

DERBYSHIRE ASBESTOS SUPPORT TEAM (DAST)



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January/February 2018 Newsletter - Edited by Joanne Gordon

Welcome to our first Newsletter in 2018

Welcome to our first newsletter for the New Year. We hope you have had a peaceful Christmas and New Year. We have lots to tell you which is already planned for 2018.

Action Mesothelioma Day 2018

Action Mesothelioma Day is always the first Friday in July. It was originally designated by the British Lung Foundation in 2006. It is commemorated by the Asbestos Victims Support Groups' Forum, Medical Charities and other interested groups.

It is an important day to:

- **Bring families together to campaign for Justice**
- **Remember loved ones who have lost their lives to mesothelioma**
- **Raise awareness about the dangers of asbestos**
- **Inform mesothelioma victims about current and future treatments**

In 2018 the date will be Friday 6th July 2018. The theme will be raising awareness about the dangers of asbestos. This year we would like to encourage more people to become involved with organising an event in their area, for which we will give our full support, as we understand it's not

always possible to attend the event where you have to travel a significant distance.

If you would like to be involved with organising an event in your area please contact me on 01246 380415 or email: joanne.gordon@asbestossupport.org.uk

We would particularly like events in Derbyshire, Lincolnshire and Nottinghamshire. Over the forthcoming months we will be putting a resource pack together which will include ideas for the event, venues, support, informing the media and resources. We can also help by providing a budget for your event. Please let us know if you are interested and we can arrange to meet you to discuss this.

Postal Chat



We appreciate that not everyone can get to

our large meetings or even the coffee mornings, so we have developed a penfriend scheme. This is open to anyone who has been affected by an asbestos related disease including **carers/partners/family members and those diagnosed with an asbestos related condition.**

Our aim is to match you with someone else in a similar position. If you are interested please contact us for

an information pack. There is no obligation to get involved.

However, if you would like to be involved we will ask you to fill in an application form. We will then match you with someone else and share your biographies. We will then forward a total of 5 letters to each recipient. After that you can decide whether or not you wish to continue. **You do not need to pass on personal details.**

You can write letters by hand, type them or even email them to us. For more details please contact us by telephone on 01246 380415 or email joanne.gordon@asbestosupport.co.uk or sarah.walters@asbestosupport.co.uk

Writing down your thoughts and feelings is beneficial to health and wellbeing. It is also good to connect with others who can understand your situation.

Your Stories

Craftsman Wins Award



Anthony Goode has been suffering from Mesothelioma for 7 years, but recently won a Best Craftsperson

award for his work on a 17th century dovecote at Barnholm Old Hall in Lincolnshire.

“To preserve the integrity and significance of the structure, Historic England strongly favoured using authentic materials to repair it, but neither the architect nor contractor

knew where to source or how to use earthen mortar.

It was specialist Anthony Goode who overcame their initial caution and not only persuaded them that the material was up to the job, but steered Historic England towards an important turning point in its approach to the use of authentic materials”.

Anthony’s wife Jean maintains that his dedication to this work has kept him going. **Congratulations Anthony.**

You can read more about it by typing into your web browser the link.

<https://historicengland.org.uk/get-involved/angel-awards/best-craftsperson-or-apprentice/barholm-old-hall-dovecote/>

If you have any good news stories like Anthony’s please share them with us.

Dates for your diary *Save the date*

Health and Wellbeing Day

Wednesday 21st March 2018 at Willersley Castle, Cromford, Matlock, Derbyshire DE4 5JH – this event is open to anyone affected by an asbestos related disease, including carers and family members. The event is due to start at 10.30am for welcome and introduction and will finish with a session after lunch at 2pm.

Speakers to include:

Art therapy session

Writing for therapy – undertaken by our funding development worker Sarah Walters

Relaxation and Wellbeing

Exercises for Breathlessness

Coffee Morning in Mansfield 12th April 2018 from 10.30am – 12.30pm

**The Old Library, Leeming Street,
Mansfield, NG18 1NG.**

Light refreshments will be served.

Speaker: **Move it or Lose it.**

We have had a speaker from Move it or Lose it in the past and it has always been good fun. It will get you moving and put a smile on your face.



Getting there: There are four public car parks fairly close to The Old Library.

From the A60 south (i.e. the road from Nottingham), drive north round St. Peter's Way (the A6009) then follow signs for the Palace Theatre car parking. Just after the large set of traffic lights (where the A60 goes off to the right to Worksop), there is a left turn into a car park behind Wilko. The Old Library is 2-3 minutes' walk from there.

