

WELLBEING Magazine

MAR-APR
2025
EDITION



East Midlands Asbestos Support Team

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



Bi-monthly Wellbeing Magazine



Early spring is my favourite time of year. For me it symbolises anticipation, rebirth and new beginnings. It's a period of awakening and a time to leave the quiet retreat of winter behind for another year. In all its glorious fragile beauty it is a much-needed antidote to a long, brutal winter.

Spring is certainly joyous for many. It feels miraculous. I admire each tiny shoot peeking up from the still-cold ground. New green leaves and buds on the trees make me feel hopeful and excited about what is to come. Longer days and more sun exposure can lift our moods without effort. The early mornings are getting lighter, the days longer. There is a fresh energy that can invigorate us after the long winter.

The origin of the word March comes from the Latin *martius*, named after the Roman god Mars who was the god of agriculture and of war. In Roman times March was actually the first month of the year. And I personally feel that it still is for me. While I celebrate the new year in January, like most of the world, I never truly feel that thrill of excitement for a fresh year until spring begins in March.

Here at EMAST we are busy planning events for the year ahead.

Our next event is a Creative Writing for Wellbeing Workshop on 21st March. You don't need to have any experience of writing and can explore how writing can help to express yourself and improve your mood. Next we have the EMAST Annual General Meeting. For the first time our AGM will be held outside of Derbyshire, to better reflect the wide area that we cover. This will be on March 26th at the Three Swans Hotel in Market Harborough. It's an opportunity for EMAST staff and Trustees to give their report of the years activities and for you to meet the staff and chat with others.

Don't forget to book your places on these events!

I was recently speaking with someone, who commented that he felt very low. He felt his whole life had changed whilst the world and everybody else carried on as normal. He was fearful of the future rather than hopeful. I'm pretty sure that some of you reading this will recognise his feelings. I certainly did, but hearing someone else vocalise what I myself had experienced made me think about it in a different way, and I determined to recognise something different in each day, something to be thankful for, and what that can mean for the future. An exercise in thankfulness and hope.

For example, walking down my garden I spot green shoots poking through the earth, and recognise that they are the portent of gorgeous spring flowers yet to be enjoyed. And even though I may wish the world to stand still, it continues it's cycle of life.

Another, mundane example of this exercise was seeing an advert on the TV for an upcoming new series of a programme I enjoyed. I noted that, it was something to look forward to. Something that lots of very talented people had worked incredibly hard to bring to the screen so that we could enjoy it. We don't live in isolation, we are surrounded and supported by the time and efforts of many, many people, known and unknown, we are still part of something bigger, even when we feel at our lowest and our loneliest.

This simple exercise and daily musing has become a part of my nightly ritual. It can be very powerful in helping to look outwards.

We hope you enjoy this magazine and if you have ideas for content or something you'd be happy to share with our readers, please do get in touch. Remember, this is your magazine and I know our readers love reading others stories.





RUTLAND BELLE

PATIENT AND CARER CRUISE

 **Friday 2nd May 2025**

 **BOOK NOW**

Join us for a lovely reservoir cruise taking in the beautiful scenery and spotting the wildlife, followed by a delicious cream tea



Rutland Water North Shore
Bull Brigg Lane
Oakham
LE15 8BL



Pay & Display parking is available at
Whitwell Car Park next to Rutland Belle
Departure Point



PLACES ARE LIMITED SO BOOK NOW:

emast.admin@emast.org.uk
or 01246 380 415

EMAST Annual General Meeting

We are delighted to be holding our Annual General meeting this year, in Market Harborough, **on Wednesday 26th March**. We look forward to seeing more of our supporters from other parts of the East Midlands. It will be an opportunity for you to meet all our staff and Trustees, hear what we have been doing the past year and what our plans are for the year ahead. There will be a buffet lunch, speakers, and a raffle. Our Panel of solicitors will also be on hand to answer any questions.



SAVE THE DATE!

WEDNESDAY 26TH MARCH



We are delighted to hold our Annual General Meeting next March at the Three Swans Hotel in Market Harborough

26 March, 2025
11:00 - 2:00 pm



EMAST Annual General Meeting

Buffet Lunch

Great speakers

Film

»»»»



Location
Three Swans Hotel, Market Harborough



Contact Us
01246 380415



 **BOOK NOW**

Spinach Lasagne

*Serves 8 (or freeze or refrigerate the leftovers)
45 mins prep & cook time*



A hearty and warming meal that spinach is high in vitamins A, C, and K, as well as folate, iron, magnesium and fibre. The cheeses are a good source of calcium and protein. To shorten the prep time further for next time, make an extra batch of the tomato sauce and freeze.

