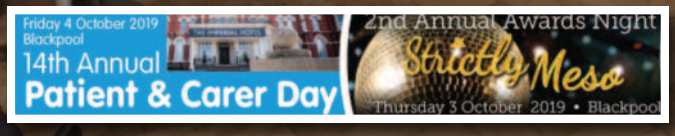
MESOTHELIOMA MATTERS

Autumn 2019

First West Midlands nurse to be recruited

Armed Forces campaign on Forces TV

Annual Report published



Strictly Meso at Patient & Carer Day

MESOTHELIOMA UK
Supporting People With This Asbestos Cancer

NEWS

Action Mesothelioma Day events
This year, as well as the Leicester event organised by Mesothelioma UK, many other events were held around the country to mark Action Mesothelioma Day. Some of the organisers got in touch with us to tell us about their events. Mesothelioma UK is delighted to see so many organisations raising awareness of mesothelioma. Well done to all of you and thank you for your support.

Readley Asbestos and Mesothelioma Support held an Action Mesothelioma Day seminar on Friday 5 July at the stunning Redworth Hall in Newton Aycliffe. Over 50 delegates attended the event and heard presentations on the latest research into mesothelioma. Dr Alastair Greystoke, Consultant Medical Oncologist at the Bobby Robson Centre, gave a valuable and informative update on current trials and Dr Daniel Murphy, from the University of Glasgow, gave a fascinating insight into his work in the laboratory seeking to understand the biology of mesothelioma.

Essential updates on the work of Mesothelioma UK, Mick Knighton Mesothelioma Research Fund and Readley were provided by Leah Taylor, Sam Cox and Joanne Murray. The event concluded with a dove release and afternoon tea. The day ended perfectly with the Millennium Bridge in Newcastle being lit up blue for mesothelioma. This was organised by a member of the Readley support group and was a wonderful surprise for all.

Bristol and Beyond Asbestos Family Support Group met at Bristol's industrial museum, M shed, to promote Action Mesothelioma Day on 5 July 2019. It was a beautifully sunny day and a very fitting location to promote the awareness of the ongoing dangers of asbestos. It was nice to see some new faces, to raise awareness, remember and support loved ones and to catch up with old and new friends. The group released doves at midday to signify hope for the future for all members and their loved ones.

Brachers LLP was again honoured to host the Action Mesothelioma Day Medway event on 5 July 2019, together with Alan McKenna of Kent University, and Mesothelioma UK.

The event was held at the Chatham Royal Dockyard Church for the third consecutive year; the location where many of Kent & Medway's mesothelioma victims were exposed to asbestos. Alan McKenna opened the event with a poignant release of doves in memory of those who had passed away due to mesothelioma. He read out just some of the names of recent local mesothelioma victims. Many of those were represented by their families attending the event.

There was a short address by Jeremy Horton, a partner at Brachers, who reported on the HSE's latest mesothelioma death statistics. Jeremy Steele highlighted the rising number of mesothelioma deaths from outside traditional heavy/building trades, including an increasing number of women.

He raised the issue of the growing risk from deteriorating asbestos materials in so many of our public buildings, especially schools, 87% of which contained asbestos, according to Department of Education figures.

There was a positive and informative talk by Dr Peter Szlosarek, a leading oncologist from St Bart's Hospital, London, on the ongoing search for more effective treatments to fight mesothelioma.

A lunch followed the presentations and members of Brachers' personal injury team were then on hand to provide help and advice about potential compensation, welfare benefits and any other issues.

BRITISH ASBESTOS NEWSLETTER NOW ONLINE

Laurie Kazan-Allen, Editor of the British Asbestos Newsletter and Co-ordinator of the International Ban Asbestos Secretariat (IBAS), produced a special edition of the British Asbestos Newsletter to mark the 20th anniversary of the asbestos ban in Britain. The special issue, which will be the last one, looks at the national asbestos legacy and what has been done since its ban to support those affected by mesothelioma and other asbestos-related diseases.

The newsletter is available to read online at www.britishasbestosnewsletter.org

ANNUAL REPORT PUBLISHED

The Mesothelioma UK annual report has been published and is available to download on our website or by request as a hard copy. The report looks back on the financial year 2018/19 and details the charity's income and expenditure, highlights our key achievements, summarises what we did to raise awareness, support research and drive up standards. It also details what our future plans are and acknowledges our supporters.

To request a hard copy of the Mesothelioma UK annual report, contact info@mesothelioma.uk.com

FIRST MESOTHELIOMA NURSE TO BE APPOINTED IN WEST MIDLANDS

Asbestos-related cancer patients in the West Midlands will soon have access to the region's first dedicated Mesothelioma Clinical Nurse Specialist (CNS).

Mesothelioma UK supports 25 Mesothelioma Clinical Nurse Specialists across the UK, each based within an NHS hospital and dedicated to providing expert, specialist Mesothelioma support, information, treatment and care across the region in which they are based. The charity is now calling for expressions of interest from NHS hospitals across the West Midlands to host the first Mesothelioma CNS for the region.

This new post has been made possible by a private donation, made by John Blunt from Solihull who lost his wife, Janet to mesothelioma in 2014. Janet was a GP and after her diagnosis in November 2013, Janet and John approached Irwin Mitchell solicitors to investigate the circumstances of Janet's exposure to asbestos. The generous private donation to Mesothelioma UK is based on the settlement of this case.

Head of Services for Mesothelioma UK, Liz Darlison commented: "We're so grateful that John decided to use the settlement he received for Janet to fund a mesothelioma nurse. The charity has wanted to strengthen links with the clinical teams working in the area for a long time. We're delighted."

John Blunt said: "Janet and I struggled to get the specialist help and support we needed locally so it was important to us both that Janet was able to leave a legacy which would help others in the West Midlands. Mesothelioma patients in the area will now have the support of a clinical nurse specialist which, I hope, will make a big difference to them."

Alida Coates, Partner at Irwin Mitchell added: "This case took four years to settle and was concluded just days before going to trial. Thanks to John's perseverance, a settlement was finally reached and I'm happy that it is being used to support Mesothelioma UK to help others."

Photo; Pictured are Cllr Katy Blunt with her family, representatives from Mesothelioma UK and the Mayor and Mayoress of Solihull

PATIENT AND CARER DAY 2019… AND STRICTLY MESO!

If you haven't already heard, our annual Patient and Carer Day takes place on 4 October at the Imperial Hotel, Blackpool. It's not too late to book your place (free to patients and carers) for this chance to meet others and hear from experts on the latest mesothelioma research, treatments and trials.

Our annual awards evening takes place the night before the Patient and Carer Day and you can still buy tickets to that, too. The theme this year is Strictly Come Dancing so get your glitz and glamour on for this fun night to acknowledge and thank our supporters and fundraisers. A fabulous night is guaranteed with drinks on the tram to see the illuminations, a three-course meal and dance demonstrations and a lesson.

Book your places online at www.mesothelioma.uk.com

NATIONAL CENTRE FOR MESOTHELIOMA RESEARCH AT THE GREAT EXHIBITION ROAD FESTIVAL

By Maija Maskuniitty, NCMR Centre Manager

The National Centre for Mesothelioma Research (NCMR) was delighted to take part in the first ever Great Exhibition Road Festival on the last weekend of June 2019. The Festival – a celebration of curiosity, discovery and exploration – was attended by more than 45,000 members of the public to explore and learn about the research carried out at Imperial College London. It was therefore an excellent opportunity to raise awareness of mesothelioma and asbestos, and to share NCMR's mesothelioma research with the public.

