

WELLBEING Magazine

MAY - JUNE
2026
EDITION



East Midlands Asbestos Support Team

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



Bi-monthly Wellbeing Magazine

East Midlands Asbestos Support Team

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



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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.



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www.emast.org.uk

Contents

Pg 4 - 5	Welcome Message
Pg 6 - 9	Living Well after Diagnosis
Pg 9	Speakers
Pg 10 - 11	EMAST AGM Thanks & Action Mesothelioma Day
Pg 12 - 13	Ways to Help EMAST and EasyFundraising
Pg 14 - 15	Thermal Recycling
Pg 16 - 17	Hearing Aids, Hair Noises and the Ginger Ninja
Pg 18	Support Groups
Pg 19	Sponsor us!
Pg 20 - 21	Book Club
Pg 22	Leaving a Legacy in your Will
Pg 23	Music Marathon Thanks
Pg 24 - 25	Mesothelioma Carers Hour/Carers Course
Pg 26	Mesothelioma UK Support Groups
Pg 27	200 Club Lottery
Pg 28 - 31	Fatigue and You: Making the Most of Your Energy Each Day
Pg 32 - 35	Nutrition for Lung Health: What Helps and What to Avoid
Pg 36 - 37	Healthy Recipes
Pg 38 - 39	Gardening Club
Pg 40 - 41	Puzzles
Pg 42 - 43	Puzzle Answers
Pg 44	Donation Form



Welcome to our May/June Wellbeing Magazine

As we move into the brighter, warmer months, this edition of our wellbeing magazine focuses on living well, staying informed, and finding strength in both community and innovation. Longer days can bring renewed

energy and moments of reflection, and we hope this issue offers both practical support and a sense of encouragement for the weeks ahead.

A diagnosis of an asbestos-related condition can bring many challenges, but it does not define you. In this issue, we explore living well after diagnosis - sharing practical advice, personal insights, and supportive approaches to help you maintain quality of life, independence, and emotional wellbeing. Alongside this, we take a closer look at coping with fatigue, one of the most common and frustrating symptoms. You'll find gentle, realistic strategies to help manage energy levels, prioritise what matters most, and create balance in your daily routine.

Nutrition also plays an important role in supporting overall health. Our feature on nutrition for lung health highlights simple, accessible ways to nourish your body and support your breathing through thoughtful food choices, hydration, and small, sustainable changes.

We're also pleased to spotlight an exciting development in environmental innovation. Thermal Recycling is a ground breaking process that safely treats asbestos, destroying harmful fibres and transforming waste that would otherwise go to landfill into a new, environmentally friendly material called Calmag. This advancement represents a hopeful step forward—not only for sustainability, but for how we think about the legacy of asbestos and its long-term impact.

As always, community remains at the heart of everything we do.

Please remember to save the date for Action Mesothelioma Day, a time to come together, raise awareness, and honour those affected.

We are pleased to share that we will once again be holding a fundraising week in support of Action Mesothelioma Day (AMD), which will run from Saturday 27th June to Sunday 5th July.

We would truly value your support and involvement in helping us make this a success. If you are able, perhaps you might consider organising a small fundraising activity for EMAST—such as a coffee morning, sponsored walk, or cake sale. Every effort, big or small, helps raise vital awareness and funds.

We are very happy to support you with leaflets, information, sponsorship forms, and any guidance you may need to get started.

Please do let us know if you are able to take part, what you are planning, and how we can best support you.

We hope this edition brings you useful information, encouragement, and a strong sense of connection—you are not alone on this journey.

Thank you so much for your continued support—it really does make a difference.

With warmest wishes, **The EMAST Team**



Living Well After Diagnosis: Finding Stability in Uncertain Times

For those affected by asbestos-related illness

Receiving a diagnosis of an asbestos-related condition can feel like the ground has shifted beneath you. It often arrives unexpectedly, bringing with it a wave of emotions — shock, fear, anger, sadness, and uncertainty about what lies ahead. At EMAST, we understand that this is not just a medical journey, but a deeply personal one.

While nothing can take away the reality of the diagnosis, it **is** possible to find moments of stability, meaning, and even peace within the uncertainty. This article offers gentle, practical ways to support your emotional wellbeing, at your own pace, in your own way.

Allow Yourself to Feel What You Feel - There is no ‘right’ way to respond to a diagnosis. Some days you may feel strong and focused; other days, overwhelmed or low. You might experience grief, not only for your health, but for plans, expectations, or a sense of certainty. You may also feel anger, especially knowing these illnesses were often preventable.

All of these reactions are valid. Rather than pushing emotions away, it can help to:

- Acknowledge them without judgement
- Talk to someone you trust
- Write your thoughts down, even briefly

You don’t have to carry it all alone.

