

WELLBEING Magazine

SEP - OCT
2024
EDITION



DERBYSHIRE
ASBESTOS
SUPPORT TEAM

Bi-monthly Wellbeing Magazine





WELCOME autumn

*...to our Sep/Oct edition
of the magazine*

Autumn according to the meteorological calendar begins in September and ends in November. In the astronomical calendar, the beginning of autumn is marked by the autumn equinox which occurs around the 22 September. October is the month we generally associate with Autumn. It is also the tenth month in the Gregorian calendar and is considered a month of preparation for the winter in the Northern Hemisphere.

Why Is October Not the Eighth Month? - The meaning of October comes from the Latin word Octo meaning eight. The old Roman calendar started in March, so October was the eighth month. When the Roman senate changed the calendar in 153 BCE, the new year started in January, and October became the tenth month.

October is officially Autumn, nature starts to prepare for the long cold winter months and changes our landscape as the lush green of spring and summer change to golds and russet reds as the leaves turn and fall and berries fill the hedgerows providing a winter feast for wildlife.

Coming from Nottingham October has always meant Goose Fair—a huge funfair always the first weekend in October. Bright lights and daredevil rides, hook a duck and various other game stalls. The smell of mushy peas and hot dogs and candy floss. When I was a child our school always closed at lunchtime on the first day of the fair enabling us to go to Goose Fair.

Halloween – Or All Hallows Eve. The night of spirits on October 31 goes back to the Celtic festival known as Samhain, which used to mark the start of winter. It was believed that the spirits of the dead could return to the Earth around that time.

Hunter’s Moon - The October Full Moon is traditionally called the Hunter’s Moon. The month of October is a time to start preparing for the coming winter by hunting or slaughtering animals and preserving meat.

October has always been one of my favourite months, two of my children were born in October, one at the beginning and the other at the end. This is the month of shortening days, the clocks turn back an hour, the very air changes and you can smell Autumn. I look forward to dressing warmly in sweaters and boots, crisp autumn walks kicking through the fallen leaves, and cosy nights by the fire.



It would be lovely if you could send us some autumn pictures

This Autumn is significant for us here at DAST. On 1st October, our name changes to **East Midlands Asbestos Support Group - EMAST.**

Don't worry nothing else changes about the way we work and what we do. Over the years the areas we cover have expanded, so the new name will more accurately represent the large area that we cover and make the service accessible to more people as they know it covers their area. It will also improve access to funding in other East Midlands counties.

EMAST CHRISTMAS CARDS



Our brand new Christmas cards are available to buy now! Each pack contains 8 high quality cards featuring a beautiful woodland scene (our logo is a tree after all) with a Christmas message inside and our new logo and contact details on the back. Packs are just £5.99 including P&P and all proceeds go to supporting those affected by asbestos related disease.

If you'd like to pay by BACS, email admin.assistant@emast.org.uk or call 01246 380 415 for our bank details. Alternatively, complete and return the form below enclosing a cheque made out to 'EMAST' (we won't be able to accept cheques to our old name from October).

Name: _____

Tel: _____ Email: _____

Address & Postcode: _____

I would like to order ____ packs of cards @ £5.99 each and
enclose a cheque for £ ____.

East Midlands Asbestos Support Team

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



PATIENT & CARER SUPPORT GROUP



Tuesday 15th October 11am - 1.30pm

**Cleethorpes Library, Alexandra Road,
Cleethorpes DN35 8LG**

Limited parking on site, however there is also a pay
and display car park next to the library on Yarra
Road

Lunch included

Please let us know if you plan to attend by calling
01246 380415 or emailing dast.admin@dast.org.uk

A better diet

Part 2 of Ken Rawson's take on how exercise and diet helped him

I had a balanced diet when I started this determination to get as fit as I could and help the cancer treatment. But I realised there were some food I had to stop. Processed meat and suchlike. I love cured meats, sausage and bacon.

I began to wonder if butcher's sausages and bacon contained as many additives as supermarket ones. I went to our local butchers to ask the question. Just two customers but I beckoned one of the butchers to the end of the shop out of earshot of them. The question was greeted with a suspicious look and a glance to the shop door, more than likely looking for a camera team. I convinced him I was serious and for his ears only! He called for his companion who was more knowledgeable about the meats contents. The answer? Definitely not heaped with additives, preservatives or those unpronounceable and mysterious chemicals. My conclusion: OK to have the occasional sausage and bacon from a good butchers. It actually makes them more of a treat.