Ingredients

For the tomato sauce:

- 4 tablespoons [olive oil](#)
- 130g ripe plum tomatoes (about 14), coarsely chopped (See *Chef's Tips*)
- 3 cloves [garlic](#), smashed and thinly sliced lengthwise
- 2 small dried red pepper, seeds removed (optional)
- 1 teaspoon salt or to taste
- 2 tablespoons freshly grated Parmesan cheese (optional)

For the lasagne:

- 450g whole wheat lasagne sheets
- 1 tablespoon olive oil
- 4 cloves garlic, smashed and thinly sliced
- 1kg fresh spinach (or 450g frozen), roughly chopped

- *Salt, to taste*
- *500g ricotta cheese*
- *20g Parmesan cheese*
- *100g shredded mozzarella cheese, divided*
- *Black pepper, to taste*

Method

1. Preheat the oven to 350F/180C/Gas Mark 4. Heat the oil in a wok or heavy frying pan over medium-high heat. When the oil starts to shimmer, add the garlic and saute until golden. Do not let it burn or it will become bitter. If you like a spicy sauce, add the pepper.
2. Add the tomatoes and sauté. Turn the heat to medium-low, add the sugar if using, and cook the tomatoes down until they are reduced by about half and have taken on a more orangey hue.
3. Adjust the seasoning by adding salt to taste. If the sauce looks like it's drying out too much, add a little water. Add the Parmesan and set the tomato sauce aside.
4. Bring a pot of salted water to boil. Par-boil the lasagne according to package instructions. Drain and lay in a single layer on parchment paper or non-stick surface.
5. Heat a wide skillet over medium heat and cook the olive oil and garlic for 3 minutes. Turn the heat up to medium-high and add the spinach with a pinch of salt. Cook, stirring, until just wilted, about 1 to 2 minutes. Transfer to a colander and press the water out of the spinach.
6. In a medium bowl, mix the drained spinach, ricotta cheese, Parmesan cheese, half of the shredded mozzarella, black pepper, and a pinch of salt.
7. Lightly oil a 13 x 9-inch baking pan. Spread 2 heaping spoonfuls of tomato sauce on the bottom, then spread a single layer of the par-boiled pasta sheets. Spread half the ricotta mixture on top, then cover with another layer of pasta sheets. Spread 3/4 of the remaining tomato sauce, then another layer of pasta sheets. Pour on the remaining ricotta mixture and evenly distribute, then cover with the last of the pasta sheets. Top with the remaining tomato sauce and the reserved mozzarella cheese.
8. Cover with foil, and bake for 15 minutes. Uncover and bake for another 5 minutes until bubbling.

Coconut and Cardamom Rice Pudding

Serves 6 (or store leftovers in fridge or freezer).

Prep time 5 mins, cook time 1 hour 30 mins



Rice pudding is a great comfort food when you're not feeling great. Soft and easy to eat, it's great if you have problems chewing or a dry or sore mouth as a result of cancer or its treatment. This is also a healthy eating recipe.

Ingredients

- *Pudding rice (75g)*
- *10 to 12 cardamom pods, very gently bruised with the end of a rolling pin*
- *Grated zest of half a lemon or 1 small lime*
- *Coconut milk (600ml)*

Method

1. Preheat the oven to 150°C/130°C fan/gas mark 2.
2. Put all the ingredients in a shallow baking dish and mix gently.
3. Cover with foil and bake for 1 hour,
4. stirring occasionally so that the cardamom is well buried to release as much flavour as possible.
5. After an hour, take the foil off the dish then cook for another 30 to 45 minutes, or until the rice is soft.
6. Serve warm or at room temperature, on its own or with fruit.



CREATIVE WRITING FOR WELLBEING

**COME AND TRY
SOMETHING
DIFFERENT!**



**MARCH 21, 2025
10:00 AM - 03:00 PM**

About Our Event!

We warmly invite you to join us for a day of fun and creativity at Doe Lea Resource Centre, Mansfield Road, Doe Lea Chesterfield S44 5PD

**BOOK NOW TO RESERVE
YOUR PLACE!**

Event Highlights

Two creative workshop ◀

Writer Lynn Ludditt will introduce us to creative writing for Wellbeing and Tricia Clough will lead us in exercising our creativity to make something to take home!

