

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.

I would like to make a regular donation (Please fill in the form below)

To (Name of your bank)

Branch..... Sort code.....

Address of your bank.....

Account name.....

Account number.....

Please pay: Unity Trust Bank, 4 Oozells Square, Birmingham, B1 2HB

Sort code:60.83.01 Account name: DAST Account number:20122421

I wish to give £..... per month/quarter/year

(please circle)

Commencing..... until further notice.

Signature..... Date.....

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

THANK YOU FOR YOUR DONATION

Would you like to sponsor a future magazine and see your logo here?
Contact Maggie for more information on funding.officer@dast.org.uk

Wellbeing Magazine

Winter
2023
Edition



DERBYSHIRE ASBESTOS SUPPORT TEAM

Bi-monthly Wellbeing Magazine



November-December 2023 DAST Wellbeing Magazine Contents

- Upcoming events
- DAST Team

- Barrow Benefit Closure
- Cape Must Pay!
- Remembrance Sunday
- Gardening Club
- Christmas Decorations
- Guy Fawkes Day
- How to rocket through your bonfire night
- Poems
- 150 club
- You are not alone: How to get support from DAST
- East Midlands Mesothelioma Support Group Meetings
- Christmas Cards
- Breathing Space project update
- Puzzles: Springtime riddles and Word search

November Riddles

1. Fire
2. Snowman
3. Charcoal
4. Winter
5. Thermometer
6. An ice
7. Eskimo
8. A shovel
9. Apples
10. Chocolate



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

Instagram

Dast_east_midlands

You can also keep up to date with what we are up to by visiting our website: www.asbestosupport.co.uk/

Sudoku Answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 7 | 8 | 3 | 9 | 1 | 2 | 5 |
| 2 | 5 | 1 | 7 | 4 | 6 | 3 | 8 | 9 |
| 9 | 3 | 8 | 2 | 1 | 5 | 7 | 4 | 6 |
| 8 | 2 | 5 | 6 | 9 | 7 | 4 | 3 | 1 |
| 3 | 7 | 4 | 5 | 2 | 1 | 9 | 6 | 8 |
| 1 | 9 | 6 | 4 | 8 | 3 | 2 | 5 | 7 |
| 6 | 1 | 9 | 3 | 5 | 2 | 8 | 7 | 4 |
| 7 | 4 | 2 | 9 | 6 | 8 | 5 | 1 | 3 |
| 5 | 8 | 3 | 1 | 7 | 4 | 6 | 9 | 2 |

Welcome to our Winter 2023 edition



Your Legacy Could Be DAST'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 Derbyshire Asbestos Support Team. 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 DAST won't be soaked up by large running costs. Legacies to DAST have in the past 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.

Contact details for DAST:

1 Rose Hill East, Chesterfield, Derbyshire S40 1NU

Tel: 01246 380415

Email: dast.admin@dast.org.uk

COME
AND
JOIN
US!



Derbyshire Asbestos Support Team
Helping people who are affected by asbestos-related diseases their families and carers across the East Midlands



SAVE THE DATE

23rd January 12pm-2pm

**Sherwood community Centre, Mansfield Rd,
Nottingham NG5 3FN**

Lunch Included

Laura Smith Mesothelioma UK nurse doing
a presentation regarding pain control
Q & A session with Jon West from
Grayson's solicitors



01246380415



asbestosupport.co.uk

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.

Find the answers to this **Sudoku** at the rear of the magazine.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | 8 | 3 | 9 | | 2 | 5 |
| 2 | | 1 | 7 | 4 | | | 8 | |
| 9 | 3 | 8 | | 1 | | 7 | | 6 |
| 8 | 2 | | | 9 | | 4 | 3 | 1 |
| | 7 | | | 2 | 1 | | 6 | 8 |
| 1 | | 6 | | | | | | 7 |
| 6 | 1 | 9 | | | | 8 | 7 | 4 |
| | | | 9 | 6 | 8 | | | |
| | | 3 | 1 | | | | | 2 |

Donations Always Welcome

Here are some of the ways you can donate to DAST. Thank you to everyone that has donated in 2022 and before that. Your generosity has helped to fund the different ways we support our members.