An aside: When I was in flats in the early seventies with three other chaps, one of them, a tall broadly-built specimen with a crewcut in his first week as a tenant, came into the lounge with a question. It was, "Are sausages meat?" His Mum had told him to make sure his meat intake was regular and not to have baked beans every day. He wasn't sure and neither were we. I can't remember our reply but you can bet it was "Yes". That was supermarket versions we were buying then and we now know the correct answer.

I made a list of all food that was considered 'good'.

all good, also for fibre. Cottage cheese, Greek yogurt and whole milk ends my list but there are others. Red meat is good but just go easy.

Immune System: Chicken breast, Muscles, Crab, Broccoli, Spinach, Red Bell Peppers, Garlic, Ginger, Greek Yoghurt, Citrus fruits especially Kiwi fruit, Nuts.

Energy: Salmon, chicken, Fish, Tuna, Peas (really?), Broccoli, Spinach, Brussels (afraid so), Citrus fruit, Rhubarb, Figs, Prunes, Bananas, Nuts, Oats and Oat Bran.

Constipation Relief: Beans, Lentils, Peas, Broccoli, Spinach, Brussels, Sweet Potato, Citrus fruit, Rhubarb, Figs, Prunes, Chia seeds, Oats and Oat Bran. Rye Bread.



This is my research but do check on each yourself.

I turned this list into a 'Menu List' and it is so handy when planning meals.

I've also stopped buying bottles and jars of things like pesto, harissa paste, chilli jams etc as there are many chemicals per jar to give shelf life. Instead, I make my own so I know what is in it and can tweak the flavours to suit. It's easy. I use a £20 Kenwood mini mixer to blend the ingredients.

I had surgery in February 2022 and I'm now 1 year and 4 months past the shelf life they gave me at the beginning. I'm happy with that.

Hearty vegetable soup

Ready in half an hour, this nutrition-rich dish serves 6 so you can keep the leftovers in the fridge or freezer to heat up on days when you don't feel up to cooking. If you like your soup spicy, add 1–2 tsp curry powder of your choice along with the tomatoes and for extra calories, add grated hard cheese.

Ingredients

- 0.5 tbsp vegetable oil
- 2 small carrots, peeled and sliced
- 1 medium onion, sliced
- 1 leek, sliced
- 2 sticks of celery, sliced
- 80g/3oz green beans
- 80g/3oz frozen peas
- 50g/2oz dry pasta
- 1.75 pint/1lt vegetable stock
- 1 tin of chopped tomatoes (400g/14oz)
- 1.5tbsp tomato puree
- 1.5tsp dried mixed herbs
- Black pepper



Method

1. Heat the oil in a large pan. Add the carrots, onion, leek and celery and fry until sizzling. Reduce the heat, cover and cook gently for 5 minutes, stirring if needed.
2. Add the tomatoes, stock, tomato puree, beans and frozen peas. Raise the heat to the maximum to continue boiling. Add the pasta, herbs and pepper.
3. Reduce the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Broccoli Mornay

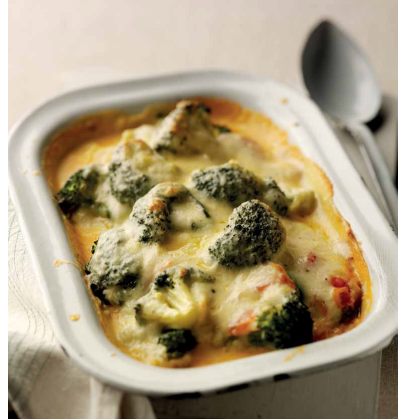
Serves 4

Prep time 15 mins

Cook time 1 hour

Ingredients

- 115g/4oz unsalted butter
- 4 tbsp tomato ketchup or 2 tbsp tomato puree
- 4 large tomatoes, chopped
- 2 medium onions, chopped
- Salt and black pepper
- 450g/1lb broccoli, cut into florets
- 55g/2oz butter
- 560ml/1 pint milk
- 55g/2oz flour
- Salt and black pepper
- 0.5 tsp cayenne pepper
- 0.5 tsp mustard powder
- 170g/6oz cheese, grated



Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Heat the 115g/4oz butter in a pan. Add the tomatoes and onion and gently cook until the onion is soft.
3. Stir in the salt, pepper and tomato ketchup/puree.
4. In another pan, cook the broccoli in boiling water until nearly tender, then drain. Put the tomato and onion mixture in an ovenproof dish and lay the broccoli on top.
5. Make the white sauce by heating the butter with 420ml/0.75 pint of the milk in a pan. In a small bowl, mix the flour with the rest of the milk to make a paste. Add it to the pan, and cook gently until thickened, stirring constantly. Stir in the salt, pepper, cayenne pepper, mustard powder and about 2/3 of the cheese.
6. Pour the sauce over the broccoli. Sprinkle the remaining grated cheese over the top and cook in the oven for 20 mins or until the top has browned.

CARERS CORNER

What image do you have when you think of a carer? Possibly someone wearing a uniform, home help, nurse etc? Someone paid to care for those who need it?

The reality is that a carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability. According to Carers UK, 6.5million, or 1 in 8 adults care, unpaid, for family and friends.



When my husband was diagnosed with inoperable and incurable Lung Cancer – I had the role of carer, thrust upon me. I know that many of you reading this magazine have found yourselves in a similar role.

Do you, like me, find it difficult to see yourselves as a “carer”?

Throughout our life together we had always cared for each other, but suddenly we were propelled into a world nobody wants to inhabit! We found ourselves confronted with a whole new language. Booklets and leaflets and reams of paper were thrust at us with more information than we were able to process. And in amongst all the paperwork there was one for me – a Carers Assessment! So, along with my roles of wife, partner, lover, friend and co-adventurer, I was now classed as a carer! This became our new ‘normal’, but this wasn’t **our** normal, I wanted to shout. I felt as though our life would never be normal again!

Now, I have friends who are nurses, friends who are carers in social care, that wasn’t me! But it appears I had inadvertently joined the ranks of millions of ordinary people, classified as carers, not through career choice but through circumstances.

As a Carer, I soon recognised that I needed to accept that 'What was, now isn't' and 'That's the way it is'. You get up each morning and do what comes next. Such acceptance isn't always easy (even though I knew that it was essential for us), with memories of the past sometimes clouding the present and abandoned plans for the future only serving to hinder acceptance. I knew that we needed to eventually fully accept all of this, before we could reach a much needed calm acceptance of our situation. I'm not sure we ever managed to reach that point. I felt as though I had been tossed into a sea of conflicting emotions. Sometimes I was able to swim, sometimes just tread water and always fighting against drowning. Does any of this resonate with you?

I cried often at the reality that were facing. I silently suffered alone, knowing that my endless worries should not be his. I witnessed so much pain in his eyes as he struggled to make it through some of the hardest of days. I would have done anything to have been able to trade places with him. I eventually realised (perhaps a little too late in my case) the importance of self-care!

Self-care is important for carers because it helps them maintain their health and well-being, which allows them to continue providing care without burning out. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your own risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.



Sometimes the pressure of caring for someone else can build up until it feels like you can no longer cope. This is completely understandable, but may be a sign that you need to try and look after yourself. If you are feeling

desperate and in crisis, you won't be able to keep supporting someone else. Try and take a small break. If that's impossible, have a moment to yourself and take some long deep breaths. Knowing that things will get easier in the future can help you feel a little calmer.

Here are 7 tips for self-care for carers, that we will be looking at over the next few magazines:

- ⇒ Share how you feel
- ⇒ Try to be realistic
- ⇒ Find ways to stay organised
- ⇒ Support their independence
- ⇒ Find positives in your relationship
- ⇒ Take a break and make time for yourself
- ⇒ Look after your physical health

Share how you feel

It's important to have someone to talk to, especially if you're struggling to cope. You could:

- Share your feelings with someone you trust, such as a family member, friend or neighbour
- Join a support group for carers
- Contact the Carers UK helpline
- Talk to others on the Carers UK forum

I was lucky in having a couple of very good friends, who were always available to listen to my rants, not offering solutions (there weren't any) but kind enough to listen, affirm and let me be me.

If you find it difficult to share how you are feeling, you can try writing it down. Sometimes just putting your feelings onto paper can act as a release. You don't have to share what you have written with anyone,



but it can a safe space to explore your feelings. I kept a notebook that I would write in whenever I felt overwhelmed or struggling.

