

STEPPING FORWARD

ONE SMALL STEP AT A TIME



June-July 2024



**DERBYSHIRE
ASBESTOS
SUPPORT TEAM**

Monthly Bereavement Magazine





Welcome to our latest edition of Stepping Forward. I am writing this from my home office, which overlooks my garden. I am easily distracted by the sunshine, birds and display of colours as my garden has burst into life following a long, wet and cold season!

For some, thoughts turn to holidays and I am looking forward to my holiday in France later this month. It will be different, the first time I'll have been back to France without my husband, but I am looking forward to going back to some of our favourite places.

Holidays can be difficult after you have lost a partner and some people choose to not holiday anymore. My mum said that she could not bear the thought of going on holiday without my Dad. They travelled widely together, she now says she is happy to stay home and relive her memories.

Some people choose to go away with friends or family, but even that can bring up all kinds of emotions. It is important to recognize and acknowledge your feelings.

Some people choose to holiday alone, either on a cruise, coach tour, or caravanning with a group. There are plenty of companies that will help and advise and cater for solo travelers. In this magazine you can read about one of our members adventure in Sri Lanka!

If you have already taken that first step and holidayed alone, please do tell us about it. What were your high points...and low points. We'd love to read about your

adventures!

For those who don't wish to 'holiday' in the traditional sense, you can try a 'holiday' at home. Research has shown that taking a holiday has huge beneficial impact on our physical and mental health. It can help reduce high blood pressure, reduce stress levels and help you to sleep better.

Try changing your routine for a week. Get outside as much as you can, walk a different route, sit on a park bench, walk or get a bus to a local beauty spot. Sit by some water, feed the ducks or just sit and read or people watch. You will feel the benefits of the change of scenery and routine. Treat yourself to coffee and cake in some place you have never been before.

I have recently had a week off work, my holiday at home. My alarm clock was switched off, some days I went to bed early because the fresh air had made me tired, others I stayed up much later than I normally would, enthralled by the book I was reading. I arranged to meet family and friends, and had long leisurely lunches with them. I lingered longer than normal in the garden, just pottering and watching the birds. The change of routine, lack of deadlines and clock watching, the pottering and indulging, was welcome therapy! And on returning to work on the Monday, I definitely could feel the benefit of my time off.

If you find it difficult to get out and about, what about holding a holiday tea party for some friends.



Dates for
the Diary:

More details about each event can be found in the magazine, we look forward to seeing you! Each Monday at 10am we have our weekly Monday Check In on Zoom. The link to join is posted on our facebook page and emailed out.

Please contact us if you are interested in joining us.

JUNE: Wednesday 12th 12noon - 2pm Lincoln Pop Up Bereavement Group at the Meridale Centre, Sutton on Sea, light lunch provided

Thursday 13th 11am - 1pm Kettering Group at Cornmarket Hall

Wednesday 19th 12noon - 2pm Derby Group at Silk Mill Pub

Friday 28th 10am - 12noon Nottingham Group at St Peters Church, Nottingham

JULY: Friday 5th, 10.30am - 2.30pm Action Mesothelioma Day Hilton Double Tree Hotel, Brayford Wharf, Lincoln

Tuesday 9th 11.30am - 1.30pm Kettering Group at new venue - St Andrews Church Hall, light lunch provided

Tuesday 16th 9am - 12noon Lincoln Pop up Group at Lincoln Library

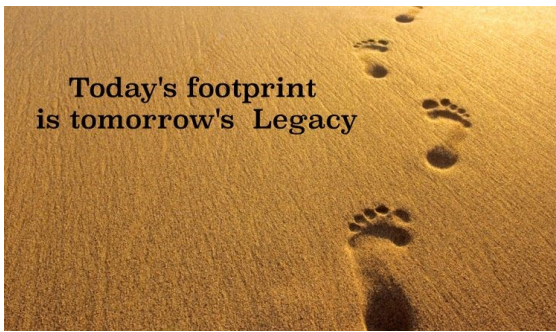
Wednesday 17th 12noon - 2pm Derby Group at Silk Mill Pub

Friday 26th 10am - 12noon Nottingham Group at St Peters Church, Nottingham

AUGUST: Tuesday 13th 11.30am - 1.30pm Kettering Group at new venue - St Andrews Church Hall, light lunch provided

Wednesday 21st 12noon - 2pm Derby Group at Silk Mill Pub

Friday 30th 10am - 12noon Nottingham Group at St Peters Church, Nottingham



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

Or the legacy your loved one left behind?

