MESOTHELIOMA MATTERS

SPRING 2018

Major campaign focuses on armed forces and military

Support for RAF veteran with mesothelioma

Clinical Nurse Specialist appointed for armed forces personnel and veterans

MESOTHELIOMA UK
Supporting People With This Asbestos Cancer

© Crown copyright 2018. Image shows Gloster Meteor jet

SUPPORT FOR RAF VETERAN WITH MESOTHELIOMA

As part of our specialist military information, advice and support service, Mesothelioma UK benefits advisors have recently helped a former RAF veteran with a successful claim for benefits, following his mesothelioma diagnosis.

Squadron Leader William Evans D.F.C. has suffered with breathing difficulties for a number of years and has attributed his condition to COPD (Chronic Obstructive Pulmonary Disease), in addition to other ailments of diabetes, four hip and knee replacements, glaucoma and loss of hearing. A routine check up for his COPD led to his referral to specialists at Glenfield Hospital and his diagnosis of mesothelioma in August 2017.

Squadron Leader Evans enlisted in the RAF at the age 20 in 1941 and had a distinguished career of 23 years. He was selected for pilot training and was quickly transported in cargo vessels to Canada for training. On return to the UK, he gained considerable experience flying the Blackburn Botha aircraft in a gunnery training role followed by operational flying in Mosquito (bomber) aircraft in the then Pathfinder Group.

Following cessation of WWII hostilities, he was engaged in flying a variety of aircraft which included the first jet, the Gloster Meteor. On completion of his contract, Squadron Leader Evans retired from the RAF in 1964 at the age of 44.

He pursued a career as a Probation Officer as his experience to date included working with young people concerning, at times, their welfare, discipline and situations. Whilst waiting for formal probation training, he, for some months, secured employment as an engineering inspector working closely with machine operators drilling and grinding metal components for air compression equipment.

Retiring from the Probation Service as a Senior Probation Officer in September 1986 and aged 65 years, Bill continued in employment as a stores controller (electronics) and finally as a property (new homes) sales person until the age of 70.

Prior to his contact with Glenfield Hospital, Bill had no knowledge whatsoever of such a disease as mesothelioma, its symptoms, causes or health effects.

Referral of his case by consultants to Mesothelioma UK resulted in contact from advisors who subsequently interviewed Bill and his wife Elizabeth, in depth, at their home concerning his working life and probable exposure to asbestos.

Based on the information obtained, Caroline Barry from Mesothelioma UK and Jackie McGrath from Veterans UK were able to investigate a claim on a dual exposure basis. The DWP and the MOD confirmed the validity and success of their claims.

Bill would advise any person who knows or suspects that they may have been at risk of contracting this disease to contact Lisa Booth at HASAG, the dedicated benefits advisor for Mesothelioma UK's new Armed Forces service, on 02380 010016 to seek advice and referral to appropriate services.

Now aged 96, Bill concludes: "A big thank you to Caroline and Jackie for their very friendly and professional efforts. Also to Harriet (Macmillan) for her charming and ongoing support and to all others involved in processing my case. Finally, a thank you to Elizabeth for putting up with me.

"I accept that there is no cure for me at my age as I am too far gone to stand any treatment.

"There are old pilots and there are bold pilots but there are no old, bold pilots.

"I consider myself very lucky to be enjoying a happy and lengthy retirement."

FIRST MESOTHELIOMA NURSE IN THE UK TO FOCUS ON ARMED FORCES AND MILITARY PATIENTS

Helen Wilkes has been appointed as the first Mesothelioma Clinical Nurse Specialist in the UK to focus on helping armed forces personnel and veterans.

Helen is based at the University Hospital Southampton NHS Foundation Trust and Mesothelioma UK is funding the new post through the Government's Libor funds (funds from fines levied on the banking industry which are set aside for helping armed forces personnel).

Helen will help mesothelioma and lung cancer patients from Southampton, Portsmouth, central and southern England, the Channel Islands and the Falklands. She will help with patient journeys, from pre-diagnosis to potential outcomes including manning the national helpline, working with local support groups, raising awareness of the disease, and advising on treatment and clinical trial opportunities.

In her new role, Helen will also be the primary clinical contact for Mesothelioma UK's specialist armed forces information, advice and support service. This Government-funded initiative is delivering a specialist, UK-wide service for armed forces personnel and veterans who have been affected by mesothelioma. Helen will also work with a new Mesothelioma UK benefits advisor, Lisa Booth, based at Southampton asbestos charity, HASAG, to advise on specific benefits and compensation claims for armed forces personnel and veterans affected by the disease.

A dedicated Facebook group will shortly be set up for armed forces personnel and veterans to share their experiences with one another and give/ask for advice.

Helen trained at the University of Southampton. She has worked for over 10 years with lung cancer and mesothelioma patients including five years as a lung cancer specialist. Previously, she was a chemotherapy nurse for the Hampshire Hospitals NHS Foundation Trust.

Helen's appointment follows the news that the University of Southampton is running a major campaign to fund the first dedicated cancer immunology centre in the UK, planned to officially open in spring/summer 2018.

Commenting on her new role, Helen Wilkes said: "I'm delighted for this opportunity to join the growing Mesothelioma UK nursing team. The role is hugely important with its armed forces personnel and veterans focus, given the particularly high incidence of mesothelioma and exposure to asbestos that we've seen from patients in the local area; with people employed at the dockyards, based here during navy service or at Fawley Power Station.

"With the developments in research through the clinical trials programme and dedicated centres such as the Immunology Centre opening in Southampton in 2018, we're getting ever closer to offering real hope to patients for their treatment and care."

Liz Darlison, Mesothelioma UK Director of Services, added: "Helen's appointment takes our UK nursing team up to 18 now with more planned. We're absolutely committed to providing the best standards of care for mesothelioma patients and this team of dedicated professionals is helping so many people with this disease.

"The industrial nature of mesothelioma means that patients and their carers often have complex benefit and compensation claims to process. The process can be even more complex for armed forces personnel as their benefit and compensation entitlements differ. Helen's appointment and support from HASAG will target this particular group with additional and much-needed support."

GUIDELINE FOR THE INVESTIGATION AND MANAGEMENT OF PLEURAL MESOTHELIOMA

The British Thoracic Society (BTS) has been at the forefront of guideline production in respiratory medicine for over 30 years and has been awarded NICE Accreditation for its guideline production.

The BTS established a mesothelioma guideline development group, co-chaired by Professor Nick Maskell and Dr Ian Woolhouse in 2014, tasked with producing an evidence-based guideline to assist with the investigation and management of pleural malignant mesothelioma.

The guideline will be primarily of interest to healthcare professionals working within the NHS, but the aim was to make the guideline as applicable to international practice as possible so that it may be used across Europe and America as appropriate.

The poor survival rates for mesothelioma, taken together with the significant variation in treatment and outcomes across the UK, highlights the need for an evidence-based guideline to facilitate the highest standards of care for all mesothelioma patients in the UK.

In producing the recommendations in the guideline, the authors looked at various published trials including Meso VATS (Video Assisted Thoracoscopic), MARS (Mesothelioma and Radical Surgery), MAPS (Mesothelioma Avastin Cisplatin Pemetrexed), LUME Meso, ATOMIC-meso, Keynote, CONFIRM, PROMISE, CheckMate 743, SMART, PIT and SYSTEMS2.

Some studies have not yet published enough data for evidence from them to be used to inform this guideline and the authors await published research from these trials with interest.

However, the authors recognised that this is an extremely exciting time for mesothelioma research with a range of important oncological trials underway and some starting to present results at international conferences.

Following the publication of these new guidelines in February 2018, the imminent challenge is to implement the key recommendations to ensure patients receive the best possible evidence-based care. It is hoped that these guidelines will provide a platform for future research and quality improvement.