Alternatively, if you drive down the exit ramp from that car park, turn left at the bottom and go straight ahead at the set of traffic lights, that takes you onto Toothill Lane and there are three public car parks accessible off Toothill Lane. Please note there is a limit of 4 hours parking in all of them except the car park on Toothill Lane which is on the right hand side, once you have passed under the railway bridge.

Mesothelioma in the Midlands – it is DAST's turn to host the Conference held in conjunction with Asbestos

Support Central England (formerly West Midlands). The event this year will take place on:

Monday 23rd April at

**The Roundhouse,
Roundhouse Road, Pride Park,
Derby, DE24 8JE**

From 11.00am – 3.45pm

Speakers to include

**Liz Darlison – Mesothelioma UK,
Dr Beckett, Royal Derby Hospital
Natalie Woodward from DAST with a
Welfare Benefits update and a
speaker from Japan regarding the
struggle for compensation for
victims of an asbestos factory in
Japan.**

**We are also proud that the
conference will end on an up-beat
note with a talk and presentation
from very special choir members.**

Sing with Us Wrexham are one of a network of 19 choirs run through the charity Tenovus Cancer Care. The Sing with Us project began in 2010 as an ongoing research study into the benefits of singing upon people affected by cancer. The results from the initial study showed that singing in the choir over a period of just 3 months people reported reduced feelings of loneliness, anxiety and depression as well as showing physical improvements in their circulation and breathing and some patients even claimed to have less perception of pain. Tenovus Cancer Care have since taken this research to the next level and latest



results from research done in partnership with the Royal College of Music, London showed that just one hour of singing has a biological impact on the body, reducing stress hormones and boosting the immune system. The Sing with Us Wrexham choir have been running for over 4 years, perform everywhere from local community events, village fairs and supermarket foyers to much bigger events including a gala concert in the Wales Millennium Centre, The Llangollen International Music Festival, NHS Confederation Conference, National Cancer Research Institute Conference and a mass performance with their other 18 choirs in St David's Hall in Cardiff. A representative from the choir said "We are very much looking forward to coming to sing at the conference and share our experiences of the benefits of singing with you all." For more information about the choirs or any other Tenovus Cancer Care support services call their support *line number* on 0808 808 1010 or email sing@tenovuscancercare.org.uk or visit *their* website www.tenovuscancercare.org.uk

Bolsover Coffee Morning – Friday 4th May 2018

Main Hall, Hilltop Avenue, Bolsover, Chesterfield, Derbyshire. S44 6NG
10.30am – 12.30pm. Light refreshments will be served. Speaker local GP – Louise Merriman. Tbc.

Kettering Coffee Morning – Wednesday 16th May 2018

Corn Market Hall, London Road, Kettering, NN15 7QA 10.30am – 12.30pm. Speaker: Lung Cancer Nurse from Kettering General Hospital. At each event one of our panel Solicitors will be in attendance allowing

you an opportunity to ask legal questions.

If you are interested in any of our events please contact us on 01246 380415 or e-mail joanne.gordon@asbestosupport.co.uk

Good News from the Co-op Local Community Fund



We have had two lots of wonderful news from the Co-op Local Community Fund!

First of all, the current round of funding came to an end in November, and we learned that we have been paid a total of £3,424.15. This is much more than we ever envisaged and our thanks go out to all those who logged into their Co-op Dividend account and nominated DAST as their chosen charity. Some of this amount is also made up of contributions from the 5p carrier bag tax.

Some of the money will be used for the coffee and chat events as well as an awareness day.



The icing on the cake is the news that we have been nominated again for the next round of funding – which will continue on until October 2018. If you were already donating your dividend to DAST, you will need to log in to your Co-op account and select us again. If you don't have a Co-op Dividend Card

and you live near a Co-op with a blue sign (there are different Co-ops and some are not in this scheme) then please consider signing up. You can do this online by going to their website – this is the address:

<https://www.coop.co.uk/membership>

100 Club

Winners of the 100 Club draws over the past three months:

September: Jo Billington won £68.50
 October: Neville Williams won £34.00
 November: Jo Reeve won £38.50

If you would like to take part in the monthly draw and help to raise funds for DAST, then contact us for a list of available numbers. Email sarah.walters@asbestosupport.co.uk or telephone 01246 380415 and ask for Sarah.

Craftivists

Thank you to our crafty supporters. Mrs Taylor, Mrs Cope and Mrs Walters have all been knitting and crocheting for DAST this year and have made us some lovely items.

Meanwhile Mrs Dudden has been making beautifully decorated hexagons to add to our



Memory and Message patchwork.

These can be purchased for a cost of £5 and we will sew on a set of initials too. Each



hexagon represents a person affected by asbestos disease and we want it to grow into an eye-catching banner. If you would like to decorate your own hexagon, blank ones cost £2.50.