Lunch provided ◀

Please let us know of any dietary requirements

Getting there ◀

It is easily accessible by public transport from both Nottingham and Derby



Contact us
01246 380415

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Mesothelioma and Travel Insurance



Thank you to my colleagues at Mesothelioma UK, I attended a webinar about travelling with Mesothelioma and obtaining travel insurance. It was a very informative session, and whilst EMAST cannot recommend any insurance providers, it did confirm that Mesothelioma and other cancer sufferers can obtain travel insurance.

People sometimes obtain travel insurance but opt out of covering for their cancer, however this is not wise because it would also exclude other conditions caused by the cancer. For example; someone having immunotherapy is at risk of infection so if you do not have cover for cancer and pick up an infection, treatment for the infection would not be covered.

Top Tips for getting travel insurance and reduce costs

The European Health Card (GHIC and EHIC) is a free card which can be applied for via the NHS website and lasts 5 years. Before travel it is advisable to research what the card covers you for in the European Country you are thinking of visiting.

Have flexibility on your travel plans, like fitting it in around your treatment and considering places to visit. Travel insurance to Europe is the cheapest, followed by Australia /New Zealand, Asia, America and most expensive is Mexico. This is because of the cost of treatment in these countries.

Have flexibility on how long you wish to travel for. Most underwriters will limit how long you can go for. On average you can travel for a maximum of 31 days.

If you are having treatment, on average it is best to wait for 6 – 12

weeks after treatment has finished to let side effects settle down.

Always make sure that your medical team state you are fit for flying or taking the trip. Obtain a letter from them or ask for a note to be put in your medical file that they confirm you are medically fit for the travel.

Questions raised by patients

- **Is travel insurance more expensive to travel to the USA rather than Europe/Asia?** Yes, because of the cost of treatments.
- **I have family in the USA and I am stage 4, would that cause me a problem with obtaining travel insurance?** As long as your medical team agrees to the travel, you should be able to obtain medical insurance.
- **If I did have to cancel a holiday after obtaining travel insurance what documents would I need to provide to insurance company?** A letter from the treating medical team stating you are no longer fit to travel anymore should be enough.
- **I would like to go on a cruise, what advice would you give?** It is possible to get an additional policy to cover for the cruise (top up cruise policy) which gives you extra protection. However, if you are taken ill, the cruise liner would normally disembark you at the nearest port so please take into consideration (especially if the cruise leaves from the UK e.g. Southampton) if you would you be fit to be flown home from there. On a European cruise, it could be arranged by your travel insurer to get you home by road but that would be a long journey.
- **Not everyone suffering from Mesothelioma is having active treatment (Watch and Wait), can I still obtain travel insurance and travel?** Yes, as long as your medical team states you are okay to go on holiday.
- **How do I take existing medication and what happens if I need emergency medication?** Always take medication in it's original box in hand luggage. If you are on strong painkillers check that the country you are entering accept them. You can always check on Gov.uk website. It is advised to take an extra prescription and extra medication out with you in case of delay either on flight or returning

to the UK.

- **Can I get travel insurance if I have been refused before?** It would depend on why you were refused before. If your medical team stated you were unfit to travel, you likely you would not be covered. It would always be advisable to try again especially now Mesothelioma UK are working in partnership with insurance companies for them to better understand this condition. Travel Insurance can be reviewed at any time.
- **On medical screening questions, do we say we are terminally ill or incurable?** We would advise to say incurable but you could be asked if you have less than six month to live (this is a question more than likely asked online rather than on a phone call). If this is the case, call the insurance company and ask them to contact your treating team.
- **Can I fly with a permanent drain?** Yes, you can fly as long as your treating medical team confirm this. Six weeks before you are due to fly, it is advisable to contact your nurse specialist to order extra drain bottles (which is advisable to go into hand luggage) and ask them to provide a letter of why the drain is in, so there are no problems at the airport.
- **Does having a drain in increase or decrease the cost of the insurance?** It is hard to say because it is more about risk of infection. It is also advised to get a letter from your medical team confirming you are fit to fly. Also contact your airline as you could get assistance at the airport.
- **Can I go Skiing?** There is no reason why not, but make sure you take out extra insurance for winter sports.
- **Can I go to Dubai?** Yes, but travel insurance would be more expensive because of the cost of treatment. We would advise to check if you can bring certain medication in with you. If in doubt, contact the consulate and fill in a medication questionnaire.
- **I am stable from my last scan but looking to travel next month. I was previously accepted for travel insurance but now turned down.** It could be because of how long you wish to travel for, normally you can only get travel insurance if your trip is less than 31 days long.

