



# DERBYSHIRE ASBESTOS SUPPORT TEAM (DAST)

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March/April 2018

Newsletter - Edited by Joanne Gordon

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## Welcome to our Newsletter

### Sharing Stories and Action Mesothelioma Day 2018

For thousands of years, storytelling through speaking, pictures and writing has been important in communicating, educating and entertaining. Sharing stories is how we make sense of the world and create our own personal memories.

Our very earliest memories will no doubt be of our parents or grandparents reading stories to us.

At meetings, coffee mornings and conferences, we encourage you to share your story, to connect with others who have been given the same diagnosis and take comfort from their support.

Research in the field of linguistics and psychology show that sharing difficult life events such as a mesothelioma diagnosis can benefit the person both physically and emotionally.

## When talking about cancer was socially unacceptable

Until about 40 – 50 years ago, those living with cancer, either as a patient or family member, rarely felt they had the permission or an opportunity to share their cancer experiences. At the time even mentioning the word cancer was socially unacceptable. Many referred to it as the 'Big C'.

Thankfully things began to change in the 1980s with the growth of cancer support groups finally allowing cancer patients and caregivers an opportunity to talk about their cancer journey and give and receive support from others going through similar experiences.

## Reasons to share Mesothelioma Stories

There are many benefits and few risks of sharing your stories.

Reasons a person may share their story include:-

- **Providing medical history to health care providers**
- **Venting about negative emotions or experiences**  
Emotions such as anxiety, fear, stress and sadness can get jumbled in our heads in a way that feels disorganised and overwhelming. Keeping a journal or talking to a supportive listener

are good ways to vent about negative thoughts and feelings. Contact DAST if you would like a journal.

- **Celebrating positive results from Treatment**
- **Educating and supporting others** Sharing stories with others who have had the same diagnosis can be a great benefit to the storyteller and the listener. Hearing what to expect with treatment can be reassuring.
- **Informing co-workers or loved ones about health issues and asking for help** Coping with mesothelioma treatment isn't easy. Patients may want or need help from family members, friends or co-workers. The more this inner circle knows about what a patient is going through, the better equipped they will be to offer the right kind of help and support.

### **Your Stories at Action Mesothelioma Day**

At the first Action Mesothelioma Day in 2006, we produced a booklet of stories. Since then much has improved in diagnosis and treatment and we would like to share your stories to help, support and educate other patients and the general public. You don't have to write it yourself, you can ask a family member to take down your information.

We would like to know

- When you were diagnosed with mesothelioma

- How that diagnosis affected you and your family
- How you came into contact with asbestos
- What treatment have you undergone
- What has been helpful – has this been the support of family and friends or health care professionals.
- How are you living with mesothelioma - this could be looking forward to holidays, spending time with children or grandchildren
- A short biography about you or your family, your hobbies past or present.

We would welcome no more than one sheet of A4 or it can be shorter if you wish and may not even cover all the suggested points above. We would also welcome a photo. If you don't feel comfortable writing your story, ask a partner or family member and they can write it from their own perspective, what it feels like to be a family member or caregiver.

The stories will be made into a booklet or display of stories. We would welcome your stories by Friday, 1st June 2018.

### **Dates for your diary**

**Coffee Morning in Mansfield on the 12th April 2018 from 10.00am - 12.00 noon at 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.

**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 2018 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 talking about 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, all of whom have been affected by cancer.**

**If anyone wishes to stay overnight, please let us know as we may be able to negotiate a discount rate at the Penta Hotel which is near the Roundhouse.**

**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@asbestossupport.co.uk](mailto:joanne.gordon@asbestossupport.co.uk)

## **Fundraising News**

### **100 Club**

Our latest 100 Club winners are as follows:

- December 2017 – Mr Watson of Burton-on-Trent won £36
- January 2018 – Mr and Mrs Archer of Lincoln won £29.50
- February 2018 – **Rollover**

### **Waitrose**

Thanks to Waitrose in Ashbourne, who have chosen DAST to benefit from their green token scheme. If you live near a Waitrose and can put us forward as a green token charity in your store, please ask customer services for an application leaflet. You can either complete it yourself and hand it in, or send it on to Sarah at the usual DAST address.

Asda also have a charity scheme in their stores. A collection at the Sutton-in-Ashfield branch is paying for our coffee and chat event in Mansfield in April – showing how these donations really help us to get out into the community. Wherever you shop – please consider putting DAST forward to benefit from one of their schemes.

## Co-op

DAST are still benefitting from the Co-op's Local Community Fund scheme. Last year this raised over £3400 for us and we have just received another payment of £500 for the last quarter. Some of this is made up of the 5p carrier bag tax but the rest comes from Co-op shoppers. If you have a blue coloured Co-op dividend card, then every time you use it you receive a percentage of your spending back for yourself, and another 1% is donated to your chosen charity. This comes out of Co-op money and not your own so it doesn't cost you a penny to donate to us every time you shop there.

If you haven't registered to support DAST through the Co-op, then visit this website

<https://www.coop.co.uk/membership/local-community-fund>

It doesn't matter if you don't live in Derbyshire – any Co-op member can support us.

We are spending our Co-op dividend payment from last year on an event to be held at the beginning of May. We are setting up an awareness day in Bolsover on Friday 4th, at the Assembly Rooms on Hilltop. We will be around to give tea/coffee and chat to local asbestos disease sufferers; as well as

advice to the community on protecting themselves from asbestos disease in the future – or what to do if they or a loved one are diagnosed. We hope to welcome local Co-op staff for a photo opportunity.

## Sponsored Events

Now that spring and summer are on their way, some people's thoughts might be turning to sponsored runs, walks, swims or whatever takes their fancy.

We have a great sponsor pack that we can send out on request. As well as the standard T shirt, sponsor form and pens we can now offer kit bags and water bottles featuring the DAST logo. These were kindly donated to us by Pellacraft as a way of getting our name out into the community. We also have a new pamphlet with advice and tips on how to raise funds for DAST.

If you or a relative would like one of our packs, contact Sarah on [sarah.walters@asbestosupport.co.uk](mailto:sarah.walters@asbestosupport.co.uk) or 01246 380415

