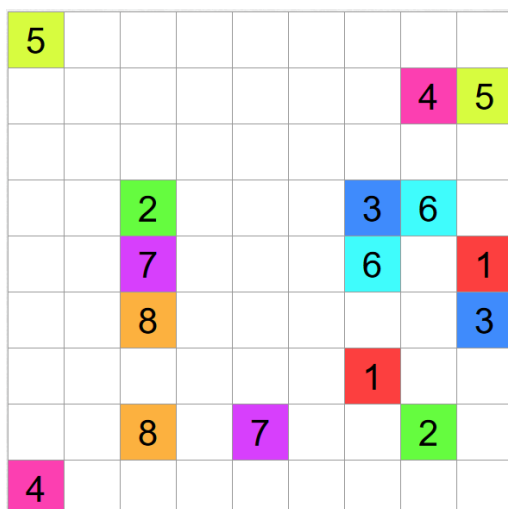
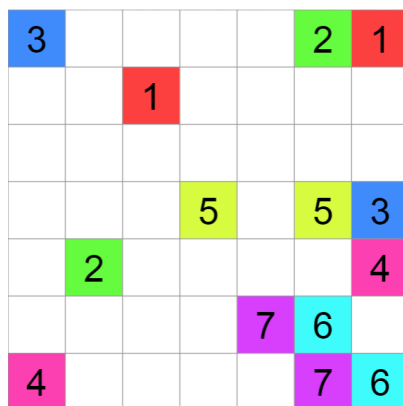
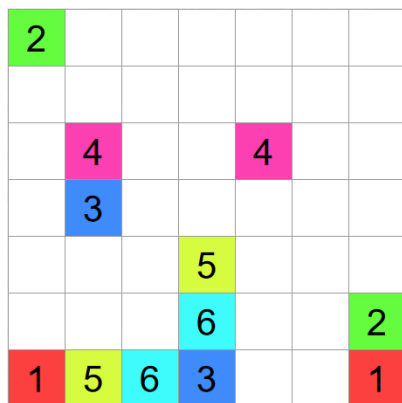
Numbers are just £1 each per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. Thank you to all our members, this is a really valuable regular donation that we can use to directly support our work!

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

Puzzle Corner

Numberlink

The goal of a numberlink puzzle is to join connecting lines between matching numbers, filling all squares in the grid. Lines are not allowed to cross each other or loop back and touch. T-junctions are not permitted and the numbers must be at the end of each line.

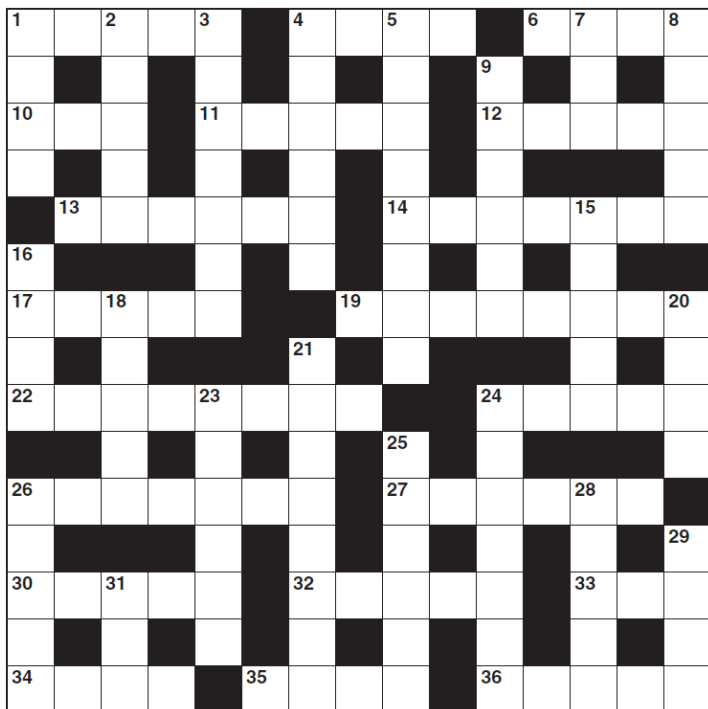


Math Grid

Move the numbers and mathematical symbols at the bottom into the grid so all equations are correct. There is only one correct solution!