- **I have had 4 chemotherapy sessions and am due 2 more, after that I have been told I will be watch and wait. Can I travel to Europe (I have had a minor reaction to drugs)?** Yes, if your medical team say you are fit to travel.
- **Is it true that planes are breeding grounds for infection? Would you advise wearing a mask?** Any risk to avoid infection is advisable, so consider wearing a mask and wiping down your seat, tray etc.
- **How long after surgery do you advise before applying for travel insurance?** 12 weeks.
- **Would I still be covered under my travel insurance if I delayed on return to the UK?** Yes

If you have a civil claim in progress, also talk to your legal team about recovering the cost of the insurance as part of your claim.

Natalie Woodward

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



BlueSky: @EMASTUK.bsky.social

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



In this edition of the magazine we begin our Book Club!

How we envision it working is that anyone can recommend a good book. The chosen book will be announced here and on our Facebook pages.

We then have 2 months to

read it. You are encouraged to email your thoughts about the book to me and I will make a summary of them in the next magazine. There will also be an opportunity to meet together (either online or in person depending on their locality), to discuss the book. We will also be hosting a discussion on Facebook about 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. We will ensure that each book chosen is also available on Audible, for those who prefer to hear the book. 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 are taking part.

I have the privilege of choosing our first book. My choice has been inspired by two things, my love of France and Don Lowen's war time memories. The book is: **The Nightingale by Kristin Hannah** It is available to buy on Amazon, where they offer hardback, paperback, kindle and Audible versions as well as most good bookstores and is available in libraries.

The Nightingale is a multi-million copy bestseller across the world. It is a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the endurance of women.

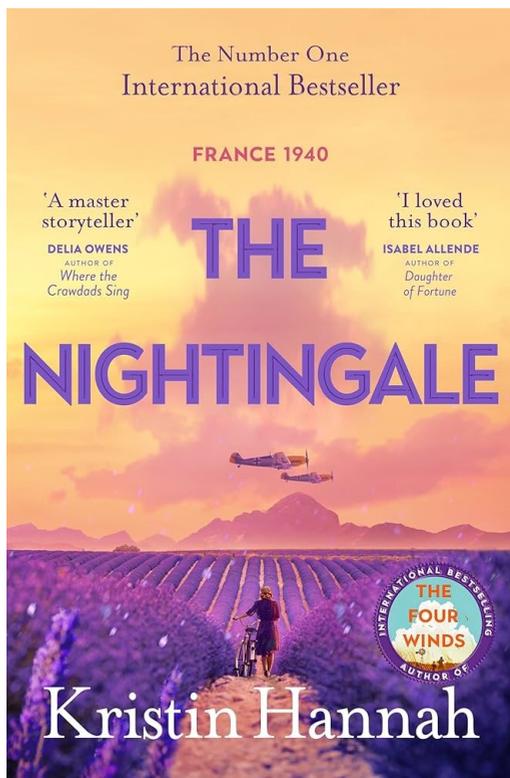
Written by Kristin Hannah, who was born in California in 1960, *The Nightingale* is her best-selling work, that has sold over 4.5 million copies worldwide and has been published in 45 languages

This story is about what it was like to be a woman during World War II when women's stories were all too often forgotten or overlooked.

Vianne and Isabelle Mauriac are two sisters, separated by years and experience, by ideals and passion and circumstance, each embarking on her own dangerous path towards survival, love and freedom in war-torn France.

We shall be discussing the book on Zoom on March 31st and if our Bereavement group members would like to join in, at our April meetings in Derby, Kettering and Nottingham. If you would like to join any of these meetings, please feel free to come along and bring a friend.

Please let me have suggestions for the next book by the beginning of March.





WORKERS MEMORIAL DAY

Remember the dead: Fight for the living

Globally, every year more people are killed at work than in wars. Most don't die of mystery ailments, or in tragic "accidents". They die because an employer decided their safety just wasn't that important a priority. International Workers Memorial Day (IWMD) 28 April commemorates those workers.

Safe work is a right not a privilege. Workers' Memorial Day, brings together workers and their representatives from all over the world to remember workers who have been killed, seriously injured or made ill whilst doing their jobs.

