



# NEWS

December 2024

**SARAG - Yorkshire and Humberside Asbestos Support Group**



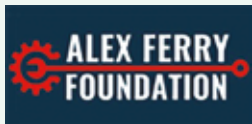
*On behalf of all the SARAG staff team and our Trustees we would like to wish all of our service users and their families a peaceful, happy Christmas and New Year*

**SARAG - Yorkshire and Humberside Asbestos Support Group**

Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH

01709 360 672 • [enquiries@saragasbestossupport.org](mailto:enquiries@saragasbestossupport.org) • [www.saragasbestossupport.org](http://www.saragasbestossupport.org) • Registered charity 1080365

## Donor organisations



**Leigh Day**

**Sir George Earle Foundation**



## As we leave 2024...

Firstly, I'd like to say thank you all very much for your continued support, to all our wonderful service users, our staff, our trustees, our Solicitor panel, affiliated Unions and to all the people who have generously donated to our charity throughout 2024. As an independent charity, we rely entirely on donations. And, it has been your generosity that has meant we can continue to offer support to those affected by asbestos-related conditions.

This year has been particularly special because we celebrated 25 years as an incorporated charity. Over that period, we have supported over 4,000 people access £37million in government benefits and compensations. Since their introduction in 2021, over 2,000 people have attended our social groups which now occur monthly in Doncaster, Sheffield, York, Hull and Bradford. It has also been particularly pleasing to see over 100 people access our bereavement support service since its establishment a little over a year ago.

As a charity, we continue to grow to meet the demand created by our industrial past and present. In 2025, we will continue that development so we can support more people affected by asbestos related conditions. We thank you for continuing to be a part of our community and look forward to working with you in the future ...

Oh, and Merry Christmas and a Happy New Year x

**Nevyn Stevenson**  
Head of Service and Charity Development

# 2025 Yorkshire Three Peaks Challenge

Next year, after being inspired by Andy Shields doing his mammoth National Three Peaks fundraiser in 2024, Nev Stevenson (Head of Service) and Penny Partlow (Fundraising and Finance Officer) will be taking part in the slightly less gruelling, Yorkshire Three Peak Challenge to raise money for SARAG in 2025.

The Yorkshire Three Peaks are arranged in a triangle, with the River Ribble and two minor B roads between them. The total walking distance is 39.2 km (24.5 miles).

We will begin the Challenge at 6am at Chapel le Dale and walking the route anticlockwise, go through Ingleborough, then Pen-y-Ghent, then Whernside to finish back where we started. This should take us around 12 hours to complete.

## WILL YOU WALK WITH US TO SUPPORT SARAG TO CONTINUE OUR VITAL WORK?

We can take 10 supporters on each date and we have provisionally booked **Sunday 29th June** and **Saturday 18th October**. Each place on the walk costs £80 however if you can raise over £150 in sponsorship for the charity, SARAG can cover your entry cost.



## This is the Itinerary of the day

<b>5.30am</b>	Meet in Chapel le Dale. Arrive having eaten breakfast.  Free parking available in Chapel le Dale, in the field next to <a href="#">The Old Hill Inn</a> , or the layby off the road. Postcode for start/finish parking: LA6 3AR.  Meet your leader and team
<b>By 6am</b>	<b>Start the challenge.</b>
<b>Approx. 8am</b>	Summit of <a href="#">Ingleborough</a> .
<b>Approx. 10am</b>	Arrive in Horton-in-Ribblesdale — first water stop. Toilets available in the village.
<b>Approx. 11.30am</b>	Summit of <a href="#">Pen-y-Ghent</a> .
<b>Approx. 2.30pm</b>	Ribblehead Viaduct, stop for second water top-ups.
<b>Approx. 4.30pm</b>	Summit of <a href="#">Whernside</a> .
<b>Approx 6pm</b>	Target time to complete the challenge! We finish the challenge where we started, in Chapel le Dale, next to The Old Hill Inn — excellent food is available here if you fancy i

Please get in touch with [penny@saragasbestsupport.org](mailto:penny@saragasbestsupport.org) or ring 01709 360372 to **reserve your place to walk with us on either day above.**

If you would like to sponsor Nev and Penny doing the walk, please donate to us here: [paypal.com/gb/fundraiser/charity/3157989](https://paypal.com/gb/fundraiser/charity/3157989) – or support us through the ways listed on the back page.