Finding Calm in the Present Moment - When the future feels uncertain, it’s natural for the mind to race ahead. Gently bringing your attention back to the present can help reduce anxiety.

Simple practices include:

- **Breathing exercises** – slow, steady breaths can ease both

- physical and emotional tension
- **Grounding techniques** – noticing what you can see, hear, and feel around you
- **Short mindful moments** – even a few minutes of quiet can make a difference

GROUNDING TECHNIQUES



5 - WHAT ARE 5 THINGS YOU CAN SEE?

4 - WHAT ARE 4 THINGS YOU CAN FEEL?

3 - WHAT ARE 3 THINGS YOU CAN HEAR?

2 - WHAT ARE 2 THINGS YOU CAN SMELL?

1 - WHAT IS 1 THING YOU CAN TASTE?

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These are not about ‘clearing your mind,’ but about giving yourself small pockets of calm.

Stay Connected — Even When It’s Hard

- Illness can sometimes feel isolating, particularly if others don’t fully understand what you’re going through. Staying connected can be a powerful source of comfort.

This might look like:

- Talking openly with family or close friends
- Joining a support group (in person or online)
- Connecting with others who have similar experiences

At EMAST, we see every day how sharing stories and listening to others can reduce feelings of loneliness and bring reassurance.

Managing Uncertainty, One Step at a Time - One of the hardest parts of an asbestos-related diagnosis is the unpredictability. You may find yourself asking ‘What if?’ or trying to plan too far ahead.

Instead, it can help to:

- Focus on what **is** within your control today
- Break things down into small, manageable steps
- Allow plans to be flexible

You don’t need to have everything figured out. Taking things day by day is not giving up—it’s a way of protecting your energy.

Protecting Your Energy - Fatigue, both physical and emotional, is common. Being kind to yourself is essential.

Consider:

- Prioritising what matters most each day
- Taking regular breaks without guilt
- Saying 'no' when something feels too much

Energy is a valuable resource. Using it in ways that support your wellbeing is not selfish, it's necessary.

Finding Meaning and Small Moments of Joy - Even in difficult circumstances, small moments can still hold meaning. A conversation, a favourite programme, time outdoors, or simply a quiet cup of tea can offer comfort.

You might find it helpful to:

- Notice and appreciate small positives in your day
- Reconnect with activities you enjoy, in a way that suits your current energy
- Reflect on what brings you a sense of purpose or connection

Living well doesn't mean ignoring the challenges—it means allowing space for both difficulty *and* moments of light.

Reaching Out for Support - You do not have to navigate this journey on your own.

Support can come in many forms:

- Emotional support from counsellors or support workers
- Practical advice about living with your condition
- Guidance around benefits, rights, or compensation

EMAST is here to walk alongside you, offering understanding, information, and a listening ear whenever you need it.

A Gentle Reminder - There will be good days and harder days. That is part of the journey.

Finding stability doesn't mean having all the answers, it means creating small anchors of support, connection, and care that help you feel steadier, even when things are uncertain.

Take it one step at a time.

Be patient with yourself.

And remember — you are not alone.



Are you a member of a community group or union branch?

Perhaps Rotary, WI, RAOB, Masonic Lodge, Inner Wheel, Oddfellows, U3A etc?

The Team at EMAST are always happy to come along to your group to give a talk.

We can speak about EMAST and our work, the history of asbestos, justice for asbestos victims or welfare benefits and compensation.

Please contact the office to find out more or to book a speaker for your event.

Speakers

Thank you to everyone who attended and took part in our AGM in Lincoln.

We're so grateful to those who donated raffle prizes, purchased tickets, placed bids in the auction, and engaged with our panel during the 'Ask the Panel' session. Thank you to Kimi Thompson who donated a lovely handmade blanket she made and John Miller who gave us signed copies of his novels for us to auction. Thanks to your generosity and support, we raised £300!

A special thank you to the solicitors who kindly gave their time to answer questions and share their expertise.

We hope you all enjoyed the day and appreciate your continued support.





SAVE THE DATE!

ACTION MESOTHELIOMA DAY

FRIDAY 3RD JULY

BUFFET LUNCH

Mark the date in your diary!

We will be marking AMD this year at the iconic Silk Mill in Derby. Contact the office for more details and to book your place.

There will be a range of speakers and EMAST's short drama 'The Spy Among Us'

It's a great opportunity to meet the team and other members of the EMAST community.

Don't forget to 'Wear Blue for Meso'!

Action Mesothelioma Day (AMD) is held annually on the first Friday of July to raise awareness about asbestos exposure and support those affected by the cancer.

The day focuses on honoring those lost to the disease, supporting victims and families and funding research.