Workers' Memorial Day is officially recognised by the UK government and is supported in 19 countries worldwide. Here are some sobering key facts:

- ⇒ One worker dies every 15 seconds worldwide.
- ⇒ 6,000 workers die every day.
- ⇒ More than two million men and women die as a result of work-related accidents and diseases
- ⇒ Workers suffer approximately 270 million accidents each year, and fall victim to some 160 million incidents of work-related illnesses
- ⇒ Hazardous substances kill 440,000 workers annually – asbestos claims 100,000 lives

In the UK, the Health and Safety Executive (HSE) annual statistics show on average that 135 workers are killed in work related accidents each year. They also estimate that there are around 13,000 deaths each year from occupational lung disease and cancer caused by past exposure at work to chemicals and dust (such as asbestos or silica).

However, safety campaigners estimate that the true figure for all work-related deaths is closer to 50,000 each year.

How can you get involved?

- ⇒ Check to see if an event is being held in your locality. Union branches across the country hold memorial events.
- ⇒ Spread the word - Use the hashtag #IWMD on social media channels to help spread the word about the day and why you're getting involved.
- ⇒ Contact your local radio and newspapers. There is often very little coverage in our local press so being contacted by someone who has been affected by the issues may prompt an article or item.
- ⇒ Hold a one minute silence - Join union activists across the country by taking part in a one minute silence at 12.00 to remember all those who have died because of their work.



**Remember the dead
Fight for the living**

**28 April
International Workers'
Memorial Day**



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.

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/east-midlands-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.



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 21st March 2025 11am-1pm

Friday 4th April 2025 11am-1pm

Friday 6th June 2025 11am-1pm

To book your place, contact Louise Nelson or Laura Smith on 0116 2502615 or email mesocns@uhl-tr.nhs.uk

Alternatively you can contact Natalie Woodward benefits.advisor@dast.org.uk or 01246 380415



Reader's Contributions

Back to Don Lowen from Northamptonshire's wartime memories and that intriguing tin of popping corn...

My Wartime Memories

Born 1935 at Shoebury, Essex.

Nevertheless, we thought we ought to make an effort to do something with it. The tin had red and blue stripes with printed instructions for use and they said that we should put some of the corn in a pan with some "shortening" and raise to a medium high temperature. Mum was in charge of cooking, but we had no idea what shortening was, so she just heated them up in a dry frying pan and we stood round and watched - nothing. She turned the heat up some more still nothing happened. Then I said that we should try adding some fat to the pan. Bingo! An eruption of popcorn went everywhere. Under the table, bouncing off the ceiling, under the furniture. Dad came to the rescue in his role of Air Raid Warden; he grabbed a saucepan lid and plonked it over the popping corn which continued to bang against the lid. We had a good laugh at this, tried the popcorn and put it all in the bin!



In the meantime, Hitler thought that our Air Force was on the point of defeat, and having crippled our ability to be supplied by sea, he now set about destroying our ports, starting with the London Docks. These were concentrated for nine miles on both sides of the Thames through the East End of London. They were

easy to find, the bombers simply followed the silver ribbon of the Thames until they came to the docks, and then started bombing using many incendiaries to light the way for the following planes. This bombardment started on the 7th September 1940 and continued for fifty seven consecutive days and nights with some 3,000 tonnes of bombs dropped, destroying most of the docks and surrounding area. This was to be known as “the Blitz” short for Blitzkrieg, German for Lightning War.

Eyewitness reports described The River as being on fire with the burning debris from the collapsed buildings. The Tate and Lyle buildings, which contained many silos full of sugar, had caught fire and the resulting flaming molasses was pouring out of the building and running down the outside of the building and into the river. The firefighters had a horrendous job and fire engines were rushed to the area from all over England to help extinguish the flames.

One evening I was sitting at home with my parents when there was a knock at the door. It was a neighbour saying that London was being bombed and the flames could be seen from Epsom Downs which was near to us and would we like to go with him to see for ourselves. He was one of the few people allowed a petrol ration because he had contracted polio when he was younger and had been left with disabilities. When we got out of the car at the top of the Downs and looked South, there was the horrifying sight of large orange flames filling the horizon from side to side and this was some forty miles away.

As we stood there, other people started arriving, looking sombre and talking in hushed voices. There were occasional bright flashes from falling bombs, another body blown to pieces, another building reduced to rubble. I noticed that my mother was very upset and talking earnestly to my dad. When I asked her if she was alright, she asked me if I remembered going to London to see my



grandad, her father. When I said that I did she pointed at all the flames on the horizon and said that he lived there in the East End of London at East Ham and she was worried for his safety. It was a very subdued journey home.

