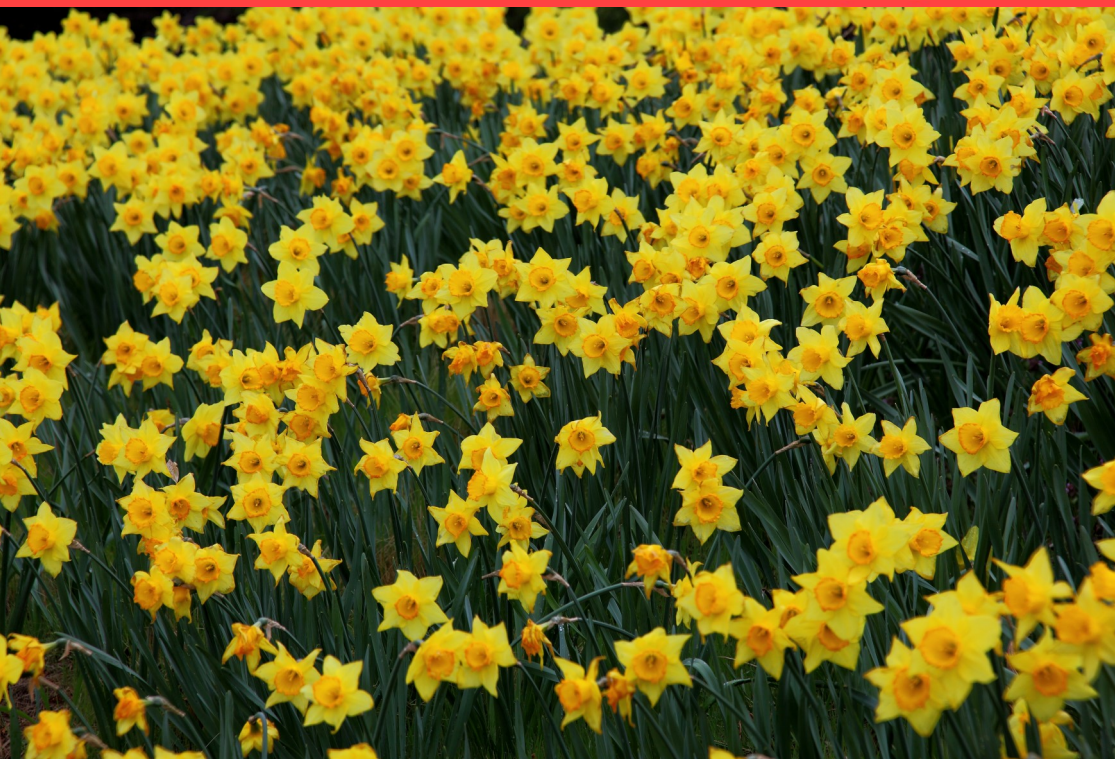


STEPPING FORWARD



ONE SMALL STEP AT A TIME

Feb - Mar 2025



East Midlands Asbestos Support Team

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



Bereavement Magazine



Welcome to the February/March edition of Stepping Forward. We are aware that for many people the months of December and January are very hard, particularly for those who have been bereaved. If this was your first Christmas following the death of a loved one we hope that you managed to find some peace and hope.

Hot on the heels of all that festivity, comes January, often thought of as the 'blue month'. It comes in with the cold and seems interminably long and depressing. It is hard to think of the year ahead on your own. Many are still struggling to find a new normal and a new identity. January is good for hibernating, for being kind to yourself and taking stock. For everyone who has lost a loved one, there eventually comes a time when you can move past the manner of their death and focus more on how they lived their lives. Memories can bring smiles for all that you had and love rather than tears for all that you have lost. If you are not at that stage yet may the coming year bring you closer to it. This doesn't mean moving on without them, but rather moving forward with their love, taking them with you as you build a different life.

If you are struggling with this, there is always someone who can give encouragement, a listening ear or a friendly and understanding hug. Don't be afraid to contact us at EMAST, or try coming along to one of our group meetings or events. Join our weekly Zoom meeting for a friendly chat and support. Join our Facebook page and connect with others on a similar journey. If you want help in accessing Facebook or Zoom please call us at the office and I will be happy to take you through it. If you are wary of attending one of our meetings alone, you can always bring a friend, or again contact us and I will be happy to meet you

outside.