WAYS TO HELP EMAST



1 Make a one off or regular donation through our Local Giving page www.localgiving.org/charity/east-midlands-asbestos-support-team. You can also donate by cheque (please use the form at the back of the magazine), bank transfer or standing order.

2 Shopping online? Buy via EasyFundraising and we'll receive a donation at no extra cost to you. They partner with 8,000+ brands, from groceries and electricals to entertainment, travel and insurance. To find out more and sign up, go to <https://www.easyfundraising.org.uk/causes/emast> and click 'Start raising free donations today'.

3 Join our 200 Club lottery for just £2 per number per month, with each month's winner receiving half the proceeds and EMAST receiving the other half. To join, email admin.assistant@emast.org.uk or call 01246 380 415

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

5 If you're a UK taxpayer, increase every £1 you donate by 25p by becoming a Gift Aider. There's no extra cost to you and it makes a huge difference to our fundraising. Return the form at the back of the magazine with your donation or contact us for an electronic copy.

Raise funds for us for FREE

If you shop online, buy through EasyFundraising and they will donate a portion of what you spend to us, at no extra cost to you!

They partner with over 8,000 retailers from groceries and electricals to entertainment, travel and insurance so you can turn your daily shopping into much needed funds for us

They even have a mobile app and browser extension with a built in donation reminder so you won't forget to shop through them and generate your donation

To sign up, go to <https://www.easyfundraising.org.uk/causes/emast> and click 'Start raising free donations today'

8,000+ retailers will donate to us whenever you shop with them



Start at the easyfundraising website or app

Click out to where you'd like to shop



Checkout: prices are exactly the same!

The retailer sends a % of your spend to easyfundraising



They pass it on to us :)

From Hazard to Hope: New Technology Turns Asbestos Sheets into Safe Building Material

It has been 27 years since asbestos was banned in the UK and yet it still represents a dangerous legacy. But an innovative technology, from here in the UK, is offering a positive new possibility — transforming old asbestos roof sheets into a safe construction material called ‘**Calmag**’.

For decades, asbestos was widely used in buildings because it was strong, durable and resistant to heat. Cement roof sheets containing asbestos were particularly common on garages, factories and farm buildings.

Today, when asbestos materials are removed from buildings they must be carefully sealed and transported to licensed landfill sites. The problem is that asbestos does not break down over time. Once buried, it remains there indefinitely, meaning the UK continues to manage large quantities of hazardous waste. A company called ‘Thermal Recycling’, based in the UK, has developed a pioneering process that could change how asbestos waste is handled in the future.

How the process works

The technology uses a specially designed high-temperature kiln to treat asbestos cement sheets. Inside the kiln, the materials are heated to extremely high temperatures. This intense heat alters the chemical structure of the asbestos fibres. Instead of remaining asbestos, the fibres are permanently transformed into

harmless mineral compounds.

The end product is a new material called '**Calmag**', made mainly from calcium, aluminium and magnesium. Once cooled, it can be crushed into powder or aggregate and reused in construction materials.

Extensive testing has shown that the finished product contains no detectable asbestos fibres, making it safe to handle and reuse.

Better for the environment

The potential environmental benefits are significant. Around 60% of asbestos waste sent to landfill comes from asbestos cement roofing sheets. By converting these sheets into Calmag instead of burying them, large amounts of hazardous waste could be diverted away from landfill sites.

Calmag can also act as a 'low-carbon alternative to cement', helping reduce the environmental impact of construction. As cement production is responsible for a large share of global carbon emissions, finding alternatives is increasingly important.

Looking ahead

The technology has already been demonstrated at a facility in Wolverhampton and has attracted growing interest from industry and researchers. While asbestos will always require strict safety controls and careful management, innovations like this show that new ideas and technologies can help tackle the legacy of asbestos in more sustainable ways.

For communities affected by asbestos-related disease, this research represents a small but meaningful step towards a future where hazardous materials are not simply buried, but safely transformed.

Hearing Aids, Hair Noises and the Ginger Ninja



I've known for a while that my hearing hasn't been quite what it used to be (probably too many noisy gigs and loud music in my younger years!).

You know the signs — asking people to repeat themselves, turning the television up 'just a little bit more', nodding along in conversations while hoping you haven't just agreed to something ridiculous.

Eventually, I decided it was time to take the plunge and book a hearing test. The result? I now have hearing aids!

Oh, the joys of getting older. In the last five months alone I've had a new hip (I like to think of myself as slightly bionic now), new eyes in the form of glasses — not just one pair, but three different pairs depending on what I'm doing — and now new ears as well. If this keeps up, I'll soon qualify as a fully upgraded model.