If you'd like to join us at the stops on the day, or in the Old Hill Inn afterwards, it would be great to see you there!

## Buy our Limited Edition 2025 Calendars

This year to mark the 25th Anniversary of our charity, we have produced a very limited number of 2025 calendars. These are A4 in size and perfect for hanging on your wall.

They'll make excellent stocking fillers for your family and friends, or to keep track of your own appointments and events.

Each month includes a different feature and at only £10 each (plus £2.50 post and packing if required), don't miss out on your opportunity to buy one and support us to continue our vital work.

Contact [enquiries@saragasbestsupport.org](mailto:enquiries@saragasbestsupport.org) or call 01709 360372 to reserve your copy while stocks last!



## Welcome to Caroline

I'm Caroline and I live in Rotherham with my husband. Together we have 5 children. In my spare time by day I can often be found by an airfield, watching military aircraft and, by night, I'm usually looking up to the sky due to my interest in amateur astronomy.

Prior to joining the team at SARAG I worked at Citizens Advice in Doncaster. I was there for 12 years, working on several different projects, in what were predominantly benefit advice roles. One such role was as an outreach worker on a secure mental health unit where I would attend and support clients with complex mental health needs. Another such role was for Macmillan, providing financial support for people with Cancer. I've always enjoyed this kind of work, so I am very grateful to now be working for such a wonderful organisation.

Caroline Holmes.

**We are lucky to have you Caroline!**



## Thank you to our supporters in 2025

**We want to say a massive thank you to everyone who has helped us to continue supporting people with asbestos-related conditions. During 2024 we are very fortunate to have received support from many sources including those organisations listed on page 2**

Our Panel Solicitors:



**We are also incredibly thankful for the fundraising efforts of individuals too. These are a few of the people who have gone above and beyond to generate donations for us this year:**

**Nicola Harrison** collected almost £900 for SARAG by running the Nottingham Marathon this year. An amazing achievement, well done and thank you Nicola!



**Andy Shields** raised almost £3000 by completing the incredibly demanding National Three Peaks with some of his friends, in honour of his Dad, Stephen Shields. So grateful for this Andy!



**Nevyn Stevenson** (our very own Head of Service) raised an impressive £870 by completing the Sheffield 10K run in September. Look at that leg muscle definition!!



**Patrick Rutherford** pledged to walk 100 miles in November and at the time of writing, his figure raised was well over £800 for our charity. This is Patrick (left) who is a family member of Phil (centre) who has been supported by our charity since 2021. Thank you Patrick!



**Michael Wolstencroft** smashed his £1000 target by running the Chester Marathon for us. That's amazing Michael, we really appreciate your support!



**Jon Whitfield** raised £600 in memory of a special friend Darren Eggleston who sadly lost his battle with mesothelioma in 2023. Jon completed a marathon on a hand bike, despite having cerebral palsy himself. Absolutely brilliant Jon, we are very grateful for your support!



**We also have a number of anonymous donors, memorial donations and people who kindly send money to us every month by standing order. We can't thank many of them personally, or name them here, however we are so grateful for their continuing support and every penny we receive is used towards supporting more people diagnosed with asbestos related conditions, and their families.**



# SARAG Social Groups 2025

Friendly support and social groups for anyone affected by asbestos related disease; family members, friends and carers are also very welcome to attend.

Our groups provide the opportunity to have a good chat and to share experiences and advice with people who understand, in an informal setting. SARAG staff, and other professionals will be in attendance to offer support and to answer any questions you may have. We also have speakers on relevant subjects at some of our meetings.

A complimentary lunch and hot drinks will be provided at each of our venues and accessible parking and public transport links are close by.

Our online group is currently running every fortnight, 2-3pm. Full support is available to use Zoom.