Try to be realistic

If you take too much on, you may feel as if you never achieve anything. Try to get a clear idea about what you can do. By accepting the things that you can't change or do alone, you may feel more able to cope. You could try identifying and writing down:

- A list of all the support needs of the person you are caring for
- What you can do and what you'll need help with
- How you'll know when you need a break.

For me it would have been impossible to continue to work full time and keep on top of all the hospital appointments, especially during radiotherapy. We had good friends, who between them worked out a rota for taking him for his daily radiotherapy sessions.

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form. As a carer, you are entitled to a free flu vaccination and your surgery may also offer some flexibility with appointment times (for both yourself and/or the person you care for) to accommodate your caring situation and agreement to share information about the condition of the person you care for (with their consent).

Jo Reeve

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



East Midlands Mesothelioma Support Group Meetings



With our colleagues from Mesothelioma UK, we are now holding monthly Mesothelioma Support Group Meetings. Each date has a specific 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 who are unable to attend in person, a Zoom link is available.

Please note the venue has changed: events are now held at Ulverscroft Manor Activity Centre, Priory Lane, Markfield. LE67 9PH

Latest dates:

Friday 18th October 11am-1pm—buffet lunch provided

Friday 15th November 11am-1pm—buffet lunch provided

Friday 13th December 11am-1pm—buffet lunch provided

To book your place, contact Louise Nelson or Laura Smith on 0116 2502625 or email mesocns@uhl-tr.nhs.uk alternatively you can contact Natalie Woodward benefits.advisor@dast.org.uk or 01246 380415

We're changing our name!



From 1st October 2024, we will be known as **East Midlands Asbestos Support Team (EMAST)**.

The service we provide won't change and will function the same as it does now, but the new name will more accurately represent the large area that we cover and make the service accessible to more people as they will know it covers their area. It will also improve access to funding opportunities in other East Midlands counties.

Please make all future cheques out to '**EMAST**', as our bank won't allow us to cash cheques made out to our old name after October.

Contact details for EMAST:

1 Rose Hill East, Chesterfield, Derbyshire, S40 1NU

Tel: 01246 380 415

Email: emast.admin@emast.org.uk

East Midlands Asbestos Support Team

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



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MAKING SURE THAT
EVERYONE GETS THE
ASBESTOS SUPPORT
THAT THEY NEED



A gift in your Will can secure our
future so that we can support more
victims of asbestos exposure

The legacy of asbestos refers to the dangerous exposure to asbestos fibres that are still embedded in buildings, infrastructure, and products. The main risk of exposure today is legacy asbestos because most people don't know it still exists in their homes, offices, and other places.

Asbestos will not be eradicated at any time in the near future. It is estimated that all buildings constructed or renovated after 1945 up to 2000 are likely to contain asbestos, including schools, hospitals and other public buildings.

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

For us to continue our work for as long as it is needed, we need people to consider supporting us well into the future.

A Legacy or an In Memoriam collection is an ideal way to ensure EMAST can carry on our work for as long as it is needed.

Your Legacy could help to counteract the lethal legacy of asbestos



HELPING EMAST WITH A LEGACY GIFT IN YOUR WILL

Q. *Why should I make a Will?*

A. It is important that on your death, you ensure that your loved ones are looked after and that your money, property and possessions are distributed just as you would wish. If you do not have a Will, then your estate will be distributed in accordance with intestacy rules – so your friends, relatives and favourite charities may not get what you would wish them to have. You may think that it is not worth you having a Will, but it doesn't matter how small the legacy is, every donation is gratefully received.

Q. *Is it difficult to make a Will? How do I go about it?*

A. Most Wills are straightforward to make and can be updated in the future, if your circumstances change. You need to see a solicitor – if you are a member of a trade union then you may be able to access a Will writing service through them. The solicitor will ask you to list your assets and to decide who is to benefit. You will also need to name an executor and have the Will witnessed.

Q. *How do I arrange a charitable legacy?*

A. There are several different types of legacy and your legal advisor can advise you which is the appropriate one to reflect your wishes. You can also add to an existing Will if you have already made one using a Codicil. Tell your solicitor how you would like to make your charitable legacy.

Q. *Are there any tax benefits?*

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

Q. *Is there any other way I can help a charity after my death?*

A. Yes, you can ask your loved ones to collect In Memoriam donations from friends and relatives, specifically to be passed on to your chosen charity. This can be arranged through the funeral director.