What nobody warned me about, however, was just how noisy the world actually is. Was it always like this? When exactly did the birds start singing through megaphones? I'm fairly sure they used to chirp politely in the background, not perform what sounds like a full-scale dawn concert outside my window.

And then there's my dog, Lincoln — otherwise known as the Ginger Ninja. For years I've proudly told people that he's not much of a barker. A quiet dog, I'd say. Well, that may technically still be true, but nobody mentioned the rest of the soundtrack.

The slurping....The sniffing.....The little whining noises he makes that I swear I've never heard before.

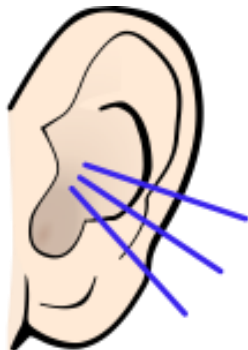
It's not just Lincoln either. Apparently my own hair makes a noise when I run my fingers through it. Who knew? Everything makes a noise. Paper rustles, floors creak, cutlery clinks, and don't even get me started on how loud a crisp packet can be.

To be honest, it's been a bit overwhelming. After years of living in what I now realise was a slightly quieter, muffled version of the world, suddenly everything is turned up again. Part of me wondered whether I should persevere with the hearing aids or retreat back to my nice, peaceful, quieter world.

But here's the serious bit.— Hearing loss often creeps up on us so gradually that we don't always realise how much we're missing. It isn't just about volume; it's about clarity, connection and confidence. Conversations become harder to follow, social situations can feel more tiring, and over time it's easy to start withdrawing from things we once enjoyed.

Getting help can feel like a big step, but it's also a positive one. Hearing tests are straightforward, hearing aids have come a long way in recent years, and being able to hear properly again — even if it means discovering quite how noisy a dog can be — is incredibly valuable.

So yes, the world is louder than I remembered. Birds may indeed be operating megaphones, and Lincoln the Ginger Ninja clearly has more to say than I ever realised.



But despite the slurping, sniffing and surprise sound effects, I'll stick with my new ears.

Because hearing life properly again — every noisy, messy, wonderful bit of it — is definitely worth it.

Jo Reeve



East Midlands Mesothelioma Support Group Meetings



We run Mesothelioma Support Group meetings in Leicestershire with Mesothelioma UK every 4th Friday. Each date has a theme and your specialist nurses Louise and Laura and Benefits Advisor Natalie will be available to offer support and advice and answer any questions you may have. For those unable to attend in person, a Zoom link is available.

Ulverscroft Manor Activity Centre, Priory Lane, Markfield, LE67 9PH
Buffet lunch included.

Upcoming dates: Friday 5th June 11am-1pm

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

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

NOTTINGHAM PATIENT & CARER SUPPORT GROUP

Wednesday 6th May 11am-1pm
Wednesday 3rd June

**Nottingham Central Library
1 Carrington Street
Nottingham NG1 7FH**

**Refreshments provided
Feel free to bring a friend/family
member**

**Parking nearby
Easily accessible by public transport**

NO NEED TO BOOK - JUST TURN UP

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

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Could you consider supporting our magazine by sponsoring its production? Each issue costs £1.50 to produce, and with your help we can continue to provide a valuable resource for our community.

Our magazine plays an important role in offering support, information, and connection to those we serve. Any contribution, no matter the size, would make a meaningful difference and help ensure we can keep it available to those who rely on it.

If you would like to discuss sponsorship or find out more about how your support could help, we would be very pleased to hear from you.



How did you find Ruth Jones' book, *Love Untold*?

In this warm and moving novel, Ruth Jones explores the complicated ties that bind families together. As Grace approaches her ninetieth birthday, she has one

heartfelt wish — to repair the painful rift with her daughter that has divided their family for over thirty years.

Through the voices of several generations of women, *Love Untold* gently reveals long-held secrets, regrets and misunderstandings, reminding us that even after many years, love, honesty and forgiveness can still offer a way forward - I thoroughly enjoyed the book!

Our next book recommendation is **Stepping Up by Sarah Turner**

Beth has never stuck at anything. She's quit more jobs and relationships than she can remember and she still sleeps in her childhood bedroom. It's not that she hasn't tried to grow up, it's just that so far, the only commitment she's held down is Friday drinks at the village pub. Then, her world changes.

An unspeakable tragedy turns Beth's life upside down, and she finds herself guardian to her teenage niece and toddler nephew, catapulted into an unfamiliar world of bedtime stories, parents' evenings and cuddly elephants. Having never been responsible for anyone - or anything - it's not long before she feels seriously out of her depth.

What if she's simply not up to the job?

