

WELLBEING

Magazine

MAR-APR
2024
EDITION



DERBYSHIRE ASBESTOS SUPPORT TEAM

Bi-monthly Wellbeing Magazine



March - April 2024

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Welcome to our Spring magazine!

You might feel this year is screaming by or you might experience it as a dreadfully slow procession. Either way, as spring looms with its promise of new life, it is still worth a short pause to reflect on your experience. Spring is a season of hope and optimism. A time for rebirth, renewal and growth. No matter how long, dark and gloomy the winter, it's great to remember that spring will always arrive.

The Spring Equinox is almost upon us. Days are getting longer, and spring is blossoming in gardens and hedgerows. Spring is my favourite season for all manner of reasons,,,the lengthening of the days; gardens coming back to life; Easter celebrations; family get togethers; Easter egg hunt in the garden with the grandchildren, (and chocolate eggs, of course); Mother's day flowers and countryside walks.

For those of a Christian faith Easter is the most important festival of the Christian year. It celebrates the victory of life over death. The message of Easter tells us: You need not be afraid of anything—not life with all its insecurities, its conflicts, its uncertainties, its pain; not afraid of even death itself. You need have no fear !

But for those who don't believe, there's still a powerful message in the ancient Easter Story. As a wise friend put it, "The bottom line is hope...even when everything has gone wrong, victory might be just around the corner."

**And that is our wish for all our readers this Easter time -
Hope and peace!**



Everyone is welcome at all our events. For further details about any of the events mentioned, just call us on 01246 380415.

You can also check our website and social media pages to keep updated

about upcoming events

The Launch of our Breathing Space Project

Gothic Warehouse, Cromford Wharf,
Cromford DE4 3RQ

25th April 10am - 2pm

Come for a stroll along the beautiful Cromford canal and enjoy a breathing space rest on one of the beautiful DAST benches situated in the Lea Wood

Nature reserve.



Coffee Morning - Chesterfield

Labour Club 113 Saltergate,
Chesterfield S40 1NF

All proceeds to DAST, everyone welcome!



DAST Annual General Meeting

Friday 22nd March at 10:00am. Book your place now!

We would love you to join us as we gather together for DAST's Annual General Meeting and Lunch at the captivating Museum of Making, nestled within the historic Italian Mill in Derby.

- ◆ Hear about the work we have done over the past year
- ◆ Meet and chat with DAST staff and members.
- ◆ Presentation from the Derbyshire Wildlife Trust and update on our Breathing Space project
- ◆ Presentation about the tragic life and death of Nellie Kershaw, the first reported medical case of an asbestos related death.
- ◆ Will you be a winner in our Spring Raffle Draw?
- ◆ Enjoy a delicious lunch

Please call us on 01246 380415 to book your place and advise us of any dietary requirements.



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 in 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

15th March Professor Dean Fennell will be speaking about clinical trials. Neil Baines from Thompsons solicitors will also be attending and they have generously sponsored our lunch

12th April Rachel James will be speaking about Medical Cannabis. Rachel James from RKW Goodman Legal Team will also be attending and they have generously sponsored our lunch.

10th May There will be a Barge trip organised by DAST - more details to follow!



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



PATIENT & CARER SUPPORT GROUP

March 13th 11am - 1.30pm

**Carnegie Room, Northampton Library
Abington Street, Northampton NN1 2BA**

Lunch included

**Please let us know if you plan to attend by calling
01246 380415**



01246380415



asbestosupport.co.uk

Weather Lore and Proverbs



Before modern meteorology, people watched the skies to forecast the weather. For example, “A halo around the Moon predicts wet or stormy weather.” Many of these proverbs are based on a certain truth; for example, a ring around the moon usually indicates an advancing warm

front, which means precipitation. Under those conditions, high, thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the Moon’s light, causing a halo to appear!

For centuries, farmers and sailors —people whose livelihoods depended on the weather — relied on this kind of lore to forecast the weather. They quickly connected changes in nature with rhythms or patterns of the weather.

