



# NEWS

September 2025

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

**2026 Calendar  
on sale now!**

*See page 10 for details*



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

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

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

## Donor organisations



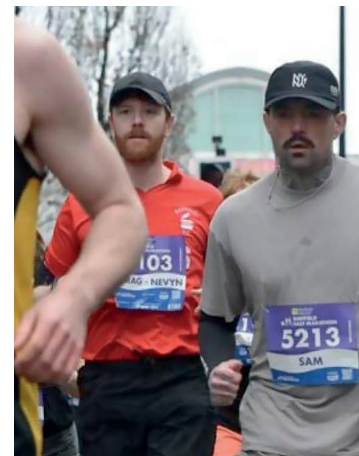
## Welcome Cian Eamon Stevenson!



Usually our Head of Service Nevyn Stevenson would be writing this page however as you can see from the picture, he has been otherwise occupied recently!

Baby Cian arrived a little earlier than planned on 28th May and Nev has been spending some well-deserved family time with Cian and his wife Lauren. After a spell in the special baby care unit, we are delighted to report that Cian is now doing well at home and has almost doubled his birth weight already. Nev said (in his typical Barnsley style!) "Its graft like, but its brilliant!"

Looking forward to seeing Cian at some future events soon and I know everyone will join us in wishing all the Stevensons health and happiness for the future.



Despite being a new Dad and having very little sleep for the last couple of months, **Nevyn has decided to take part in the Sheffield 10k** to raise money to support those newly diagnosed with asbestos related conditions. Last year Nev raised over £900 for our charity through running this race, let's try and get him over the £1000 mark this time, in honour of baby Cian! **Please donate here if you can, every penny makes a difference:** <https://localgiving.org/fundraising/Nevyn-runnig-the-Sheffield-10k-28th-September-2025>



## Yorkshire and Humberside Asbestos Support Group (SARAG) Registered Charity: 1080365

We are an independent charity supporting individuals with asbestos related conditions across Yorkshire, Humberside, and North Nottinghamshire. Since 1999, we have helped **thousands of families affected by asbestos-related conditions** access over **£36 million** in Government benefits and compensation.

We also offer emotional support and legal signposting.

**Our service is free and confidential. We are funded by donations.**

### If you have been exposed to asbestos, we offer:

#### 1. Expert Benefits Advice

In October 2024, we reached 25 years as a charity. In that time, our charity has supported 4459 service users access a staggering £36,847,479.51 in Government benefits and compensations.

In 2024 alone, we helped 353 Individuals with asbestos-related conditions access £8.6 million in Government benefits and compensation. This typically includes weekly benefits such as Industrial Injuries Disablement Benefit (IIDB), Attendance Allowance (AA), Personal Independence Payment (PIP) and others, plus we can apply for one-off compensations including Workers Compensation Act 1979 Lump Sum (PWCA) or 2008 Diffuse Mesothelioma Scheme Payment.

We can conduct a financial review of your household circumstances and help you apply for everything you can claim. Individuals accessing our service are on average over £24,000 better off because of our help.

#### 2. Emotional Support

Our Charity provides support to those affected by asbestos-related conditions. Our support is available across Yorkshire, Humberside and North Nottinghamshire, to those diagnosed plus their families, supporters and carers.

We hold monthly social groups across the region in Sheffield, Doncaster, York, Hull and Bradford. We also provide one-to-one and group emotional support and bereavement support, in person, by phone and online.

#### 3. Legal Signposting

We signpost to **specialist asbestos solicitors** who all provide a **no win no fee service** and importantly, **do not take a success fee**.

You may be entitled to make a legal claim for compensation against a former employer, their insurers, or any other organisation that is responsible for exposing you to asbestos. We provide details of expert legal representation.