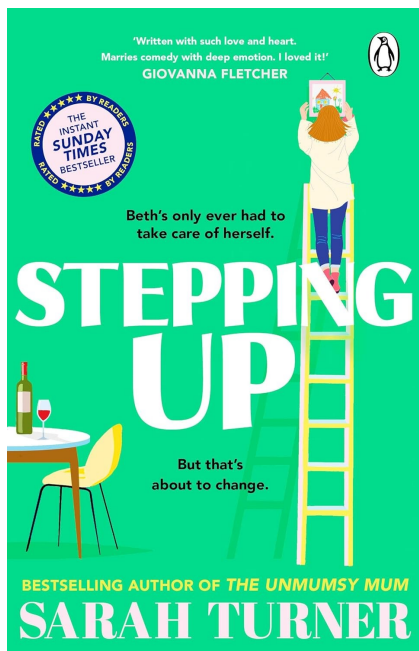
With a little help from her best friend Jory (purely platonic, of course...) and her lovely, lonely next-door neighbour, Albert, Beth is determined that this time she's not giving up. It's time to step up.

This is a story about digging deep for strength you never knew you had and finding magic in things that were there all along.

Here are some thoughts to consider, as you read the book:

- ⇒ What are your first impressions of Beth as a character? Did your opinion of her change over the course of the book?
- ⇒ Which secondary character had the biggest impact on Beth's journey (e.g., Jory, Albert, or the children)? Why?
- ⇒ How did the children's perspectives shape the emotional impact of the story?
- ⇒ What does the novel say about family—both biological and chosen?
- ⇒ How does the story portray grief and recovery?
- ⇒ What message do you think the author wanted readers to take away from the story?
- ⇒ Would you recommend this book to others? Who do you think would enjoy it most?
- ⇒ Were there any moments that particularly moved you emotionally?

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



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

Thank You!

We would like to give a massive thanks to Cathryn Haywood and everyone involved in putting on a very successful and enjoyable Music Marathon to raise money for us.

EMAST were pleased to attend and enjoyed the talented acts and delicious food and drinks. Thanks to everyone's kind donations, an amazing £240 was raised for EMAST!



MUSIC MARATHON 6

Willington Village Hall
1pm to 7pm on February 7th 2026

6 hours of live music in aid of East Midland Asbestos Support Team and Sight Support Derbyshire. Featuring vocalists and instrumentalists performing music ranging from musicals to swing, pop to rock and more!

Come for a while...
Or stay for the whole event!



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



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.



MESOTHELIOMA UK

Mesothelioma UK offer a range of in person and online support groups and courses:

Online Support groups - joining details for all these available by emailing: support@mesothelioma.uk.com

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

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

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

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

Mesothelioma UK Patient and Carer Facebook Group -

<https://www.facebook.com/groups/161449728267828/>

Mesothelioma UK Peritoneal & Multicystic Mesothelioma Facebook Group -

<https://www.facebook.com/groups/1640698032921115/>

Online Short Courses –

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



Join the EMAST 200 Club today!



Congratulations to our latest 200 Club winners Marilyn Bailey (no 17) and Tricia Swain (no 72). A huge thank you goes to Marilyn, who very kindly donated over half of her winnings back to EMAST! Marilyn said "I am extremely grateful for all that the wonderful staff and volunteers have done for many of us... what you all do is absolutely invaluable and deserves praise."

Numbers are £2 each per month, with each month's winner receiving half the proceeds and EMAST receiving the other half.

Thank you to all our members for your participation and support - regular donations really make a difference to our small charity.

To join, please get in touch at admin.assistant@emast.org.uk or 01246 380 415.



Fatigue and You: Making the Most of Your Energy Each Day

Fatigue is one of the most common, and often most frustrating, symptoms experienced by people living with asbestos-related illnesses. It's not just feeling tired. It can be a deep, overwhelming exhaustion that doesn't always improve with rest, affecting both body and mind.

At EMAST, we often hear how difficult it can be to adjust to this change, especially when you're used to being active, independent, and busy. The good news is that there are gentle, practical ways to manage your energy and make each day feel more manageable.

Understanding Fatigue

Fatigue linked to conditions such as mesothelioma, lung cancer or asbestosis can come from many sources:

- The illness itself
- Breathlessness and the extra effort of breathing
- Treatments or medication
- Emotional strain and stress

It can vary from day to day, and sometimes even hour to hour. Learning to work with your energy levels, rather than against them, is an important step.

The Spoon Theory: A Simple Way to Think About Energy

You might find it helpful to think of your daily energy as a limited number of 'spoons.'

Each activity; getting dressed, making a meal, having a conversation, uses up one or more spoons. Once they're gone, they're gone for the day.

On some days, you might start with more spoons. On others, far fewer.