For more details on the recommendations of the guideline, visit www.brit-thoracic.org.uk/standards-of-care/guidelines/

DEVELOPMENT OF UK MESOTHELIOMA ALLIANCE

The UK Mesothelioma Alliance was established in 2017 to bring together mesothelioma stakeholders as one voice to raise awareness of mesothelioma through agreed projects.

A website is currently under development and will shortly be launched.

The alliance is open to all non-commercial mesothelioma stakeholders such as campaigners, support groups and asbestos charities.

The UK Mesothelioma Alliance believes that:

- Equitable access to treatment and care wherever patients are in the UK is crucial to improve outcomes
- Raising awareness of mesothelioma and the dangers of asbestos is vital to both increase early diagnosis and reduce exposure to asbestos

Members include mesothelioma patient/carer advocates, campaigners and charities, and asbestos charities and support groups, campaigners and trade unions. Other organisations may be co-opted onto the UKMA from time to time e.g. for the duration of a specific asbestos-related campaign.

If you would like further information about the Alliance, please contact Dawn Mckinley on 0116 2965230 or email info@ukmesoalliance.org

MESOTHELIOMA UK ALLIANCE

MESOTHELIOMA UK THORACIC NURSE SPECIALIST

Joanne Hargrave has been appointed as a Thoracic Nurse Specialist specifically to support mesothelioma cancer patients in London and will be based at St Bartholomew's Hospital.

This is the second mesothelioma specialist nurse post in London to be funded by Mesothelioma UK and has been enabled by a donation from Pat Stone Meso Support. Joanne will support surgical and oncology patients diagnosed with mesothelioma.

St Bartholomew's Hospital is a leading, internationally renowned teaching hospital based in the City of London. The Hospital also has Multi-Disciplinary Team (MDT) links with patients in East London, Essex, Portsmouth and the South Coast.

Joanne will work alongside the oncology team at St Bartholomew's to support patients in pre-admission and post-discharge for surgery, including the MARS 2 and MesoTRAP clinical trials.

The MARS 2 study compares surgery and standard chemotherapy with chemotherapy only for people who have mesothelioma of the chest. MesoTRAP is a pilot clinical trial and feasibility study comparing video-assisted thoracoscopic partial pleurectomy/decortication with indwelling pleural catheter in patients with trapped lung due to malignant pleural mesothelioma.

Before taking up her new role, Joanne had worked in the thoracic specialty for 19 years, as a nurse specialist for the last six years, all at Glenfield Hospital, part of the University Hospitals of Leicester NHS Trust.

Commenting on her new role, Joanne said: "I'm delighted to join Mesothelioma UK's dedicated team of Clinical Nurse Specialists.

"I'm in a really privileged position as my new role allows me to support and prioritise mesothelioma patients for radical and emerging surgical techniques to help to find a treatment for this devastating disease."

Graham Stone from Pat Stone Meso Support said: "We are pleased to have been involved in the appointment of a dedicated mesothelioma nurse at Bart's so that, where previously London had none, there are now two. "This is thanks to the drive of Mesothelioma UK in its efforts to ensure that all sufferers of this cancer have equitable access to the best that the NHS can offer."

Liz Darlison, Mesothelioma UK Director of Services and Consultant Nurse added: "We're delighted to welcome Joanne to the team, which now stands at 18 CNSs across the UK. Her experience in thoracic cancer and surgical fields will be invaluable to patients.

"Joanne is one of two new posts in the London area and we hope to expand on this to further support mesothelioma patients in the south of England. We must continue to express our profound gratitude to our supporters, corporate donors and fundraisers, without whom, fulfilling positions such as Joanne's would not be possible."

TRUSTS INVITED TO APPLY TO HAVE LUNG CANCER NURSES 'ADOPTED'

Mesothelioma UK is looking to 'adopt' enthusiastic lung cancer nurses with a special interest in mesothelioma. Successful applicants will be supported by Mesothelioma UK with training, materials, and access to mesothelioma events and resources.

Visit www.mesothelioma.uk.com or call Anne Moylan on 0773 9631523 or Lorraine Creech on 07957 890485 for details. Deadline for applications is 16 April 2018.

MESOTHELIOMA UK RESEARCH FUND TO BE LAUNCHED

In April 2018, Meso UK will launch a special fund, dedicated to mesothelioma research and clinical trials. We'd like to be able to offer up to **£1 million** each year to researchers looking into better understanding and treatment of the disease.

In addition to supporting researchers, the fund will also support our team of Mesothelioma Clinical Nurse Specialists who have a responsibility to ensure that they are aware of current research and trial opportunities so that they can inform patients.

Please contact us on 0800 169 2409 or email info@mesothelioma.uk.com for further information about donating to, or benefiting from, the research fund.

METRO SAFETY'S 25TH ANNIVERSARY CHARITY INITIATIVE RAISES £3,200

Pictured L-R - Ian Simcott, Managing Director - Metro Safety, Brian Wallis, Mesothelioma UK Ambassador, Alison Knight, Marketing Manager - Metro Safety, Andrew Paten, Chair - Metro Safety

In celebration of Metro Safety's 25th anniversary year, the company set themselves the challenge of raising **£20,000**, to be split between four charities:

- Mesothelioma UK
- Macmillan Cancer Support
- The Children's Burns Trust
- Caring Matters Now

Metro Safety is a provider of fire, health and safety, and building services to many of the UK's managing agents and property owners, as well as major retailers, local authorities and other commercial occupiers. This includes a range of asbestos management services.

During the course of the year, staff undertook a number of fundraising initiatives, raising a total of **£20,058** for the four charities with **£3,200** being donated to Mesothelioma UK.

The main fundraising event was the Metro Safety '6 in 6' bike ride. This was a real challenge!

Ten brave riders cycled through six European countries in six days, starting in Saarbrucken in Germany and finishing in Trafalgar Square, clocking up 500 miles along the way.

Next was the Metro Safety row-athon. In order to complete the 'missing' 25-mile leg of the '6 in 6' bike ride - Calais to Dover - various Metro Safety staff used rowing machines to cover the distance the cyclists travelled by ferry.

Finally, a 25th Anniversary Gala Evening was held which raised additional funds for the nominated charities.

Metro Safety would like to thank its staff, sponsor partners, customers and friends for their generous donations, efforts and support, making it possible to achieve the target and help Mesothelioma UK and the other nominated charities to continue their good work.

RECIPES FOR ALL APPETITES

One-pan roasted salmon and asparagus

If you are feeling tired or struggling to cook, this is a quick and easy recipe that the whole family and friends can enjoy. For an easy side dish to complement a spring roast just cook this dish without the salmon.

Ingredients

- 400g new potato, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 tablespoons olive oil
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves
- salt and pepper to season

Method

1. Heat oven to 220C/fan 200C/gas 7. Place the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast for 20 mins until starting to brown.

2. Toss in the asparagus, cherry tomatoes and balsamic vinegar and place the salmon amongst the vegetables. Drizzle with the remaining olive oil and return to the oven for a final 10-15 mins until the salmon is cooked. Season with salt and pepper, scatter over the basil leaves, serve and enjoy.

If you have a small appetite, you could increase the calorie content by adding a knob of butter to your salmon before putting it in the oven or add another couple of tablespoons of olive oil before you serve.

If you are struggling with taste changes you could add a slice of lemon or some minced garlic to your salmon before cooking. You could also try adding other herbs instead of basil such as dill or parsley.

If you have a good appetite you could also add some extra vegetables such as spinach, peppers or courgettes and then you are getting closer to your recommended '5-a-day'.

It's never too late to support us and leave a lasting legacy to help others

By leaving a gift in your will to Mesothelioma UK you are leaving a legacy that will truly benefit others. No matter how big or small, a legacy gift will help us to fund more research, support, advice and care for people affected by mesothelioma.