Five Ways to Donate to DAST

1. You can make an online donation to DAST through the Local Giving website – go to www.localgiving.org and search for Derbyshire Asbestos Support Team.
2. When making online purchases go through easyfundraising.org.uk – or if shopping with Amazon go through Amazon Smile. We have accounts with both of these websites and you should be able to find us by searching the charities. These donations come at no extra cost to yourselves.
3. Post your cheque (payable to DAST) to us at
1 Rose Hill East, Chesterfield S40 1NU
4. Having a clear out? Then use Vintage Giving to collect your items and donate the proceeds to DAST.
Go to vintagegiving.com



Merry Christmas From The DAST Team



Jerry Hague, Coordinator - Coordinator@dast.org.uk

Maggie Braley, Funding Officer - Funding.officer@dast.org.uk

Jo Reeve, Bereavement Support Worker - Bereavement.support@dast.org.uk

Natalie Woodward, Benefits Advisor - Benefits.advisor@dast.org.uk

Brigit Long, Benefits Advisor - Dast.admin@dast.org.uk

Imogen Wells, Bereavement Support Admin Assistant - Admin.assistant@dast.org.uk

Barrow Benefit Closure



As you may be aware we launched a Campaign in 2022 to keep Barrow Benefit Centre open. The Asbestos Victims Support Group Forum (AVSG) had a long term relationship with this team and valued their expertise in dealing with claims for people suffering from asbestos related conditions very quickly. We am sorry to report that despite the Asbestos Victims Support Group fighting hard to keep this service open, the Barrow Benefit Centre has been closed by the Government.

The work that was done at Barrow has now been transferred to Barnsley and Bradford and as we predicted the closing of the service is having a major impact on our service users. We are spending a long time on the telephone chasing up claims and we have noticed that the processing times have gone up from on average 2 to 3 weeks to 8 to 12 weeks.

We are routinely providing evidence to the Barnsley and Bradford offices by post (as we are no longer allowed to email which is adding to the delays).

Please be assured we are doing everything we can to speed up the claims process and are routinely raising complaints with the Department of Works and Pensions management team about the ongoing delays but so far unfortunately nothing has changed.

We are therefore asking that if there has been a delay in your claim, please contact us as we are happy to raise this with your local MP on your behalf.

NOVEMBER WORDSEARCH

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | B | N | O | F | R | E | E | Z | I | N | G | N | R |
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| D | A | T | G | B | A | L | O | C | A | T | R | E | N |
| W | G | S | N | I | S | R | L | P | I | G | E | R | L |
| E | O | P | L | R | N | A | V | O | O | A | N | G | E |
| A | E | H | R | O | O | K | G | E | O | S | I | L | A |
| T | N | O | N | H | S | R | R | L | S | W | G | I | V |
| H | I | P | E | C | S | L | D | A | E | P | H | O | E |
| E | R | L | G | A | L | I | M | C | D | F | T | A | S |
| R | C | R | A | C | K | L | I | N | G | F | I | R | E |

DARK NIGHT

BONFIRE NIGHT

NOVEMBER

WOOLLY HATS

GLOVES

SCARVES

AUTUMN LEAVES

BOUL PROP

FREEZING

COLD WEATHER

Are there any other puzzles you would like to see in our magazines? Let us know at dast.admin@dast.admin.org.uk

November Riddles

1. A spirited jig it dances bright, Banishing all but darkest night. Give it food and it will live; Give it water and it will die.
2. There is a man that can never enjoy the fireplace, who is this man?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. After you go through a fall I will take over. All life will stall, or at least grow slower. What am I?
5. I was known to Greek philosophers a thousand years ago, I have numbers all in a line, and I can tell you if rain will turn to snow. What am I?
6. You can find me in abundance in Greenland, in a box, in a sweet treat but you'll never ever find me in an oven. What am I?
7. You can see me up north bundled up, I live inside a white house, and my diet is mainly Paleo. Who am I?
8. I am made of plastic or metal, I am used for play or for work, and you'll usually see me in a sandbox but I am mostly out in the winter months. What am I?
9. I come in many varieties and many color, you can also eat me or drink me and I can also keep the doctor away. What am I?
10. I am rich but I cannot be poor, I can be dark and I can

Cape Must Pay!