**If you'd like to join us on any of our groups, please email enquiries@saragasbestosupport.org or text/call 07783510365.**

Cottingham Civic Hall,  
1 Market Green,  
Cottingham, **HULL**,  
HU16 5QG

**Time:** 12-2pm

Third Tuesday of each month:

21st Jan 15th July  
18th Feb 19th Aug  
18th March 16th Sept  
15th April 21st Oct  
20th May 18th Nov  
17th June 16th Dec



## HULL

**Our Zoom Online group meets regularly but dates vary throughout the year, please get in touch for the details.**

## ZOOM



The Burton Hall,  
The Burton Street  
Foundation,  
57 Burton Street,  
**Sheffield**, S6 2HH.

**Time:** 12-2pm

Fourth Tuesday of each month:

28th Jan 22nd July  
25th Feb 26th Aug  
25th March 23rd Sept  
22nd April 28th Oct  
27th May 25th Nov  
24th June 23rd Dec



## SHEFFIELD

Bradford  
Industrial Museum,  
Moorside Mills,  
Moorside Road,  
Eccleshill,  
**Bradford**, BD2 3HP  
**Time:** 12-2pm

First Tuesday of each month:

7th Jan 1st July  
4th Feb 5th Aug  
4th March 2nd Sept  
1st April 7th Oct  
6th May 4th Nov  
3rd June 2nd Dec



## BRADFORD

The  
Flying Scotsman Room,  
Danum Gallery,  
Library and Museum,  
Waterdale, **Doncaster**,  
DN1 3BZ  
**Time:** 12-2pm

Second Tuesday of each month:

14th Jan 8th July  
11th Feb 12th Aug  
11th March 9th Sept  
8th April 14th Oct  
13th May 11th Nov  
10th June 9th Dec



## DONCASTER

St Olave's Church Hall,  
Marygate Lane,  
**York**  
YO30 7BJ

Third Monday of each month:

20th Jan 21st July  
17th Feb 18th Aug  
17th March 15th Sept  
21st April 20th Oct  
19th May 17th Nov  
16th June 15th Dec



## YORK

## Bereavement & Family Support Service

Welcome to the winter edition of SARAG's newsletter and the first official submission from our Bereavement and Family Support Service.

I hope you find this section supportive, informative and compassionate. We also welcome and encourage submissions from both our bereaved community and those facing an anticipated bereavement.

This is your space to share and to support each other on this journey.

Winter can be a difficult time for many as the nights have drawn in and daylight is so short. But when we are bereaved or are anticipating a bereavement the long dark nights, and short days can make it harder for us to motivate ourselves to do much and can often negatively impact our grieving minds.

Winter can feel cold and isolating, so too can grief. Grief is a time of shock, numbness, and disbelief, even anger and overwhelm. It is important to allow yourself to feel these emotions without judgment. Just as the earth needs the rest and stillness of winter, and to go into itself, to prepare for new growth, we too need this time to be still, to look inside, and to process our feeling of loss. Winter is a time of reflection. As you look out onto the empty landscapes, remember the memories and love that remains within you. These are the seeds of hope that will carry you through to the next season. And remind yourself that the bare trees of winter eventually give way to the new

growth of spring, symbolizing hope and renewal. This cyclical pattern can provide comfort and perspective to those in the throes of grief. Nature can help us feel connected to something much larger than ourselves. This sense of connection can be comforting during times of grief, reminding us that we are part of a vast, interconnected web of life, and we are not alone.

### Here's a little nature exercise for you to try:

Take a mental note each day of how you are feeling both physically and emotionally then wrap up warm and go outside (if only into your garden) and take a slow, light, silent breath in through your nose and then a relaxed, gentle breath out through your nose. Do this for 3 to 4 minutes if you can, all the while looking at something outside that catches your eye or your imagination.

It might be a squirrel on a fence, a bird on a wire or soaring high above, the clouds in the sky or a bare branch of a tree. Whilst gently breathing in and out through your nose, really feel the connection to what you are observing. Afterwards, go back inside and write down any changes that you notice about yourself. Do you feel calmer, is your mind clearer, has your breathing or your heart rate slowed down, did you feel a connection to time and place...Any changes at all? At the end of one week, reflect on this exercise and the experience of doing it. Is it something that you would like to continue to do and

incorporate into your everyday routine. Has it felt beneficial?

Nature helps to provide us with a model for grieving, for resilience and for hope. There is a season for everything, and nature shows us that.