- * There is always one fine week in February.
- * If bees get out in February, the next day will be windy and rainy.
- * Fogs in February mean frosts in May.
- * Winter’s back breaks about the middle of February. (Something to look forward to!)
- * When March has April weather, April will have March weather.
- * Thunder in March betokens a fruitful year.
- * Dust in March brings grass and foliage.

- * A March Sun sticks like a lock of wool.

“The higher the clouds, the finer the weather.”

- * If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather.

“Ring around the moon? Rain real soon.”

- * A ring around the moon usually indicates an advancing warm front, which means precipitation. Under those conditions, high, thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon’s light, causing a halo to appear.

“Clear Moon, frost soon.”

- * When the night sky is clear, Earth’s surface cools rapidly - there is no cloud cover to keep the heat in. If the night is clear enough to see the Moon and the temperature drops enough, frost will form. Expect a chilly morning!

“When clouds appear like towers, the Earth is refreshed by frequent showers.”

- * When you spy large, white clouds that look like cauliflower or castles in the sky, there is probably lots of dynamic weather going on inside. Innocent clouds look like billowy cotton, not towers. If the clouds start to swell and take on a gray tint, they’re probably turning into thunderstorms. Watch out!



“Rainbow in the morning gives you fair warning.”

- * A rainbow in the morning indicates that a shower is in your near future.

Have you got any trusty weather sayings, ways of forecasting? Why not write in and share them with us?

Who has seen the wind

by Christina Rossetti

Who has seen the wind?
Neither I nor you:
But when the leaves hang trembling,
The wind is passing through.

Who has seen the wind?
Neither you nor I:
But when the trees bow down their heads,
The wind is passing by.



STAY WELL THIS WINTER

Cold weather can seriously endanger your health if you're an older or vulnerable person. But there are things you can do protect yourself and stay well this winter.

It is expected that many respiratory germs including COVID-19 and flu will be circulating this winter. It is therefore important to take up any vaccines you are invited to have by the NHS if you can have them.

Flu vaccine - It is important for you to get your flu vaccine if you are eligible. It's the best way to protect yourself and those around you from the flu.

The flu vaccine is offered every year as the vaccine changes slightly to ensure the best protection is offered. Flu infection can make some people very poorly and need hospital admission. Sometimes it can be life threatening.

If you get flu and COVID-19 infection at the same time, you are more likely to become seriously ill. Having the flu vaccine will help to reduce the risk of you catching or passing on flu or becoming seriously ill.

If you are eligible to have the flu vaccination because you live with someone who is more likely to get a severe infection you may not be automatically invited. Find out more about the NHS flu vaccination programme. You can get your flu vaccine at your GP surgery and pharmacies that offer NHS flu jab vaccinations..

COVID-19 - People who are most at risk of severe illness from COVID-19 will be offered an autumn COVID-19 vaccine. This will help to protect you from serious illness if you become infected with COVID-19. If you're invited for your COVID-19 vaccine please take up this offer to help keep you, and people around you, protected.

Stay safe and well - As well as getting your free flu and COVID-19 vaccinations, there are lots of other ways to help you and others stay safe and well this winter:

try to keep rooms at 18°C

try to make sure that you have hot meals and drinks regularly throughout the day

keep active in the home if you can

wash your hands often with soap and water

keep your home well ventilated if you have visitors

use disposable tissues to catch sneezes and put them straight in the bin as it can help to limit the spread of germs

stay at home if you are not well

make sure you have enough medications available in case you are unable to get out in icy or cold weather and over the Christmas holiday period

make sure you have enough food to keep you going if you are unable to get out in cold weather

look out for others by checking in on neighbours or relatives, especially those who live alone or who have serious illness to make sure they are safe, warm and well



Register yourself or others for priority services with your utility providers if you or they are in an at risk group. The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations. Ofgem has more information on who may be eligible and what kind of support you might get.