NCMR Director Bill Cookson

We teamed up with Mesothelioma UK, Royal Brompton and Royal Marsden Hospitals, Asbestos Victims Support Groups Forum UK, and mesothelioma patients and carers to put together interactive activities which explored aspects of mesothelioma and asbestos. Most people who visited our festival stand – called How does asbestos cause cancer? – did not know what mesothelioma is or how it's caused, and many were surprised by how widely asbestos is still used in some countries. We therefore tried to ensure that the people we spoke to left the festival well informed.

Mesothelioma UK CNS Simon Bolton

Our activities included a timeline exploring the history of asbestos in the UK – based on the blog post The Asbestos Story: a tale of public health and politics – and an audio installation called My Mesothelioma Story with interviews from wonderful patient and carer volunteers. The interviews will soon be available to listen online on our website. Festival attendees also had the opportunity to examine healthy lung tissue and mesothelioma tissue through a microscope, and Meso UK's Tommy the Torso was a big hit especially with the younger audience.

For a disease like mesothelioma awareness is vital, and events such as the Great Exhibition Road Festival offer a great opportunity to spread the word about mesothelioma and asbestos. Huge thanks to all our collaborators – it was wonderful to work together for this important cause, and we look forward to more public engagement events in the future.

LADIES' LUNCH – SAVE THE DATE!

After the success of our first Ladies' Lunch last year, we will be hosting the event again in 2020. The lunch will take place on International Women's Day again, on Friday 6 March, and will be held at the MacDonald Hotel in Manchester. Keep an eye out for more details on our social media pages, our website and in the next issue of this magazine.

SCOTTISH MESOTHELIOMA NETWORK

The Scottish Mesothelioma Network is a specialist team of experts who can provide patients with high quality clinical care, information and support and access to potentially life-changing clinical trials wherever they live in the country. The new service will provide patients with a dedicated Mesothelioma Clinical Nurse Specialist (CNS), who will provide enhanced support locally for patients and carers. Patients will also have a dedicated Mesothelioma Lead Clinician to improve clinical care and access to clinical trials.

The teams based in Glasgow, Edinburgh, Tayside and Grampian will develop individual treatment plans for each patient which will be reviewed at weekly national Multi-Disciplinary Team (MDT) meetings. Each CNS and Clinical Lead will dial into the weekly MDT meetings to represent patients and feedback clear, high-quality management plans and clinical trial information.

This will improve the quality and speed of information given to patients and carers and help to ensure care can be delivered as close to home as possible. It will also ensure anyone affected by this disease now has access to expert discussion and opinion, standard diagnostic and care pathways, full clinical trial portfolio, and mesothelioma Quality Performance Indicators.

Mesothelioma UK is working in partnership with Macmillan and will be working with local NHS boards across Scotland to fund and deliver this service which will transform the care and support for people affected by mesothelioma in Scotland. The country has some of the highest rates of the disease in the world so this new service will have a great impact.

LUCION SERVICES PARTNERSHIP

In the last issue, we announced that Lucion Services had named Mesothelioma UK as its new charity of the year. Lucion Services is a leading provider of risk management and consultancy services, including asbestos management.

Lucion Services will work with us to raise awareness of mesothelioma and the dangers of asbestos. The company will provide funding, resources and an educational training platform. Mesothelioma UK will have access to offices across the UK and receive support from consultants, team members and training providers, and materials to help us raise the profile of mesothelioma.

Mesothelioma UK nurses will attend Lucion Services staff meetings to remind teams of the importance of asbestos management and the charity will be promoted on Lucion's social media platforms. Furthermore, Mesothelioma UK will be showcased at Lucion's renowned asbestos management conference in 2020.

Lucion Services has set up a Just Giving page (www.justgiving.com/fundraising/lucion-services) and staff will be taking part in fundraising challenges to raise money.

Liz Darlison, Head of Services at Mesothelioma UK said: "We're delighted to have been named as Lucion Services' Charity of the Year. As well as being the lucky recipient of their magnificent fundraising efforts, we'll be working with the company to boost our visibility within the UK risk management sector, alert people to the dangers of asbestos exposure, and make them aware of the pathways to treatment and care."

IOSH JOINS THE FIGHT AGAINST INDUSTRIAL EXPOSURE TO ASBESTOS

Although asbestos was banned in the UK 20 years ago, it still lurks in hundreds of thousands of buildings in Britain – and widespread ignorance is putting millions at risk.

To mark Action Mesothelioma Day on Friday 5 July, Mavis Nye took part in events to remember those who have been affected by asbestos and to raise awareness and support the drive to prevent exposures, which were coordinated by Mesothelioma UK. She has mesothelioma after being exposed to asbestos and is determined that others should not suffer.

To support this, the Institution of Occupational Safety and Health (IOSH) has joined forces with Mesothelioma UK to provide its No Time to Lose – working together to beat occupational cancer campaign pocket cards for nurses, patients and their families to give to people most at risk from asbestos exposure, detailing how they can protect themselves.

"I don't want anyone else to suffer like I have," said Mavis, who inhaled asbestos fibres when washing her husband's work clothes. "It really worries me that there is a great deal of complacency, especially among younger people, about asbestos. They think it's just an old person's disease, that they don't have to worry about it. Asbestos is present in a huge number of buildings and it really has to be treated with caution because it can kill you. If you injure yourself at work, you can see the effects immediately. But if you are exposed to asbestos, it most likely won't impact on you for a lot of years. Do young people who aren't protecting themselves consider what their life will be like in 20 or 30 years if they are diagnosed with mesothelioma? They need to think about it and make sure they do protect themselves."

Mavis took part in an Action Mesothelioma Day event in Canterbury. Other events took place across the country, including one at Leicester Cathedral.

Amongst those in attendance were mesothelioma sufferers, their families and clinical nurse specialists who deal with the effects of this occupational cancer. Experts estimate that asbestos is present in hundreds of thousands of buildings constructed before it was banned in 1999, but the exact number is unknown. It can be found in roofing, spray coatings, lagging, insulating boards and cloth. This means tradespeople like electricians, joiners and roofers are among the most at risk.

An IOSH-funded survey last year found one in four tradespeople have been exposed to asbestos, while one in three don't check the asbestos register before starting work on a new site.

Bev Messinger, IOSH Chief Executive, said: "On Action Mesothelioma Day, it is important to come together to remember those whose lives have been lost to this terrible cancer and to continue to raise awareness of the risks posed by exposure to asbestos, and seek solutions. All asbestos-related deaths are preventable. Employers and employees both have a role to play, and partners like Mesothelioma UK are vital for this campaign to work. I am proud we could adapt our No Time to Lose resources in this way to try to prevent more asbestos exposure cases."

More details about this campaign can be found at https://www.iosh.co.uk/NTTL/Home/About-NTTL/About-IOSH.aspx

THE POWER OF POETRY

Charles James Perkins (Jim), was diagnosed with mesothelioma a year ago. He tries to keep a positive attitude towards his illness and recently wrote a poem to express his feelings about the journey he and his family have been on. Jim said he found writing the poem very therapeutic and we know that activities such as creative writing or keeping a journal can be a comfort to those with cancer. Thank you for letting us share your poem Jim.