The Asbestos Victims Support Groups Forum is demanding that Cape, a former asbestos manufacturer now owned by Altrad, donate £10 million to mesothelioma research. In August campaigners gathered together at Altrad premises on the edge of Rotherham to further that demand.

Members of DAST attended the event and Jo Reeve, Bereavement Support Worker, read out the names and occupations of some of those who have died as a result of exposure to asbestos that DAST has supported.

Other asbestos groups from around the country also attended and victims and family members spoke about their suffering and the damage Cape products has caused to thousands of lives. Those attending ended each speech with "Shame on Cape, Cape must pay!"

The organisers then named supporters who have given their backing and listed all of the forty MPs who have signed a motion in Parliament demanding that Altrad make the donation to mesothelioma research. Presently Altrad are profiting from contracts, some from our own UK Government, to remove the same asbestos that Cape were responsible for putting into our workplace and social environment.

The campaign will continue until Cape do the right thing.



Mesothelioma UK Patient /Carer Day 2023

I was very lucky to attend the Mesothelioma UK Patient/Carer Day in Brighton. After a long drive down with Louise Nelson (Mesothelioma UK nurse) for company we finally arrived in Brighton. (Train strikes cannot stop us).

The day was split in four sessions with the opening remarks giving everyone hope. "Asbestos was mainly imported in the 1930's 40's and 50's and due to that we are seeing about 2200 people diagnosed every year but the good news is there are more treatment options than we have ever had. This is thanks to people who have gone on trials." There are always trials opening and closing and therefore if you think this is something for you please contact Mesothelioma UK.

Session 1 Care.

Mesothelioma UK Update

Leah Taylor – Head of nursing for Mesothelioma UK said "we are very lucky in the Great Britain that we have 34 specialist nurses in place to support anyone of their Mesothelioma journey. In the East Midlands we have Louise Nelson and Laura Smith, with Carole Scott covering NE Lincolnshire. They aim to get nurse in every NHS Trust including Northern Ireland.

Cough and Mesothelioma

Kate Slaven – Mesothelioma UK Nurse has been carrying out research into the experience of cough in patients/carers. 8 Patients and 4 Carers were interviewed and the outcome was it had a physical, social and emotional wellbeing impact on them both.

People suffered from cough embarrassment (other people backed away from the person with the cough because they think they are suffering from Covid) which leads to social withdrawal and isolation.

Breathing Space project update

DAST are delighted to be looking forward to the long awaited launch of our 'Breathing Space' at Lea Wood near Cromford Canal, Derbyshire which will take place in the spring of next year. Despite some delays, the project, an exciting partnership with Derbyshire Wildlife Trust and Derbyshire County Council, is now firmly back on track, championing a space where those battling asbestos diseases such as mesothelioma or lung cancer – and those who have lost loved ones to these diseases – can find space to reflect.

Thanks to the generosity of over 20 individuals plus several Trade Union groups, several elements of the project are already in place including a beautiful signpost base sculptured from wood and located in the prime position of the newly restored Aqueduct Cottage. The sculpture was hand carved by a local professional artist who has worked with images of wildlife generated by the Whistlestop Wildlife group. Added to this will be 2 - 3 beautiful benches which will be carefully sited with accessibility and relaxation in mind, including one bench which is relatively close to a parking site, so that even those with very limited mobility can sit and enjoy the surrounds. There is also the possibility of further development of signs and signage on the site subject to discussions with project partners. Finally a professionally designed leaflet is available to visitors which gives a guide to a wider sculptural trail taking visitors all around the Lea Wood site and bearing the DAST logo.