AVSGF • UK

ASBESTOS VICTIMS SUPPORT GROUP FORUM

DAST is proud to be one of the founding members of The Asbestos Victims Support Groups' Forum UK, which was established in 2005. The Forum is open to all groups who provide free and independent support to people with asbestos-related diseases. The forum meets regularly to meet informally to share information and best practice, and to campaign nationally for justice for all asbestos victims.

Forum members must be not-for-profit organisations or registered charities.

Insider supports campaign for Cape/Altrad to pay for Mesothelioma Research

Cape was a leading, multinational manufacturer of asbestos products and is now owned by parent company Altrad. A 2019 legal case won by Asbestos Victims Support Groups Forum (AVSGF) in the Supreme Court unearthed documents proving

that, from the 1960s, Cape deliberately withheld evidence on the risks its asbestos products posed to human life. In light of the above AVSGF entered into negotiations with Cape/Altrad to discuss the AVSGF's demand in March 2022 that Cape pay £10 million towards medical research to find a cure for mesothelioma. The negotiations ended in failure.

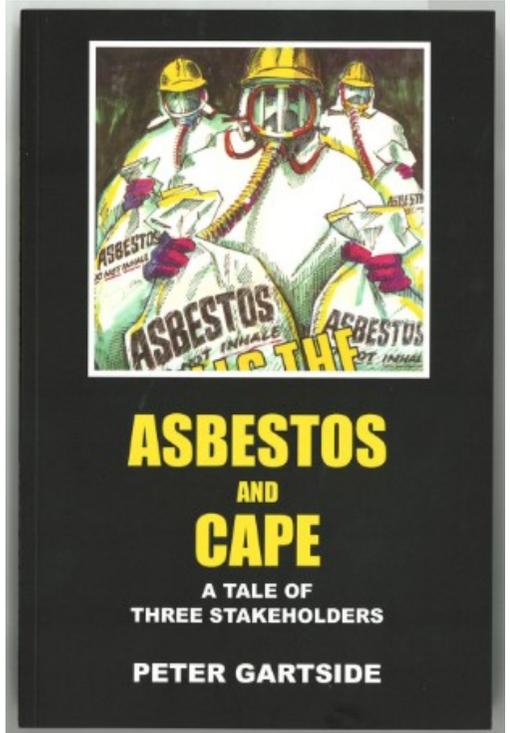


Peter Gartside, a former employee of Cape who held several Cape Directorships over the course of 40 years, says in his recent book published in January 2024, 'Asbestos and Cape: A Tale of Three Stakeholders': 'The case put forward by the AVSGF for securing further funding for mesothelioma research has merit. Mesothelioma has the highest mortality rates of asbestos-related diseases and this is expected to continue for many years to come.' 'To those employees of Cape Industrial Services who generated the profits to provide for future disease liability it would be a fitting application of £10 million of the residual provision fund. They deserve the satisfaction of seeing that the fruit of their labours reach those who still remain as victims of Cape's asbestos legacy.' David Ellis, Chair of AVSGF says: 'The first paragraph of the preface to Peter Gartside's book is uncompromising: "I found that nobody wanted me to write this book. Asbestos was a killer and Cape Asbestos was an accomplice". This insider's account does not shy away from criticising Cape and the failures identified in the 2019 AVSGF legal case. His support for our demand for £10 million for mesothelioma research is more than welcome as is his cogent argument that such research is in Cape/Altrad's interests by

reducing future compensation liabilities. Informed advice that Cape/Altrad should take due notice of.’ ‘In his book he points out, Altrad has “potentially deep pockets” and the purchase of Cape was “a particularly good deal”. The payment of £10 million is nothing for a large, multinational company, but could mean everything for mesothelioma sufferers.’