We are starting our new book club, so if you enjoy reading please do take part in it. I am looking forward to reading some great books this years and probably noes that I would never have chosen to read.

In March we have two special events that you are invited to. The first is a Creative Writing for Wellbeing workshop on Friday 21st March. This will involve a Creative writing workshop and a craft workshop, with lunch provided. Lynn Ludditt is a Derbyshire-based, award-winning freelance writer/trainer who will lead the creative writing workshop. You don't have to be a writer or know anything about writing. It is an opportunity to explore your thoughts and ideas in writing, entertainingly guided by Lynn. It is a great opportunity to do something just for yourself, and get to meet some lovely people. As numbers are limited for this event, it is important that you contact us to reserve your place and let us know of any dietary requirements.

The second event is our Annual General Meeting. For the first time we are holding this outside of Derbyshire to reflect the breadth of the areas we cover. Again, a lovely lunch will be provided and you will get a chance to meet all the staff and Trustees of EMAST and hear about what we have been doing this past year and our hopes for the future. Our panel of solicitors will be in attendance and happy to answer any questions. Again numbers will be limited so please get in touch to reserve your place!

Finally, we are asking for any and all fund raising ideas to ensure we can continue to provide support to those who need it. Remember we are only a phone call away!

Jo Reeve



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**

East Midlands Asbestos Support Team

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



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.

Please phone the office to book your place and let us know of any dietary requirements.

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 ✓



»»»»

Three Swans Hotel, Market Harborough

Location



Contact Us
01246 380415



BOOK NOW



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.

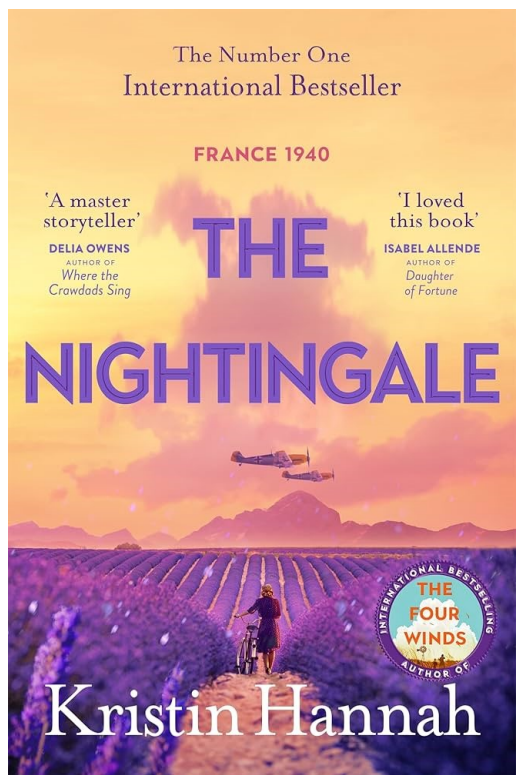
Written by Kristin Hannah, who was born in California in 1960, *The Nightingale* is her best-selling work, that has sold over 4.5 million copies worldwide and has been published in 45 languages

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.



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.

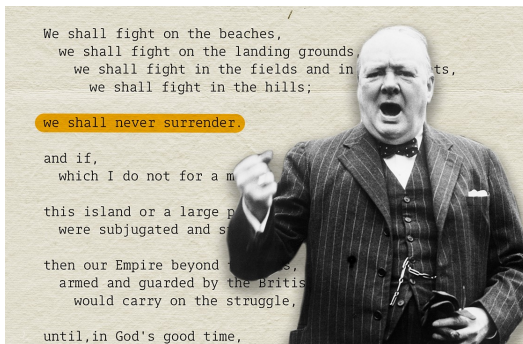
Here is a good point to break off and ask you to imagine something. Those of you of a nervous disposition should look away now.

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**

YOUR LEGACY COULD BE EMAST'S FUTURE

Do you have a will, and is it up to date? It's important that we all have an up-to-date will as it can make things so much easier for our family when we die.

If you are thinking about amending your will, or even making one for the first time, then please consider leaving a legacy to EMAST. We have received some very generous donations in the past, that have made a real difference to the services that we can deliver.

Unlike the big national charities, your gift to EMAST won't be soaked up by large running costs. Past legacies have paid for bereavement support meetings, memorial events and literature that raises awareness of the dangers of asbestos.

To arrange a legacy, discuss it directly with your solicitor who can give you personalised advice.