We hope to be able to announce the launch date for donors in the coming months and to welcome all DAST members and friends, to come and enjoy the beauty and historical interest of our very own 'Breathing Space' for years to come





DAST CHRISTMAS CARDS

Want to get ahead on your Christmas planning? Look no further for your Christmas Cards! DAST are offering packs of 8 high quality cards featuring two beautiful designs with a Christmas greeting inside and DAST's logo and contact details on the back. A pack of 8 cards is just £5.99 including postage and packing. All proceeds go to helping DAST continue to provide help and support to those affected by asbestos disease. To order cards please use the form below:

Name.....
Address.....
.....postcode.....
Tel..... Email.....
I would like to order _____ pack(s) of cards @ £5.99 each
Total enclosed: _____
Cheque enclosed Please make cheques payable to DASTI would like to pay by BACS tick box then fill in bacs details (in email to Funding.officer@dast.org.uk)

Christmas cards available →



It can also lead to low mood and sadness, as well as exaggerate to other symptoms such as breathlessness and pain.

Top Tips for dealing with a cough

- Acceptance that the cough might be part of the disease
- Honey and Lemon or Hot Lemon
- Sniff and Swallow- if you feel like a cough is coming on sniff and swallow
- Ask for Medical help – they will look at alternatives.

Wellbeing Workshop

Helen Wilkes- Mesothelioma UK Nurse spoke about wellbeing and the support that Asbestos Victim's Support Group like DAST offer. "They offer a brilliant service supporting Mesothelioma Victims." "These groups offer a place to go where it is nice to hear other people's experience".

Managing Scan related anxiety (Scanxiety in Mesothelioma)

Simon Bolton- Mesothelioma UK Nurse (West Yorkshire) spoke about scanxiety in Mesothelioma. Scanxiety is describes the anxiety, worry, fear or agitation that you might feel in the lead up to a scan or to the scan results. There has been 57 studies on scan related anxiety and they found that patients were saying "we have had to wait up to a month for the results so this is always a very anxious time for us" More has to be done to speed this process up, including Lung nurses giving the information over the telephone which from one patient experience is a good thing "Fortunately Lung Nurse let us know over the phone, so did not have to wait 2 months for an oncology appointment. This relieves the pressure because if it is not good news we are at home and can support one another and give comfort. We do not have to digest the information and drive home". Carers Course

Laura Smith- Mesothelioma UK nurse (East Midlands) spoke about a carer's course which she is running over a six week period. The sessions are open to carers or next of kins and each session will last an hour over Zoom on a Wednesday. It will be a safe place to ask professionals questions you do not feel you can ask in a clinic setting.

Session 2 Treatment

Now I will admit a lot of this did go way over my head but will try and give you a brief summary (but if you do want more information please contact Mesothelioma UK)



Mars 2 Trial Findings

Professor Nick Maskell spoke about the findings of the Mars 2 Trial (Surgery for early Mesothelioma- whether it was beneficial and prolonged life)

The trial ran from June 2015 to Jan 2021, 335 patients were randomised, (50%- chemotherapy then surgery (2 cycles of chemo before the Surgery), 50% Chemotherapy alone) 86% of patients had epithelioid Mesothelioma. Conclusion of the study was extended pleurectomy decortication for Mesothelioma (Surgery) had a higher risk of death, serious complications, higher NHS cost and poorer quality of life compared to chemotherapy alone but this does not mean surgery should be ruled out as every patient needs to be taken as an individual.

Advances in drug therapy.

Professor Dean Fennell- spoke about Immunotherapy Precision Medicine and how it has transformed what can be done for Mesothelioma Patients.

Advances in drug therapy started about 20 years ago but after 2020 more and more have come on board (If you are interested in any trial please contact Mesothelioma UK). The Trial into Immunotherapy compared to chemotherapy in epithelioid Mesothelioma Patients found no difference in survival rates compared to chemo only but more trials are needed to find out more. Dean also stated research/trial is needed to see if combining chemotherapy/immunotherapy drug improves survival.

Radiotherapy in treatment of Mesothelioma

Professor Crispin Hilley spoke about “how useful are radiotherapy approaches in the treatment of Mesothelioma”.