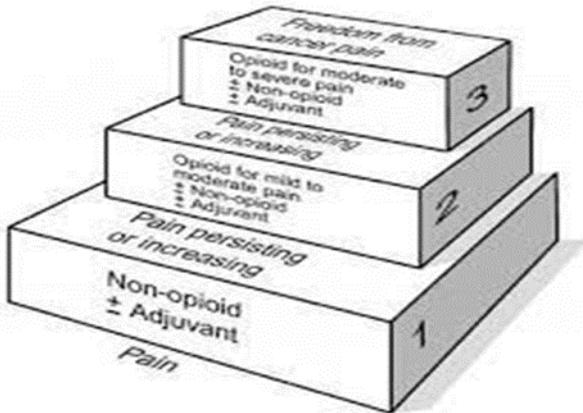
Harminder Bains, a lawyer at Leigh Day, whose father died from mesothelioma and who, along with the barristers, represented the AVSGF pro-

bono to disclose Cape documents says: ‘The support from such a well-placed company insider for the AVSGF’s demand for £10 million should be a wake-up call for Cape/Altrad. The AVSGF court action broke new legal ground in establishing rights of a non party to obtain documents disclosed in previous litigation. The judge in the Bates & Ors v Post Office Ltd (No 3) [2019] cited the AVSGF case when allowing the press application for documents relating to the Post Office/Fujitsu scandal. It now seems likely that the Post Office and Fujitsu will be held to account for their past egregious behaviour. It is time for Cape/Altrad to account for its past.’



Please support this campaign by signing and returning the enclosed letter to us to forward to the Forum

There are different medication for different steps on the ladder, not all medication is suitable for everyone, so sometimes if is using all the tools in the toolbox of different professional to get someone pain under control and of some people do not experience any pain at all.



There was also a great discussion on different types of alternative therapies from Tens machines to distraction techniques.





Department
for Work &
Pensions

The Department of Work and Pensions (DWP) have identified a problem with processing National Scheme Payments (Advisors call them lump sums from Government paid under the Pneumoconiosis Workers Compensation 79 act (WCS)) for the following conditions:

- Diffuse Pleural Thickening – known as D9 for Industrial Injuries Disablement Benefit Purposes
- Primary Carcinoma of the Lung due to asbestos exposure – known as D8a for Industrial Injuries Disablement Benefit.

The DWP have discovered that the current regulations do not cover the above 2 conditions. However they have assured us that they are taking immediate action to resolve this, as it was always intended that compensation would be awarded.

The revised regulations for D9 and D8A will be taken forward as a Statutory Instrument, which has to be considered by a parliamentary Scrutiny Committee. The Statutory Instrument will be 'draft affirmative', which means it will come into effect as soon as the minister signs it into law. The Policy Unit said that current claims are being held back until the law has been amended.

We have been assured that no one will lose out because of this oversight. Unfortunately the DWP have informed us that these awards will not be made until the spring at the earliest.

AVSGF • UK
ASBESTOS VICTIMS SUPPORT GROUP FORUM

The Asbestos Victims Support Forum are continuing to raise operational matters with the DWP that are causing claimants unnecessarily long waits for

payments and distress when they try and chase payments up. The Forum are also seeking legal advice and are raising issues we are having with MP's.



Love is not what the shops and the stores and social media would have us believe at this time of year.

It is not chocolates or flowers or perfume.
It is not balloons and heart-shaped cookies.
It does not show off and shout.

Love is quiet but it feels so loud.
It is gentle but it feels so fierce.
It is both ordinary and yet entirely extraordinary.

So yes, buy the chocolates or the perfume.
Blow up the balloons and fetch the flowers.

But know that this is not where love lies.

Love lies in the in-between moments of life. The comfortable silences. The thoughts of special people that randomly pop into your head. The memories you have of your time with them.

Love does not need a dozen red roses to announce itself.

So if your tomorrow consists of comfortable silences and random thoughts of special people...

Then you know love.
It lies in you.

Becky Hemsley 2024



Happy Easter



Simmel cake was traditionally given by servant girls to their mothers when they returned home on

Mothing Sunday and it's now become a classic Easter cake.