To find out more about the work that we do visit
www.mesothelioma.uk.com or telephone 0800 169 2409

MESOTHELIOMA UK
Supporting People With This Asbestos Cancer

COUGHING AND MESOTHELIOMA

Based on an information leaflet by Dr Amelia Harle at the Christie Hospital

One of the common symptoms of mesothelioma is a cough. We think it affects nearly half of all mesothelioma patients.

Causes of coughing related to mesothelioma
The exact causes of coughing in patients with mesothelioma are not known. It is likely that several different reasons for coughing exist, even within one patient.

Patients with mesothelioma often develop fluid around the lung (a pleural effusion) which is known to cause coughing in some patients. Some of the nerves supplying the lining of the lungs (pleura) may also be damaged by the tumour, triggering coughing. Patients are also more likely to suffer from chest infections which can cause coughing.

Causes related to mesothelioma treatment
Radiotherapy, chemotherapy and immunotherapy can cause coughing. This is because these treatments can cause inflammation and scarring of the lung. Usually, this is mild and settles down quickly following treatment avoiding any further intervention.

Physical effects
- Tiredness - either because of the effort required to cough or because sleep is disturbed
- Pain either in the chest or elsewhere in the body
- Breathlessness - a bout of coughing can make it hard to catch your breath
- Retching and vomiting
- Dizziness
- Difficult bladder control

Emotional/social effects
Coughing can cause significant worry that it may be because the mesothelioma is getting worse. Although this is not always the case, it is hard for some patients not to be anxious.

It can be very hard to go out if coughing causes social embarrassment. This can lead to isolation from family and friends.

Things that may help

1. Controlling coughing and throat clearing
Take a few days monitoring how often you cough and/or clear your throat. Try to remember how it feels just before you cough.

Once you are aware of how it feels just before you cough or clear your throat, try one of the following three techniques:
- Take a sip of water
- Sniff then swallow
- Swallow

The key is to persevere, it will become easier. If the urge to cough returns, repeat again.

2. Avoidance of coughing triggers
- wear a scarf over your mouth when going outside on a cold day
- use roll-on deodorants instead of aerosols
- use cooler water to reduce the steam from a bath or shower
- use scent-free soaps and washing powders
- avoid smoky environments

3. Clearing phlegm
Steam inhalation - take a large bowl and fill it with water that has just boiled. Sit and place a large towel over your head and around the sides of the bowl and breathe in the steam.

Huffing - Take a big deep breath, filling the lungs as much as possible. Blow the air out in forceful bursts through an open mouth while saying 'huh', as if you are blowing steam onto a mirror.

4. Easing coughing at night
Try sleeping in different positions, including propped up with more pillows.

5. Simple cough remedies
Some patients report relief from menthol drops, cough sweets and honey and lemon drink.

6. Medicines for coughs
Several medications can be prescribed for your cough including cough syrups, painkillers, steroids, anti-indigestion drugs and nebulisers. Complementary therapies such as reflexology or acupuncture may also help.

If you would like more information on anything mentioned here, you can speak to your doctor or nurse or there is more detailed information online at www.mesothelioma.uk.com in the 'Leaflets, booklets and guides' section. Alternatively, call 0800 169 2409 and we can send a hard copy.

HAVE YOU HAD CONTACT WITH ONE OF MESOTHELIOMA UK'S 18 NURSE SPECIALISTS?

Read Jon Moss's story to hear how his father-in-law, Richard was able to provide financial support for our nurses through his civil claim.

My father-in-law, Richard Mortimer, was diagnosed with mesothelioma in 2016. He worked as a heating and ventilation engineer for the same company for his entire working life. When he was diagnosed, we were all taken aback. As a family, we are all too aware of the damage asbestos can cause, but to be honest, none of us had really heard too much about mesothelioma and as such had never heard of Mesothelioma UK.

Our first dealing with Mesothelioma UK was in the form of the Clinical Nurse Specialist for Oxfordshire, Hannah Ball. Hannah has been the 'go to' lady for so many questions that we have all had. She is simply the central cog in the treatment and care that Richard is receiving. It is not overstating it by saying she has had a massively important role in Richard's life since diagnosis.

I was lucky enough to meet Hannah for the first time at the Patient and Carer Day in October. It was so nice to put a face to the name. At this conference, I learnt how Mesothelioma UK funds the CNSs up and down the country and their desire to increase the number of CNSs.

It was also on this day that I met Alida Coates from Irwin Mitchell, Richard's solicitor in his compensation claim. Alida is on the board of Trustees of Mesothelioma UK. Richard had spoken very fondly of Alida and had been very impressed since their very first meeting. He feels that he fell on his feet when Alida was put in charge of his case. On meeting Alida, I could see that his good impressions were not misplaced.

At the Patient and Carer Day, there was a very interesting talk given by Alida about many aspects of the legal process, but there was one thing that resonated with Richard and that was the subject of donating an amount of money from a successful legal challenge to Mesothelioma UK and the prospect of leaving a legacy.

The hard work that Alida and her team at Irwin Mitchell, with the support of Harry Steinberg QC, put in to Richard's claim meant that he was successful in being awarded damages due to the negligence of the company he worked for. Richard has decided that he wants to donate some of the damages to Mesothelioma UK, to say thank you for all of the work they have done, but especially to Hannah, who has been simply amazing.

If his donation is able to help fund Hannah and the CNSs for a while, then he is very happy to do this.

Hannah Ball, Mesothelioma UK

Richard is undergoing treatment at The Royal Marsden at the moment as part of the Keytruda Immunotherapy trial. At the Patient and Carer Day, we were also lucky enough to meet the amazing Mavis Nye. Just one more thing that Mesothelioma UK have done for us, they gave us an opportunity to meet other mesothelioma patients and to talk. Something so simple, yet strangely comforting.

As a family, we all just want to thank Mesothelioma UK for all that you do.

If you're inspired by Jon's story about Richard and would be interested in supporting Mesothelioma UK nurses through your civil claim, please speak to your solicitor or contact Mesothelioma UK directly on 0800 169 2409 or email info@mesotheliona.uk.com

Save the date!

Mesothelioma and Asbestos Study Day

15 June 2018
Marriott Hotel, Swansea SA1 3SS

Chaired by Richard Green, Hugh James and Sarah Morgan, Meso nurse for Wales.
More details will be available at www.mesothelioma.uk.com

MESOTHELIOMA ADDED TO AUDIT

The Office of the Director General Health and Social Care (DGHSC) in the Scottish government has confirmed that mesothelioma has been added to the rolling annual audit of tumours for cancer waiting times standards. Data collection for this will take place during the first quarter of 2018 and again in the fourth quarter of 2018. NHS Boards will monitor local performance to assess the outcome of re-design measures and to share good practice, not only with other clinical groups within the same NHS Board but also with other NHS Board areas. This is in line with current practice.

In terms of supporting wider service provision, the DGHSC is continuing discussions with Dr Kevin Blyth, based in Glasgow, on his work to implement a mesothelioma service in Scotland and how we might best support this.

RADIO MESO STUDY UPDATE

By Professor Angela Mary Todd, University of Sheffield

A consultation has been launched on recommendations for communicating a diagnosis of mesothelioma. Please take part!

RADIO Meso (Receiving a diagnosis of mesothelioma) is a research project, funded by Mesothelioma UK and carried out by researchers at the University of Sheffield. The research aims to identify ways to improve the patient and family carer experience of receiving a diagnosis of mesothelioma, and to ultimately develop evidence-based recommendations for practice.

Following many interviews with patients and carers, the research team also met with the Mesothelioma UK Specialist Nurse network. They reflected on our findings to date, and shared their experiences of working with people with mesothelioma and family carers. They also helped us to develop initial ideas for some recommendations for communicating a diagnosis of mesothelioma. The recommendations are aimed at healthcare professionals who are involved in communicating a diagnosis.