AN ACROSTIC ASBESTOS AMBLE

(A personal and not so gentle view of a different kind of walk)

An alliterative title it may be, stuff considered apposite for use.
But in reality it became a long fused insidious industrial curse.
To Derby (not the race) away we went by train and bike.
Some by bus or car: then a little hike.
Across the Bridge into the works over shining lines: clocking on day and night.
In workshops that seemed airy clear and bright, especially in the quiet of early morning light.
Tick-Tock went that clock as we walked about sometimes post haste.
But the very air became de-based by this minutiae white, fluffy waste.

Shanks pony from shop to shop where walk not run was the norm.
H&S when it came to this other stuff was but token form.
For this was indeed a dangerous place in reality from what went unspoken.
From here to there you would walk about pace unbroken.
Unknowing sampling what was on offer in those places high and low.
Little did we know Tick –Tock went the clock with fifty years to go.

Blue is not just the colour of the sky: amphibole the dangers never heeded.
No register seen then for most useful stuff that was, really, really needed!
Walking about from shop to shop we would unknowing be exposed all day.
As Phoenix like from the ashes rising, it would not go away.
Remorseless enemy its decades spanning no end in sight for this.
So stand to attention on parade Crocilodite, Chrysolite, Amosite all present and correct setting the Meso TRAP, door yet. Depending on your lottery chance tick-tock a time bomb long time running, pre-set.

Everywhere it was to be found, even underground: gaskets, rope, packing, paste, lagging, mattress, insulation, arc Shutes & string.
To the stores a trudging walk was made waiting for more of the same to bring.
Magnesite and Asbestosite were supposedly safe but that was just a convenience to justify its place.
Mixed in dusty barrels from bags was there any blame?
Even if you burst in flame the white blanket used was just the same.
Some had out of season snowball fights throwing it all awry.
Day x day we took our parts walked in time hours waltzing by but it was not a play!
These decades from those younger years would, damage done, steadily pass away.
Tick-tock why did we not wake in time, who can say?

Serpentine is a capital place where visitors might stroll and tour.
It is also a proper name for stuff you can cut and saw.
“Beware the Danger” was not said. Not appropriate for the job planned.
Because whatever you might think a job must finish for cash in hand.
All these perils not just at work they lurked around every corner.
Skulking about in home, bank & school CLASP built along with MACE in which we walked, all in time found to be completely out of order.
No use looking for a fresh air job it was even down on farms in barn and parlour.
Cheap and easy but at what cost when with conflagration it spreads so easy.
So the years went by tick-tock the clock as we walked on stuff from Marley.

Tempus fugit is the cry as we learn words of which before not even a smatter.
Effusion, pleural within a ranking order Meso to along with relatives many, asbestosis, plural plaques' with COPD plus that double act Sarco & Epith but no laughing matter.
You might have a favourite walk to a pub where asked to name your potion!
But Chemo with its own strange language is set apart for those who want it so Eli Lilley will supply the poison.
Some names seeming placed on a Latin basis or walked in from strange places. If you have been Pemetrexed plus Carboplated even Cisplatinated it was something you might have hated,
You might have been randomised or had Atomic -Meso from the chart plus exclusion from the start.
The family of rays not fish this time but, X, MRI, CT all scans.
Walk to them you must so yet more things to learn if you can.
Yet these all appear (time to be decided) on yet another structured plan.
When you are told: you look well you know, it might just be the chemical glow.
Topsy-Turvy in a dream is this really happening to me or someone else?
Tick-Tock the clock how long to wait lets once again try your blood and pulse?

Only we must believe in our MDTs so be positive and fight the cause.
Determination along with cash will see it wander off let's have no lacking doubt.
So let us see this persistent enemy skulking off walking to its last redoubt.
We just need to keep going to see this foe consigned to dustbins' history.
Organization and conviction will grind away until it stops resisting!
When asked about a walk on MARs it might be thought you could not stand the trip. But no it is to a much different place not as far but in a higher plain where they have it all drip, drip.
Contrary to what some might think these teams don't just drink tea and spout but walk the walk for you and I with dedication, out and out.
Tick-Tock with such great teams about it is time to pull all stops out.

Sue might be a girl but also bottom line, significant last letter in this acrostic rhyme.
Compensation is to what we are inclined if evidence we can find.
Perhaps we should have been aware of something favoured by legal brethren: verba volant, scripta manent.
Word of mouth will be no good so get your evidence down on paper understood!
But we could not ask at the time so walk about with leg and mouse to bring the smoking gun out.
Let there be no mistake as they used to say don't you know there's a grim war on!
So please excuse the military puns, but who dares wins let's see this scourge on the run.
Tick- tock let us not lie down but shout and fight asking how much time something which we can only guess.
Before we resolve this man- made mess.
So what about the walking lines a short acrostic should provide.

We who are concerned have had much to learn, no walk in the park.
Always travelling in hope no negatives we hope.
Let us fight the fight to come out right.
Keep on going that's the way so someone will see a better day.

GUY IS NEW CORPORATE FUNDRAISING OFFICER

Guy Tewley is the new Corporate Fundraising Officer at Mesothelioma UK.

Guy will be based at the charity's HQ in Leicestershire and will be responsible for managing existing relationships and developing new national corporate partnerships.

Guy joins Mesothelioma UK after working in the charity sector for over six years.

Guy worked in Dublin for the Royal National Lifeboat Institute (RNLI) and more recently for social isolation charity, ALONE. Guy was a Community Fundraiser for the RNLI where he managed fundraising branches, and organised events and campaigns.

Guy gained a law degree from Huddersfield University but realised that he wanted to make a difference to people by pursuing a career in the charity sector.

Commenting on his new role, Guy said: "I'm excited to be part of a team which is so passionate about supporting people with this type of cancer. Funding to continue the charity's work is vital so I'm looking forward to making a difference by helping to bring in more income for the organisation."

STUDIES/RESEARCH

LIVING WELL WITH PLEURAL MESOTHELIOMA?

The Living Well with Meso study, which looks at ways in which people with pleural mesothelioma, and/or family members, can suggest ways that could improve the experience of having this condition for others, is underway and recruiting well.

If you wish to share your ideas and recommendations for living well with mesothelioma, particularly if you are a family member of someone with the condition please get in touch at info@mesothelioma.uk.com. The patient must have received their diagnosis within the last six months.

'Living Well with Meso' is a study run by Sheffield University and funded by Mesothelioma UK in association with the National Lung Cancer Forum for Nurses.

Researchers are looking at how people have managed to cope and adapt, how priorities have altered to make the best of their situation and what positive things they have learnt to manage challenging situations.

MORE STUDY

The MORE (Mesothelioma Outcomes Research and Experience) survey has now closed for recruitment. Mesothelioma UK is extremely grateful to everyone who participated. We received 500 responses which will enable us to produce some significant results.

The vital task of data analysis is the next steps. We will keep you informed about the outcomes and how they are able to inform healthcare professionals about what is being done well, and what could be improved, for mesothelioma patients.