Confession time from me – a lot of this did go way over my head because I am not medically trained but what I did get out of this session is Mesothelioma is not a forgotten condition anymore. Expert clinicians are moving research and trials on. Also Palliative Radiotherapy is helpful for patients with symptomatic disease and it can “clinically show meaningful improvement in pain.”



You are not alone.

Six ways in which DAST can support you after diagnosis of asbestos related disease

- 1** Our friendly and highly experienced benefits advice team can advise you of all benefits that you or your family may be entitled to, including pensions and any compensation you can claim as a result of your diagnosis. For most people this includes a home visit and can include support with benefits applications and appeals.
- 2** We have a very experienced and highly committed panel of solicitors who can give you specialist legal advice about making a civil compensation claim. They have all demonstrated an excellent track record in achieving compensation for asbestos victims and their families.
- 3** We run events and activities for people affected by asbestos related disease, including wellbeing events with speakers and workshops, to be planned later this year. These events offer you the opportunity to meet with peers and discuss your experiences.
- 4** For families and carers we are planning an event and handbook to offer support for you in your caring journey
- 5** You will receive our free bi-monthly Wellbeing magazine, with articles by peers and including advice on healthy eating etc, plus puzzles and other features.

150 CLUB

Support DAST by taking part in our monthly 150 Club draw.



Numbers from 1 to 150 are available to purchase for £1 per month. At the end of each month, we draw out a number and whoever has purchased it wins half of the month's proceeds. The other half goes towards supporting DAST's work. Last month was a rollover so the winnings will be even more!

HOW TO TAKE PART

1. Check that your chosen number is available or find out which numbers are currently available to buy. Contact Maggie funding.officer@dast.org.uk or Telephone 01246 380415. Please don't make a payment until you have received confirmation.
2. Most people purchase a number for 12 months at a cost of £12. If you would like to pay through bank transfer please contact us on 01246 380415 or Dast.admin@dast.org.uk

Alternatively you can send a cheque made payable to DAST to DAST, 1 Rose Hill East, Chesterfield, S40 1NU. Please write '150 Club', your name, chosen number and contact details on the back.

CALL US FOR MORE INFO

 **01246380415**

 Dast.admin@dast.org.uk

Session 3- Campaign and Research

Asbestos: My war with the Devil's Dust – a Family story

Eric Jonckheere lives and works in Belgium. Belgium had one of the largest asbestos factories in the world. The asbestos was imported from Mines across the world to be processed. His family all lived near the factory and some members even worked there. This factory has given his family a life sentence because as well as Eric being diagnosed with Mesothelioma, some of his family members also. He book with the above title gives you more of an insight to his story

Advocacy work and Campaigns

Liz Darlinson CEO of Mesothelioma UK talked about the advocacy and campaign work Mesothelioma UK are doing.

They are improving experience and outcome of the Mesothelioma patients journey but also want to continue to raise awareness of asbestos "so it does not happen to anyone else" "Your voice is loud, use it, shout from the roof tops I have been exposed to asbestos, tell your stories to anyone that will listen, write to MP's tell them how asbestos has affected your life, they are the policy makers let make them do something to remove asbestos"



Mesothelioma UK is running a campaign called "don't let the dust settle" they want the Government to commit to removal of all asbestos from buildings so no one can inhale this deadly fibres anymore" "We need a national register of where asbestos is in premises as well as a phased removal"

They have also commissioned several reports MIMES- Armed Forces, MAGS – Health care Workers, MEWS –Educational Workers, as well as small studies coroner practice, Young Patients, Peritoneal Patients and others, if you are interested in any of the above again please contact Mesothelioma UK.

Mesothelioma UK research.

Dr Virginia Sherborne and Professor Angela Todd gave an overview of recent patient experience, they are currently working on "Mental Health Implications of Mesothelioma diagnosis"

Session 4 Innovation

Nanotechnology to improve Mesothelioma Care

Professor Stefan Marciniak spoke about how Nanotechnology is improving care. “Everyone Mesothelioma Cells are different, the Mesobank was set up for the study of mesothelioma. Patients gave their samples (Cells) for research, whether this be Tumour tissue, pleural fluid or blood. These samples are used in different ways. Every cell is different as is DNA therefore everyone cancer is different. DNA is damaged by Mesothelioma Cells. Research is being done on the cells to see how they react.