A legacy in your will or an In Memoriam collection can secure our future so that we can support more victims of asbestos exposure

SHED SPEAK



By Dave Macgregor

Hi guys welcome to 2025 and I wish you all a Happy New Year from us all at EMAST.

If you are a new reader of Stepping Forward and Shed Speak then maybe the last few months or weeks have been a right mix of emotions which cover a large range from anger, sadness, loneliness, why me? can I cope?... are just a few. This is normal it is the start of your journey, the bereavement journey. Everyone who has lost a loved one goes down this journey and there are many routes and obstacles along the way. There are hills to climb when you think I cannot do this and to descend when you know I can do this, bends to the left and right, when you learn to get around a problem or a issue on your own, cross roads, which for me was very hard for a while, trying to sort out do I go left, right or straight on in my life.

What did I do I hear you say? Well I'm not telling as I said above everyone's journey is different. Now there is help and advice to navigate this route. There are EMAST groups where you can attend and meet people from many walks of life and are at different stages of this journey, so there is a lot of information to help which you can use to plan your route. You can speak to Jo Reeve at EMAST who facilitates these groups. This journey you're on has a little trick up its sleeve, which in time you will get used to. That is at some point when you are making good progress you will find yourself going backwards you could say this is a mountain instead of a hill, this is the time to get help. Help only comes if you ask, so please do we all need a little help at times!

These groups are also a good place just to chat and make friends

just attend one and if you think its not for me then ok it's just another part of the journey. One other thing this journey is not just for men who have lost their partners or ladies. It's for every that has lost someone, a brother, sister, friend in fact anyone.

Group meeting dates and times are in the magazines.

To finish off I am going to make a plea, going forward....

EMAST has helped many of us and we need to help many more. To do this we need to raise funds to make awareness of what EMAST do and to help make people aware of the dangers of Asbestos plus the running costs of EMAST including both magazines.

There are ways to do this in the Well Being and Stepping Forward magazines. Do you know anyone or business that would be happy to sponsor the magazine? Any other fund raising ideas you have let us know—every little helps.

Thank you.

OK guys that's it for this time. Speak soon.

Dave



Some of our Derby members enjoying their Christmas fuddle!

Date Night

by Becky Helmsley

I met the moon for coffee
It was Friday night I think
When she watched me hardly sleeping
And invited me for drinks

We found ourselves a table
In the middle of the night
And the constellations twinkled
Like a thousand fairy lights

She asked me how I'd been
As she poured coffee from a pot
For she said she'd watched me
Waking up at midnight quite a lot

I said my brain was far too full
My mind was always on
And when I woke it felt as if
I was the only one

The only one who lay awake
Whilst I sat on my bed
With thoughts that raced at lightning speed
Around my busy head

The only one who watched the clock
Tick one and two and three
Who laid awake and worried
Whilst the world was fast asleep

My thoughts were stuck in orbit
And I couldn't pull them back
As they preferred to swim against
A sky so vast and black



The moon said simply nothing
But she opened up a book
And I saw it was a diary
So I took a closer look
And listed there were names of people
All around the world
And all the thoughts and worries
That the moon had overheard

Just then, my eyes were drawn towards
The name that was my own
And that was when the moon said
“See, you shouldn’t feel alone”

And then she pulled me close
Using the night sky as a blanket
And said “I know you sometimes feel
So lonely on this planet

But when you cannot sleep,
Get up and watch me from your room
And you’ll see so many others
Having coffee with the moon”.

Weekly Zoom Check In, Mondays at 10am

Why not try our weekly check-in session on Zoom? We hold it most weeks from 10am - 11am.

It’s friendly and a great start to the week. The link can be emailed out to you on Monday morning and is posted on our Facebook group (search Facebook for ‘EMAST Bereavement Support’ to join the group).

Monday Morning Check-In 10am

Each
Monday
on Zoom



Follow the link on the
Facebook post

Nature's Healing Powers

The living world has an incredible ability to bring comfort, ease anxiety and lighten the mood. Here are our top ways to connect to nature for mental wellness.

Take a walk on the wild side

Fresh air and getting into the natural world can reduce stress and be mentally grounding, while improving physical health too. Head to the woods, beach or local park and engage your senses, taking in the beauty of your surroundings. Walk by yourself, with friends or family or join a local walking group.