CLINICAL TRIALS

NEMO AND BEAT-MESO TRIALS

The NEMO clinical trial, a multicentre, prospective, double blinded, randomized, two-arm phase II trial aiming to evaluate nintedanib as switch maintenance treatment, has been open for a while and is still looking to recruit patients.

Open centres in the UK are Wythenshawe Hospital, Manchester, Royal Marsden Hospitals, Chelsea, Sutton and Kingston, Weston Park Hospital, Sheffield, and South Tyneside District Hospital, South Shields. (See the enclosed clinical trials table for more detail).

The BEAT-Meso clinical trial is a new trial which opened in August at the Royal Marsden Hospitals (Chelsea and Sutton), and Truro Hospital. The team is looking for newly diagnosed mesothelioma patients to take part.

The aim of this clinical trial is to assess the effect of treatment with an immunotherapy monoclonal antibody called atezolizumab in patients diagnosed with malignant pleural mesothelioma.

The efficacy (whether the treatment works), safety and tolerability (side effects of treatment) of atezolizumab plus bevacizumab in combination with standard chemotherapy versus bevacizumab in combination with standard chemotherapy will be investigated.

Sites will also be set up at Maidstone, Sheffield, Guys, Addenbrookes, Plymouth, Clatterbridge and Wythenshawe.

Patients should speak to their oncologist about a referral for clinical trials.

ARMED FORCES UPDATE

MOD COMPENSATION CLAIMS FOR EXPOSURE PRIOR TO 1987

Anyone exposed to asbestos while in service prior to 1987 may be interested to read this information, which was posted by a member of the Mesothelioma UK Armed Forces Facebook group.

I met my MP, the RH Stephen Kerr MP, in order to press a complaint. My complaint is that I cannot bring a compensation claim against the MOD for exposure to asbestos because I served before 1987. The reason for this is that the Crown immunity act was not repealed until 1987.

There is a precedence for claims since 1987, especially for those serving on HMS Fearless. I served on Fearless from March 1983 until September 1985.

This means that someone sailing on fearless 15 months after I did can have a successful claim, but I cannot even claim.

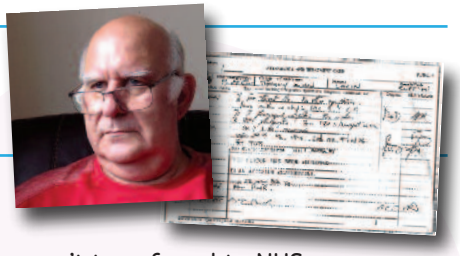
Veterans UK offered a war pension on a sliding scale which is laughable. Stephen Kerr MP suggested that I make a post to see if there are others suffering in the same situation. He suggested that if there are more victims that they should complain to their MPs so that we can press a sort of class action against the government to change the rules.

The conditions are numerous: pleural thickening, pleural plaque, pleural fibrosis, foci calcification, asbestosis, mesothelioma etc.

So, on closing, I would like to ask fellow sufferers to complain directly to their MPs by email, letter, phone call or even a personal face to face meeting.

This is not limited to Fearless, but every ship in the fleet.

'ASBESTOS EXPOSURE' STAMP



Jerry Lakin, whose wife died of mesothelioma in December 2018, made a shocking discovery recently when he requested to see his armed forces record of service.

Jerry served in the RAF between 1973 and 1996. In 1984, he was based at RAF North Luffenham where he, and many others, worked in a converted hangar. He remembers an environmental health technician visiting the hangar and installing monitors. It was thought that they were to monitor dust levels but nothing was ever mentioned about asbestos.

Jerry moved on and was based overseas and at other bases until 1993 when he returned to RAF North Luffenham. By this time, Jerry remembers that parts of the building were closed off and civilian contractors were there removing asbestos. Still nothing was mentioned to those working there about potential asbestos exposure, and at no point were they given any personal protective equipment.

Years later in 2015, and after Jerry had left the RAF, he was researching his father's military career when he discovered that it was possible to request your personal record of service, which includes some medical records. Jerry ordered it and a large envelope of documents arrived.

Among the documents was a record of Jerry's visits to the doctor, which were few and far between. However, the record card had been stamped with the words 'This person has been employed in an asbestos environment'.

The fact that a stamp had been produced to mark the health records shows that there was a high number of people to whom it applied.

Realising that the asbestos exposure was known about but never mentioned to the personnel has shocked and angered Jerry. Being only too aware of mesothelioma and asbestos since his wife's diagnosis, Jerry went to see his own NHS GP to have the potential exposure noted on his records as armed forces records aren't transferred to NHS ones once a person leaves service.

Mesothelioma is notoriously difficult to diagnose and many GPs don't routinely ask about asbestos exposure. It took four years for Jerry's wife, Linda, to be diagnosed.

If a person is aware that they may have been exposed, and can inform their GP at the first sign of illness, it can be taken into account to potentially speed up diagnosis.

Jerry advises any former military personnel to access their record of service and inform their GP if they may have been exposed to asbestos.

Jerry's wife, Linda, was a volunteer for Mesothelioma UK and was passionate about raising awareness of the disease. By sharing his experience, Jerry is carrying on her work and helping to inform others of the dangers of asbestos. You can read Linda's story on our website in the Patient and Family Experiences section.

ARMED FORCES NURSE AND PATIENT FEATURED ON FORCES TV

Our armed forces Clinical Nurse Specialist, Helen Wilkes, was recently filmed for a feature which was shown on Forces TV, the television station specifically for those in the armed forces.

The British Forces Broadcasting Services approached Mesothelioma UK about featuring Helen, her work and one of her patients, to highlight the help available for veterans and military personnel with mesothelioma.
Helen became the first Mesothelioma Clinical Nurse Specialist to focus specifically on helping serving personnel and veterans last year, when Mesothelioma UK received funding support from asbestos disease support charity, HASAG.

One of Helen's patients and RAF pilot veteran, Mr John Myers, kindly agreed to take part in the filming to tell his story and make others aware of the help and support our Supporting our Armed Forces service can provide.

Mr Myers recalls the moment he was diagnosed, "Basically they say 'you've got this disease, it is terminal, we can't cure it but we can manage it'.

"You just think 'ah, wait a minute. That's it, that's the end'. But it isn't, you can go on and people are there to help you do it.

"Helen understands the family affair of the forces and that's a big help.

"At the moment, I'm in the very early stages but I suppose as times goes on, things are going to get sticky and that's when I'm going to need the information to make my own decision about what I do next and that will be based on what Helen and other nurses tell me."

As part of the Supporting our Armed Forces project, Helen provides clinical support and information on treatment options and the latest clinical trials. Helen also works with a specialist armed forces benefits advisor from HASAG.

Helen commented: "I often find that people, once they've left the armed forces family, if you like, they often get away from all the support that there is and they're not quite sure what there is.

"The Armed Forces project shows them that there is support out there and so we can signpost them in the right way.

"When anyone's diagnosed with a cancer, especially mesothelioma, which is incurable, all the patient can remember is the word 'cancer'.

"That's why I'm there to empower them and give them the right support, advice and information." You can see the film at www.forces.net/news/health-and-fitness/UKs-first-asbestos-related-cancer-nurse-focus-military-patients

Visit our website or email info@mesothelioma.uk.com to find out how our Supporting our Armed Forces project could help you.