Ingredients

100g/3½oz glacé cherries
225g/8oz butter, softened, plus extra for greasing
225g/8oz light muscovado sugar
4 large free-range eggs
225g/8oz self-raising flour
225g/8oz sultanas
100g/3½oz currants
50g/2oz chopped candied peel
2 lemons, grated zest only
2 tsp ground mixed spice

For the filling and topping

450g/1lb marzipan
1–2 tbsp apricot jam, warmed
beaten free-range egg, for glazing



Method

- Preheat the oven to 150C/130C Fan/Gas 2. Grease and line a 20cm/8in cake tin.
- Cut the cherries into quarters, put in a sieve and rinse under running water. Drain well then dry thoroughly on kitchen paper.
- Place the cherries in a bowl with the butter, sugar, eggs, self-raising flour, sultanas, currants, candied peel, lemon zest and mixed spice and beat well until thoroughly mixed. Pour half the mixture into the prepared tin.
- Take one-third of the marzipan and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.
- Bake in the preheated oven for about 2½ hours, or until well risen, evenly brown and firm to the touch. Cover with aluminium foil after 1 hour if the top is browning too quickly. Leave to cool in the tin for 10 minutes then turn out, peel off the paper and finish

cooling on a wire rack.

- When the cake is cool, brush the top with the apricot jam and roll out half the remaining marzipan to fit the top. Press firmly on the top and crimp the edges to decorate. Mark a criss-cross pattern on the marzipan with a sharp knife. Form the remaining marzipan into 11 balls.
- Brush the marzipan with beaten egg and arrange the marzipan balls around the edge of the cake. Brush the tops of the balls with beaten egg and then carefully place the cake under a hot grill until the top is lightly toasted.

Roast lamb with Madeira gravy

Ingredients

2kg/4lb 8oz leg of lamb, bone in
8 garlic cloves, thickly sliced
2 rosemary sprigs, leaves picked
1 lemon, zest only
2 tbsp olive oil
1 onion, cut into wedges
350ml/12fl oz Madeira
40g/1½oz unsalted butter
2 tsp cornflour, sea salt and freshly ground black pepper



Method

- Preheat the oven to 200C/180C Fan/Gas 6.
- Make deep incisions all over the lamb and stuff the garlic slices and half of the rosemary leaves into the incisions. Rub the lemon zest and olive oil all over the surface of the lamb. Season with salt and pepper. Put the onion wedges into a roasting tin, sit the lamb on top and roast for 1 hour. Pour 200ml/7fl oz of the Madeira and 300ml/½ pint water into the tin and return to the oven for 30 minutes.
- Remove from the oven, transfer the lamb to a warmed serving dish, cover with kitchen foil and leave to rest for at least 30 minutes.
- Tip the contents of the roasting tin into a saucepan, together with the remaining rosemary, Madeira and another 300ml/½ pint water. Bring to the boil, then reduce the heat and simmer for 10 minutes until slightly reduced. Strain

everything through a sieve into a jug, pressing through as much liquid as possible.

- Melt the butter in a frying pan over a low heat.
- Stir in the cornflour until you have a smooth paste and cook, stirring all the time, for a minute.
- Slowly whisk in the strained liquid, a little at a time, until smooth.
- Simmer for 10 minutes over a low heat, stirring frequently, until thickened.
- Add any juices that have come out of the lamb while resting and stir well. Carve the lamb and serve with the gravy.

Gardening Club

I always think of March as the month to give a long sigh of relief and roll your sleeves up! Winter is almost behind us, the ground starts warming up and as spring in all it's glory arrives, it's time too for the gardeners among us to spring into action as gardening season has arrived!

For a riot of colour in June, July, and August, March and April is the time to plant bulbs and corms. But before you do, March is the time to spring clean the garden!

- Fork over the soil in borders, weed and apply a mulch
- Remove weeds, but don't put them in the compost bin
- Clear moss and algae from paths, patios and driveways with a pressure washer or path and patio cleaner
- Fix or replace fences damaged from the awful gales we had last month!

- If the ground is dry enough you can do your first lawn cut of the year. Mow the grass on a high-cut setting to keep the lawn looking tidy but only if it is dry enough and not frozen!
- If the weather is mild, you can feed the lawn after its first cut
- Lay new turf before the weather turns warm and dry

As we get older and less active and mobile, many of us start to consider landscaping the garden to make it easier to manage. This is the time of year to get those jobs done, so that you can enjoy the garden in the summer.