Grow your own little bit of paradise

Having something to nurture and cultivate can lift our spirits and give a sense of achievement in watching it flourish. Grow fruit, vegetables or flowers in your garden, in a window box or in indoor plant pots. The RHS website has a handy beginners guide to get you started [rhs.org.uk/advice/beginners-guide](https://www.rhs.org.uk/advice/beginners-guide)



Go wildlife watching

Seeing wildlife can bring a deep sense of wellbeing, leaving us calmer and more energised. Visit the ducks in your local park, or if you don't feel up to leaving home, hang a bird feeder up and watch the birds *flock* to your garden!



Bring nature into your home

Collect shells from the beach, pine cones from the forest or leaves from the park. Decorate your home with them or use them in art projects. Take photos of things you see. If sleep is an issue, listening to recordings of birdsong or ocean waves can ease racing thoughts.



Save the planet

Give something back to the earth by combining your wild wander with a litter pick. Go the whole nine yards with grabbers and gardening gloves, or just take a carrier bag with the aim to take 10 pieces of rubbish away with you.



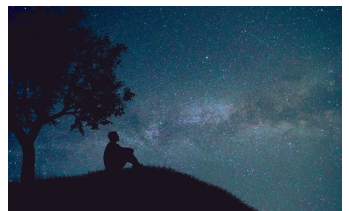
Try some Mindfulness

The 5-4-3-2-1 Mindfulness method is a grounding technique that involves identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Incorporating this with nature is especially beneficial to combat feelings of stress and anxiety, however it can be done anywhere at any time to redirect your attention from distressing thoughts and emotions to the present moment, interrupting your fight-or-flight response and calming the nervous system.



Stargaze

Studies have revealed replacing the hustle and bustle of the day with wonder and awe that stargazing brings can relieve anxiety and ease stress. The website www.gostargazing.co.uk has a wealth of information on when, where and how to stargaze.



Bereavement Support

Stepping Stones Bereavement Groups

Kettering Stepping Stones Bereavement Group



Here are some of the ladies who come to our Kettering group.

We have a lovely new venue in the Loasby Room at St Andrew's Church, Hall Kettering, NN16 8RG

We meet the 2nd Tuesday of each month from 11.30 - 1.30 a

light lunch will be provided. The dates for our upcoming meetings are: **11th February, 11th March & 8th April.**

Newcomers are always warmly welcomed.

Derby Stepping Stones Bereavement Groups

Our Derby group meets up for lunch at **The Silk Mill** at 19 Full St, Derby DE1 3AF on the 3rd Wednesday each month.

Our upcoming meetings are:
19th February, 19th March & 16th April 12noon - 2pm.

There is a lovely light bites lunch menu as well as a comprehensive main menu. Please come and join us! We look forward to welcoming newcomers as well as old friends.



Nottingham Stepping Stones Bereavement Group

Our Nottingham group meets in the church hall at the rear of St Peters Church in the centre of Nottingham. We meet at 10am on the last Friday of each month.



The dates for our upcoming meetings are:
28th February, 28th March & 25th April.

And, as at all our groups, newcomers always warmly welcomed.



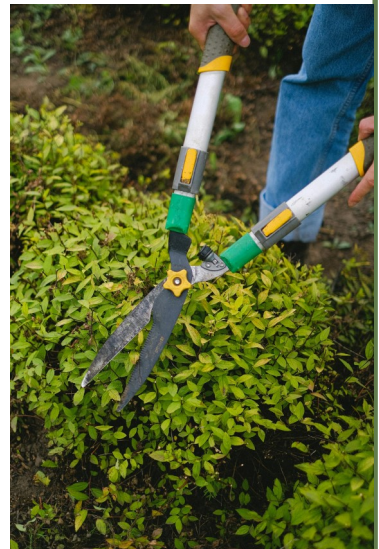
There is a special type of healing that comes from talking to someone who has experienced the same kind of loss that you have. It's like finding someone who speaks the same dialect as you.... The words they say just settle into parts of your spirit in a way no one else can.

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



My Favourite Things

Supposedly when turning 79 and to commemorate her birthday, actress Julie Andrews made a special appearance for the benefit of the AARP. One of the musical numbers she performed was 'My Favourite Things' from the 'Sound of Music' but with different words.

TRUE OR FALSE?