The idea isn't to restrict yourself, but to:

- Become more aware of how much energy things take
- Plan your day with that in mind
- Avoid using all your energy at once

For example, if you know you have an appointment in the afternoon, you might choose to keep the morning quieter.

Prioritising What Matters Most

When energy is limited, it becomes even more important to focus on what truly matters to you.

You might ask yourself:

- What needs to be done today?
- What would I like to do if I can?
- What can wait, be simplified, or be done by someone else?
- It can help to think in three categories:
- Essential – things that must be done
- Important – things that matter but can be flexible
- Optional – things that can wait or be let go

Letting go of certain tasks isn't giving up, it's making space for what's most important.

Pacing Yourself Throughout the Day

Pacing means spreading your energy out, rather than using it all at once.

This might include:

- Breaking tasks into smaller steps
- Taking short breaks before you feel exhausted
- Alternating activity with rest

For example, instead of cleaning a whole room in one go, you might do one small part, rest, and return to it later, or another day.

Going at a steady, manageable pace can help prevent the 'boom and bust' cycle, where doing too much one day leads to needing several days to recover.

Resting Well (Without Guilt)

Rest is not something you have to earn, it is a key part of managing your condition.

There are different types of rest:

- Physical rest – lying down, sitting comfortably
- Mental rest – quiet time, reducing stimulation
- Emotional rest – stepping back from stress or difficult conversations

Try to:

- Build regular rest breaks into your day
- Rest before you feel completely exhausted
- Choose restful activities that actually help you recharge

And most importantly, let go of any guilt around resting. Your body is asking for what it needs.

Asking for and Accepting Help

Many people find it difficult to ask for help, especially if they've always been independent. But support can make a real difference in preserving your energy.

This could include:

- Family or friends helping with shopping or chores
- Using delivery services
- Speaking to support organisations for practical advice

Accepting help doesn't take away your independence, it helps you use your energy where it matters most.

Being Kind to Yourself on Difficult Days

There will be days when fatigue feels heavier, and plans don't go as expected.

Nutrition for Lung Health: What Helps and What to Avoid

When you're living with an asbestos-related condition, everyday things can feel more challenging, including eating well. Breathlessness, fatigue, reduced appetite, or treatment side effects can all affect how and what you eat.

Why Nutrition Matters for Lung Health

Food won't cure lung conditions, but it can help support your overall wellbeing by:

- ◆ Maintaining strength and energy
- ◆ Supporting your immune system
- ◆ Helping your body cope with treatment
- ◆ Preventing unwanted weight loss or gain

Even small changes can make a meaningful difference over time.

Eating for Energy and Strength

Fatigue is common, so your body needs steady, reliable energy.

- ◆ Eat little and often, rather than large meals
- ◆ Include protein in meals and snacks (such as eggs, fish, chicken, beans, yoghurt)
- ◆ Choose easy-to-eat foods on low-energy days

If your appetite is reduced, smaller portions more frequently

can feel much more manageable than full meals.

Foods That Can Support Lung Health

There's no single 'perfect' diet, but some foods may help support your body:

Fruits and vegetables - Rich in vitamins and antioxidants, these can support your immune system.

Aim for a variety of colours. Fresh, frozen, or tinned all count

Healthy fats - Found in foods like oily fish (salmon, mackerel), nuts, seeds, and olive oil.

These can help reduce inflammation and provide energy.

Whole grains - Such as oats, brown bread, rice, and pasta.

They provide longer-lasting energy and help keep you feeling steady throughout the day.

Dairy or alternatives - Milk, cheese, yoghurt—or fortified plant alternatives—can help maintain weight and provide calcium.

Staying hydrated - Drinking enough fluids is important, especially if you're experiencing fatigue or breathlessness.

- ◆ Aim for regular sips throughout the day
- ◆ Water, tea, milk, and soups all count
- ◆ If plain water feels unappealing, try flavoured options or warm drinks

Good hydration can also help keep mucus thinner and easier to clear.

Managing Breathlessness When Eating - Eating can sometimes make breathlessness feel worse.

You might find it helpful to:

- ◆ Eat slowly and take small bites
- ◆ Rest before meals
- ◆ Choose softer foods if chewing feels tiring
- ◆ Avoid very large meals that leave you feeling overly full

Sitting upright and taking your time can make meals more comfortable.

Foods That May Be Less Helpful - Everyone is different, but some foods can make symptoms feel worse for some people:

- ◆ Heavy, greasy meals - These can feel harder to digest and may leave you feeling sluggish or uncomfortable.
- ◆ Fizzy drinks - Can cause bloating, which may increase pressure on your lungs and make breathing feel more difficult.
- ◆ Very salty foods - May contribute to fluid retention in some cases.
- ◆ Highly processed foods - Often low in nutrients and can leave you feeling less energised.