We appreciate how difficult it is to get good trades people and we are often told about poor quality workmanship, excessive charges and scams. If you are thinking about having your outside space landscaped please be wary. Go to a tradesperson that has been personally recommended to you, or one whose work you have seen.

Of course don't forget to look after the wildlife that lives in or visits your garden. Continue to feed garden birds and attract different birds with different types of bird food Make sure that you provide clean drinking water for birds with a bird bath.

Bees are starting to emerge from their winter homes and looking for new places to nest. Make sure your garden is bee friendly by sowing or planting out pollinator plants. You could build a bee house, I have two and for several years they have been used by leaf cutter bees.



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

Many thanks to Roger for telling us about a group that he regularly attends within in the Lincolnshire area called Fighting Fit. The group was set up by the Lincoln City Foundation to support people living with or recovering from cancer in Lincolnshire .

Fighting Fit focuses on low-impact fitness designed to help you to maintain or increase physical activity levels at a pace that suits you and supports you in the fight against cancer and long-term health conditions.

We will help you build your strength, motivation and physical ambitions. However, it's not all about the body!

These are group sessions where you can connect with people with shared experiences. After these sessions, there is the opportunity to stay for a drink and chat using social spaces near each location.

Roger tells us:

"Since starting fighting fit, I have seen a huge improvement in my fitness, strength, stamina and mental health. I have had the pleasure of getting to know more people in a similar situation to myself which has helped me realise I'm not alone in living with this condition.

Phil is a fantastic instructor and a real asset to the program. Long may it continue"

If you are interested in finding out about the Fighting Fit sessions in your area please feel free to contact Natalie Woodward at the DAST office on 01246 380415 for more details, or their web page is:

lincolncityfoundation/fightingfit



The u3a movement is a collection of groups (u3as) that run local and online member-led learning across the UK, in particular for those no

longer in full time work. There are lots of opportunities to get involved with learning remotely or in your area.

Across the UK, u3a members draw upon their knowledge and experience to teach and learn from each other for pleasure; learning is its own reward.

It's all voluntary; a typical u3a will be home to many activity groups covering hundreds of different subjects - from art to zoology and everything in between.

It's local, social, friendly, low-cost and open to all.

So if you have an interest you'd like to explore more about, join your local u3a group to see what they have to offer.

Interests such as: walking, painting, learning a language, gardening, photography, music, bird watching, dancing, theatre...the opportunities are varied and many!

To find out more visit the u3a website: <https://www.u3a.org.uk/>

Or check out your local community centre or parish magazine to find out if there is a local u3a in your area.

You will meet like minded people, make new friends and keep your mind and body active.

If you are already a member of your local u3a group why not tell us something about it, how you became involved and even share some photos with us?

Email Dast.admin@dast.org.uk

We would love to hear about your experiences!

DAST Spring Raffle

Thank you so much to all who have bought tickets for the DAST Big Spring Raffle!



So far we have some amazing prizes with vouchers worth over £250 and even a weekend away in Derbyshire plus a range of other lovely goodies!

If you need further tickets please email:

funding.officer@dast.org.uk

Remember that we do really appreciate any other donations for the raffle, especially vouchers as these are easily posted to winners or offers for breaks etc.

The raffle will be drawn at our AGM on 22nd March. Have you booked your place yet? It would be lovely to see you!

Thank you!!