Thermal recycling/UKNAR (UK National Asbestos Register)/Ground-breaking Technology I have put all of these sessions together as they seem to interact with one another.

UKNAR – are calling for a national of where asbestos can be found in buildings, a bill is passing through Parliament to make this happen. It has had its 1st reading.

Thermal Recycling - The home of the biggest asbestos problem is the Houses of Parliament and public sector buildings, (Hospital, schools, offices). The Government is the biggest employer to

occupy buildings with asbestos. Thermal Recycling have developed technology which divert asbestos away from landfill (any asbestos in landfill doesn't degrade it just sits there). The Technology removes the asbestos from products and then you are able to recycle the product. For example asbestos sheets which contain mainly chrysotile they remove the asbestos and recycle the rest. They think they can use the process of all asbestos. Thermal recycling stated

- 1) Prove we can denature asbestos on an asbestos scale
- 2) Identity the best use for the treated material
- 3) Learn lessons before building a full scale plant
- 4) Establish the level of a commercial interest in what we do.

Alert Technology- is the technology is the new ground breaking equipment that in real time informs someone about any airborne asbestos material in the air. The equipment sets of an alarm if material is in the air so further investigations can be carried out.

Flip the fruit slices about every 30 minutes until they feel and look dry. It will probably take about 2 hours depending on your oven and the fruit.

Remove the slices and place them somewhere cool and away from light to continue to dry overnight and the next day or so.

How to Make Dried Fruit Ornaments - Natural Christmas Decor

Instructions

Slice and dry fruit in the oven on the lowest heat for about 2 - 4 hours, flipping every 30 minutes.

Drill a small hole in the middle of the cinnamon sticks

Poke a hole in the middle of the dried fruit slices with a large needle, paperclip, or skewer.

Take a piece of raffia ribbon twice the length of the desired stack size plus 4 inches and fold it in half.

Make a knot on the non-folded end. Thread a cinnamon stick over the folded end of the raffia and slide it down to the knot.

Continue threading on slices of fruit.

Finish with another cinnamon stick.

Hang your creation on the tree.

This article was taken from the following website—<https://hearthandvine.com/dried-fruit-wreath/>



How to Make a Dried Fruit Wreath



This natural **dried fruit wreath** is easy to make using homemade dried fruit slices and some faux greenery. A great addition to your fall, Christmas, or winter decor.

Supplies

Wreath base - I used a grapevine wreath made from vines in the yard.

Dried orange, lemon, lime, and apple slices (choose dark red apples for color)

A little faux greenery if you like



How to Dry Fruit Slices for Wreaths, Garlands or Potpourri

Slice the fruit thin about 1/4 inch.

Use paper towels or a cloth to blot up as much juice as you can.

Place them directly on the oven grate or on an oven safe cooling rack in a low heated oven. Somewhere around 150 - 200 degrees Fahrenheit.

Church Wilne Rotary club meeting on 25th September.

Many thanks to the Rotary Club of Church Wilne for their generous and much appreciated donation to DAST of £1,000 as part of their support for local community groups.

Jerry Hague, DAST Coordinator, was pleased to attend the Club meeting in Ockbrook, Derby on 2nd September 2023 to thank the members and talk about the services DAST provides. This was followed by an interesting discussion about asbestos issues and the continued risk that is faced from exposure to asbestos particularly for those working in public buildings.

Pictured in the photo left to right are member Paul Fleming, Jerry and Chair Nigel Roberts.