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

What exactly is a legacy?

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

Some examples of legacy are:

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

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

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

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

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

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



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

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

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

Asbestos will not be eradicated at any time in the near future. It is estimated that 90% of all public sector housing contains asbestos and it is commonly found in schools and other public

buildings. For us to continue our work for as long as it is needed, we need people to consider supporting us well into the future. A Legacy or an In Memoriam collection is an ideal way to ensure DAST can carry on our work for years to come.

Leaving a Legacy to DAST

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

There are different types of legacy:

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

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

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

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

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

Your legacy could help secure our future



Don't miss your chance to take part in the world-wide annual Action Mesothelioma Day. A day of action we can all participate in to raise awareness of the dangers of asbestos and Mesothelioma. DAST will be marking this day - **Friday 5th July in Lincoln, this year. Book your place now.**

Our guest speaker will be Jason Addy. Jason has been one of the co-ordinators of the Save Spodden Valley Campaign which began in 2005. Spodden Valley was the site of the world's largest asbestos textile factory - Turner Brothers Asbestos Company which later changed its name to Turner and Newall. Jason's grandfather died from an asbestos related illness as a result of working at the factory. The campaign is to block development of the site into a residential estate, because of the contamination of the site with asbestos.

There will also be speakers from the DAST Team and others. **So in keeping with the 'Go Blue for Meso' campaign, wear your brightest blue clothes and join us!**



**YOU ARE INVITED TO BE
BOLD, WEAR BLUE, AND
JOIN US FOR ACTION
MESOTHELIOMA DAY 2024**

**Friday 5th July
10.30 - 2.30**

**DOUBLE TREE HOTEL
BRAYFORD WHARF
LINCOLN LN1 1YN**

**(TEN MINUTE WALK FROM
TRAIN STATION)**

**Action
Mesothelioma
Day**

**Go Blue
For Meso**

**DON'T LET THE
DUST SETTLE**



Speeches from
asbestos
campaigners and
DAST staff

Go Blue for Meso
photo opportunity

Lunch



Book your place
now 01246 380415
Dast.Admin@dast.org.uk



Etwell Well Dressings

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



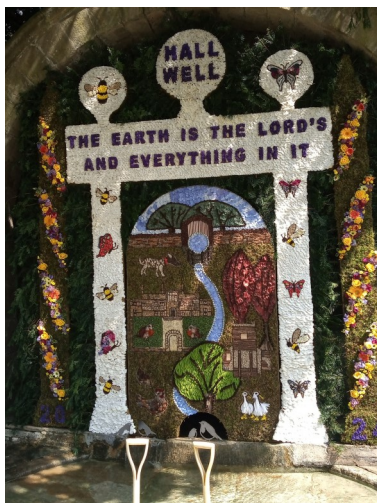
My friend Helen and I set off on the Ashbourne bus and then a small bus to Tissington Well Dressings

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

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

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

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

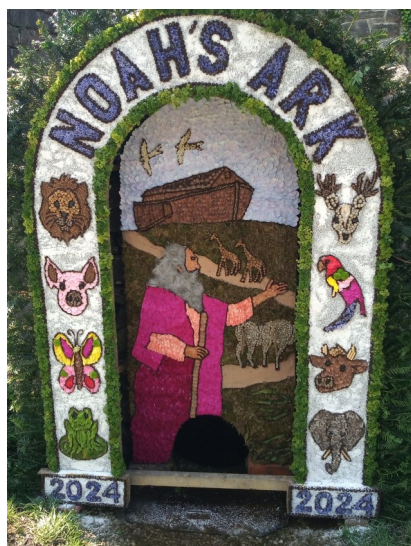


We sat there to eat our lunch, we also visited the plant nursery there and we both bought 2 plants each, mine are growing very well. We also visited the Village Hall where a craft sale was on,



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

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



Are there any unusual customs and festivals in your locality?