ARMED FORCES DAY

Armed Forces Day takes place annually around the end of June. There were many events held around the country to show support for the men and women who make up the Armed Forces community including currently serving troops, service families, veterans and cadets.

This year, the national event was held in Salisbury from 28-30 June and Mesothelioma UK had a stand along with many other charities. Our nurses were able to meet many people, some of whom had been affected by mesothelioma and expressed their support for the Supporting our Armed Forces project.

The event was an excellent opportunity to network with other armed forces charities such as Combat Stress, SSAFA, and the Salisbury Breakfast Club, and display our armed forces information and merchandise.

Armed Forces Day 2020 will be in Scarborough on Saturday 27 June. Details on local events can be found at www.armedforcesday.org.uk

ASBESTOS EXPOSURE IN THE ARMED FORCES

If you have been diagnosed with mesothelioma due to asbestos exposure while serving with the Armed Forces, and would like to share your story, we'd love to hear from you. As part of our Supporting our Armed Forces project, we have a section on our website specifically for patients who were exposed while serving in the forces. Sharing your story can help others in similar situations. Contact meso@sandstarcomms.com to find out more.

NEW EVENTS OFFICER APPOINTED FOR MESOTHELIOMA UK

Mesothelioma UK has appointed Rachel Owen as its new Events Officer.

Rachel will be based at the charity's HQ in Leicestershire and will be responsible for organising events to raise funds for, and increase awareness of, the national asbestos-related cancer charity.

Rachel joins Mesothelioma UK after working for eight years in events roles at various organisations and hotels in the East Midlands.

Prior to joining Mesothelioma UK, Rachel worked as an Events Organiser for the Association of Personal Injury Lawyers (APIL), focused on developing and delivering education days and workshop events for legal and healthcare professionals. Rachel has a degree in Events Management from the University College Birmingham.

Commenting on her new role, Rachel said: "I was aware of industrial diseases such as mesothelioma through my work with personal injury lawyers and decided it would be great to work for a charity that helps victims of industrial disease. I'm looking forward to helping to promote the charity and its services, and to increasing the fundraising efforts and success."

Head of Services for Mesothelioma UK, Liz Darlison said: "As a charity, we already run regular events, both for patients and healthcare professionals. In this new role, Rachel will develop new events and build on our existing ones to establish them as 'not to be missed' events. Her experience and enthusiasm will be a huge asset to the team and the charity."

NEW SPECIALIST NURSE APPOINTED FOR MESOTHELIOMA PATIENTS IN TAYSIDE

Susan Smyth has been appointed as a new Mesothelioma Clinical Nurse Specialist (CNS) to support patients across Tayside, Dundee. 621 people were diagnosed in Scotland between 2015-17. Susan will be based at Ninewells Hospital in Dundee, part of NHS Tayside. This new post has been made possible through funding from Macmillan Cancer Research and Mesothelioma UK.

Susan has worked at the Ninewells Hospital for 18 years in various roles, and has been a lung cancer specialist nurse for the last 12 years. Prior to that Susan was a Charge Nurse in the respiratory unit. Susan's interest in the respiratory field began as a student nurse when she was on a placement and from that grew a passion for treating pleural malignancies.

In this role, Susan will be offering both clinical help such as fluid drainage from patients' lungs to make breathing easier, and practical advice such as where to go for benefits advice and support.

Susan will work closely with healthcare professionals including district nurses, oncologists, and respiratory consultants, attending the local and national Multi-Disciplinary Team (MDT) meetings to determine the best treatment plan for patients and assess their suitability for clinical trials.
Commenting on her new role, Susan said: "I'm really enjoying being part of Mesothelioma UK's team of Clinical Nurse Specialists.

"It's exciting to meet and work with other specialist nurses in the area and be able to have that local support and advice. I'm honoured to be part of a team that is developing the services for mesothelioma patients across the UK."

Liz Darlison, Mesothelioma UK Head of Services, added "I am delighted to collaborate with Macmillan Cancer Research to fund this vital post in Tayside. We welcome Susan to the Mesothelioma UK team which is having a remarkable impact across the UK. With the significant number of mesothelioma patients in and around Tayside, Susan will focus on patient care and supporting more patients to access clinical trials."

LEMON CHEESECAKE

This tangy dessert is quick and easy to make so it's perfect if you are struggling with fatigue and/or if you are experiencing taste changes or finding everyday food a bit bland. If you have a poor appetite it is a great option as it is full of calories (470Kcal per serving). You can also add extra cream/ice-cream when you serve to boost this further. Mascarpone cheese is also safe to have whilst on chemotherapy as it is made from pasteurised milk.

Ingredients

110g digestive biscuits (you could use ginger biscuits instead for more taste)
50g butter
25g light soft brown sugar
350g mascarpone cheese
75g sugar
1 lemon, zested
2-3 lemons juiced (about 90ml)

Method

1. To make the base, crush 110g digestive biscuits in a food bag with a rolling pin or in the food processor
2. Melt 50g butter in a saucepan. Take off the heat and stir in the crushed biscuits and light soft brown sugar
3. Line the base of a 20cm loose bottom tin with baking parchment. Press the biscuits firmly into the bottom of the tin and then place in the fridge
4. Mix together the mascarpone cheese, caster sugar, zest of 1 lemon and the lemon juice until smooth and creamy
5. Spread over the base and chill for a couple of hours
6. If you are out to impress you can decorate with raspberries / blueberries / lemon rind / lemon slices and a dusting of icing. If not just serve and enjoy!

FUNDRAISING

PHOEBE'S CAKE AND BRIC-A-BRAC SALE

Phoebe has completed her cake sale and has been proudly displaying her badge and bracelet. She sold every single cake she baked, and managed to raise £45. She raised an extra £10 at home selling items of bric-a-brac to family members!

SANTIA COMPLETES ITS 3 PEAK CHALLENGE IN SUPPORT OF MESOTHELIOMA UK

Our regional teams braved a variety of weather conditions and survived the challenging terrain to raise funds for our chosen charity, Mesothelioma UK, raising £2,190.73! Team Santia successfully completed its 3 peak challenge having navigated the Cheviot, Kinder Scout and Pen Y Fan mountains in walks spanning over three weekends. The circular walks were certainly a physical challenge and typically, the British summer didn't disappoint with the teams experiencing rain, fog and hot temperatures on each of the walks. Everyone who took part in the event thoroughly enjoyed their day, it was great to see so many people in the business participating and making the effort to encourage donations. Friends, family, staff, customers and suppliers have helped make the efforts worthwhile by donating generously to Mesothelioma UK, a big thank you to all who have contributed to the success of this event.

Special thanks go to our appointed event organisers at each venue Paul Gilby, Phil Williams and Neil Coulson, everybody reached the summit and returned home safe and sound thanks to their help and guidance. Acorn Travel (South Wales) Ltd very kindly offered their support to the charity by donating their transport costs to Mesothelioma UK which was a lovely gesture, and much appreciated.