Gingerbread mince pies



Ingredients

400g mincemeat (ensure vegetarian, if needed)

50g stem ginger, chopped, plus 1 tbsp ginger syrup from the jar

For the pastry

250g plain flour, plus extra for dusting

¼ tsp ground cinnamon

½ tsp ground ginger

125g cold unsalted butter, cut into small pieces

3 tbsp golden caster sugar, plus extra for sprinkling

1 egg, beaten

You'll also need

8cm round biscuit cutter

mini gingerbread person biscuit cutter

Chesterfield Christmas Tree Festival 2023 - DAST limited edition offer

Running from 18th November to 3rd December, the annual Christmas Tree Festival at Chesterfield Parish Church will feature a fantastic display of Christmas trees each representing local businesses and charities. The festival attracted over 20,000 visitors last year so it's a great platform for DAST and is well worth coming along to!

This year we would like to invite our service users to join us in decorating the DAST Christmas Tree with a very special limited edition offer!

As a move away from plastic, DAST have commissioned Yorkshire-based Nellie's Wooden Workshop to create just 30 custom-made wooden Christmas decorations, each etched with the DAST tree logo on one side and your personal dedication on the reverse (example pictured right).

The individually etched decorations will be displayed on the DAST Christmas tree at the festival, enabling visitors to get a sense of how people in the DAST community are affected by asbestos disease in so many ways.

Hand-finished with Danish oil, the decorations will measure 8- 9cm in diameter and will include a festive ribbon for hanging. After the festival ends on 3rd December, we will send the decoration to you to hang on your Christmas tree for years to come.

The cost per decoration is £8.50 including postage and packing. Please note orders are first come first served. Orders must be received using the form below by Monday 23rd October latest. Product appearance may vary slightly from the sample shown in the picture.



DAST CHRISTMAS TREE FESTIVAL WOODEN DECORATION OFFER Please return this form to DAST, 1 Rose Hill East, Chesterfield, S40 1NU by Monday 23rd October latest.

Name: _____ Address _____

_____ Postcode: _____

Tel: _____ Email: _____

I would like to order _____ wooden tree decorations at £8.50 each including postage and packing (maximum 4 x decorations per order)

Total enclosed: _____ I enclose a cheque made payable to 'DAST' (please tick)

I have paid by Bank transfer (please tick and use bank details below)

Account Name: DAST/ Account number 20419244/ Sort code: 60 - 83 - 01 / Reference: XMAS DEC23

The message I would like on the back of the tree decoration(s) is as follows (please use capital letters to ensure that we can read the message fully) Maximum number of characters per decoration is 65 including spaces. Please put any further wording on the back of this form. If ordering more than one decoration please clearly number each dedication.



Method

STEP 1

For the pastry, tip the flour, spices and butter into a large bowl with a large pinch of salt. Rub together with your fingertips until the mix resembles fine breadcrumbs. Stir in the sugar. Add the egg and use a cutlery knife to mix everything until the ingredients start to clump together. Tip out onto a lightly floured work surface and knead briefly until you have a smooth dough. Or, pulse the ingredients together in a food processor. Shape into a disc, then wrap and chill for at least 30 mins. Will keep chilled for a day or frozen for three months.

STEP 2

Heat the oven to 190C/170C fan/gas 5. Mix the mincemeat with the ginger and syrup. Roll the pastry out on a lightly floured surface to a 3mm thickness. Stamp out 12 discs using an 8cm biscuit cutter and lightly press into a 12-hole cupcake tin.

STEP 3

Fill each pastry case with 1 tbsp of the mincemeat mixture. Re-roll the pastry scraps and stamp out 12 mini gingerbread people, then place one on top of each pie. Will keep frozen for up to two months.

STEP 4

Bake for 20 mins, or 30 mins from frozen. Leave to cool in the tin for 5 mins, then lift out onto a wire rack to cool completely. Dust with icing sugar. Will keep in an airtight container for up to four days.

Fringe meeting

DAST joined with other support groups, trade unions, MPs and campaigners at a very informative fringe meeting on asbestos issues at the recent Labour party conference. The meeting discussed the campaign of Me-so UK, trade unions, the Forum and the All Party Parliamentary Group on Asbestos to remove asbestos from public buildings within 40 years and to set up a national register of buildings containing asbestos.

Both of these recommendations of the APPG have been rejected by the Government and the campaign will continue.