### Poet's Corner Signs

There's a robin on my fence today,  
A feather by my feet A heart-shaped leaf  
that blows along  
Beside me down the street

Your song played on the radio  
This morning in the car  
And just last night I could've sworn  
I saw a shooting star

The sun and rain are dancing  
Making rainbows in the sky  
And on the slightest breeze I watch  
A butterfly go by

And people might say these are not  
The signs I know they are  
That it is just coincidence  
Your song played in the car

That it is just the sky  
And it is just the birds and breeze  
A little windy weather  
And the nature of the trees

But there is nothing little  
About the way they make me feel  
The sense of peace they carry  
Is both comforting and real

Because it's just one song  
And just one butterfly and bird  
Just one star and just one leaf  
In one enormous world

And so the probability  
Of noticing it all Is close to nearly nothing;  
Almost infinitely small

And that is how I know  
That when that leaf floats into view  
It isn't a coincidence,  
But a sign of love from you  
So keep on shooting stars to me,  
Keep playing me your song  
Whilst you dance atop the rainbows  
And blow heart-shaped leaves along

Yes, keep on sending signs my love  
I'll always look around  
For your butterflies on breezes  
And your feathers on the ground

© Becky Hemsley

### Well-being, breathing exercises.

Each quarter, I will aim to bring you an exercise that could help with how grief/bereavement might be negatively affecting your breathing, and thus your overall well-being.

Being bereaved and experiencing grief is a very stressful time. Being stressed can affect our breathing. Our everyday breathing patterns are often overlooked in the management of stress, anxiety, and panic. However, the way we breathe everyday influences how we feel and how

much stress we experience. It also dictates how we breathe and how our bodies respond during high-stress situations. This breath-mind connection is not new-age woo woo. It has long been accepted by the scientific community that how we breathe affects which branch of the Autonomic Nervous System (ANS) - the 'fight or flight' Sympathetic branch responsible for the stress response, or the Parasympathetic 'rest and digest' responsible for relaxation, is activated.

Our breath is a fundamental 'state changer' and by manipulating our breath and changing how we breathe, we can alter how we feel on both a physiological basis and a psychological basis.

Where possible breathe only through the nose. Good functional, everyday breathing incorporates breathing through the nose during rest, activity and sleep. Breathing through the nose takes practise and consistency. This will initially take conscious practise. Nasal breathing triggers the relaxation response and helps to prevent over breathing which is a major fueller of anxiety and panic. Nasal breathing during wakefulness slows and draws the air into the lower parts of the lungs. This may help to maintain the strength and function of the breathing muscles and reduce the feeling of breathlessness.

#### **When we are feeling stressed:**

- Breathing becomes faster
- Sighing becomes more frequent
- More air is breathed with each breath
- Breathing tends to be primarily limited to the upper

chest • We tend to breathe through the mouth • There is a sensation of air hunger or suffocation.

#### **When we are feeling relaxed:**

- Slow breathing
- More regular breathing (less frequent sighing and yawning)
- Lighter breathing
- Breathing low into the diaphragm
- Breathing in and out through the nose
- Effortless breathing with no feeling or sensation of air hunger

#### **An exercise to Help Stop a Panic/ anxiety Attack**

When breathing becomes faster, harder, and from the upper chest it feeds into feelings of panic and suffocation. To alleviate this, it is important to breathe slowly through the nose and deeply into the diaphragm. The following exercise can be helpful during a panic or hyperventilation attack as a rescue exercise, and the sooner you can spot the symptoms of panic and utilize this exercise, the better.

#### **Hands Cupping Face**

With hands tightly cupped over the mouth and nose, breathe in and out 6-12 times. Similar to using a paper bag, this helps normalise carbon dioxide and improves blood flow and oxygen delivery to the brain. It helps calm the mind and re-balance the body and your breathing rhythm, reducing the symptoms and feeling of breathlessness.

*\*(Adapted from the Buteyko Clinic International client hand for RACING MIND, HIGH STRESS, ANXIETY, PANIC DISORDER AND TRAUMA)*

#### **Meals For One Mac 'n' cheese**

Preparation time less than 30 mins.  
Cooking time 10 to 30 mins. Serves 1

A really creamy and lush macaroni cheese on a budget. It's worth making a homemade cheese sauce here as it's cheap and can be made in just a few minutes. The sauce is also great as a topping for cooked vegetables or other pasta bakes.