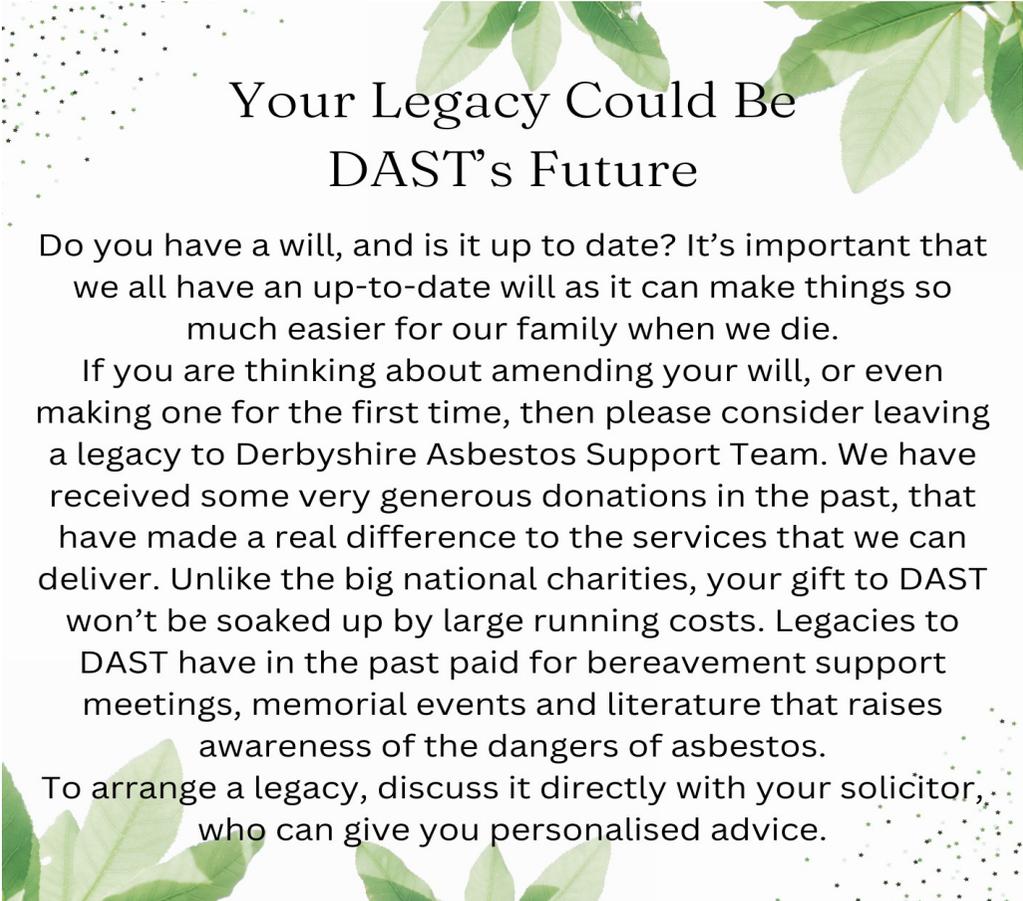


Legacy

A legacy can be a gift left in a will, or, the long-lasting impact of particular events, actions, etc. that took place in the past, or of a person's life.

A lasting legacy is the positive impact your life has on other people - friends, colleagues, even strangers.

Your legacy is the sum of the personal values, accomplishments, and actions that resonate with the people around you. It's how you made a difference in the world. And it lives on in the memories of those around you, continuing to shape them and impacting on the wider world.



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.

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



TEAM DAST EVEREST BASECAMP TREK



On 13th April this year supporter Tara Doyle, partner Becky and their friend Robert will embark on a two week trek through the Himalayas to Everest Base Camp. The trip will involve travelling by mountain plane across Nepal before a challenging ascent of 5364 metres, in a 75 mile trek over tough terrain (almost 6 times the height of Ben Nevis!)

Tara says: "I chose to undertake this classic trek to raise funds for Derbyshire Asbestos Support Team (DAST) after they helped my Auntie Trix when she was diagnosed with mesothelioma. My auntie is one of the strongest and most determined women I know and has always been a massive part of my life. We couldn't comprehend what was happening when she was diagnosed but DAST stepped in and made such a difference with their care, expertise and truly amazing support."