I woke up one morning to find she was gone and dad said that she had gone to try to get to London to see if her dad was safe. Later, she told us that she had cycled to Carshalton station and eventually caught a train to London Victoria where she changed to the Underground to get to Manor Park, the nearest station to her father's house. She was walking up the long flight of steps out of the station towards the exit, and as she got closer, she could see that the daylight coming into the station was a dusty yellowish colour, and she could feel it rasping at the back of her throat. At street level, she turned right towards the junction of the main road with Tudor Road which was the road she used to walk along on her way to school every morning. There was a large house on the corner where the people living there used to wave to her. Not now.



The house had been reduced to rubble, now a huge pile of bricks and rubble with wood timbers sticking out. She says that she just stood there completely bewildered because she couldn't see where her father's road was and feared his house had been hit as well.

She cried. Then a policeman came to her rescue and after telling him where she wanted to go, he started to help her up and over the mountain of rubble. He said that the other end of the road wasn't so badly hit. She started walking towards his house, was it still there?

She could see the wall surrounding the garden and started running, banging on the door. After what seemed an age, the door slowly opened to reveal — her father! Hugs and tears of relief. He said they were safe because they had a cellar beneath their house which the family had sheltered in, but it was frightening because they could hear the thuds of the bombs

exploding all around them and they could feel the ground shaking backwards and forwards. As they emerged they expected to find their house had collapsed - but it was still standing. She couldn't stay long as she was anxious to start the journey home. It was dark by the time she got back to Victoria and caught the train home, however, soon after starting off the carriage lights went out to be replaced by dim blue emergency lights. The train came to halt, silence in the carriage except for the hushed whispers of the passengers and the tick-tick-ticking of the train as it cooled. They were in the middle of an air raid and the power had been cut off from the tracks to avoid sparking and showing their position to the bombers. After about half an hour they were on the move again. She was quite late getting home and I can remember the feeling of relief to hear her key in the door and she was able to tell us firstly that her dad was alright and then to tell us of the dramas that had enveloped her during the day.

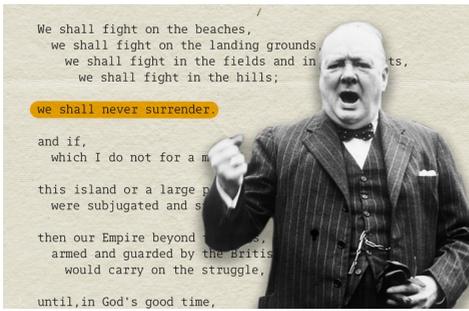


Here is a good point to break off and ask you to imagine something. Those of you of a nervous disposition should look away now.

I want you to look at the part where my mother went to London to see if her dad was still alive. She had left home early in the morning and arrived home late at night, and all that time Dad and I were left wondering if she was alright. We had heard nothing from her because (spoiler alert) THERE WERE NO TELEPHONES, not at home, not in the streets, no fixed phones in the houses, no TV and certainly no mobiles or computers so all we could do was to sit and wait. Imagine life without a phone!

In hindsight, we were probably better off not knowing that she was sitting on a stationary train in the middle of an air raid and we could do nothing to help her.

Hitler now turned his attention to other cities. Bristol,



Southampton, Liverpool, Birmingham, Coventry were all places of high industry and suffered terrible devastation. His aim was to reduce our ability to protect ourselves, which would demoralise the population and lead to our surrender. He was

wrong and production quickly continued as strongly as ever, hence Churchill's famous Dunkirk speech; "we shall fight them on the beaches... we shall never surrender".

However my parents were again worried for my safety and I found myself on another train, this time to Blackburn in Lancashire to stay with Dad's brother Arthur. He was working at a large Philips factory there, which was making many types of valves but was too far north for the Germans to reach. I stayed in Blackburn for some three or four months during which time I went to school there and where I was puzzled by the noise made from the boy's shoes as they clattered through the echoey corridors. I found out that their shoes were carved from wood and painted black. These were "clogs" and were worn by a lot of the population working in the local cotton mills.



Keep an eye out for Don's last instalment of his wartime memories in the next issue!

I have been deeply moved reading his memories, and for someone of my age it is almost incomprehensible, the horror and destruction and fear people lived in. It is lovely to pick up on Don's humour that shines through what many have called the darkest of Britain's days.

Thank you Don for sharing this with us.

**If you have a story, a memory or something you would like to share, please email it to me at:
Bereavement.support@emast.org.uk**

Jo Reeve

We're leaving X (formerly Twitter) and moving to BlueSky, a more socially conscious social media platform.

Twitter/X has been a great place to engage with our audience over the years and has been an important platform to share our work. However over the past few months we have become



concerned about changes to X's algorithms which we believe make the platform less inclusive and may compromise user safety and privacy.