We would love to hear about them!

SHED SPEAK



By Dave Macgregor

Hi guys.

Well, what to talk about this month? Let's start with last month and the official launch of the Breathing Space Project. You guys missed a great event (with a lovely lunch!). It was lovely to hear about the project and the work of the Derbyshire Wildlife Trust. We got to take a steady walk along the canal to see the new DAST benches. Very solid and heavy, which took an army of volunteers to carry them to their sites!

I am often the only man in attendance at most of the DAST events and meetings. I was wondering why we see so few bereaved men at events. I'd love to know your reasons, is it that you feel you cannot attend or is it just apathy, do you think these meetings are for Ladies only or some other reason? Could it be that you're thinking..."I'm a guy and guys don't go to this sort of thing, guys don't cry in public etc"? Well, that's old school life and times change, it can be a huge relief to be able to talk to others who truly understand your feelings and "get it". Life continues and we all need a little help now and then!

So, what are you saying now, let me think? It's OK for you and then offer many reasons ranging from deep sadness, money troubles and mental health I bet your list is endless.

My answer to these reasons, be a brave guy and ask for help, talk to family, a friend, DAST and think positive, it can be done many have before you. I know that DAST are happy to arrange meetings in different locations, they can put you in touch with someone in a similar position and are always happy to come and visit you if you feel it would be helpful.

I have had a few of these problems and decided to move forward with my life there has been some moments that have made it hard and one thing I learned from the ladies you have to put a brave face on sometimes, but that's life nothings changed, there is nothing you can't do if you really want to.

It would be great to see some of you guys at Action Mesothelioma Day in Lincoln on July 5th. It's looking to be a really good event in a lovely hotel with a fantastic lunch. There will be interesting talks and the chance to meet others travelling a similar journey to you.

So, can I count on you guys to get involved in the DAST family, I hope so. All DAST events and groups can be found in this magazine and on the website, come along give one a try. Did you know you can bring someone with you for support if that helps, it can be anybody, son ,daughter, friend, neighbour, your best mate, brother, sister.

If you would like to talk to me phone the DAST office and ask for Jo Reeve and she will pass on my contact details to you.

Don't forget our name change later this year to EMAST(East Midlands Asbestos Support Team).

Speak next month or see you at an event or meeting.

Dave

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: **9th July, 13th August**

Newcomers are always warmly welcomed

Derby & Nottingham Stepping Stones Bereavement Groups

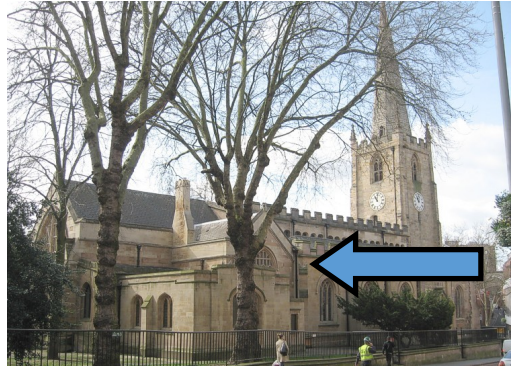
Our Derby group meets up for lunch at **The Silk Mill** at 19 Full St, Derby DE1 3AF

Our upcoming meetings are **19th June, 17th July & 21st August 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 on the last Friday of each month and often follow the meeting with lunch in the church coffee shop.



The dates for our upcoming meetings are: **28th June, 26th July & 30th August**

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.