This recipe is part of a Budget meal plan for one. In March 2023 this recipe was costed at an average of 98p when checking prices at five UK supermarkets (excluding the optional crusty bread to serve). This recipe is designed to be made in conjunction with a low-cost storecupboard.

#### **Ingredients**

75g/2¾oz dried pasta, preferably penne or macaroni  
20g/¾oz butter  
20g/¾oz plain flour  
300ml/10fl oz milk  
50g/1¾oz cheddar (preferably mature), finely grated

#### **Method**

1. Half-fill a large saucepan with water and cover with a lid. Place over a high heat and bring to the boil. Add the pasta, stir well and return to the boil. Cook without a lid for 10-12 minutes, or until the pasta is tender but retains a little 'bite', stirring occasionally so it doesn't stick.

2. Meanwhile, place a medium saucepan (ideally non-stick) over a medium heat, add the butter and allow to melt. As soon as the butter has melted, sprinkle over the flour and stir well with a wooden spoon until it is completely mixed with the melted butter.

3. Slowly start adding the milk, just a little at a time and stirring well between each addition. (Adding the milk just 3 tablespoons at a time to begin with will help keep the sauce smooth). When you first add the milk, the flour mixture will seize up and look a little lumpy, but the more you stir, the smoother it will become. Continue gradually adding and stirring until all the milk is used up.

4. Stir in roughly two-thirds of the cheese, a generous pinch of salt and 3-4 twists of black pepper (roughly ¼ tsp coarsely ground pepper). Simmer the sauce gently for 2-3 minutes, stirring constantly until it is thickened and glossy.

5. Drain the pasta well in a colander or sieve and return to the pan. Pour the cheese sauce over the top and stir well. Either serve from the pan with the remaining grated cheese on top or transfer to an ovenproof dish and place under a hot grill for 1-2 minutes until lightly browned. Serve with the bread, if using.

By Justine Pattison (from BBC recipes)

**Dates For Your Diary  
December**

**3rd-** Wakefield Bereavement Group, St. Swithun's Community Centre (Arncliffe Road Eastmoor/, Wakefield, WF1 4RR), 12-2pm.

**4th & 18th** - Bereavement Peer Support Zoom Meeting, 10-11.30am (email deb@saragasbestossupport.org for log in details).

**10th-** SARAG's Christmas Dinner, Waterfront Restaurant (Doncaster College, The Hub, Chappell Drive, Doncaster. DN1 2RF), 12-3pm.

**January**

**7th** - Wakefield Bereavement Group, St. Swithun's Community Centre (Arncliffe Road Eastmoor/, Wakefield, WF1 4RR), 12-2pm

**15th** - Bereavement Peer Support Zoom Meeting, 10-11.30am (email deb@saragasbestossupport.org for log in details). Subject to change.

**16th** - Bereavement & Family Support Service Steering Group Zoom Meeting (email deb@saragasbestossupport.org for log in details). 10-11am.

**28th** - Sheffield Bereavement Support Group (Foundation, 57 Burton Street, Sheffield, S6 2HH.) 12-2pm.

**February**

**4th** - Wakefield Bereavement Group, St. Swithun's Community Centre (Arncliffe Road Eastmoor/, Wakefield, WF1 4RR), 12-2pm.

**12th & 26th** - Bereavement Peer Support Zoom Meeting, 10-11.30am (email deb@saragasbestossupport.org for log in details). Subject to change.

**25th** - Sheffield Bereavement Support Group (Foundation, 57 Burton Street, Sheffield, S6 2HH.) 12-2pm.

**March**

**4th** - Wakefield Bereavement Group, St. Swithun's Community Centre (Arncliffe Road Eastmoor/, Wakefield, WF1 4RR), 12-2pm.

**12th & 26th** - Bereavement Peer Support Zoom Meeting, 10-11.30am (email deb@saragasbestossupport.org for log in details). Subject to change.

**25th** - Sheffield Bereavement Support Group (Foundation, 57 Burton Street, Sheffield, S6 2HH.) 12-2pm.

\*Also, we have a private Facebook page should you wish to join us. You can find us at

<https://www.facebook.com/groups/saragbereavementsupport>.

