



# BEREAVEMENT SUPPORT NEWSLETTER

AUGUST 2018

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**July marked three years of my working as a Bereavement Support Worker with DAST. Throughout these past three years I have been honoured to be alongside many wonderful people at their most vulnerable and saddest times. It has been a wonderful privilege to be trusted with your fears, tears, stories & memories. Thank you to you all, here at DAST we just hope that we have been some comfort to you in this, one the hardest journey's you have to make.**

Three years ago, DAST were very progressive in realizing that Bereavement Support ought to be something they provided as part of their service. With Big Lottery Funding we were able to grow into a truly holistic support service, one that I have been grateful and proud to be part of. The Big Lottery Funding has now come to an end, but DAST are committed to continuing to provide bereavement support and facilitating more Lighthouse Groups, where they are needed. Sarah is working hard trying to source further funding to continue and further develop the work we have done these past three years. I'd like to think that I shall be here writing these newsletters and offering various types of support for many years to come...but then again who of us can say what the future will bring.

I am now in the process of writing the final report for the Big Lottery Fund and consequently you will find a feedback form in with this mailing. We would be very grateful if you are able to take time to complete the form and return it to us.

Your comments will also help us in preparing a further bid for future funding, please return your completed forms to: **Jo Reeve, DAST, 34 Glumangate, Chesterfield, Derbys S40 1TX**

And so August has arrived and I like to think of it as a new start for me here at DAST. A chance to move forward taking the friendship, knowledge and memories with me into an unknown future, further developing the services we can offer to you all. Life is all about new starts, whether things go well or badly, there is always another day. Every day can be a starting point to make new beginnings. They may not be what we had hoped or wished for, and often the people most important to us will no longer be there by our side, but we can take all that we have learnt and become from the past into our new future, with gratitude and determination. And the better our new beginning, our future, the better we honour those no longer here to share it.



## DAST BEREAVEMENT SUPPORT

Coping with the pain and heartache of a close bereavement is always difficult – not least when it's accompanied by a sense of loneliness and a feeling that no one understands. We want to help those who are living with loss to re-discover hope for the future, and the strength to rebuild their lives and the lives of their families. If you would be interested in being part of a support group with others who have undergone a similar asbestos related bereavement please do get in touch with us. Pop along to one of our events, you will receive a warm welcome. Or if you would prefer someone to talk to on the phone, call us to find out more about our Telephone Befriending Service or PostChat penpals.



Find us on  
**Facebook**

Did you know that we also have a presence on Social Media – Facebook and Twitter. We have 3 groups on facebook;

DAST East Midlands Wide Asbestos Support – this is an open group that anyone can access;

DAST (Derbyshire Asbestos Support Team) – a closed group, so all you need to do is click on the join button and one of us will add you to the group.

DAST Bereavement Support – another closed group this time for those you have been bereaved.

Again just send a request to join and we will add you to the group. This group in particular is useful for letting people know when and we are next meeting, and we hope that people will post in the group and begin conversations with others going through similar emotions.

## LIGHTHOUSE GROUPS - Hello to Our New Lighthouse Group Sponsors

DAST's Big Lottery Fund grant has now ended and the Lighthouse Groups need to become self-sufficient. If Jo is to be able to continue attending meetings and sending out reminders as well as these newsletters then we need to find sponsors. Two local companies who are interested in bereavement support have stepped in so far.

So, thank you to the **A W Lymn Centenary Fund**, whose trustees have kindly agreed to sponsor the Nottingham group. One of the trustees may attend a future meeting to find out more about members and how the group helps you.

Do you know of a potential Lighthouse Group sponsor? Please ask them if they would be willing to help in exchange for publicity on our website, newsletters and social media pages.

We would like to say a huge Thank you to **Markeaton Crematorium** who have made a substantial donation of £5,000. This money was raised through their recycling scheme and will support our bereavement service in Derby city for many months. This money was raised through their



Here at DAST we are keen to encourage friendship and mutual support from others who have experienced the loss of a loved one, no matter how long ago. We can put people in touch with each other so that they can exchange letters or emails or telephone calls. We also have open 'Lighthouse Groups' that meet on a regular monthly basis, and frequent Coffee & Chat Events across the East Midlands

We have discontinued the Leicester Group as there are some thriving bereavement support groups operating in this area and in order to focus our resources in other areas. We shall be starting a new Lighthouse Group in Kettering after the summer and will be holding another Coffee & Chat at Burton on Trent, if there is enough interest we shall continue it on a monthly basis.

If you have an idea of a venue and would like to see a group in your locality, please do get in touch.

If you have not yet seen the Video we made about the Lighthouse Groups, you can view it from our web site or please get in touch and we will post you a copy.



**1st Saturday of each month - Sleaford Lighthouse Group**

**10am – 12noon, The Source Centre, Southgate, Sleaford**

**3rd Tuesday of each month - Derby Lighthouse Group**

**1.00pm – 3.00pm, The Book Café, 21 Cornmarket, Derby DE1 1QH**

**Last Wednesday of each month - Nottingham Lighthouse Group**

**10am – 12noon. The Bell Inn, Angel Row, Nottingham**

**To find out more about any of these events please contact Jo Reeve on 01246 380415**

**Email: [Joanna.reeve@asbestosupport.co.uk](mailto:Joanna.reeve@asbestosupport.co.uk)**

## Walk a Mile for Mesothelioma

September is Walk a Mile for Mesothelioma month here at DAST; where we encourage our supporters to raise awareness of Mesothelioma and funds for our support services through a sponsored walk. We have two walks that are organised and attended by DAST staff:

- **Friday 7<sup>th</sup> September**  
**Forest Recreation Ground, Nottingham**
- **Friday 28<sup>th</sup> September**  
**Queen's Park, Chesterfield**



We will be meeting at the café from 10.30am at both of these events. If you would like to join us then please let Sarah know on [sarah.walters@asbestosupport.co.uk](mailto:sarah.walters@asbestosupport.co.uk) or Tel: 01246 380415. Let her know if you are able to raise any sponsor money and she will be able to supply you with forms.

***But what we would really appreciate is people organising their own 1 mile walk in their own community. The more walks that take place, the more publicity we can generate for Mesothelioma and DAST's services. You can organise a walk with friends and family – or if you attend Lighthouse Group meetings – how about holding your September get-together in a park and having a walk around it?***

Sarah can provide sponsor forms and T shirts and guide you through the process of publicising the walk. A one-mile stroll isn't strenuous so there's chance to have a chat with people while you walk!

## Get Crafty!

Chesterfield Parish Church will again this November be holding it's annual Christmas Tree Festival. DAST always displays a tree at this event and over 25,000 people visited the Crooked Spire to see the trees last year. This is a great way of showcasing DAST and this year we are asking for people to make a decoration that we can hang on the tree. The decoration can be knitted, crocheted, sewn, in fact, crafted in any way! The Festival begins 17<sup>th</sup> November so please post your decorations to us before this date. It would be lovely to make our tree this year as a memorial for all victims of asbestos.