Please donate today using the form below and help Tara reach her £5000 target! Remember you can gift aid donations if you are a UK taxpayer to boost your donation by 25%. Please make cheques payable to DAST and send to DAST, 1 Rose Hill East, Chesterfield, Derbyshire, S40 1NU or email funding.officer@dast.org.uk to receive BACS details. Alternatively you can donate via Tara's fundraising page: <https://localgiving.org/fund.../team-dast-everest-base-camp/>

Full Name

Full home address

Postcode

Email

Amount enclosed

Please email me BACS details Y / N

I have read the gift aid declaration and wish to gift aid my donation Y / N

Signed: _____ Dated: _____

Please include me in your email mailing list for updates on DAST Fundraisers and campaigns Y / N

Gift Aid statement please read

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.

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.

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

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

Spring

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/spring>

APRIL
BEES
BIRDS
BLOSSOM
BUNNY
BUTTERFLY

CHICK
EASTER
EGGS
FLOWERS
GARDEN
GREEN

KITES
MARCH
MAY
NEST
PICNIC
RAINBOW

SEASON
SEEDS
SPRING
TULIP
WARM

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.

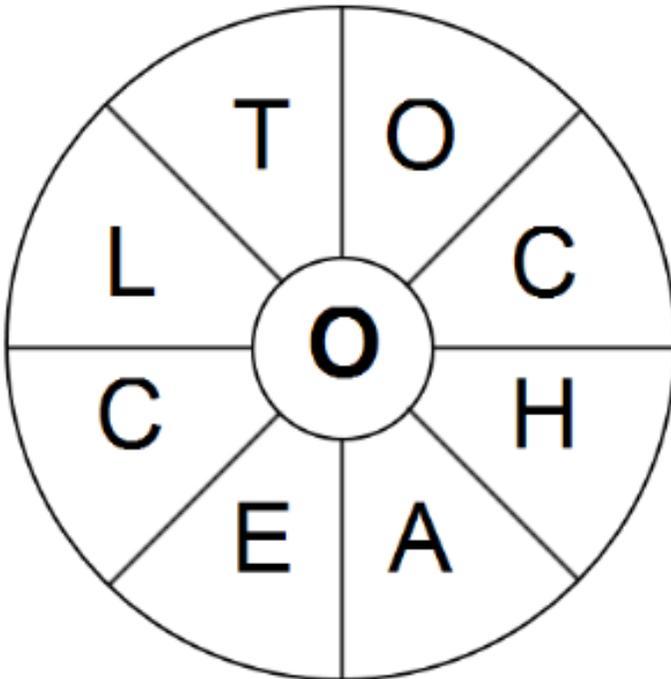
Five Ways to Donate to DAST

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



Easter Word Wheel

Here is our Easter themed word wheel. The word wheel is made from a 9 letter Easter themed word, and the challenge is to find the 9 letter word, and then to see how many more words you can make from the letters. There are two rules - you can only use each letter once, and each word must include the letter in the centre of the circle.



Write your answers down here:

FUN RIDDLES!

1. What time is it when an elephant sits on a fence?
2. What gets wet while drying?
3. What is the difference between a jeweler and a jailer?
4. What can go up a chimney down, but can't go down a chimney up?
5. What can you hold in your right hand, but never in your left hand?
6. What can you catch, but not throw?
7. What kind of band never plays music?
8. What has many teeth, but cannot bite?
9. What has lots of eyes, but can't see?
10. What has one eye, but can't see?

Sudoku Answer

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

Riddle Answers

1. Time to fix the fence
2. A Towel
3. One sells watches the other watches cells
4. Umbrella
5. Your left hand#
6. Cold
7. Rubber band
8. Comb
9. Potato
10. Needle

Social media – If you or your family use Social Media please check out our sites and help us to reach more people



Facebook We have two facebook pages, why not take a look. You can post messages and comments on them both and ask questions.

DAST (Derbyshire Asbestos Support Team)

dast - east midlands wide asbestos support



Instagram

Dast_east_midlands



Twitter

@DAST24

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

Please like or share our Facebook posts and re-tweet our messages to help raise awareness

Don't forget to send us in your stories, pictures, poems, riddles and quizzes. Also your ideas for future content in the magazine. What would you like to read about?

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.

**To pay by BACS please contact us on
01246 380415 or email:**

funding.officer@dast.org.uk

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THANK YOU FOR YOUR DONATION