As a charity which offers support to all those affected by asbestos related illnesses without discrimination in a safe environment, we have reviewed what is the appropriate platform for us to share our messages and engage with our service users and partners.

Therefore, we have decided to close our X account and move over to BlueSky, a change which we believe is consistent with our aims and services. We will also continue maintaining our presence on Facebook (www.facebook.com/asbestosupportEastMidlands), Instagram ([@emastuk](https://www.instagram.com/emastuk)) and our website www.emast.org.uk

If you'd like to join us you can find us at [@EMASTUK.bsky.social](https://www.bsky.social/@EMASTUK)
You can also create your own account if you wish by going to <https://bsky.app> and clicking Sign Up.

GARDENING CLUB

Here are your spring gardening jobs

Flowers

- Plant hardy spring bedding, such as primroses, wallflowers and forget-me-nots, into containers
- Plant lilies and other summer-flowering bulbs in pots and borders.
- Plant new roses and other shrubs and climbers
- Once they've finished flowering, prune winter-blooming shrubs like winter jasmine, heather and mahonia. Prune elder and buddleja to their bases to keep to a reasonable size
- Before birds start nesting, trim back Virginia creeper, ivy and other climbers if they need it
- Sprinkle slow-release fertiliser around the base of roses and other flowering shrubs
- Pick off any developing seedheads on daffodils and other spring bulbs, but leave the foliage to die back naturally



- Sow wildflower seeds in trays or modules, to produce plants for your own mini-meadow



- Cutting willows, dogwoods, paulownia and smoke bush down to the base will promote healthy and strong new growth
- Check tender new shoots for aphids, and remove before infestations get out of hand
- Continue deadheading spring flowers and any remaining winter bedding so they don't set seed

House plants

- As spring starts, reduce watering for almost all house plants (apart from Christmas cactus and poinsettia which will need watering whenever soil feels dry). Water more regularly as temperatures rise, checking soil before watering



- Move plants to brighter spots to maximise the amount of light your house plants receive. Try to keep them away from temperature fluctuations caused by draughts or central heating
- Check your house plants for pests like aphids, scale insect, thrips and mealybugs

Garden maintenance

- Fork up established or emerging weeds, ensuring every bit of root is removed. Improve the soil by spreading peat-free garden compost or well-rotted manure around roses and shrubs and over beds, then forking it
- Keep putting out food for garden birds, as the breeding season gets underway
- Install a nest box with a camera, so you can watch birds raising their broods in spring
- Fork up established or emerging weeds, ensuring every bit of root is removed. Improve the soil by spreading peat-free garden compost or well-rotted manure around roses and shrubs and over beds, then forking it
- Replant pots of bulbs from indoors into borders, once the display is over, then water in well and apply liquid feed



We are 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





Join the EMAST 200 Club today!



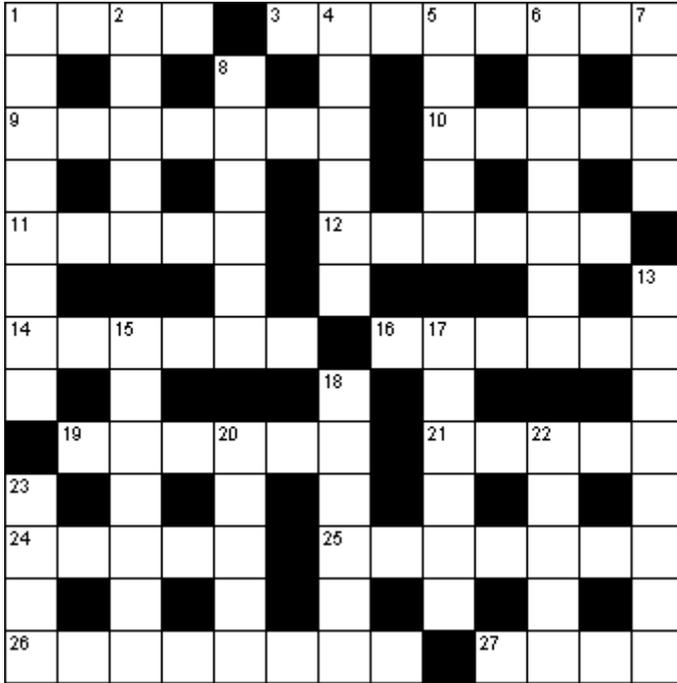
Congratulations to our latest 200 Club winners Donna Gregory (number 110) and Wendy Woods (number 40)!

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.