This doesn't mean you can never enjoy these foods, but being mindful of how they affect you can help you make choices that feel better.

Making Food Easier on Low-Energy Days - There will be days when cooking feels like too much, and that's okay.

Some helpful ideas:

- ◆ Keep simple, ready-to-eat foods on hand
- ◆ Use frozen or pre-prepared ingredients to save effort
- ◆ Accept help from family or friends with meals
- ◆ Consider batch cooking on better days

Even something small is better than nothing. Nourishment doesn't have to be complicated.

Listening to Your Body - Your needs may change over time, and that's completely normal. Some days you may feel hungrier than others, certain foods may appeal more (or less), your energy levels will vary. Try to respond to what your body is telling you, rather than sticking to strict rules.

Getting the Right Support - If you're struggling with eating, weight changes, or appetite, you're not alone. Support is available through your GP or specialist team, dietitians who can offer tailored advice. Speak to your lung nurse for more information.

A Gentle Reminder - There is no 'perfect' way to eat when living with an asbestos-related illness. Focus on what feels manageable, what gives you comfort and nourishment and what supports your energy and wellbeing.

Take it one meal at a time.

Be kind to yourself on harder days.

And remember — small steps still count.

You are doing enough.



Healthy Recipes

Kedgeree with a Kick

Cheap, cheerful and very easy to cook.

Ingredients:

- 300g easy-cook white or brown rice
- 4 eggs
- 200g skinless cod fillet (or pollock), cut into chunks
- 120g skinless smoked haddock fillet, cut into chunks
- 120g skinless salmon fillet, cut into chunks
- 2 tsp curry powder
- 150g frozen peas or mixed veg, thawed
- 2 tablespoon fresh parsley, chopped
- 1 pinch ground black pepper



Method:

1. Cook the rice in boiling water until tender, according to packet instructions. At the same time, hard-boil the eggs for 10 minutes
2. Put the chunks of fish into a large frying pan and add a little water. Heat and simmer for 3 to 4 minutes until the fish is opaque. Drain.
3. Shell the eggs and quarter them. Drain the rice and add it to the fish with the curry powder, peas and parsley.
4. Heat, stirring gently, for 2 to 3 minutes. Season with black pepper and serve, topped with the eggs.

Information: Look out for ready-prepared plain fish pie mix from the fresh fish counter (also sold pre-packed) to save some money.

Mediterranean Potato Tray Bake

A simple tray bake mix of Mediterranean veg and potatoes makes an easy, delicious, vibrant dinner – with minimal washing up!

Ingredients:

- 800g salad potatoes, thickly sliced
- 50g pine nuts, chopped
- 1 teaspoon olive oil
- 1 courgette, sliced
- 1 aubergine, sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 1 tablespoon red pesto (optional)



Method:

1. Preheat the oven to 200C (180C fan, gas mark 6).
2. Put the potatoes, chopped vegetables and pine nuts in a large roasting tin. Drizzle with the oil and toss to coat. Bake for 20 minutes, or until tender.
3. Add the pesto, if using, and bake for another 5 minutes. Serve immediately.

Information: You can swap the fresh veg for 400g of frozen Mediterranean vegetables to speed up the prep.

Recipes from www.nhs.uk/healthier-families

GARDENING CLUB

Gentle Gardening Jobs for May & June

Simple, enjoyable garden jobs for late spring and early summer

As the days grow longer and warmer, May and June bring one of the most uplifting times in the garden. Everything is bursting into life, but gardening doesn't have to be hard work. With a gentle approach, you can enjoy your garden at your own pace while still keeping it thriving.

May: Planting and Preparing - May is a wonderful time to get started, as the risk of frost fades and plants begin to grow quickly.

Easy jobs to enjoy:

- Plant summer flowers like begonias and petunias for lasting colour
- Sow simple vegetables such as beans, courgettes, and salad leaves
- Add supports to climbing plants like peas or sweet peas
- Keep on top of weeds with short, regular sessions
- Check plants for pests and remove them gently



Light maintenance:

- Trim spring-flowering shrubs (once blooms fade)
- Mow small areas or paths instead of the whole lawn
- Leave a patch unmown to support bees and wildlife

Tip: Just 10–20 minutes a day can make a big difference—and feel much more manageable.

June: Caring and Enjoying - By June, your garden is in full swing. The focus shifts to caring for plants and enjoying the results.