An extra special mention goes to Jill Lemon of Mesothelioma UK; thank you for providing the merchandise proudly worn by the teams and for your continued efforts in support of the charity. There is still time to donate to Mesothelioma UK and should you wish to donate, please do so via the following link, thank you: https://www.justgiving.com/fundraising/santia

SHAUNA REYNOLDS TREKKING THE CAMINO DE SANTIAGO RAISES £2,993.45

I had a phenomenal experience walking 707 km from Pamplona to Santiago de Compostela for Mesothelioma UK. We think my dear mum Diana ingested asbestos fibres in old Victorian hospitals where she cared for others in her early nursing career. It took five months of investigations before peritoneal mesothelioma was diagnosed. In June 2015 we were informed she would be lucky to see that Christmas. Her first grandchild was due in February 2016. She passed away on the 21 October 2017 at home with her family. Caring for her was my greatest honour.

The Camino de Santiago or the Way of St James is an ancient pilgrimage dating back to the 9th Century AD when the remains of the Apostle St James was found. As word spread, pilgrims flocked from across Europe to visit the sacred site. It was something we chatted about at home and hoped to be able to complete together.

Following a yellow arrow or a shell symbol across a country is a pretty mad thing to do but incredibly liberating and one of the best things I've ever done!

At times it was physically demanding, but it was such an unforgettable experience!

The uncertainty of this cancer, medically and emotionally, was extremely tough and fearful. There are not enough specialists, I hope with funding this can change. I send a big thank you to all my family and friends for helping me to more than double my target!

THOMPSONS SOLICITORS' BAKE SALES RAISE MORE THAN £1K FOR MESOTHELIOMA VICTIMS

Thompsons Solicitors has raised more than £1,000 for the asbestos charity Mesothelioma UK by taking part in its 'Muffins for Meso' fundraising event. Offices across the country got baking for Mesothelioma UK's 'Muffins for Meso' event and have raised more than £1,000 for people suffering mesothelioma, by holding bake sales in offices around the country.

The team baked up a storm as part of Mesothelioma UK's 'Muffins for Meso' - an annual fundraising event organised by the charity, which is dedicated to ensuring highly-trained mesothelioma nurses and other forms of support are available to all who need them.

In total, Thompsons' staff raised £1,167, which will support the charity's resource centre and national helpline for mesothelioma victims and their loved ones. The helpline provides details of local support groups, advice on benefits and information regarding clinical trials.

Thompsons Solicitors regularly fundraises for Mesothelioma UK and has become a Silver Sponsor of the charity for 2019.

Helen Tomlin, specialist asbestos solicitor for Thompsons Solicitors, commented, "The work that Mesothelioma UK does is invaluable to those suffering from this devastating disease. "At Thompsons Solicitors, we support many families and individuals who have been affected by mesothelioma by helping them obtain the compensation they deserve. We work closely with asbestos victim support groups, such as Mesothelioma UK, and nurses to ensure those diagnosed can receive appropriate medical advice and help when they need it most."

PEGGY WALKER – SWIMATHON

Peggy Walker, who lives in Sheffield, swam two miles in June as part of the Great North Swim in her home county of Cumbria. Her Mum, Dawn, died from mesothelioma last July. She was 67 years old. Dawn was a teacher and it's thought was exposed at some point during her career. As people who read this will know, asbestos is still in most UK schools today. She campaigns to have it removed and raise awareness.

Peggy has raised £1,761.25 from the swim for Mesothelioma UK. Here is a petition to have asbestos removed from schools, which has recently gained more than 100,000 signatures: https://you.38degrees.org.uk/petitions/protect-our-children-and-teachers-from-asbestos-exposure-in-schools

OPEN DAY AT KLASS HAIR DESIGN

Klass Hair Design have raised £1,350.00 whilst holding an open day in support of Mesothelioma UK, and would like to pass on their grateful thanks to all customers, family and friends for their wonderful support.

TOM CHAPMAN – NORTH CHANNEL SWIM ENGLAND TO FRANCE

At midnight on 2 August, the horn of the boat sounded, and I dived into the English Channel from Samphire Hoe, just outside of Dover, to begin my solo swim. The English Channel is 21 miles across at the shortest point and one of the busiest shipping lanes in the world. Channel swim rules dictate you can only wear a pair of speedos, goggles and a swim hat. I had a large spring tide so as I swam out under the stars and a large rolling swell, the tide pushed me almost ten miles east up the channel. My support crew on the pilot boat next to me were struggling with sickness and everyone was glad to see the dawn breaking and the water flatten as the tide turned six hours into the swim!

The tide was now pushing us back west, through the shipping lanes and through the cross-channel ferry routes. There were a lot of jellyfish but luckily, I managed to miss almost all of them and not get stung badly! You aren't allowed to touch the support boat or another person during the swim so I was fed by my crew, throwing a sports drink out on a rope every 45 minutes. After 12 hours, we reached the buoy marking the edge of the shipping lane and were exactly three miles from France! Unfortunately for me, the wind was getting up and the tide was turning, bringing up a chop to the water. The swim was turning into a real battle to the finish, every feed was bringing me a little bit closer but as you go east the land drops away so although you can see France, it seemed to take an age to break out of the tide and for the water to start flattening out. My arms and shoulders were hurting from the effort, but the cliffs were getting closer and closer. Suddenly the pilot boat's engines stopped, and I was told to swim in, picking my way through the rocks onto a tiny scrap of beach to clear the water and finish the swim in 15 hours and 35 minutes! This was the last of five big swims to raise money for Mesothelioma UK which has been supporting my father in law Philip Ford, through his fight with this horrible disease. We are really grateful for the fantastic support Mesothelioma UK has given our family since his diagnosis.

CHRIS' HALF MARATHON

Chris Wallis has mesothelioma but that didn't stop him running the Vitality Big Half Marathon with his wife Evelyn, and raising £4,658.57.

I have unfortunately contracted this awful, stinking, vile and out right disgusting disease caused by asbestos. It is almost one year since I was diagnosed after a long stint of tests and operations. I was diagnosed with the cancer in the abdomen but in August 2018 after feeling unwell I was told it had spread to my right lung, all at the age of 30. I believe I am one of the youngest in the country to have this type of cancer.

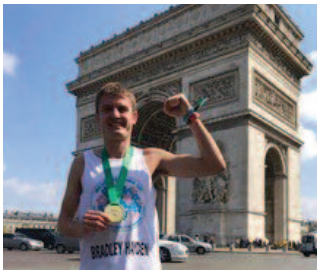
Life expectancy ranges from six months to five years but there are a lot of people out there who are fighting the fight hard every day and re-defining the rules!

I am running the Vitality Big Half to promote the awareness of the disease, for medical research to carry on and to help pay the nurses to support me every day with medication, treatment, and psychological help and support for Evelyn and my family. The £2,000 which I hope to raise will pay for a clinical nurse for two months to support up to 10 patients who are in palliative care or for those who just need that little support.

The half marathon takes place on Sunday 10th March 2019 meaning I have 8 weeks to prepare. With everything going on I haven't exercised for over a year and to make things worse, while I am training I will be undergoing chemotherapy as well!

Let the challenge begin as I know I will be the first to beat this disease and I know I'll cross that line even if it is on my hands and knees.

BRADLEY RAISES £683.70 IN MEMORY OF ALAN HAYDEN



As I enjoyed the London Marathon 2018 so much I didn't want to end it there, and decided to take part in the Paris Marathon 2019 and what better way to raise money for a charity very close to my heart, Mesothelioma UK.