HOW YOU CAN HELP EMAST TO CONTINUE TO HELP OTHERS IN THE FUTURE

Your Will is more than just a legal document. As well as providing for your loved ones after you're gone, it's an opportunity to leave a tax-efficient charitable gift to causes you care about. By leaving money to charity in your Will, your kindness and generosity can have a positive impact on generations to come. When making your Will, we'd be delighted if you would consider leaving a gift to EMAST. Your legacy can change lives.

You only need to let us know that you have pledged a legacy to EMAST if you want to. If you do let us know, we will ensure that you are kept up to date on our work through our newsletters and an invite to our annual meeting. It doesn't matter how small your donation is...every bit will be used to help people affected by asbestos in the East Midlands.

Name: East Midlands Asbestos Support Team

Address: 1 Rose Hill East, Chesterfield, Derbyshire S40 1NU

Charity Number: 1119684

Telephone: 01246 380415

Email: EMAST.admin@emast.org.uk

East Midlands Asbestos Support Team

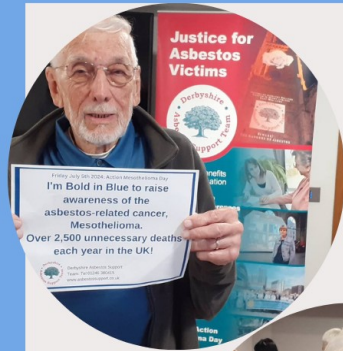
helping victims of asbestos-related diseases and their families. Formerly known as DAST.





Thank you to everyone who supported Action Mesothelioma Day 2024





Action Mesothelioma Day



Love

Love is them swapping places with you on the pavement so they're closer to the traffic.

It's a cup of tea placed in front of you without you having to ask.

Love is a silent hug when you need it. One that says everything when the other person says nothing.

It is them taking a bag from you without you needing to ask, simply because they can see it is weighing you down.

Love is this huge, unquantifiable feeling. But it's something we show and are shown through the smallest things. Actions really can speak louder than words.

Love is moving and making

and giving and taking.

It is putting ourselves out to count others in.

Bringing warmth when they are cold and bearing a load for a while to lighten theirs.

Because love is showing someone that they are not navigating this alone. That we see them. That they matter.

And hopefully they will do the same for us.

They will show us just how much we are seen. That we are not alone.

And that we matter.

Becky Helmsley



Mesothelioma UK Patient & Carer Day and Community Dinner



Mesothelioma UK's 19th annual **Patient & Carer Day** will be held on **Thursday 10 October** from 9am and is a great opportunity to connect and share experiences with others as well as learn about the latest research and living well with mesothelioma. Tickets are free for mesothelioma patients and carers but booking is essential.

Mesothelioma UK's first ever **Community Dinner** will take place on **Wednesday 9 October 2024** from 7pm (the evening before Patient & Carer Day). No speakers, just a delicious dinner, raffle, and lots of time to chat! You can buy your tickets by going to the website below.

Both events will be held at the **Holiday Inn, Garforth, Leeds, LS25 1LH**

Tickets are available at www.mesothelioma.uk.com/patient-carer-day-2024-and-community-dinner/ or call them on 0800 169 2409.

Other Mesothelioma UK Events

If you are interested in any of the below events or require further information please contact 0800 169 2409 or info@mesothelioma.uk.com

- Planning for the future- are you a patient living with Mesothelioma and what to know about planning for the future? We have a short course for you, delivered by mesothelioma health care professionals on Zoom. Next course due to start on 16th Oct.
- Under 55 Young People living with Mesothelioma – 1st Wednesday of every month on Zoom 1pm
- Malignant Peritoneal Mesothelioma – Every 2nd Tuesday of the month by Zoom 10am- 2pm
- Multicystic Peritoneal Mesothelioma – Every 3rd Thursday of the month by Zoom 7.30pm – 9pm
- East Midlands Mesothelioma Support Group- Patients and Carers are welcome to join us at our monthly support group meeting held at Ulverscroft Manor Activity Centre 11 am to 1 pm. Every month there will be a guest speaker and lunch. It is a chance to speak with our specialist Mesothelioma Nurses Laura Smith and Louise Nelson, as well as an opportunity to share stories and socialise. 18th October – patient story 15th November –Mesothelioma UK carol off 13th December – Christmas Party (If you are unable to attend in person we offer the option to join us by Zoom.
- Carers Coffee Morning held at Mesothelioma UK head office in Mountsorrel. Friday 27th Sept, Friday 25th Oct, Friday 22nd Nov and Friday 20th Dec, all 9.30am-11.30am