This is actually untrue, but who ever rewrote the words to this famous song had a great sense of humour. As we get a little bit older each day, we need to keep a sense of humour re our ailments and others - I often say to my friends - 'Great getting old eh'. So if like me when I read the words and then started singing to the well known tune - much to the odd look from my dog, then I hope it will bring a chuckle to you as it did to me - '

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

OLD PHOTOGRAPHS

By Becky Helmsley



I love looking through old photographs.

I love seeing my parents at a party.

My mum in her dress and my dad in his suit.

I love seeing my grandparents on their wedding day. Smiling and
laughing as they dance together.

I love seeing my great-grandparents sitting in deckchairs on the beach.
Blankets on their knees and a flask of tea at their feet.

I love seeing my family's old neighbours and friends playing football or
throwing a ball for the dog; clinking glasses and having dinner and
opening presents.

And when I look at these photos, I never find myself wondering what size dress my mum was wearing at that party.

I never notice whether my grandad's laughter had left lines on his forehead.

I never pay attention to the size of the neighbour's nose or the brand of the friend's outfit or whether my great-grandma's hair was frizzy as she sat at the beach pouring tea for my great-grandpa.

Because I don't actually look through old photographs to see things. I do it to feel things. Nostalgia and joy and gratitude.
Love.

Because we are not here to be something to look at. Like all those people before us, in all the old photographs, we are here to be someONE. Someone who brings life to moments and memories.

So I've stopped worrying about how I look in photographs. Stopped worrying that the wind makes my hair stick up or my laughter makes my teeth stick out.

Because one day, the people that matter most to me will be left with lots of old photographs, and when they look at them, I know they won't care how I looked.

As long as that picture is still full of life.

And as long as I look like I was living in each moment.

Every single one of them.



Meals for one

Mac 'n' Cheese

A really creamy and lush macaroni cheese on a budget. It's worth making a homemade cheese sauce here as it's cheap and can be made in just a few minutes. The sauce is also great as a topping for cooked vegetables and other pasta bakes.



Ingredients

- 75g/2¾oz dried pasta, preferably penne or macaroni
- 20g/¾oz butter
- 20g/¾oz plain flour
- 300ml/10fl oz milk
- 50g/1¾oz cheddar (preferably mature), finely grated
- Salt and ground black pepper
- Crusty bread, to serve (optional)

Method

1. Half-fill a large saucepan with water and cover with a lid. Place over a high heat and bring to the boil. Add the pasta, stir well and return to the boil. Cook without a lid for 10–12 minutes, or until the pasta is tender but retains a little 'bite', stirring occasionally so it doesn't stick.
2. Meanwhile, place a medium saucepan (ideally non-stick) over a medium heat, add the butter and allow to melt. As soon as the butter has melted, sprinkle over the flour and stir well with a wooden spoon until it is completely mixed with the melted butter.
3. Slowly start adding the milk, just a little at a time and stirring

well between each addition. (Adding the milk just 3 tablespoons at a time to begin with will help keep the sauce smooth). When you first add the milk, the flour mixture will seize up and look a little lumpy, but the more you stir, the smoother it will become. Continue gradually adding and stirring until all the milk is used up.

4. Stir in roughly two-thirds of the cheese, a generous pinch of salt and 3–4 twists of black pepper (roughly $\frac{1}{4}$ tsp coarsely ground pepper). Simmer the sauce gently for 2–3 minutes, stirring constantly until it is thickened and glossy.
5. Drain the pasta well in a colander or sieve and return to the pan. Pour the cheese sauce over the top and stir well. Either serve from the pan with the remaining grated cheese on top or transfer to an ovenproof dish and place under a hot grill for 1–2 minutes until lightly browned. Serve with the bread, if using.

Pancakes

Treat yourself to fluffy American-style pancakes with this simple recipe for one person. Drizzle over maple syrup and serve with berries, if you like. If you want to serve the pancakes all at once, heat the oven to its lowest setting and put a couple of baking trays in there to keep the pancakes warm as you make the rest.