My finish time in London was 3hr42, which will be my target to beat this year in Paris! With 16 weeks of training and the experience gained from last year I know I can only improve upon that.

BRIAN RAISES £1,138.75 IN SUPPORT OF HIS LIFELONG FRIEND EDD AND MEMORY OF HIS UNCLE GEORGE

I have just entered the Reading half marathon in aid of raising money for Mesothelioma UK. While on summer vacation in 2017 I received a call from my old mate Edd.

On returning home I contacted Edd only to hear the devastating news, which was such a blow to his family and all that know him. He told me how he'd recently been rushed into hospital with a collapsed lung and how he'd been diagnosed with terminal cancer. Completely shocked, I was stunned, I'd always had visions of us growing old together!

After meeting Edd at school (real name's Neil Heming- long story!), I have had the pleasure of being best of mates with this amazing guy for nearly 40 years and have shared many memories.

My inspiration now to run the Reading half marathon came to me following a recent text from Edd with a link to a web page detailing a close buddy of his raising money for Mesothelioma UK. On reading this I felt almost instantly compelled to enter myself and did so. My initial thoughts after entering were 'Oh crap, what have I done!' I have approximately 5 weeks to train. I don't run, I have never run further than 2 miles in my life and didn't even have a pair of trainers!

Edd really is a fantastic guy who would do anything for anyone if he could. I am also running in memory of my uncle George Morgan whom we lost to the same awful cancer.

MANCHESTER 10K

Liam Galvin & Gemma raised £1,371.25 on 19 May 2019 in memory of dad Kevin Galvin.

JOHN MORGAN – THE MAN WHO FELL TO EARTH - RAISED £427.50 IN SUPPORT OF SALLY COLLINS

I felt the older I was getting the more of life's challenges and anxieties seem to take a firm grip of my reality to enjoy what most people take for granted, e.g. flying , thrill rides at theme parks etc. I've recently turned a corner in my life and with the big 50 just passing me by, I felt a stronger urge to combine all fears and free fall to earth!! Something that is most alien to me and will take more than courage to exercise.

Courage and bravery can come in many forms, one such valiant intrepid soul I was made aware of is Sally Collins. Her plight to fight against not just one but two forms of cancer, after being exposed to asbestos (mesothelioma) in October 2018. A scan revealed that as well as this rare form of disease (mesothelioma) she also has breast cancer. She is currently undergoing chemotherapy. With all this in mind, Sally's sister, Julie wanted to focus on the positive side of these actions and decided to raise awareness and charitable monies to support not just one but two worthy causes, (Mesothelioma UK and Cancer Research).

With Sally attending a sponsored haircut and now a Mamma Mia Sing-along Fundraiser, with local business now on board, donating gifts for a raffle to be held on this fun and carefree night. I felt this was such a worthy cause I would like to help raise awareness of such a silent and rare disease, by conquering my own fears and in turn supporting the ongoing conquest in cancer research.

MANCHESTER 10K - £900 RAISED IN SUPPORT OF CLARE NASH'S LOVELY DAD

On 28 December my wonderful Dad was diagnosed with pleural mesothelioma, an aggressive type of cancer caused by exposure to asbestos. To see the effects of this cruel disease is heart breaking. The support that my parents have received from Mesothelioma UK has made this devastating time just that little less daunting. Their help is invaluable. I have decided to dust off my running shoes and take part in the Manchester 10k to help raise vital funds for Mesothelioma UK.

DONNA & HARRIETT COMPLETE SWIMATHON ON MOTHER'S DAY IN MEMORY OF JANET O'CONNELL

Myself and my daughter Harriet took part in a 5k Swimathon. We very sadly lost my Mum and Harriet's Nanny last May 2018 on her 71st birthday, after being diagnosed with mesothelioma in 2014 from exposure to asbestos dust from washing my Dad's work clothes. Mum fought so hard with such strength and positivity for those 4 years from diagnosis and we couldn't have been prouder of her courage, always with a beautiful smile.

Mum, me and her grandchildren would swim almost every week together for many years until treatments and illness made it too difficult for her, so we decided we would take on this challenge at the pool we used to swim at and on a very special day in her memory - Mother's Day, 31 March 2019. Harriet is currently studying hard in her last year at A-levels, having had a difficult last year with the loss of her Nanny during mock exams, she is determined to get through the exams this summer to go onto to university in September to start her career path into medical research.

Together, we raised £1,041.25 for Mesothelioma UK.

JULIE COMPLETES LONDON MARATHON AND RAISES £1,382.50

I was very lucky to get a ballot place in the London Marathon this year and I dedicated my training and the race itself to two very much loved and very much missed people, Alan Lanham and Alan Hemple, who both passed away of the same terrible disease. In their memory, I'm raising money for Mesothelioma UK to get much needed funding for research, treatment and care for patients and their families.

LISA'S BATH HALF MARATHON RAISES £442.50 IN MEMORY OF FATHER-IN-LAW MIKE

We lost my father in law to mesothelioma in November - all due to asbestos. He used to be a runner and so I ran the Bath half in his memory to raise funds for this less known charity, to help others who get this horrible asbestos related illness through no fault of their own and to raise awareness. I had never run a half marathon before and it was made harder by the fact I have a curvature of the spine so had to be careful to build the distance up gradually - but I was committed to my training and determined to finish - no matter how long it took me!

NO BOOZE FOR 100 DAYS FOR LADIES RUGBY TEAM MRUFC

A few members of the MRUFC Ladies team went alcohol free for 100 days to raise money for Mesothelioma UK. Smack bang in the middle of the 100 days is the Six Nations and a team day out to Doncaster to see the Red roses, which was a challenge! We raised a total of £307.50.

PAMPER PARTY

Sandra Hart offered an Acupuncture/Cupping/Moxibustion Taster Event and raised £60 in memory of Neville Adair.

IRWIN MITCHELL DOES MUFFINS FOR MESO

Irwin Mitchell Solicitors' Sheffield based asbestos related claims team enjoyed baking muffins for their colleagues in the department to raise funds for Mesothelioma UK as part of 'Muffins for Meso' in May. The tempting treats included chocolate cupcakes, rhubarb and ginger muffins, lemon tarts, banana bread and chocolate chip muffins. The team raised £102.45 as well as adding to their waistlines!

PHIL HODGSON READING HALF MARATHON RAISED £4,785 IN SUPPORT OF HIS FRIEND NEIL AKA FRIENDLY

Neil and I first met at work (John Guest) in 2004 when indirectly he was machining some parts for me. It soon became very apparent we shared the same interests & hobbies cycling, rock climbing (in & outdoors), mountain hiking/walking/scrambling, wild camping, YHA hostels, Sustrans cycle routes & of course real ale.

Neil & my sense for adventure in the great outdoors started in 2006 when we took on our first trip away to hike The Pennine Way, some 270 miles along the backbone of Britain, since that first trip we've been on over 20 adventures away.

Neil and I have a strong friendship bond which is based on trust, understanding and a love for all I've mentioned above. In all the 15 years we've ventured. socialised and worked together we've never fallen out or ever said a bad word to each other, we just get on so well. Typically, we'll decide on our next adventure, I'll go off and book the trains and hostels and Neil will do the hard bit sorting out the most adventurous routes and compass work. When the day is done (sometimes at lunch) we'll have a few pints of real ale! Perfect teamwork.