Pop up Bereavement Support Groups in Lincolnshire

It has been lovely meeting more people across Lincolnshire at our Pop up Bereavement Support Groups. These groups are for anyone who has been bereaved as a consequence of an asbestos related illness. They have been an opportunity to meet other people who have been bereaved and to share your stories in a safe and supportive environment. Whether you have been bereaved recently or several months or years, you will be warmly welcomed to come and have a cuppa and share your experiences.

Our next two meetings are :

Wednesday June 12th at Meridale Centre in Sutton on Sea from 12 - 2pm, light lunch will be provided.

Tuesday July 16th at Lincoln Library from 9am - 12.

We hope you will be able to join us, if you are nervous about coming please bring a friend or give our friendly team here at DAST a call 01246 380415.

The Three 'Cs' of Grief

Have you come across these? They are **Choose, Connect, Communicate**. Here is how you can use the 3Cs to help on your grief journey:

Choose It's common to feel obligated to attend some events, to feel obligated to go or do things with family and friends, even when it's the last thing you want. Choose only those things that uplift you, not those that foster extreme sadness, guilt or weariness! It is important to remember you have a choice and should use it to help yourself!

Connect Since every individual has their way of dealing with grief, some people may isolate themselves from the world during such times. Although taking time off from the world to heal on your own can be healthy, you must not lose connection with those around you since that can lead to you developing feelings of loneliness. Connecting with others who may be grieving can help you feel supported and avoid feelings of loneliness.

Communicate One thing that people dealing with grief must understand is that communication is so important when dealing with grief. Sometimes we might need help and support from others to recover from the overwhelming emotions associated with grief. If we don't reach out for help, it may consume us and cause further emotional and psychological problems. If you don't feel comfortable talking to the ones around you or asking them for help, you can always contact us here at DAST or come along to one of our support groups. You could also consider counselling from a therapist who can help you cope with and manage the emotions associated with grief. Speak to your local hospice or your GP.

Remember.....It's good to talk!

My Dream Holiday to Sri Lanka *by Ruth Jackson*

On March 14th I set off from Heathrow airport to Travel to Sri Lanka a place I have wanted to visit for many years. I love elephant's so much and wanted to see the Country.



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

After a Lunch stop we went to Polonnaruwa which was once the Royal Capital of the Sinhalese Kingdom and is over 1000 years old it was advantageously positioned to safeguard against possible attacks.

Here we admired the ruins of the Royal Palace and wandered around Gal Vihara famous for it's Carved Buddha Statues the next day we left Dambulla for Kandy.

We went to the beautiful Botanical gardens in Peradeniya with gorgeous plants and trees and a orchid house. We then went to



Pinnawala Elephant Orphanage which was the highlight here! I got to feed a young elephant with a plate of fruit I bought and then we had lunch and saw the elephants come down at 2pm for their bathing time, you can get in



the water to wash them if you can get down the rocks, I was just content to film them. We visited the Elephant Poo Paper shop, elephant dung is recycled to make quality paper into Notebooks

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

Departing from Kandy we visited a Tea plantation where we saw the tea pickers

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

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

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

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

We then went to a Turtle hospital where turtles who get trapped in





fishing nets get nursed back to good health before being released back into the sea

We then saw fishermen fishing on stilts, the last place in the world to still do this and lots of dried fish drying out on huge tables on the beach then to Mount Lavinia hotel with a

beautiful beach before travelling the next day to our 5*star hotel for a 4 night stay to unwind before returning home to England again

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

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

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

Also if you can recommend any holiday companies that are particularly good for solo travellers. Singles holidays for older adults have become one of the fastest expanding markets in the UK travel industry. These types of trips offer single travellers the opportunity to meet new friends, explore the world and discover interesting places.

It also welcomes older adults with mobility issues that need stair lifts and people suffering from loneliness the chance to tick off their bucket-list whilst enjoying the experience with like-minded people.



Do you enjoy reading?

Have you ever thought of joining a Book Club?

Have you any recommendations for a good read?