Since January, we have been developing these recommendations further, using the information we received from patients and carers. We are very much looking forward to sharing the draft recommendations with you.

You can see the recommendations at www.mesothelioma.uk.com and answer three quick questions. There is a link from the homepage. We are keen to know whether you think they address the main challenges in communicating a mesothelioma diagnosis. Please also tell us if we have missed anything!

Once the recommendations are finished the plan is to circulate these widely to help improve practice and the care of people receiving a mesothelioma diagnosis.

Once again, we would like to thank everyone who has participated and supported this project, especially those who took part in an interview. Without your contributions the project would not have been possible.

MESOTHELIOMA: THE CINDERELLA OF CANCERS

Learning from a past that is fast catching up with us

By Dr Julie Torode, Head of Advocacy and Networks and Deputy CEO, Union for International Cancer Control

Mesothelioma is sometimes described as the Cinderella of cancers due to the lack of awareness and research funding it attracts.

As the world came together on 4 February for World Cancer Day, we used this platform to lend our collective voice to rare cancers like mesothelioma and the unique challenges that patients with the rare cancers face in securing an accurate diagnosis and access to expertise and treatment.

Despite knowing that all asbestos products are carcinogenic since the late 1800s, prioritising health has been slow and with many countries yet to take action on mandating the use of asbestos-substitutes, there remains uncertainty on current exposures and therefore projected trends of incidence and mortality rates.

What we do know is that over 90,000 mesothelioma deaths were reported across 83 countries between the mid-90s and 2008.

The spirit of World Cancer Day's theme - 'We can. I can.' - urges all of us to raise awareness, particularly for workers in occupations of high risk of exposure and a call to policy makers to take action.

So far, more than 50 countries have banned the mining, use, import and export of asbestos but others are not only dragging their feet but also encouraging continued use of asbestos through export. We must shine a light on those settings where national economics or government policy still trump the asbestos health issue.

Challenging this stance, a recent World Health Organisation (WHO) analysis reveals that countries that have taken action on consumption/production have not experienced an observable effect on gross domestic product from a ban. The inconvenient truth for the asbestos industry is that there are cheaper and equally valid alternatives.

The Union for International Cancer Control's position statement on asbestos includes:

1. A global ban on the mining, use, and export of all forms of asbestos

2. All countries that have used asbestos to inform their citizens, to implement measures to monitor the health of citizens who are likely to have been exposed at any point in their lives, or who have potential to be exposed in the future

3. All countries that have used asbestos to implement a systematic education and training programme among workers likely to become exposed to ensure these people can both correctly identify asbestos-containing materials and have skills necessary to minimise risk of exposure

4. Governments around the world to provide the best possible care and early diagnosis, treatment, social and medical rehabilitation and where appropriate, palliative care to all individuals exposed to asbestos or diagnosed with an asbestos-related disease

5. Individuals should be provided with access to appropriate compensation and be connected with relevant support groups and networks

Today, we have the chance to avoid repeating history. Although, we cannot erase the mistakes of our past, we can learn from them.

MESOTHELIOMA RESEARCH UPDATE FROM BRITISH LUNG FOUNDATION

Two research projects have been generously supported for five years with funding from The Victor Dahdaleh Charitable Foundation (VDCF), which is dispensed by the BLF. In addition, the funding is supporting the Mesothelioma Research Network (MRN).

MesobanK, Royal Papworth Hospital NHS Foundation Trust

MesobanK, led by Dr Robert Rintoul, is a unique resource that collects samples donated by mesothelioma patients. Samples such as blood, pleural (lung) fluid and tumour tissue are made available to researchers so they can carry out experiments rapidly. VDCF funding is ensuring on-going collection, preparation and distribution of samples.

Since funding from the VDCF began, 99 new donors have consented to their samples being supplied to MesobanK. MesobanK has received enquiries from 18 different research groups and nine have started the formal application process to access the samples they enquired about.

Currently 26 cell lines are available to researchers. These are important models for researchers to understand how mesothelioma develops and how to design new and better treatments. The VDCF funding will also help to train the next generation of mesothelioma researchers by giving those with medical training a chance to gain a research PhD in mesothelioma.

Applications for these clinical fellowships are now being accepted. See the associated advert on page 13 of this magazine.

Mesothelioma Stratified Therapy (MiST) trial, University of Leicester and University Hospitals of Leicester NHS Trust

This phase II clinical trial, led by Professor Dean Fennell, will test a range of new, promising therapies in people with mesothelioma who have not responded to standard chemotherapy treatment. After studying molecular information from individual mesothelioma tumours, patients are split into different arms of a trial which have different treatments. The arms include BAP1,CDKN2A mutated, BRCA1 negative, or PDL1 positive mesotheliomas and a fourth arm for people that don't fit into the other three arms.

Finally the genetic information from the original tumour tissue will be studied to understand why patients respond (or not) to the trial drugs. If they respond, this analysis will help to understand what factors eventually lead to the mesothelioma becoming drug resistant.

The trial is now in its last stages of set up, with ethics approvals being sought. Patient recruitment is expected to begin in spring 2018. As well as being offered in Leicester, the trial is set to open in Manchester. Discussions are ongoing with other sites, too.

BRINGING THE MESOTHELIOMA RESEARCH COMMUNITY TOGETHER TO DRIVE PROGRESS

The vision of the MRN is to improve outcomes for people affected by mesothelioma by bringing together researchers to share knowledge, skills and resources. The Network also welcomes healthcare professionals not conducting research but who are interested in research opportunities for their patients.

The BLF hopes that by maximising the impact of the funds currently invested in research it will drive progress faster than ever. Since the launch last October, member numbers are increasing. The first MRN e-newsletter has been sent to our members and the BLF is planning an MRN research day, which will showcase the breadth of mesothelioma research ongoing across the Network. This will take place on Friday 29 June 2018 in London.

The MRN is supporting an early career researcher to attend the 14th meeting of the International Mesothelioma Interest Group (iMig 2018) to be held in Ottawa, Canada in May 2018. Later in 2018, a £25,000 pump prime award to encourage collaboration across the Network will be announced. Join at www.blf.org.uk/mrn

ROYAL PAPWORTH HOSPITAL-BLF MESOTHELIOMA RESEARCH FELLOWSHIP PROGRAMME

Applications are invited for the Royal Papworth-BLF Mesothelioma Research Fellowship Programme. This programme is designed to allow clinical trainees in any specialty to undertake three years of research towards a PhD in a field related to malignant pleural mesothelioma. We aim to offer two fellowships per annum. Successful candidates will be helped to identify a supervisor and host laboratory, which may be either Cambridge-based or linked to Cambridge.

Appropriate projects will focus on malignant pleural mesothelioma but may involve either fundamental or translational science. There may be opportunities for ongoing clinical training during the research period.

For a copy of the job description, please visit www.jobs.nhs.uk (reference 175-1718-MD206).

In order to apply, please send a copy of your curriculum vitae (including two academic references) and a statement of interest (7500 characters) detailing your research interests and experience, career goals and preliminary project aspirations. Informal expressions of interest can be sent to the Programme Co-Directors.

Co-Directors
Dr Robert Rintoul
rcr39@cam.ac.uk
Professor Stefan Marciniak
sjm20@cam.ac.uk

Contact Mesothelioma UK:

Freephone 0800 169 2409

info@mesothelioma.uk.com
www.mesothelioma.uk.com

UPDATE ON FAK-PD1 STUDY

FAK-PD1 is a Phase I/IIA study to assess safety, tolerability and preliminary activity of the combination of FAK (Defactinib) and PD-1 (Pembrolizumab) inhibition in patients with advanced solid malignancies.

The study consists of a phase I component (all-comers) and a phase IIa component with 3 arms – mesothelioma, non small cell lung cancer and pancreatic cancer.