Keep things flourishing:

- Water regularly, especially during dry spells
- Deadhead flowers to encourage more blooms
- Tie in taller plants for support
- Lightly trim hedges and fast-growing plants
- Mow lawns gently and regularly

Enjoy the rewards:

- Harvest early crops like lettuce, radishes, and strawberries.
- Take time to sit outside and enjoy your garden - this counts too

Making Gardening Easier

Gardening should feel comfortable and enjoyable. A few small changes can help:

- Use long-handled tools to reduce bending
- Try raised beds or containers
- Keep tools close by in a basket or trolley
- Garden during cooler parts of the day
- Take regular breaks—tea breaks are part of the process!



Low-effort plants to try:

- Hardy perennials (come back each year)
- Seasonal flowers in pots
- Easy herbs like mint, chives, or parsley

A Gentle Reminder - Gardening isn't about doing everything—it's about enjoying what you can. Even a few minutes outside, tending to plants or simply sitting in the fresh air, can bring calm, purpose, and a sense of achievement. We hope this inspires you to step outside and enjoy your garden this season, one small task at a time.

We're always keen to hear your gardening tips or you can send us pictures of your garden to share. We'd love to hear if you've visited a beautiful garden too!



Puzzle Corner

WELLNESS WORD SEARCH



K	E	X	E	R	C	I	S	E	I	A	G
F	B	R	E	A	T	H	I	N	G	B	B
I	M	S	G	A	J	L	S	K	A	B	A
T	E	G	K	D	C	M	W	A	H	I	L
N	U	T	R	I	T	I	O	N	A	I	A
E	T	U	M	D	H	E	A	L	T	H	N
S	L	E	E	P	R	J	F	S	M	S	C
S	K	F	S	U	L	S	G	U	J	L	E
I	M	E	D	I	T	A	T	I	O	N	M
S	N	S	J	E	R	I	B	S	U	O	B
V	H	Y	D	R	A	T	I	O	N	N	E

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FITNESS
NUTRITION
HYDRATION

EXERCISE
SLEEP
BALANCE

MEDITATION
BREATHING
HEALTH



What's the Word?

There are words that sound similar BUT are spelled differently AND have different meanings. Use the two words provided to find two other words that sound the same. For example, the answer to 'MANE & HOPPER' is 'HAIR & HARE.'

ORB & SOB

UNCOVERED & TOLERATED

DOCKING SITE & DELIVERY

FRUIT & COUPLE

INACTIVE & HERO

PALLID & BUCKET

Common Connections

Find the one word that can be added in front or behind all words in each list to form a new word or phrase. For example, the solution to 'EXERCISE – ROAD – STATIONARY' is 'BIKE.'

EYE - MUSIC - PIE

OIL - SUNDAY - TREE

DRUM - TOOL - SURVIVAL

FREE - OUTER - DEEP

SORE - BACK - BAG

TEA - LUNCH - EXTRA

NEWS - TOILET - WALL

QUICK RIDDLES

1. What is always in front of you but can't be seen?
2. What can travel around the world while staying in a corner?
3. What begins with T, ends with T, and has T in it?
4. What holds water even though it is full of holes?

Puzzle Answers

Wellness Word Search

K	E	X	E	R	C	I	S	E	I	A	G
F	B	R	E	A	T	H	I	N	G	B	B
I	M	S	G	A	J	L	S	K	A	B	A
T	E	G	K	D	C	M	W	A	H	I	L
N	U	T	R	I	T	I	O	N	A	I	A
E	T	U	M	D	H	E	A	L	T	H	N
S	L	E	E	P	R	J	F	S	M	S	C
S	K	F	S	U	L	S	G	U	J	L	E
I	M	E	D	I	T	A	T	I	O	N	M
S	N	S	J	E	R	I	B	S	U	O	B
V	H	Y	D	R	A	T	I	O	N	N	E

What's the Word?

ORB & SOB

BALL & BAWL

UNCOVERED & TOLERATED

BARE & BEAR

DOCKING SITE & DELIVERY

BERTH & BIRTH

FRUIT & COUPLE

PEAR & PAIR

INACTIVE & HERO

IDLE & IDOL

PALLID & BUCKET

PALE & PAIL

Common Connections

EYE - MUSIC - PIE

CHART

OIL - SUNDAY - TREE

PALM

DRUM - TOOL - SURVIVAL

KIT

FREE - OUTER - DEEP

SPACE

SORE - BACK - BAG

SADDLE

TEA - LUNCH - EXTRA

TIME

NEWS - TOILET - WALL

PAPER

Quick Riddles

1. FUTURE

2. STAMP

3. TEAPOT

4. SPONGE

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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 EMAST to reclaim tax on the donations detailed on this form, given on the date shown. I understand that if I pay less Income Tax or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given. I will notify EMAST if I want to change this declaration, if I change my name or address or if I no longer pay sufficient tax.

Signed _____ Date _____

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THANK YOU FOR YOUR DONATION!