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41	+	10	+	6	90	-	8
÷	÷	26	34				

Crossword



ACROSS

- | | | |
|---|--|-------------------------------------|
| 1 Bread morsel (5) | 26 Caretaker of a building (7) | 7 Cease to be (3) |
| 4 Inclines the head (4) | 27 Plainly (6) | 8 Egg-producing bird (5) |
| 6 Any worshipped film star (4) | 30 One who uses no animal products (5) | 9 Castor and Pollux (6) |
| 10 Chest bone (3) | 32 Best possible notion (5) | 15 Captured and removed (5) |
| 11 To the time of (5) | 33 Pursue for marriage (3) | 16 Self-righteous person (4) |
| 12 Each and all (5) | 34 Skin (4) | 18 Bathroom sink (5) |
| 13 Lacking the capacity or competence (6) | 35 Employed (4) | 20 Time units (4) |
| 14 Nomadic person (7) | 36 Colour (with embarrassment) (2,3) | 21 Morellos (8) |
| 17 Popular garden bird (5) | | 23 Earnest (6) |
| 19 Removed (stitching) (8) | | 24 Interim period (4,3) |
| 22 Pre-electric illumination (8) | | 25 Climb, move upwards (6) |
| 24 Of sound, lacking resonance (5) | | 26 Rock 'n' roll dancer (5) |
| | | 28 Reduce (5) |
| | | 29 Golf club (4) |
| | | 31 Device for firing ammunition (3) |

DOWN

- 1 Loop of hair (4)
 2 Of the city (5)
 3 Chocolate biscuit (7)
 4 Tart (6)
 5 Thoroughly cooked (4-4)

A sincere thank you for all of your generous donations to EMAST. Your contributions have helped to fund our work including benefits advice, bereavement support and awareness raising. Below are more ways that you can help!



1

Make an online donation through the Local Giving website www.localgiving.org/charity/derbyshire-asbestos-support-team. You can also make a one off donation or make instructions for a standing order via your bank. Please use the form at the back of the magazine.

2

Join our 200 Club lottery for just £1 per number per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. To join, email admin.assistant@emast.org.uk or call 01246 380 415

3

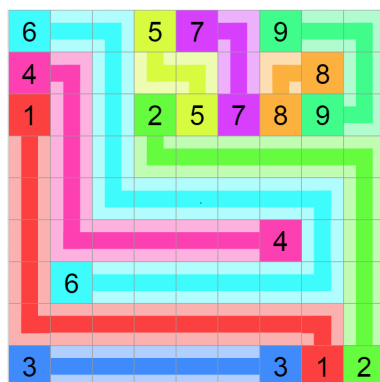
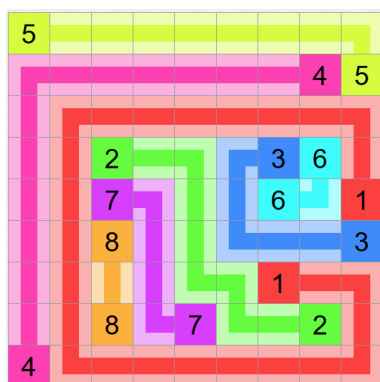
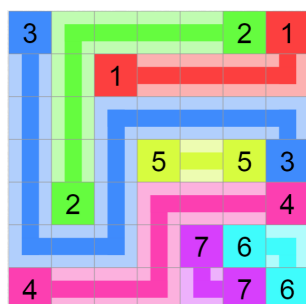
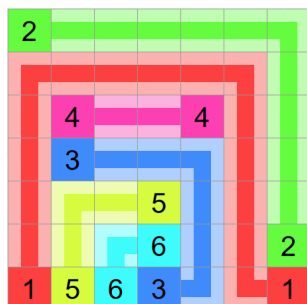
Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to EMAST. Go to www.vintagegiving.com

4

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

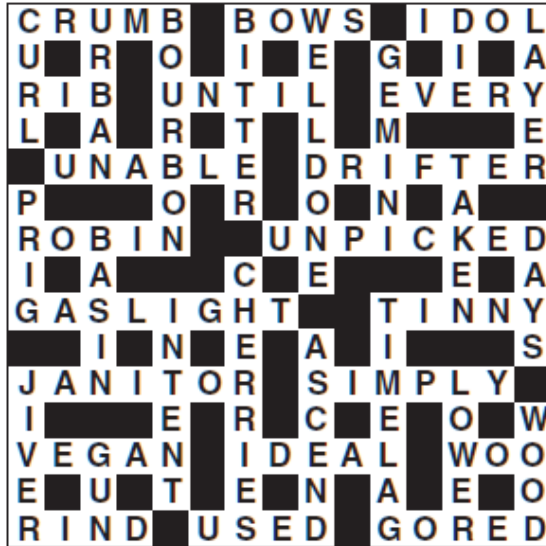


Puzzle Answers



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Puzzle Answers



Contact details for EMAST

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Email: emast.admin@emast.org.uk



East Midlands Asbestos Support Team

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