GARDENING CLUB

Autumn Garden Maintenance

Flowers

- Continue deadheading and feeding summer bedding in pots and hanging baskets regularly to keep them flowering until the first frosts
- Plant forget-me-nots, wallflowers, pansies and other spring bedding in pots and borders
- Plant spring bulbs such as daffodils, bluebells, crocuses, hyacinths and snake's-head fritillaries in borders or in pots
- Sow hardy annuals, such as cornflowers, pincushions, ammi and honeysuckle to flower early next summer



House plants

- Continue to feed house plants once a week with liquid fertiliser through Autumn. Water less often and move them off particularly chilly windowsills at night time.
- Repot any house plants that have become pot bound or too heavy into larger containers
- Bring house plants that you moved outside over summer back indoors, before the cooler weather starts



- Plant amaryllis bulbs in pots for stunning flowers over the festive season



- Give dusty plants a regular gentle wipe down with a damp cloth, or hose down larger leaved house plants outside. Some house plants, like snake plants, are particularly prone to collecting dust on their leaves.
- Check house plants for pests like aphids, mealybugs, thrips and scale insects

Garden maintenance

- Wash and disinfect bird tables and feeders to maintain hygiene and prevent the spread of diseases
- Check that any plant supports and tree ties are firmly in place, ready for any Autumn gales
- Water asters regularly to deter mildew and ensure they flower in Autumn
- Check roses for signs of fungal diseases, such as blackspot. Pick off and bin all affected leaves



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





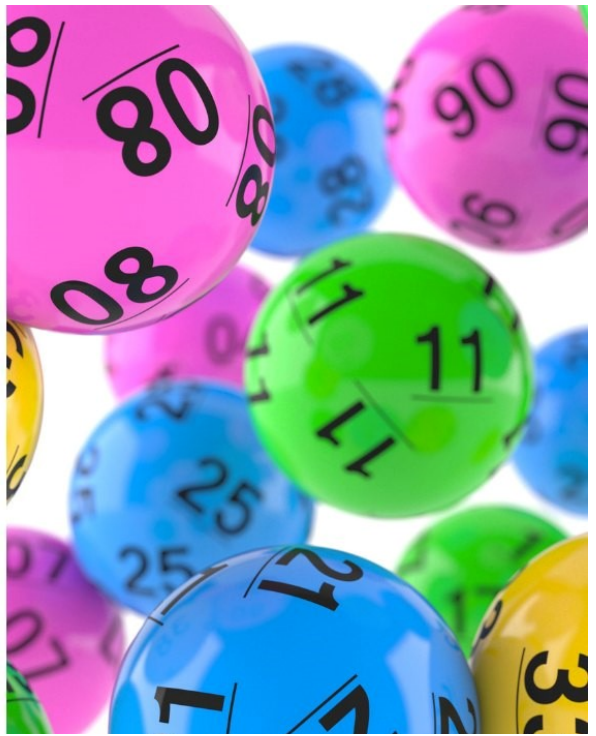
You are not alone.

Five 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.



**JOIN THE
CLUB
TODAY!**



We must have too many empty numbers in our DAST 200 Club, because our August draw was another rollover! The winner was number 188 which is not owned by anyone, so the money goes back in the pot for September's draw.

To purchase one or more of our 35 (at the time of writing) empty numbers contact us admin.assistant@dast.org.uk or 01246 380 415

Numbers are just £1 each per month, and at the end of each month, we draw out a number and whoever holds that number wins half of the month's proceeds. The other half goes towards supporting DAST's work.

Thank you as always to all our supporters for your regular donations!

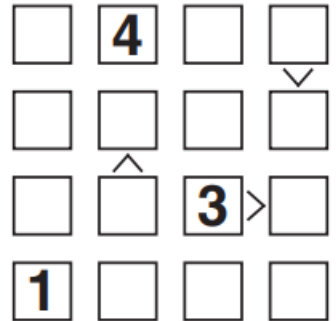
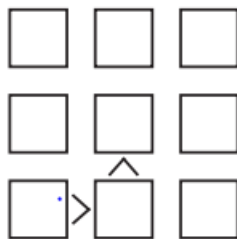
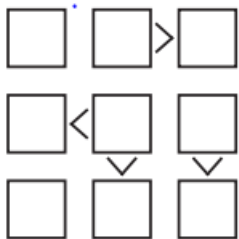
Please remember to make future cheques out to our new name 'EMAST', as we will be unable to accept any made to 'DAST'.