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

How we envision it working is that members take it in turn to recommend a good read. Everyone then has a month to read the book and then meet together, (either online or in person depending on their locality), to discuss the book. We would also publish a summary of the conversation about the book in this magazine, this would enable those to take part who are unable to meet together.

The conversations about the book can lead to all manner of insights, it can prompt you to reading it again, to apply it to your own situation or life, to encourage you to read others by the same author.

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

Bereavement.support@dast.org.uk

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

-J.K. Rowling



GARDENING CLUB

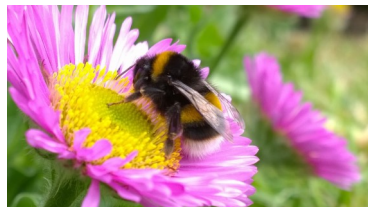
Here are some great ways to make your gardening more sustainable

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



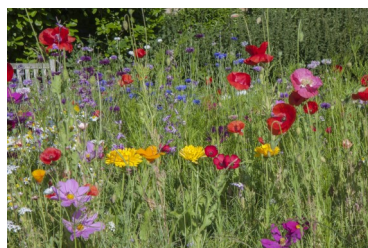
your garden! Position them well away from cats and other predators and that the food and water is changed and kept clean so the birds stay healthy and disease-free.

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



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

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



Stepping Forward Magazine is always keen to hear if you have any gardening tips or pictures to share. We'd love to hear if you have visited a beautiful garden too! Please email dast.admin@dast.org.uk





Meals for one

SUMMER RISOTTO

Ingredients

450ml vegetable stock, made with half a stock cube

4 asparagus spears, trimmed (trimmings kept), each spear sliced into 4

200-250g/8-9oz peas in the pod, about 85g/3oz podded (pods kept)

2 tbsp olive oil

1 small onion, finely chopped

85ml risotto rice

13 tbsp white wine

2 small handful of freshly grated parmesan (or vegetarian alternative)

3 small handful of rocket and a few parmesan (or vegetarian alternative) shavings, to serve



Method

1. Simmer the stock for 10 mins with the asparagus trimmings and pea pods; these will intensify the flavour. Strain into a jug.
2. While the stock is simmering, heat 1 tbsp of the oil in a wide, shallow pan. Add the onion and fry gently for 5-6 minutes, stirring until soft but not coloured.
3. Add the rice and continue to stir and cook for 1-2 minutes until the grains become see-through at the edges and begin to make 'clicking' noises.
4. Add the wine (it should bubble and evaporate), then 50ml/2fl oz of the stock. Stir well and simmer gently until all the liquid has been absorbed. Pour in another 50ml/2fl oz stock and stir again. Continue adding the stock and stirring.
5. After about 7 minutes, when half the stock has been added, swirl in the asparagus and peas. Carry on adding stock in small amounts

until it has been absorbed; this will take about 10 more minutes. Now the risotto should be a little wet and sloppy and the rice tender with a nutty bite.

5. Turn off the heat, then gently stir in the Parmesan, taste and season. You may only need a little black pepper as the Parmesan and stock are both salty. Serve, top with rocket, drizzle with the remaining olive oil and scatter with Parmesan shavings.

EASY PASTA SALAD

Ingredients

For the pasta:

85g/3oz pasta, such as penne or conchiglie
¼ cucumber, peeled and cubed
100g/3½oz cherry tomatoes, quartered
15g/½oz fresh basil, roughly chopped
(alternatively, use fresh oregano or flatleaf parsley)
60g/2¼oz feta, crumbled (optional, or use vegan feta for a dairy free or vegan recipe)
handful pitted black olives (optional)
sea salt

For the dressing:

½ unwaxed lemon, finely grated zest and juice
¼ red onion, finely chopped
½ tbsp olive oil, ideally extra virgin
Freshly ground black pepper



Method

1. Cook the pasta in a saucepan of boiling, salted water as per the packet instructions.
2. Whisk together the lemon zest and juice, red onion, oil and a generous amount of pepper.
3. Drain the pasta and run under a cold tap until cooled.
4. Stir the dressing, cucumber, tomatoes, basil, feta and olives, if using, into the pasta and serve.