The meeting also reiterated the need for Altrad, the parent company of Cape Products who have caused thousands of deaths due to asbestos exposure, to contribute £10 million to research for mesothelioma, (the Cape-MustPay campaign). A motion has been laid down in Parliament to support this campaign which has been signed by MPs from across the parties and pressure is building on Altrad to do the right thing.

1. Plant spring bulbs and tulips

November's a good time to plant tulip bulbs, whether in the ground, pots or containers. Avoid any that show signs of decay or damage, and plant three times to the depth of the bulb. If the soil is heavy, add grit for drainage as bulbs don't like to sit in water.

2. Lift crops carefully

A hard frost improves the flavour of parsnips, swede and Brussels sprouts, as it converts their starches into sugars. If you are lifting these on a cold day, make sure you do it with a hand fork, carefully prising them from the soil.

3. Cover brassicas with netting

Keep brassicas covered with netting, as hungry pigeons will see them as a food source.

4. Stake plants to prevent wind rock

Finally, stake purple sprouting broccoli and Brussels sprouts, as they can be top-heavy plants.

5. Get wildlife ready for winter

Finally, give garden wildlife a helping hand by filling bird feeders and leaving a fresh water supply. Try building insect hotels by drilling holes in old logs, or leave a corner of the garden wild, allowing creatures

***DAST Wellbeing 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***



Gardening Club

Leaves are falling rapidly, and wind and rain are on the increase. Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots. Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.



Clear up fallen leaves - especially from lawns, ponds and beds

A pond is an asset in any garden – both an attractive centre piece and a magnet for wildlife. And just like any area of the garden, occasional maintenance will help to keep it in good condition and looking great.

- Remove dead, tatty or fading leaves, so they don't decompose in the water
- Cut back vigorous plant growth – aim to keep half the surface clear
- Ensure the water is well oxygenated



East Midlands Mesothelioma Support Group Meetings



With our colleagues from Mesothelioma UK, we are now holding monthly Mesothelioma Support Group Meetings. They are held at Mesothelioma UK Head Office at 235 Loughborough Road, Mountsorrel, Loughborough, Leicestershire, LE12 7AS

Each date (listed below) has a specific theme. Meeting time is 10.45-13.00 with Lunch provided. For those who are unable to attend a person a Zoom Link is available. To book your place please contact Louise Nelson, Laura Smith 0116 2502625 or email mesocns@uhl-tr.nhs.uk or Natalie Woodward benefits.advisor@dast.org.uk 01246 380415

Dates

10th November 2023- Looking after your well beings
8th December 2023—
12th January 2024—

We are delighted to invite you to join us for our Festive meeting which will include a Festive Quiz and other Activities .

Date Friday 8th December 2023

Time 11am -1pm Buffet Lunch provided

Venue The Conservative Club 14 North Street Barrow Upon Soar
Leicestershire LE12 8QA

To confirm numbers please RSVP by Friday 17th November to Louise Nelson or Laura Smith 0116 2502615 or email mesocns@uhl-tr.nhs.uk or Natalie Woodward 01246 380415 benefits.advisor@dast.org.uk

Natalie, our benefits advisor will also be on hand to answer any benefit questions you might have.

Remembrance Sunday

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

Our red poppy is a symbol of both Remembrance and hope for a peaceful future.

Poppies are worn as a show of support for the Armed Forces community. The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it. Wearing a poppy is still a very personal choice, reflecting individual experiences and personal memories. It is never compulsory but is greatly appreciated by those who it is intended to support.

The Western Front

During WW1, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow.

Fields of Poppies

There was a notable and striking exception to the bleakness - the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in the thousands upon thousands.

Remembrance Sunday

The National Service of Remembrance at the Cenotaph in London is held on Remembrance Sunday, the second Sunday in November.

The service is attended by senior members of the Royal Family, including His Majesty The King, HM Government and features a March Past involving 10,000 veterans.

In the Spring of 1915

Shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae was moved by the sight of these poppies and that inspiration led him to write the now famous poem 'In Flanders Fields'.

In Flanders Fields

The poem by John McCrae

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

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

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