Puzzle Corner - Sudoku and Skyscrapers

Sudoku Place a digit from 1-9 into each empty cell so that each column, row and 3x3 block contains one of each digit from 1-9.

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

5 minute Futoshiki Fill in the squares so that each row and column contains all the numbers 1, 2 and 3 in the smaller grids, and 1, 2, 3 and 4 in the larger grid. Use the given numbers and the symbols that tell you if the number in the square is larger (>) or smaller (<) than the number next to it.



Pieceword

Use the across clues to place the 24 blocks into their correct positions within the grid. The finished grid is centrally symmetrical, so is the same shape upside down.

M		O		R	A	T		D		U		V	E	N	1
		S			W			O	U	S			N		2
D	I	E		T	A	C				O		S	E	L	3
O	M	B		I	O	N		N	U	T		I	L	L	4
U		L		C						Y		M			5
T	W	O		O		S		I	N	E		A	M	P	6
				S				T	I			K			7
G	R	U		N	S	O		A				E			8
		E						R	N	I		E	N	G	9
A	R	D		M	E	B			M	U		D	G	U	10
T		G			G			A				H			11
E	Y	E		N	G			U	R	I		S	T		12
U				P	U	G		U	S	T		M			13
S	P	O		A		H			A			I	P		14
T		U		N	A	T		M				T	E		15
A				G				P	V	C		M		N	16
R	S	H		C	O	N		A		H			I	N	17
		I				I		L	E	A				E	18

ACROSS

- | | |
|--|---|
| <p>1 Versatile plastic (inits) • Dangerous situation (two words)</p> <p>3 Conscious acquisition of knowledge • Pair</p> <p>5 Unsuitable</p> <p>7 Book drawing</p> <p>9 Unit of electrical current • Crisp Mexican pancake</p> | <p>10 Part of a cooker • Hard-shelled seed</p> <p>12 Variety of internal-combustion motor (two words)</p> <p>14 Finance, backing</p> <p>16 Short-haired dog • Bicycle fender</p> <p>18 Someone who likes to wear no clothes • Storm's centre</p> |
|--|---|

Arrowword

Toffee-nosed people		Speck of dust		Row, quarrel		Brand name of a range cooker		Eccentric	
Gave hope to		Bring back to grace		Ruined ship		___ Radcliffe, marathon runner		Become man and wife	
Tea-making session (4-2)							Liquid measure		___ Conway, 1950s/60s pianist
			University lecturer						
Consume	Scheduled				Literary variant of Hindustani				
			Popular fizzy drink					Be in arrears	
Billiard-player's rod	Tooth surface		Wrinkled (the lips)		Tori ____, American singer				
				Well-acquainted (with) (2,4)		South Africa's money unit	Snoops		Famous cloned sheep
Casual employee		Took by force							
				Distant				Gobble up	
Den of a wild animal		Floppy-eared breed of dog							
				Utopian					
School fair		Speck, round mark				Pen for keeping pigs			

Donations Always Welcome

Here are some of the ways you can donate to us. Thank you to everyone that has donated so far, your generosity has helped to fund the different ways we support our members.

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1. You can make an online donation to us through the Local Giving website – go to www.localgiving.org and search for Derbyshire Asbestos Support Team.
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3. Post your cheque (please make it payable to EMAST, as we will be unable to accept cheques addressed to DAST from October) 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



Puzzle Answers - Sudoku and Futoshiki

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

2	3	1	1	3	2
1	2	3	2	1	3
3	1	2	3	2	1

2	4	1	3
3	1	4	2
4	2	3	1
1	3	2	4

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

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



Do you enjoy reading?

Have you ever thought of joining a Book Club?

Have you any recommendations for a good read?

We are testing the waters to see if there would be any interest in joining a Book Club through DAST. If there is enough interest, we will begin it in November. As the nights get longer it's a good time to curl up with a good book!

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

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

If this is something you would like to be part of then please do contact us on 01246 380415 or by email: emast.admin@emast.org.uk

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

-J.K. Rowling



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