Neil and I an 80-mile road race in Wales 2017. We got separated about halfway round but met up again with 10 miles to go and as we neared the finish we were racing each other through the closed streets of Cardiff. In a sprint for the line Neil beat me by half a bike. What a man! He was clearly struggling up the big hills but still finished so strong.

So why tell you this story over the many others we have? Well two days later Neil was rushed into hospital with fluid on the lungs and two weeks later he was diagnosed with mesothelioma. When Neil told me of his condition, NO!! What the hell! I just had to do something to raise awareness and funds for Mesothelioma UK. A long bike ride or climb a high mountain would have been too easy so right out of my comfort zone 'run The Reading Half Marathon', but not just jog it but run it in under 2 hrs. Having not really run since school training has been bloody tough going but nothing compared to what Neil and his family are going through, especially his lovely young daughters.

Update: What a day yesterday's Reading Half Marathon was. The atmosphere was fantastic with bands playing, cheer girls and a massive crowd along the route. I felt good for about 10 miles then my energy levels started to drop, the last mile to the stadium was particularly tough going but once I'd got up the hill to the stadium I could smell the finish line, so one final push to run as fast as I could saw me to the finish line. Great having many friends and family out supporting me especially me old mucker Neil.

LORRAINE AND ANDREW COMPLETE THE MANCHESTER 10K

Our very own Clinical Nurse Specialist Team Leader, Lorraine Creech and her son, Andrew, took part in the Manchester 10K marathon in May. They raised a brilliant £360.00.

TRAINING BEGINS FOR CHRIS' 3 PEAK RUN

13 years ago, on 4 August 2006, my Dad lost his battle with mesothelioma. This disease affects thousands of people every year. At the time, we as a family, were told there was nothing that could be done, as the drugs were classed as "too expensive." Not only that, if we had lived anywhere else in the country (apart from the North East of England) we may have been offered the treatment.

After months and month of publicity in local and national newspapers as well as local TV and national radio we finally got a break. My dad was offered the opportunity to undergo major surgery to remove the tumour. The operation included removing one lung, part of the heart wall and part of the diaphragm. My dad came through the operation then the drugs and chemotherapy could start. We got an additional 18 months with my dad before he passed. We were the lucky ones that got given that opportunity.

My goal over the next year is to train to complete the 3-peak challenge (Ben Nevis, Scafell & Snowdon). However, I will be running between the peaks, covering over 400 miles. Also, I will be blogging the training on my Instagram page @chrishurrell_ and talking about the mental affect it had on my family and I losing my Dad at the age of 18.

Any and all donations are welcomed and so appreciated. All money raised will be donated directly to two charities. Mesothelioma UK and The Butterwick Hospice, and the link can be found below;
www.justgiving.com/fundraising/c-hurrell1

SARAH-JAYNE JOURNEYS TO MACCHU PICCHU

In October last year, we received the devastating news that my Dad, Peter, has mesothelioma. At the time of diagnosis, Dad was given a life expectancy of between two months and two years so we feel very lucky he is still with us and will be able to follow my journey to Macchu Picchu to raise money to help future patients diagnosed with this devastating disease.

Very little is known about mesothelioma, however, there are several trials currently taking place looking into surgery and immunotherapy. Hopefully, one day soon, the disease can be treated more effectively and therefore extend life expectancy for those diagnosed.

The peak for cases is expected between 2020 and 2025 so I am self-funding this trip to raise as much as I can to support Mesothelioma UK for their research into more effective treatments and potentially a cure and for Marie Curie who have supported Dad as an outpatient and also the family during this difficult time.

On a final note, you will be aware that this trip is putting me completely out of my comfort zone with regards to the lack of washing facilities, nice clothes, makeup and toilet issues!!!

Sarah-Jayne raised £477.50

KINGS BENCH WALK TO HOST CHARITY DINNER TO HELP FUND STUDY

On 10 October 2019, Aliyah Akram from Kings Bench Walk has arranged a glamourous charity dinner in London, to help raise funds for the charity's.

There will be champagne, dinner and plenty of drinks. Tables cost £100 for a table of 10 and all enquiries should be sent to Aliyah, who can be contacted at akram@12kbw.co.uk. We hope all attendees have a fantastic evening!

GOSPORT WHEEL DONATION

Gosport Inner Wheel Organisation donated a fantastic £1,115.00, in memory of Brian Holford. With huge thanks to everyone who took part, and Brian's wife, Hazel.

NOVUM LAW GETS BAKING FOR MUFFINS FOR MESO

The Bristol team from Novum Law baked up an absolute storm during their recent Muffins for Meso day! Both sweet and savoury cupcakes were on offer to their very satisfied customers, and they managed to raise a wonderful £118.00!

LYMPSTONE MANOR CELEBRATION OF SPEED EVENT RAISES £12,000

Luxury country house hotel, Lympstone Manor, in Devon, hosted Celebration of Speed 2019 on 3rd July. The event commemorated Michelin-starred chef patron Michael Caines' love of all things motoring. Mesothelioma UK and the Spinal Injuries Association were the two charities which were chosen to benefit from funds raised on the day. A total of £12,000 was raised which will be split between the two charities.

Clinical Nurse Specialists, Lorraine Creech and Christine Jones, were there with a stand to tell people more about Mesothelioma UK. The event gave guests the exclusive opportunity to view the iconic Formula One supercars by ROKiT Williams Racing, formerly known as Williams Formula One, as well as meet the event's guest of honour Rob Smedley, most recently the Head of Performance at Williams Formula One and who spent many years as race engineer for Felipe Massa.

Also there for guests to see were the Williams FW41 Formula One racing car that competed in the 2018 FIA Formula One World Championship, and the Williams Renault FW19 car from 1997 which powered Jacques Villeneuve to his World Championship title. In addition, visitors enjoyed an exciting line-up at Lympstone Manor's first ever music concert where guests were treated to an all-inclusive afternoon tea picnic and a BBQ in the evening.

Mesothelioma UK exists to raise funds to support the services that we provide and any sponsorship, grants or donations made to the charity support this.

Mesothelioma UK would like to thank all of our wonderful donors.

If you would like to find out more about becoming a corporate donor, please contact us on 0800 169 2409 or email info@mesothelioma.uk.com

Events Calendar

Mesothelioma UK Awards Evening
3 October 2019
Imperial Hotel, Blackpool
www.mesothelioma.uk.com/awardsnight

Mesothelioma UK Patient and Carer Day
4 October 2019
Imperial Hotel, Blackpool
www.mesothelioma.uk.com/pcday

Charity Ball, Bewdley
26 October 2019
Email venus2450@hotmail.com for tickets

National Lung Cancer Forum for Nurses Annual Conference
14-15 November 2019
London
www.mesothelioma.uk.com/news-events/events-calendar

Meso UK challenge opportunity: London Winter Walk
19 January 2020
London
www.mesothelioma.uk.com/getting-involved/fundraising

Mesothelioma UK Ladies' Lunch
6 March 2020
Manchester
www.mesothelioma.uk.com/news-events/events-calendar

Please send details of any local events to meso@sandstarcomms.com so that they can be added to the Meso UK website.

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