Contact Sarah on sarah.walters@asbestosupport.co.uk or 01246 380415 for more information.

Thank you!

To Phoebe from Nottingham for raising £135.50.



(Pictured in her DAST T- Shirt and holding a cheque).

To the Willis family from Immingham for passing on a legacy of £500 from Thomas' estate.



To Mrs Smith of Spalding for passing on a legacy of £5000 from her husband, Noel's, estate.

These donations really will help us to get off to a flying start in 2018.

Review of 2017

Thank you to everyone who has supported us in 2017.

Our Annual Report is now available if you would like a copy. We also have a

4-page newsletter reviewing the year, which is a bit more user friendly and if you would like a copy please let us know. Anyone attending the AGM will have already received a copy.

Towards the end of the year we had two good meetings including our AGM and social.

AGM and Social



I would like to take this opportunity to thank Barbara Green and her family especially her daughter, Jolie-Anna

Davis, with a surprise performance from her Dad, for the wonderful entertainment they provided for us at our AGM and Social in November.

As UNITE the Union especially the EM/DE40



Branch has continued to support us over the years, we undertook a cheque presentation at the AGM and Social as a way of thanking them for their continued support.

Don't forget to give us a call if you need us in 2018. We can help with Attendance Allowance/PIP and Blue Badge renewals. Also if you would like information on travel insurance for 2018. Tel 01246 380415.

We also have a number of resources including:-

- Fans to help with breathlessness
- Move it or Lose it DVDs. Exercise has proven to be important for everyone.
- Journals

Update on the campaign to remove asbestos from schools

By Lucie Stephens

In 2016 I launched a petition to get asbestos removed from schools. I did this because my mother, a primary school teacher for thirty years was dying of mesothelioma. Mum died on Sunday 26th June 2016.

The Department for Education continues to say *'the Health and Safety Executive, which is the lead regulator on managing asbestos advise that as long as asbestos is in good condition and unlikely to be damaged or disturbed, it is not a significant risk to health to pupils and students during the course of their daily activities'*. In reality the facts are shocking;

- 85% of UK schools have asbestos in them¹. This means over 7 million pupils attend schools with asbestos.
- Nearly 50% of teachers have not been told if their school contains asbestos². This lack of awareness puts them and their pupils at risk of exposure.
- At least 1 in 5 schools are not following legal requirements to safely manage their asbestos³
- 319 teachers have died from mesothelioma since 1980. 205 of these deaths have occurred since 2001. Teachers are now dying from mesothelioma at an average of 17 per year.⁴.
- Children are particularly vulnerable to developing mesothelioma. A five year old child that is exposed is five times more likely to contract mesothelioma than someone exposed to asbestos in their 30s⁵.

My freedom of information requests last year found that between 2011 and 2016 there were at least 121 incidents of accidental exposure to asbestos in schools in England and Wales.

¹ <https://www.tes.com/news/school-news/breaking-news/teachers-risk-asbestos-exposure-one-five-schools>

² <https://www.teachers.org.uk/news-events/conference-2017/nut-asbestos-survey>

³ <https://www.tes.com/news/school-news/breaking-news/teachers-risk-asbestos-exposure-one-five-schools>

Over 12,000 people have now signed the petition. The Department for Education is setting its budgets to deal with school maintenance and management this Spring. The more signatures we have the bigger the influence. Please share the petition widely and encourage parents and teachers to find out if there is asbestos in their schools.

<https://you.38degrees.org.uk/petitions/protect-our-children-and-teachers-from-asbestos-exposure-in-schools>

⁴ <http://www.juac.org.uk/the-facts-about-asbestos-in-schools/>

⁵ https://www.ucu.org.uk/media/4999/Asbestos-in-schools---all-party-parliamentary-report-Feb-2012/pdf/asbestos_in_schools_booklet_lo_res.pdf

How You Can Help DAST

- To make a regular monthly donation, ask us for a standing order leaflet or download a form from our website.
- Donate online through VirginMoneyGiving, The Big Give or BT MyDonate. Search these websites for Derbyshire Asbestos Support Team which will take you to our page.
- Send a cheque made payable to DAST.
- Join in with Walk a Mile for Mesothelioma every September by organising a walk in your area.
- Recycle used stamps, foreign and old coins, HP ink cartridges and mobile phones with us.
- Consider leaving a gift in your Will – ask for information sheets or download a copy from our website.
- Buy our mascot “William Bear” or a pin badge.
- Consider volunteering for DAST by becoming one of our Community Champions and taking our leaflets to your GP surgeries, libraries and other Community venues.

For more information on ways to help please contact DAST on 01246 380415



William Bears

Walk a Mile 2017