There are five sites in total involved in the study – Leicester, Southampton, Belfast Edinburgh and Glasgow with all recruiting to phase I at the moment. The phase IIa arms will start recruiting towards the summer.

MESOTHELIOMA UK CHARITABLE TRUST FUNDRAISING NEWS

A new year is now upon us and what to do, we ask ourselves? 'Shall I get fit', 'shall I challenge myself', 'what inspires me'? Well, because of you and the fundraising decisions that you've taken on our behalf, the charity is going from strength to strength.

Mesothelioma is definitely making itself known and there are lots of wonderful supporters out there. Through your fundraising events you have a voice, whether it's holding your own coffee mornings, quizzes, balls, golf days, baking for meso, or taking part in big events such as running, walking, cycling, mountain climbing, skydiving, head shaving, growing a Mo for Meso or abstinence from your favourite things, you are making a huge difference. Spreading the word far and wide is exactly what we need to make everyone 'asbestos aware'.

We will supply you with our fundraising packs that include t-shirts, vests and lots of other goodies to promote what you are doing. We can link you with our growing Facebook and Twitter social media pages to share your stories and help to promote what you are doing. Please contact us on freephone 0800 169 2409 or email info@mesothelioma.uk.com

Our nurses are making a big impact both on the helpline and in their area of work. Our hope is that the whole of the UK will have strategically placed nurses so all patients and their families have access to the best treatment and care, but we can only do this with your support. If you would like to help and raise funds but don't really know what you would like to do, give us a call and we can help to advise and support you - no event is too small or too big!

We have very recently received a legacy donation of over **£80,000** which was just wonderful and such a boost for the charity. People believe in the work we do and what we want to achieve so if you would like to support us in this way and need any advice, we have leaflets that can help so please do get in touch, we would love to hear from you.

We will be holding our 'Muffins for Meso in May' so don't forget to send for your packs; it's such an easy simple way to raise awareness and funds among your friends and colleagues. We have prizes for the best of categories and anyone can take part, young or old, so if you're baking with your children and they want to decorate their muffins, please do send us a picture, they may be a lucky winner.

On our www.mesothelioma.uk.com website, there is the Ultra Challenge Series which lists all of the runs and walks throughout the year to which we are affiliated so if you fancy 'Running or Walking for Meso', give it a try. It's easy to sign up and there is a lot of choice to meet all abilities.

ZOE CLARK & LAURA GREAT EASTERN RUN

"Me and Laura (aka the best trainer) took part in the Great Eastern run on 8 October 2017 whilst we are running to get super fit! My dear Dad Simon was diagnosed with mesothelioma so we wanted to raise awareness and funds for Mesothelioma UK. We did and raised an amazing **£1,506.25** including gift aid, so a big thank you to all of our supporters."

EDWARD JOY – IRWIN MITCHELL GOLF DAY

Edward took part in a Charity Golf Day and pledged to match a third of the donations raised for 'Fore Rounds in a Day' at Ellesmere Golf club on 19 June 2017. They raised a wonderful **£323.75**.

MICK GEORGE RAISES £1,000 IN CHARITY BOXING MATCH

In excess of 300 people turned out at Vic's Gym, Peterborough, for a special charity boxing night, delivered by local business Mick George Ltd.

Mick George Ltd. is a charity partner of Mesothelioma UK and a leading supplier to the construction industry with a commitment to raising awareness of the dangers of asbestos.

To raise funds for Mesothelioma UK and other charities, the company organised a charity boxing match which saw employees from various divisions within the company go head-to-head in seven separate encounters, while colleagues, family, friends and associates expressed their support.

For 10 weeks, the fighters were put through their paces in preparation for the evening, by gym owner Vic Imbriano and fellow mentor and ex-professional boxer, Tommy Martin.

Their efforts were rewarded as each of the contests certainly surpassed expectation. Although the matches were all approached in the charitable nature intended, the competitive edge definitely kicked-in once the bell was sounded to signal the commencement of each tie.

Five of the seven fights went the full distance, with only two stopped prematurely – although for good reason.

The main event was supported with other fundraising activities, which altogether generated a commendable amount that will be distributed to Mick George's charity partners.

Jon Stump, Finance Director at Mick George Ltd. commented: "Historically we've hosted some fantastic charity events, but this was the first of this kind. Just like those previously, it was another enjoyable and successful occasion.

"Those involved in the evening, fighters, spectators, organisers and trainers each deserve a lot of credit. We're very grateful to Vic and his team for their time and use of the facilities."

MICK GEORGE®

HANNAH FRANKTON – A FAMILY AFFAIR

"Hannah's lovely father, Kevin was diagnosed with mesothelioma and Hannah decided that she wanted to raise money to try and give something back to help the experts to continue their research. She was aware that her father was about to embark on a long treatment pathway, which has since involved surgery and radiotherapy, with chemotherapy being the next step.

"She set herself the goal of completing five race for life events which resulted in her raising over **£**1,400 for cancer research. Having started this challenge, she subsequently realised that there is a dedicated charity for mesothelioma. We therefore decided that our final event of the year would be a garden party for Mesothelioma UK. This took place at my home on 30 September and despite the somewhat damp weather, was attended by a large number of friends and family.

"We had some very generous raffle prizes donated, as well as a bottle tombola, craft, cards and skincare sales, a gin bar, and of course, tea and cakes!"

"We are grateful to the team who have been and continue to be involved in Kevin's care and hope that the money raised can be used as a small contribution to the ongoing work of Mesothelioma UK. We raised **£1,508** thanks to the amazing generosity of everyone."

Anne Theakston

ARCA MEMBERS RAISING FUNDS FOR MESO

In September last year, the Association held another successful Charity Week with ARCA staff and many members taking part in different activities to raise funds for charity.

Many members got involved by taking part in various events including biking, abseiling, skydiving, walking and cake baking.

Mesothelioma UK is one of the charities that ARCA supports by raising funds.

Steve Sadley, Chief Executive of ARCA came along to the new Mesothelioma UK offices to present a **£**9,000 cheque to the charity and commented: "Mesothelioma UK achieved some significant milestones last year, including funding for 18 clinical nurse specialists posted at NHS hospitals across the UK. It was great to be able to show our support again for this worthwhile charity.

"ARCA staff and members completed various activities during the Charity Week and I was delighted to present the charity with a donation of **£9,000**."

MARYKE STANSFIELD – MY MESOTHELIOMA WALK

Losing my younger brother Richard to mesothelioma was hard to take in. However, the help and support that Mesothelioma UK had given him and his wife since the diagnosis was tremendous. We live in mid-Wales and mulling over things in my mind one day, I realised that the Owen Glendower walking trail went within a mile of my home and passed the door of my brother's home.

I wanted to thank the charity for the wonderful care they had given him and in some personal way make a contribution and combine that with a way of saying goodbye. The trail is one of the most spectacular and least trodden in the UK. The distance between the two houses is about 71 miles and my brother was 71 when he died.

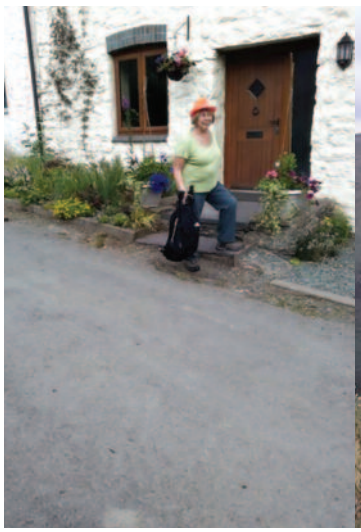
He loved the countryside in Wales and the abundance of wildlife, and so the idea took off. I am not so young any more and some friends were horrified to realise that I would be some distance from roads and in places the country is wild. To walk that trail on your own seemed a crazy idea, but I was determined.