Recipes from www.bbcgoodfood.com and bbc.co.uk/food

Becky Hemsley Poetry

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

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

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

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

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

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

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

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

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

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

Memory Lane

Becky Hemsley 2020



Brain Teasers

Can you unscramble these 10 fruit themed words?

tade

— — — —

rranitgfuod

— — — — — — — — — —

tuasams

— — — — — — — —

pearg

— — — — —

npuer

— — — — —

rryhec

— — — — — — — —

fgi

— — —

acpeh

— — — — — — — —

mpul

— — — — —

osanmd

— — — — — — — —

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

Add to the memory and message patchwork and support DAST's work

Pictured is DAST's wonderful Memory and Message patchwork, designed to make a strong visual statement about the terrible impact that asbestos disease has had on individual lives and on the wider community.

Since the project started it has gradually built up to be a beautiful display, but we'd love to add more so that it can be turned into a banner.

There are two ways to add a hexagon to the patchwork:

If you are the crafty type, you can decorate your own. We will supply the blank hexagon and attach your completed work to the patchwork in return for a donation of £2.50.

Or we can supply a ready decorated hexagon for a donation of £5.00. We will add a set of initials or a short name and attach it to the patchwork for you.

Call us on 01246 380415 to request your hexagon.



Contact details for DAST

1 Rose Hill East, Chesterfield

Derbyshire

S40 1NU

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**THIS
MONTH'S
WINNER
IS...**



Congratulations to Beth Dudley, who was the winner of the April's 200 Club draw!

And to Wendy Macdonald, who was the winner of May's draw.

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

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



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

- 1** Make an online donation through the Local Giving website at www.localgiving.org and search for Derbyshire Asbestos Support Team. You can also make a one off donation or make instructions for a standing order. Please use the form at the back of the magazine.
- 2** When shopping online go through easyfundraising.org.uk or if shopping with Amazon go through Amazon Smile. Search for Derbyshire Asbestos Support Team under 'Charities'. It's easy and comes at no extra cost to yourself..
- 3** Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to DAST. Go to vintagegiving.com
- 4** Consider making a legacy in your will. DAST has received much generous support this way. Talk to your solicitor about this and they will give you personalised advice.



Localgiving

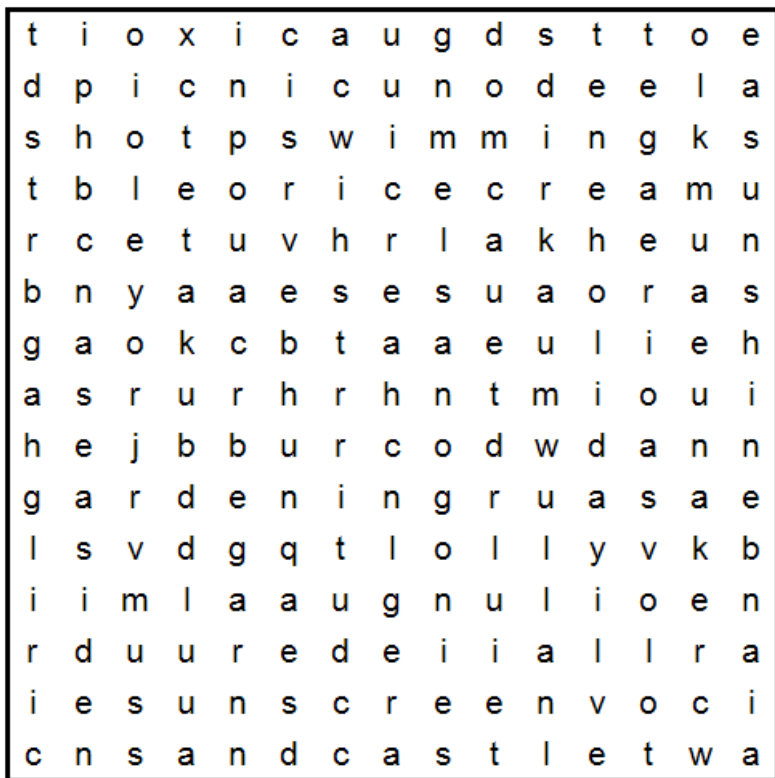
Puzzle Corner

Keeping the brain active is an important aspect of brain health. Challenging mental activities stimulate the formation of new nerve cells connections and may encourage new cell generation. Try word searches, Sudoku puzzles, crafts and books to keep your mind alert and ready for anything.