I hope you have enjoyed our first submission in SARAG's newsletter. Please feel free to contact me directly either by emailing me at deb@saragasbestossupport.org, or contacting by phone or text messaging on 077141724126 should you wish to contribute anything to the next newsletter in March. It might be that you would like to write your own poem, share a story or have some ideas that you think will help our Bereavement & Family Support Service, or could enhance our content in the newsletter.

Take care during these winter months. You know where I am. Warmest of wishes, Deb.

Please tell us what you enjoy about our quarterly newsletters and what else you'd like us to include. We welcome suggestions and feedback on all aspects of our service.

Here's a Christmas Crossword for you to complete while you mull it over!



**Across**

- 2. falls from the sky
- 5. reason for the season
- 7. gives comfort
- 9. it gets decorated
- 11. has a red nose
- 13. where the baby lay
- 14. men who were afraid
- 17. jolly old elf
- 18. the Christmas season
- 20. seasonal songs
- 23. manger scene
- 24. no war
- 25. you were naughty
- 26. what Santa rides
- 28. bah humbug

**Down**

- 1. where there was no room
- 3. hangs on the door
- 4. it gives light
- 6. wraps the tree
- 8. hung on the tree
- 10. wrapped gifts
- 12. brightens the tree
- 14. animals that say baaaaa
- 15. not for your feet
- 16. Jesus' mother
- 18. announced the birth
- 19. fake ice cycles
- 21. one of eight
- 22. what everyone needs
- 27. real happiness

St Swithun's Community Centre,  
Arncliffe Rd,  
**Wakefield**  
WF1 4RR

7th Jan	1st July
4th Feb	5th Aug
4th March	2nd Sept
1st April	7th Oct
6th May	4th Nov
3rd June	2nd Dec

**Time:** 12-2pm



**WAKEFIELD**

The Burton Pub Room (upstairs),  
The Burton St Foundation,  
**Sheffield**  
S6 2HH

28th Jan	22nd July
25th Feb	26th Aug
25th March	23rd Sept
22nd April	28th Oct
27th May	25th Nov
24th June	23rd Dec

**Time:** 12-2pm



**SHEFFIELD**

SARAG is only able to provide our service because of the generous donations made from our Solicitor panel members and individual donations.

We would like to take a moment to thank all of you who have donated or contributed to the charity over the years. Without this support the charity would cease to exist. Best wishes to you all.



If you feel you can donate to SARAG, this is how you can help:

### Ways to donate:

- Donate online: Go to Local Giving - [www.localgiving.org](http://www.localgiving.org) and search for SARAG

### By cheque:

- Complete the form below, making a cheque payable to "Yorkshire and Humberside Asbestos Victims Support Group" and send to: SARAG, Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH

### Through your bank:

- Set up a regular Standing order to our bank details: Yorkshire & Humber ASBSTS VCTMS SUPP GRP. Sort Code: 089299 / Acc. No: 65467785

### By text link:

- Let us know how much you want to donate and your mobile number, then we can send an automatic payment link for you to use. The money reaches us almost immediately and incurs only a small fee from the provider.

### By Paypal:

- "search causes" and enter "Yorkshire & Humberside Asbestos". Donating this way incurs no fees and SARAG receives the amount you give, in full.

## Make your donations go further with Gift Aid

Through the Government's Gift Aid scheme, SARAG can claim an additional 25p for every £1 you donate. So if you are a UK taxpayer, you can increase the value of your donations to us, at no cost to yourself! Simply fill in your details below and tick the box to confirm your taxpayer status.



### Gift Aid declaration:

I am a UK taxpayer and would like SARAG to reclaim the tax on all donations I have made, and for all future gifts of money that I make. Tick:

Taxpayer Name:

Postcode:

You are receiving this newsletter because you are currently on our mailing list. If you wish to unsubscribe email: [enquiries@saragasbestosupport.org](mailto:enquiries@saragasbestosupport.org) or, phone the office on 01709 360672.

### If your contact details are out of date, please let us know.

SARAG Unit 20, Moorgate Crofts Business Centre, South Grove, Rotherham S60 2DH if your details are out of date.