I did the walk in sections of roughly 10 miles per day, one day per week, which for me was more than enough. I had to take a rest from walking for a couple of weeks when my legs had taken such a pounding that a lot of capillaries in the lower legs broke down, however they soon mended and I was able to continue. It was a joy to observe the wildlife that my brother would have revelled in, a family of kites being taught to fly, sheep constant companions at times, wild flowers and birdsong on the high tops. Some of the climbs were rather steep and hard going.

For the last few legs, a kind friend and her dog joined me and I had by then, managed to download an app from the ordnance survey on my mobile phone to save me from getting lost as often. I am not very tall and in places the summer growth meant I could not find the way markers.

I decided to simply put a Just Giving page up on the web, tell a few friends and get on with the job. I have been touched and amazed at the kindness of people who sponsored me and delighted with the money raised - **£836.50**. This was a new departure for me and I am so pleased to have been able to help.

I could not have done any of this without the support and driving that my husband did, dropping me off and collecting me en route. He often had to wait around for a long time as I always managed to under-estimate the length of time it would take me to reach my next pick up point. During the whole of the 10 walking days I only met 11 people - that is enough to give you a glimpse of the distance the trail is from the everyday world. It was the perfect way to say a positive goodbye.



EMMA, ADAM & PAUL – THE TERRY WOOTON ROADE TRIATHLON

"On 31 July 2016 the world lost a great man. To me, he was my dear Dad, the best Dad, but to anyone whose life he was part of he was truly special and is greatly missed. He was 71.

"When Dad was in his 20s he worked making small boats out of asbestos. He worked in an environment with no ventilation and no masks where provided. For over 50 years those fibres he inhaled all those years ago sat in his lungs until November 2015 when he developed a cough he could not shift. After several tests he was diagnosed with mesothelioma and we were told that he had six months to live. I apologise for the brief description but it is all too painful to relive, also I don't want to remember Dad the way he was in those few months.

"I have too many great memories to cherish and he would never have wanted to upset those he loved... he was that kind of a man.

"So the purpose of us taking part is to raise awareness. If your friends and family have ever worked with asbestos in the past, speak with your doctor about it. Find out what it looks like, is it in your house? Garage? Shed roof? And remember, if you drill or disturb it you could be at risk. JUST TALK ABOUT IT! You could help prevent exposure or help someone sooner, rather than later.

"Oh, nearly forgot to say... so me, my husband Adam and cousin Paul took part in this Triathlon together in September and raised a fantastic **£386.25** including gift aid. A big thank you to all those who supported us."

ROB GOLDSMITH

In January, Rob Goldsmith took up his post as Men's Captain of Oakland Park Golf Club and his chosen charity is Mesothelioma UK.

Rob says: "I have chosen Mesothelioma UK as my Captain's Charity for the year in remembrance of Ron Page (my father in law) who died in February 2016 from the disease. At the club there are three captains - Mens, Seniors and Ladies - and we each choose a charity that will benefit from various events throughout the year.

"The first of events was the Captains' Drive-in on Sunday 7 January. This was the event where I 'formally' take over as Captain of the Club. It's a long-standing tradition in most clubs that the new Captain drives off the first tee with an old hickory shafted club. Each of the Captains do this and people buy stakes to try to get nearest to where the ball ends up. The proceeds are then shared between the three charities.

"Well, the Captains' Drive-in was a complete success. I am pleased to say we had a perfect day yesterday for our drive-in which was a great relief after the poor weather we had earlier! As you will see, the three captains are in front of the banner and there's one of me in full swing teeing off. Through sales of pegs that spectators used to guess the position of the drive we raised **£615** in total so **£205** for Mesothelioma UK. My JustGiving page currently has an additional **£176**, so, a good start to a year of fundraising."

If you would like to support Rob, please visit his JustGiving page at https://www.justgiving.com/fundraising/r-goldsmith

BETH DOCHERTY & THE SUPER SQUAD

"We joined together to raise money for two less well supported cancer charities, which focus their work on mesothelioma and Multiple Myeloma. We didn't just go for rare cancers beginning with the letter 'M', these charities are close to our hearts as we have lost family members to them both and one of our team also works with patients undergoing surgery for mesothelioma.

"We're 3.5 Yorkshire Rowers (not THE Yorkshire Rows - this would be a drop in the ocean for them!) but we do love to get on the water and paddle up and down the River Don on a regular basis.

"At stroke we have Zoë, the mother of the boat and token southerner. When not tasked with caring for the fools in the boat or protesting that she is 'Yorkshire really', is often busy suggesting utterly useless and impractical rowing inventions and co-ordinating our outfits.

"Behind her is Ruth. Ruth is the lead blister prevention practitioner for the crew; never without an assortment of tapes and plasters to protect our paws. The 'Steve Redgrave' of the boat, brings the brawn which more than makes up for her sometimes problematic and splashy bow side blade.

"In the three seat is our (slightly damp) Chief Diplomat, Helen, who gracefully navigates conflicting schedules, other crews and essential resources so we find ourselves on the water together each week and with dibs on our favourite boat! She states the only reason that she wants to do the marathon is "because you get to eat in the boat".

"Finally, Beth steers the crew; negotiating a racing line like an F1 driver and sometimes even executing it too! Offering the occasional useful technical call and much swearing, when she goes quiet the rest of the crew know there is a problem ranging from territorial swan attack to collision with 60-metre-long oil tanker but have total faith in her ability to see us all through.

"The race we took part in is the 50.2km (32 miles) Lincoln to Boston Rowing Marathon. We contended with exhaustion, battled with the underwater weed, and lots of blisters in places we don't want to mention plus trying not to fall out with each other. Of course, we had amazing matching outfits, which we sported on the day too!

"Our team fundraising target was **£1,000** and we did it. Thank you to all who supported us. We raised a wonderful **£1,857.50** including gift aid which is just fantastic."

ANGELA BRENNAN – ME AND MY SISTER CAROL

#AlwayspickedlastinPE is doing a race... for Mesothelioma UK because my lovely Mum Meg had mesothelioma

"We did it! Praise be! My running pace is so slow I often wonder if I'm going backwards, but Carol is a very sporting running partner and a loyal sister to boot, so despite my 'personal best' taking somewhat longer than hers, we ran round the 13 miles together.

"I can highly recommend taking a race buddy and motivational coach of her calibre with you on a stupidly long run, as she even provided the 'choons' (her version of Coldplay's 'Paradise' is not easily forgotten and we expended quite a bit of energy creasing up at our selfies). It's been a good day, if tiring, and our little gaggle of cheerleaders even brought Lucozade to the 10-mile mark.

"The whole idea was to raise some money for the very worthy cause, Mesothelioma UK. So a HUGE and very heartfelt THANK YOU for all of your donations. This is a very personal one for our family as mesothelioma was the cancer that killed our lovely Mum. Any contributions are very gratefully received and go towards their tireless work with, and for, sufferers of this awful disease."

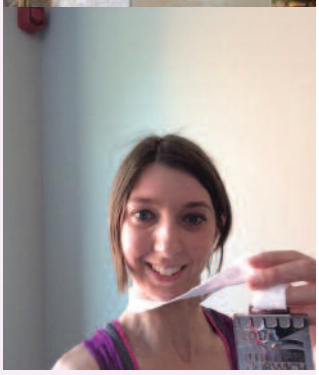
"I am not a runner, I'm a couch potato masquerading in a pair of trainers, but I am hoping that having hauled myself around the course, I will be able to send some money which Mesothelioma UK can put to good use. Thank you for your support."

Angela and Carol raised a wonderful **£487.50**.

RACHAEL FRETTER – NORWICH 10K RUN

"In August 2016 my lovely dad, David Spooner was unfortunately diagnosed with mesothelioma. This came as a huge shock and dad faced it in his own way. However on 2 January 2017 his brief battle with cancer came to an end so I now want to do what I can to raise awareness of mesothelioma and raise funds to help others who have this terrible disease. I live in hope that one day a cure is found!