Ingredients

- 1 large egg
- 40g plain flour
- $\frac{1}{2}$ tsp baking powder
- 45ml milk (dairy, nut or oat based)
- 1 tsp butter
- $\frac{1}{2}$ tbsp oil
- maple syrup or honey
- Berries, to serve (optional)



Method

1. Separate the egg, putting the white and yolk in separate bowls. Mix the egg yolk with the flour, baking powder and milk to make a smooth paste.
2. Beat the egg white and a pinch of salt with an electric whisk (or by hand) until fluffy and holding its shape. Gently fold the egg white into the yolk mixture. Be extra careful not to knock any of the air out.
3. Heat the butter and oil in a non-stick frying pan. Dollop a third of the mixture into the pan and cook on each side for 1-2 mins or until golden brown. Repeat with the remaining mixture to make three pancakes. Drizzle over some maple syrup or honey and serve with berries, if you like.

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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.

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!



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2

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3

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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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East Midlands Asbestos Support Team

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



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Puzzle Corner

Spring Riddles

I start spring and end winter's snows.
I end dark nights and bring sunrise.
I start smiles, put an end to woes,
And I'm part of your start to surmise,
So what am I?

What king can you make if you take
the head of a lamb
the middle of a pig
the hind of a buffalo
and the tail of a dragon?

Always old, sometimes new
Never sad, sometimes blue
Never empty, sometimes full
Never pushing, always pulling
What am I?

Every dawn begins with me,
At dusk I'll be the first you see,
And daybreak couldn't come without
What midday centres all about.
Daisies grow from me, I'm told
And when I come, I end all cold,
But in the sun I won't be found,
Yet still, each day I'll be around.

A word I know,
six letters it contains
subtract just one,
and twelve is what remains.

Answers: The letter S; A lion, the king of the jungle (Lamb, pig, buffalo, dragon); The moon; The letter D; Dozens

Words Within

A word is hidden in a sentence that is also a description of the answer. For example, the answer to “The monarch at Buckingham Palace” is “king” (The monarch at BuckKINGham Palace).

1. What a homeowner hears if her cat is unhappy
2. A sometimes thankless part of the leg
3. Intense anger can lead to tragedy
4. Desired affirmative response when asked if my purple eye shadow looks okay
5. A confession on a tape cassette is a thing of value in court

Missing Letters

One specific letter is missing from each of the following words, but the letter is missing in multiple spots. Remember, every blank is always the same letter, no matter how many blanks there are. For example: “_ I _ T E R _ (HINT: Siblings)” is missing the letter “S” and the word is “SISTERS.”

1. B _ N _ N _ (HINT: Must unpeel to eat)
2. 2. _ L U _ _ Y (HINT: Soft to the touch)
3. 3. C H _ _ S _ (HINT: Pressed curds)
4. 4. _ E _ _ E R (HINT: Adds flavour)
5. 5. _ U C C E _ _ (HINT: Victory)

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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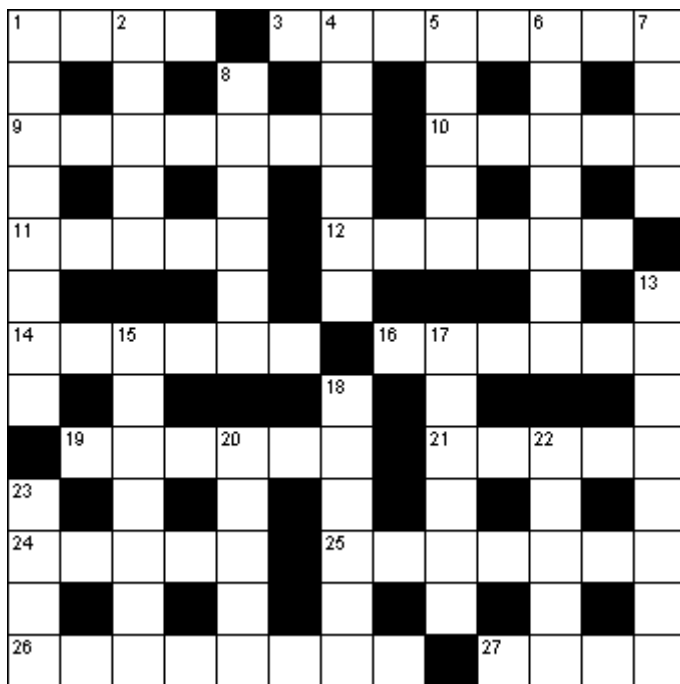
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Quick Crossword

www.simplydailypuzzles.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)

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		
9	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	C	K	L	E		16	V	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		R			O			O		I			T
24	K	H	A	K	I			25	R	E	M	O	R	S	E		
	I		I		D			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 Barko, 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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