



DERBYSHIRE ASBESTOS SUPPORT TEAM (DAST)

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June/July 2019 Newsletter - Edited by Joanne Gordon

Welcome to our Newsletter

Support Our Campaign

Along with other support groups we are campaigning for equalisation of the Government lump sum schemes. The injustice of the different payments of the schemes affects mainly women who have lost loved ones and this we believe is an equalities issue.

The Campaign

When men lose their life to an asbestos disease, their wives struggle, not only with their grief but also financially. The loss of a husband's wage, or pension, leaves many struggling to get by. Industrial injuries payments are meant to help families affected by asbestos disease. If anyone has received these payments in their lifetime, they will have had the full compensation. However, when the widow/widower seeks help after a loved one has died, the payment is greatly reduced. **This is wrong. It flies in the face of justice and increases the burden on families affected by asbestos disease.**

In 2010, Lord McKenzie, committed the Government to equalising the lump sum payments. Since then, **NOTHING** has been done. It is time to finish the process **NOW**. Please help us to move this forward. To join the campaign please contact us.

You can email at:
joanne.gordon@asbestosupport.co.uk
and we will send you a postcard to join the campaign to write to your MP asking

for the equalisation of the lump sum payments. **WE DO NEED YOUR SUPPORT. Thank you.**

Tiredness and Fatigue

A diagnosis of an asbestos related disease can cause tiredness and fatigue.

There are things you can try to help reduce your fatigue.

Being physically active may give you more energy. It can also boost your appetite and help you to sleep better. Start slowly and choose an activity you enjoy. Some exercise is always better than none at all. It might help to set some simple goals. This could be walking from the front door to the back door. But try to do a little more activity each time, if you can. It is important to get advice from your healthcare team before you start or increase your activity.

Eating well and keeping to a healthy weight can help you maintain or regain your strength. Your doctor or nurse can refer you to a dietician who can give advice on your diet.

Feeling stressed or anxious can also be tiring. Try to find ways to relax. There are relaxation techniques you can use to relieve tension and increase your energy. Complementary therapies may also help. Speak to your GP about these therapies.

Getting good quality sleep can also help reduce your fatigue. There are ways to help you get a better night's sleep, such

as maintaining a sleep routine.
[Macmillan Cancer Support]

Tips for getting a Good Night's Sleep

KEEP A BEDTIME ROUTINE

Aim for a regular bedtime, with the last hour of the day spent quietly. Radio, music or a relaxation CD may help you relax before going to bed. Some people think that reading for about half-an-hour before switching off the light makes them feel drowsy.

TAKE A WARM BATH BEFORE BED

Studies show a drop in body temperature triggers the brain's sleep response. A bath artificially raises it so when you **cool down again**, you feel sleepy.

KEEP YOUR BEDROOM COOL

Research has shown a room temperature around 18 degrees C is conducive to restful sleep, while those above 24 degrees C are more likely to cause restlessness.

LIGHT AND DARKNESS

These can have a big effect on your ability to sleep and many people find their routine is disrupted when the clocks go back. Try wearing an eye mask when you go to bed in summer and exposing yourself to bright light as soon as you wake up in winter.

CHECK YOUR MATTRESS IS GIVING YOU SUFFICIENT SUPPORT

Lie down and put your hand under the small of your back. If you have trouble getting your hand underneath, the mattress is TOO SOFT.

SET ASIDE 30 MINUTES IN THE EVENING

Spend this time dealing with your worries. Write them down in a journal or piece of paper, then set aside before bed.

AVOID STIMULATING ACTIVITIES BEFORE BED

Switch off mobile and electronic devices before you go to bed.

If you struggle to get to sleep, there are things you can do to help. It's a good idea to have a small snack or a warm drink before bed. But try not to drink stimulating drinks, such as coffee, close to bedtime as this can keep you awake.

You might also want to try mental exercises if you can't get to sleep. For example, try to remember the lines of a song, make alphabetical lists or write a letter in your mind.

GETTING EXERCISE

Try not to exercise at night. In the long-term, however, exercise may help you to sleep. If you are struggling to exercise, we have some "Move it—or Lose it" chair-based exercises to help you, or join in with our 'Walk a Mile' event or organise your own.



Will you Walk a Mile for Mesothelioma this summer?

Over the past five years, more than £15,000 has been raised for DAST through our annual Walk a Mile for

Mesothelioma. Can we try to push this up to £20K in 2019?

We will launch this year's Walk a Mile for Mesothelioma on Action Mesothelioma Day (5th July), with a one mile walk around the Whitworth Centre park and gardens in Darley Dale.

Unfortunately, we won't be holding our usual walk in Nottingham this year as the council keep wanting to charge us to use the park.

So please will you consider taking a one-mile walk in your local park or nature reserve to raise some funds for DAST? We can send you out a sponsor pack which includes:

- Sponsor forms so you can ask friends and family to sponsor your stroll
- Pens, so there's no excuse for people not to fill in the above!
- DAST leaflets to help you explain to people about our work
- T-shirts so that you can raise awareness of DAST while you walk
- Advice on how to tell people about your walk and why you are doing it.

Just call 01246 380415 or email sarah.walters@asbestosupport.co.uk and ask for a Walk a Mile sponsor pack, letting us know where you are planning to take your walk.

Why not make a day of it - take the family and finish off with a picnic. And don't forget that we love seeing your walk photos.



100 Club Winners

March - Mr & Mrs Radford (43)

April – rollover (80)

May – Mr Perkins – (59)

Thank You

To Victoria Culley for organising a fundraising cocktail afternoon in support of DAST. Victoria and friends raised £330 for us by turning the idea of a coffee morning on its head and having a tipsy afternoon instead.



And thank you to all those who entered the DAST Poetry Competition 2019. The winning poem was written by Pam Baker of Kettering and is called "The Path to Memories". We will be reading this out on Action Mesothelioma Day.

'Together Against Asbestos' Project and Welcome to Clare



I'm Clare and I have recently joined the Asbestos Support Team in Chesterfield as Administrative Assistant for the 'Together Against Asbestos' Project which has been funded by the Lottery. I will be involved with supporting the delivery of this project by assisting in the planning and delivery of a series of wellbeing themed events around the East Midlands for both patients and carers affected by asbestos diseases.



These events will help with mental and physical wellbeing through activities, information and a chance to meet and chat with others. We will also promote befriending and the opportunities that volunteering for DAST in your local community has.

Our first launch event was held in Derby in June where we had Breathing Exercises and



Techniques, Relaxation, Carers Swap & Share and Scam Awareness as well as a lovely buffet lunch and opportunity to meet others involved in DAST and find out about volunteering and befriending.



If you are interested in attending one of our wellbeing events or have any

suggestions as to what you would like to see at these events or possible venues, please get in touch. I look forward to meeting you.

DATES FOR YOUR DIARY

- **Action Mesothelioma Day**
Whitworth Centre, Station Road,
Darley Dale, Derbyshire,
DE4 2EQ

Friday 5th July 2019 - 10am – 2pm.

- **Kettering Wellbeing Day**
Corn Market, 42 London Rd,
Kettering NN15 7QA

**Tuesday 10th September 2019
11.00 - 13.00**

- **Hucknall Wellbeing Day**
John Godber Centre, Ogle
Street, Hucknall, Nottingham
NG15 7FQ

**Monday 21st October 2019
11.00 - 13.00**

We hope you will be able to join us