"It's exactly a year to date since dad received his mesothelioma diagnosis and I've reached my **£1,000** fundraising target! Thank you to everyone who has contributed over the past few weeks and months. But I'm not going to stop there, I'm going to continue fundraising in Dad's memory and to try and raise more much needed funds to help others suffering with mesothelioma. I'm currently thinking of different ideas, maybe more running, wing walking and completing the south west coastal path - stay posted for details of my next challenge!



"Update: Well I did it, I completed my first ever 10K in 1:14:49. Thank you to everyone who has supported me along this journey, for all your donations and for helping me to raise **£1,225**. It's very much appreciated."

DARREN WARD – COTSWOLD WAY CHALLENGE 100KM

"Fundraising has become a yearly thing for me and this challenge was my next adventure. I signed up to walk the Cotswold Way from Bath to Cheltenham (100km) in one go. The event took place from 1-2 July. The amount I set was the minimum required for me to raise but I hoped to smash this and that I did. I raised, with the help of my wonderful supporters, a massive **£747**.

"Everyone says mesothelioma – 'nobody deserves this' and I can think of no one who deserves this less than Keith Buxton. He is a true gentleman who thinks nothing more than providing love and support for his family."

CATE SAUNDERSON & LORRAINE FERNIE – RUNNING FOR CALEB

"In May last year, my husband Caleb was diagnosed with mesothelioma – a rare cancer more commonly known as asbestos cancer. Mesothelioma UK is a charity that until recently, we had never heard of. We find ourselves benefiting hugely from their knowledge, expertise and support, especially the support of a Mesothelioma Nurse Specialist at Papworth hospital, funded by Mesothelioma UK.

"As well as supporting patients and their families, Mesothelioma UK funds education, research and trials into this asbestos cancer. Their aim is also to raise the profile of mesothelioma to help prevent future cases of asbestos related disease. They rely entirely on voluntary donations and fundraising activities to fund their services. So on 2 September 2017, with the help of my friend and running buddy, Lorraine Fernie, we ran my first (and possibly last!) half marathon for Mesothelioma UK and all I can say is... thank you! Thank you! Thank you!

"The total including gift aid heading to Mesothelioma UK is a massive **£3136.50**. To put this in context, **£50** will cover the Meso UK helpline and email service for one hour, **£400** for one day. **£2,000** will fund a Meso Nurse specialist for one month. Your gifts will make a HUGE difference."

ROBIN BENNETT - LONG MYND HIKE

"I am raising funds for the asbestos cancer charity, Mesothelioma UK, in memory of my friend and neighbour, Mike Nicholson who sadly lost his fight with the disease last month.

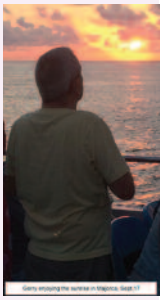
"In my 'day job', I run a company (Start Software) that produces systems which help locate and manage asbestos in buildings. For nearly 20 years I have been aware of the dangers of asbestos and the diseases it can cause. Never once did I imagine that I would see mesothelioma's tragic impact on a dear friend.

"I am taking part in the Long Mynd Hike which is over 50 miles and follows a set figure-of-eight route over the rugged countryside of South Shropshire and the Welsh Marches, with about 8,000 feet of climbing, covering eight summits. Start Software will be matching all donations made to double the amount that we can donate.

"Can't quite believe it but I did it, somehow! Too many people to thank for their help and support but a special thanks to everyone who sponsored me. All told, looks like we'll be sending more than **£1,567.50** to Mesothelioma UK to help them to continue their excellent work, so a big thank you to all those who supported me."

DEB & DAVE GO SOBER FOR OCTOBER

"We are trying to raise money for Mesothelioma UK because a close friend of ours has just been diagnosed with mesothelioma. Gerry Koncher has been diagnosed with mesothelioma and we would like to raise money for the research of this dreadful disease."



KIRSTEN WILSON

"My challenge was walking 10,000 steps per day for a month for Mesothelioma UK because it helps those struggling with this type of cancer. On 4 July 2017, it will be ten years since we lost my dad to cancer so for that month I walked 10,000 steps per day (five miles) in memory of him and all the long walks and talks we shared together.

"As a busy working mum I don't have much time for walking so, whilst I'm not climbing a mountain, it will be a significant challenge for me to achieve this (my average daily step count is usually 4,000!). This charity supports patients and their families with this asbestos related cancer so the **£395** raised will help a lot. Thank you to all of my supporters."

DEFENCE INFRASTRUCTURE ORGANISATION – 'Walk the Walk' as well as 'Talk the Talk' Health and Safety Team - Duncan, David B, Lynn, Mark L, Matt S and Bob

"Last year one of our colleagues, Stuart Packard was diagnosed and died from mesothelioma within a period of a few months, at the age of just 40, some 20 years after he suffered asbestos exposure. Stuart left behind a wife and two small children.

"Exposure to asbestos causes serious diseases; in the UK over 5,500 people are currently dying every year due to asbestos exposures. The Health and Safety Executive (HSE) predicts that this figure will continue rising until 2020. HSE also predicts that around 800 people per year will die due to exposures suffered in the present day; many of these people will be construction workers.

"Stuart's colleagues wanted to do something positive to remember Stuart and support the charities that supported him and his family over this period. This will be done in two ways:

i) the H&S Team will continue to work professionally to raise the standard of asbestos management within DIO and our Industry Partners to ensure that the MOD estate becomes an exemplar of good practice in the management of asbestos, and ii) two teams from the H&S Team will undertake the 'Charity for Civil Servants' 10,000 steps challenge and will walk 10,000 steps per day for 50 days. The teams will be grateful for any support including sponsorship from colleagues that they receive. The money raised will go to the two charities that supported Stuart and his family through his illness and death."

They raised an amazing **£948.75**.

POPPY LAKE

"My daughter. Poppy held a concert for close family and friends in her garden to raise money for Mesothelioma UK in memory of her precious Grandad, Michael Arthur Cross. She raised **£550** from Just Giving on Facebook and ticket sales. She also raised **£100** for Macmillan who cared for my dad and supported both him and my mum so well." ***Michaela Lake.***

"Michael Cross was my Grandad. He was a lovely jokey man. He was caring, compassionate and supportive, and he loved his grandchildren very much. Grandad worked as a heating engineer for 50 years from leaving school. He talked endlessly about retiring, but unfortunately was only able to enjoy 12 months of it. Being diagnosed in November 2016, Grandad showed little pain and acted like a true gentleman throughout the process and his entire life.

"He always watched my shows and loved to see and hear me sing in his garden, lounge or his favourite place, the dining room. I have a passion for singing and I am going to sing five songs and have a disco for people who would like to support my loving Grandfather. He will be sadly missed by many but never forgotten.

"My Grandad always told me to sing and to be the best I can be and we always had lots of fun. When he was ill, I started to organise the show to help him and others and he was very proud of me.

"I wish he could have been there but I know he was watching me from heaven." ***Poppy Lake, Age 9.***

Well Poppy held her show which was very well attended and raised not only a wonderful amount but also awareness about the dangers of asbestos. She did it in memory of a wonderful Husband, Dad, Grandad, Uncle and Friend.

SUE SHEPPERD AND CLAIRE AROMANDO – WALKING FOR DOROTHY

"Claire and I took part in a walk in honour of her mother in law, Dorothy Aromando, who sadly passed away in 2015 from mesothelioma. This disease is becoming ever more apparent as people exposed to asbestos in the past develop the symptoms around 20-30 years later. It is expected to become more prevalent as time goes on. Mesothelioma UK is working hard on research and supporting those with the disease. We walked 25km along the Thames to raise awareness and raised **£300**."

BARBARA BOYCOTT – BIRMINGHAM MARATHON

"My father in law, Barry Boycott passed away on 20 September last year to this vile and horrible cancer. It was so swift and sudden to a disease we had never heard of - until now. Linked to asbestos found in the workplace it quietly crept though him.