Have a go at this **Jigsaw Sudoku**, a twist on the popular puzzle. Like regular Sudoku, the rows and columns should contain only one of each digit, however instead of the usual 3x3 subareas (known as nonets), they are irregularly shaped. Find the answers at the rear of the magazine.

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

Summer Wordsearch



Can you find these words?

Barbeque

Hot

Sandcastle

Beach

Ice cream

Seaside

Gardening

Lolly

Sunscreen

Heatwave

Picnic

Sunshine

Holiday

Sand

Swimming

Puzzle Answers

Fruits

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

Rebus

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

ONLINE STEPPING FORWARD MAGAZINE

Exciting News! 🎉 Our latest issue of Stepping Forward Magazine is now available ONLINE!

Say goodbye to clutter and hello to convenience. If you're ready to make the switch from physical copies to digital editions, simply let us know!

☎ Call us on 01246380415 or ✉ email us at dast.admin@dast.org.uk to update your preferences.

Thank you!

Puzzle Answers

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

t	i	o	x	i	c	a	u	g	d	s	t	t	o	e
d	p	i	c	n	i	c	u	n	o	d	e	e	l	a
s	h	o	t	p	s	w	i	m	m	i	n	g	k	s
t	b	l	e	o	r	i	c	e	c	r	e	a	m	u
r	c	e	t	u	v	h	r	l	a	k	h	e	u	n
b	n	y	a	a	e	s	e	s	u	a	o	r	a	s
g	a	o	k	c	b	t	a	a	e	u	l	i	e	h
a	s	r	u	r	h	r	h	n	t	m	i	o	u	i
h	e	j	b	b	u	r	c	o	d	w	d	a	n	n
g	a	r	d	e	n	i	n	g	r	u	a	s	a	e
l	s	v	d	g	q	t	l	o	l	l	y	v	k	b
i	i	m	l	a	a	u	g	n	u	l	i	o	e	n
r	d	u	u	r	e	d	e	i	i	a	l	r	a	
i	e	s	u	n	s	c	r	e	e	n	v	o	c	i
c	n	s	a	n	d	c	a	s	t	l	e	t	w	a

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

Facebook



DAST (Derbyshire Asbestos Support Team)



dast - east midlands wide asbestos support



Twitter

@DAST24

DAST Website: www.asbestossupport.co.uk/

DONATE TO DERBYSHIRE ASBESTOS SUPPORT TEAM



Date :

Full Name

Full home address

Postcode

Email

I would like to make a one-off donation and enclose my cheque for £.....

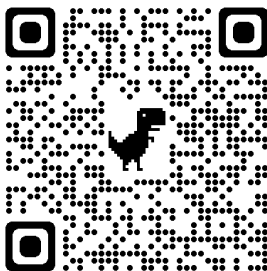
I would like to be added to our email list for updates on DAST activities and fundraising Yes / No

I want to Gift Aid my donation of £.....and any donations I make in the future or have made in the past 4 years to DAST.

Gift Aid



If I have ticked the Gift Aid box I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed, given on the date shown. I understand that if I pay less Income Tax or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand that the charity will reclaim 25p of tax on every £1 that I have given. Please notify the charity if you want to change this declaration, change your name or address or if you no longer pay sufficient tax.



PLEASE RETURN THIS FORM TO DAST, 1, ROSE HILL EAST, CHESTERFIELD, DERBYSHIRE S40 1NU

THANK YOU FOR YOUR DONATION