Quick Crossword

www.simplydaily puzzles.com



Across

- 1 -- Sharif, film star (4)
- 3 Seen briefly (8)
- 9 Seer (7)
- 10 Shakespearean lover (5)
- 11 Settees (5)
- 12 Garb (6)
- 14 Equipment (6)
- 16 Disappear (6)
- 19 Language of the Middle East (6)
- 21 Bart Simpson's father (5)
- 24 Colour of military uniforms (5)
- 25 Contrition (7)
- 26 Fiddle-faddle (8)
- 27 In those days (4)

Down

- 1 Contrary (8)
- 2 Distant in manner (5)
- 4 Deadly (6)
- 5 Deserve (5)
- 6 Japanese warrior (7)
- 7 Let fall (4)
- 8 Sculptor's tool (6)
- 13 Baker's dozen (8)
- 15 Sure (7)
- 17 In one's own house (2,4)
- 18 Nuts from an oak tree (6)
- 20 Newly-married woman (5)
- 22 Merriment (5)
- 23 Related (4)

Logic Grid

The career of popular canine actor Barking Bob has gone from strength to strength over the past year, and five films starring the good-natured greyhound won awards at the recent Rovers Ceremony in London. From the clues given below, can you match each of the five Rover-winning movies with its genre, its running time and the category in which it was successful at the awards ceremony?

Clues

1 The biopic *Donnie Barko* lasts for over 100 minutes, though its running time is shorter than that of *Spinal Yap*, which is the title of the film that was awarded the Rover for Best Screenplay.

2 The shortest of the five films emerged victorious in the Best Movie category, in which *Hello, Collie!* was not nominated.

3 The comedy has a longer running time than the period drama.

4 The 95-minute thriller was not nominated for a Rover in the category of Best Director.

5 *Citizen Canine* has been hailed by many critics as a masterpiece, and runs for exactly 105 minutes.

6 The award for Best Make-up went to the team who had transformed Barking Bob into a Great Dane for the musical he starred in.

	Biopic	Comedy	Musical	Period Drama	Thriller	85 minutes	95 minutes	105 minutes	110 minutes	125 minutes	Best Actor	Best Director	Best Make-up	Best Movie	Best Screenplay
<i>Citizen Canine</i>															
<i>Donnie Barko</i>															
<i>Hello, Collie!</i>															
<i>Romancing the Bone</i>															
<i>Spinal Yap</i>															
Best Actor															
Best Director															
Best Make-up															
Best Movie															
Best Screenplay															
85 minutes															
95 minutes															
105 minutes															
110 minutes															
125 minutes															

Record in this grid all the information obtained from the clues, by using a cross to indicate a definite 'no' and a tick to show a definite 'yes'. Transfer these to all sections of the grid thus eliminating all but one possibility, which must be the correct one.

Film	Genre	Running time	Award

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East Midlands Asbestos Support Team

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



Spring



I have always believed spring to be *the* harbinger of hope, the launch pad to lighter days, the gateway to life. Spring soothes our winter-worn souls with anticipation, and its promise of *more*. It gently shakes our hibernating toes and whispers, *wake now, your wintering days are done*. And so, with each eager sunrise, we emerge, we reignite, we re-energise. And as with the nature around us, we begin to rise and renew. Come on in, spring, we have much longed for your light, for your joy, for your *new*. We are slowly rousing from slumber, welcome back.

Donna Ashworth

Puzzle Answers

Quick Crossword

1	O	M	A	R		3	G	L	I	M	P	S	E	7	D					
	P		L		8	C		E		E		A			R					
5	P	R	O	P	H	E	T			10	R	O	M	E	O					
	O		O			I		H			I		U		P					
11	S	O	F	A	S				12	A	T	T	I	R	E					
	I					E			L				A		13	T				
14	T	A		15	C	K	L	E		16	V		17	A	N	I	S	H		
	E		E						18	A			T					I		
			19	A	R	A	B	I	C			21	H	O	22	M	E	R		
23	A			T									O		O		I		T	
24	K	H	A	K	I				25	R	E	M	O	R	S	E				
	I			I											N	E		T		E
26	N	O	N	S	E	N	S	E							27	T	H	E	N	

Logic Grid

- Citizen Canine, musical, 105 minutes, Best Make-up.
- Donnie Barco, biopic, 110 minutes, Best Director.
- Hello, Collie! , thriller, 95 minutes, Best Actor.
- Romancing the Bone, period drama, 85 minutes, Best Movie.
- Spinal Yap, comedy, 125 minutes, Best Screenplay.

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