"So if my efforts of trotting round Birmingham for about five hours can help to raise a small amount of money to support the charity that represents and researches this disease then it's the least that I can do.

"Thank you to all those who supported me - we raised a wonderful **£623.75**."

CHERYL JOHNSON – WORTHING CHRIST-MAS CRACKER CHASE

"Nearly a year ago my lovely Dad, George Johnson passed away. He had mesothelioma, a very aggressive lung cancer caused by working with asbestos. In some ways I was lucky - my Dad made it to the ripe old age of 88, yet so many people die from this cruel disease way too early in life. There is currently no cure.

"One of my happiest memories of Dad is him taking me to athletics meetings in my childhood. He was always there encouraging and cheering me on; he was my greatest supporter in so many ways. So I entered this fun, festive race along Worthing Prom in memory of my Dad and to raise whatever I could for Meso UK, a little-known charity that provides free, specialist information, support, improved care and treatment for meso patients and their families.

"I only took up running properly again 11 weeks before my 52nd birthday! But it didn't take long to get the running bug again. When I run, I can hear Dad saying: "It's not the winning Cheryl, but the taking part."

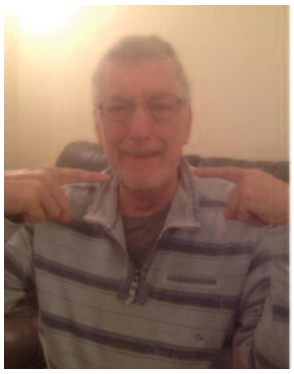
"A life lesson that perhaps we could all do with learning, especially me!! Thank you to all my supporters - we managed to raise **£262.50**."

Fundraising evening in Wales

27 April 2018
Parc y Scarlets, Llanelli

In conversation with Vaughan Gething AM, Cabinet Secretary for Health and Social Services, plus food, entertainment, quiz and raffle.
Contact Sarah.Morgan6@wales.nhs.uk for more details.

MICHAEL BIRD - 'GROWING A MO FOR MESO'



"Mesothelioma UK supports people with this devastating disease. I have had great support from them since I was diagnosed in April 2016. So I am growing a moustache throughout November in order to raise awareness of the danger of asbestos in our schools, hospitals and work places, and highlight the good work that this wonderful charity provides."
£333.75

RHODAR LIMITED – RAMPAGING WARRIORS

"Rhodar Limited have entered a team consisting of ten brave souls to complete 'The Wild Warrior' - a fun and challenging obstacle race on 23 September in the Midlands. We are RHODAR'S RAMPAGING WARRIORS.

"Meet the team...Pete Humphries, Ian Spence, Lee Jancic, Karl Wilson, Chris Elliott, Dean Birch, Brian Hogg, Jason Ellis, Dan Jancic and Andrew Hogg.

"This event saw us all running up to 10km along a countryside course, attempting to negotiate 70 obstacles from walk the plank, water slides, tightropes, tunnels, giant walls and fire jumps (yes jumping over fire)! It all helped to raise money for ARCA's Charity Week which is supporting two great charities, Mesothelioma UK and Indee Rose Trust.

"We raised a fabulous **£728.50** for Mesothelioma UK."

JOANNA CARTER – IN MEMORY OF MY DAD, DAVID RICKETTS

"Asbestos does not discriminate. It can take 50 years for fatal cancer to start with symptoms only showing at later stages. This is usually too late to be able to do anything about it. The only treatment is chemotherapy that will buy you 2-3 months extra time.

"Without it, the prognosis is 6-9 months. It is always fatal. In the later stages mesothelioma spreads throughout the body causing pain and suffering for weeks or months. You only need to breath in one fibre and that could be it. Essentially you are a ticking time bomb.

"Teachers, shipbuilders, joiner, plumbers, and even wives who have washed their husband's clothes and children who have cuddled their daddies have been victims.

"The picture is me and my dad giving me away at my wedding. Six weeks on, my dad has lost his battle.

"He was exposed to asbestos in 1967 while working as a joiner in Rochdale. A dust mask at the cost of a couple of pence could have saved his life. He's spent the last six weeks bed ridden and needing 24 hour care from my mum.

"We are raising money for Mesothelioma UK charity, who has funded medical travel and helped with benefits, lawyers and support at the most horrendous time of our lives. Please help the next victim of this cruel disease. Thank you from our heart."
£636.25.

GRAEME HUMPHRIES – IN MEMORY OF MY MUM, BARBARA HUMPHRIES

"Barbara passed recently on 3 January 2018 after losing her battle with mesothelioma.

"Back in 1986, she had to watch her mother, Rita Watchman die from the same condition.

"Rita worked at the chemical plant, Newalls in Washington, where she was exposed to this awful dust, bringing it home with her every working day. Mam also worked there in the offices for a short period of time before she became a trainee nurse.

"It was while working as a nurse she met my Dad, Colin. I was always told that he was drunk and she was taking care of him, haha! From here the relationship developed and soon after they were married. Many said it would never last! Well, two children and three grandchildren later in November 2017 they celebrated their 43rd wedding anniversary.

"Around October 2015, the cough she had, which was dismissed by her doctor as psychological turned out to be mesothelioma. From then on, for the short time she had left, the bravery and dignity displayed was truly inspiring, smiling through treatment, knowing that it would give her just a little longer with her husband, children, grandchildren, and friends.

"I'm asking people to donate to this charity because as yet there is no possible cure, treatment is purely palliative and the effects of this disease are dreadful. Please give whatever you can.

"We raised a wonderful **£2,295.05** in memory of my dear Mum. Thank you everyone, Graeme."

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NIC took part in raising money for Mesothelioma UK. They joined others who took part in the ARCA Charity Week.

Six brave members of staff completed a 100m abseil at The Roaches in the Peak District. They also held a 'Baking for Meso' event and together raised a wonderful **£694.06**.

PAMELA HAMSHAW

Pamela has supported us for many years and just continues to be so innovative in supporting Mesothelioma UK. This Christmas, she hand-knitted gorgeous Christmas Wreaths to sell in aid of the charity. A big, big thank you to Pam for your continued and wonderful support.

TERESA FRIAR

"On 1 December 2017, we organised the 2nd Jim Friar Memorial Quiz in memory of my husband, Jim. A much loved husband, father, brother and a friend to everyone. He passed away in May 2016 after only 12 weeks since being diagnosed with mesothelioma. He was fit, well and full of life. Devastated as we were, we felt it important to reach out to others.

"Our intention is to continue to raise awareness of mesothelioma and raise vital funds to support research and support families affected by this cruel disease. Therefore, our chosen charity is Mesothelioma UK.

"The quiz is a great event, bringing friends and family together from all around the country. We have a raffle and a ploughman's supper, enjoyed by all. A presentation takes place and a cup in Jim's memory is presented to the winning team. A quiz is apt as Jim was a great quizzer and regularly set and organised quizzes for local charities. The evening would not be possible without the support of many friends and family.

"I would like to take this opportunity to thank everyone involved in making the evening so successful. Words cannot thank you enough for the care, support and hard work. This year we raised **£1,350**."

PAPA BOO, JOHN BUTTRESS

"On a Saturday night in October, a 'Charity Open Mic House' including a raffle and bake sale was held in memory of dear Grandad, Papa Boo John. He would have been celebrating his 65th birthday the day before. It was organised by his grandchildren Emma, Adam Scott, Stuart and Aaron. Everyone had a wonderful night which John would have absolutely loved. Everybody raised their glasses in memory of dear John and the evening raised a fabulous **£1,175**."

Mesothelioma UK exists to raise funds to support the services provided by Mesothelioma UK 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 Partner or Friend, contact our Fundraising Manager, Jill Lemon on 0800 169 2409.

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