**Contact us today** Yorkshire & Humberside Asbestos Support Group (SARAG)

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

Rotherham 01709 360 672 • Leeds 01134 720 031 • Hull 01482 932 131 • York 01904 808 120

enquiries@saragbestsupport.org • www.saragbestsupport.org

## Dates For Your Diary

**Hull Social Group:** Sept 16th, Oct 21st, Nov 18th, December 16th

**Sheffield Social Group:** Sept 23rd , Oct 28th , Nov 25th , Dec 23rd

**Doncaster Social Group:** Sept 9th, Oct 14th, Nov 11th, Dec 9th

**York Social Group:** Sept 15th, Oct 20th, Nov 17th, Dec 15th

**Bradford Social Group:** Sept 2nd, Oct 7th, Nov 4th, Dec 2nd

**Online/Zoom peer support group:** Sep 1st, Oct 13th, Nov 10th, Dec 1st

**Bereavement Group Wakefield:** Sept 2nd, Oct 7th, Nov 4th, Dec 2nd

**Bereavement Group Sheffield:** Sept 23rd , Oct 28th , Nov 25th , Dec 23rd

**Bereavement Peer Support Zoom Meetings:** Sept 11th & 25th, Oct 9th & 23rd, Nov 6th & 20th, Dec 4th & 18th

**MESSY Zoom: Sept 12th MESSY Leeds:** Oct 10th, Dec 12th

**Buxton Bridge Abseil Fundraiser:** Friday 12th September.

**Annual General Meeting:** Thursday 2nd October 2025 Library@The Lightbox, The Glassworks, Barnsley, S70 1GW. See page 9 for details.

**Christmas Lunch:** Monday 8th December 2025 Rotherham Holiday Inn, S60 4NA.

See page 12 for details

### Social Media links (please follow us):

LinkedIn: [Yorkshire and Humberside Asbestos Support Group \(SARAG\)](#)

X: <https://x.com/yorkshireSARAG>

Facebook: <https://www.facebook.com/YorkshireSARAG>

Facebook (private bereavement group):

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

SARAG In Loving Memory – please feel to leave a message or tribute about a lost loved one: <https://saragbestsupport.org/activities/in-loving-memory/>

## Fundraising News

Huge thanks go to the amazing volunteers that took part in the Yorkshire Three Peaks Challenge on 29th June to raise money for SARAG. At the time of writing, the total raised so far stood at over £2500! Enjoying a well-deserved beverage after the gruelling 12 hour day are (pictured from left to right): Neil Atkins, Michael Wolstencroft, Daniel Harden, Christopher Briggs, Penny Partlow, Paul Walker, Kerry Harden and Rebecca Roughley. What an amazing effort team and we are so very grateful! For anyone who would still like to donate, the appeal is still open:

<https://localgiving.org/fundraising/Yorkshire-Three-Peaks-Walk-2025>



Thank you also goes to the Barchester's Charitable Foundation for their generous donation towards providing a Christmas Lunch for our service users. The Barchester Foundation supports organisations making a difference to the lives of older people and adults with a disability or mental health condition and we greatly appreciate their kind support for this event.

You can find out more about the Christmas event on page 12.



Irwin Mitchell Solicitors hosted a quiz in their Sheffield office to raise funds for both SARAG and Mesothelioma UK in May. A fantastic night was enjoyed by all and we hope this may become an annual event! Entertainment was provided by Simon Bolton and credit goes to Hannah Robinson who planned and executed a fabulous evening. This event also raised over £1000 for each charity. Thank you Hannah and all at Irwin Mitchell's for all your efforts that made this event such a success!



## Fundraising News

This quarter we've also been incredibly lucky to be awarded a three-year grant from the Brelms Trust who support charities working in Yorkshire to tackle disadvantage. This funding is contributing towards benefit adviser salaries to the total amount of £18,000.

Using averages from our last full accounting year, the grant should go on to realise over £1.8 million in benefits and compensation income for our service users.

A staggering amount of benefit generated from their investment we are sure you'll agree.

We greatly value your support Brelms Trust.



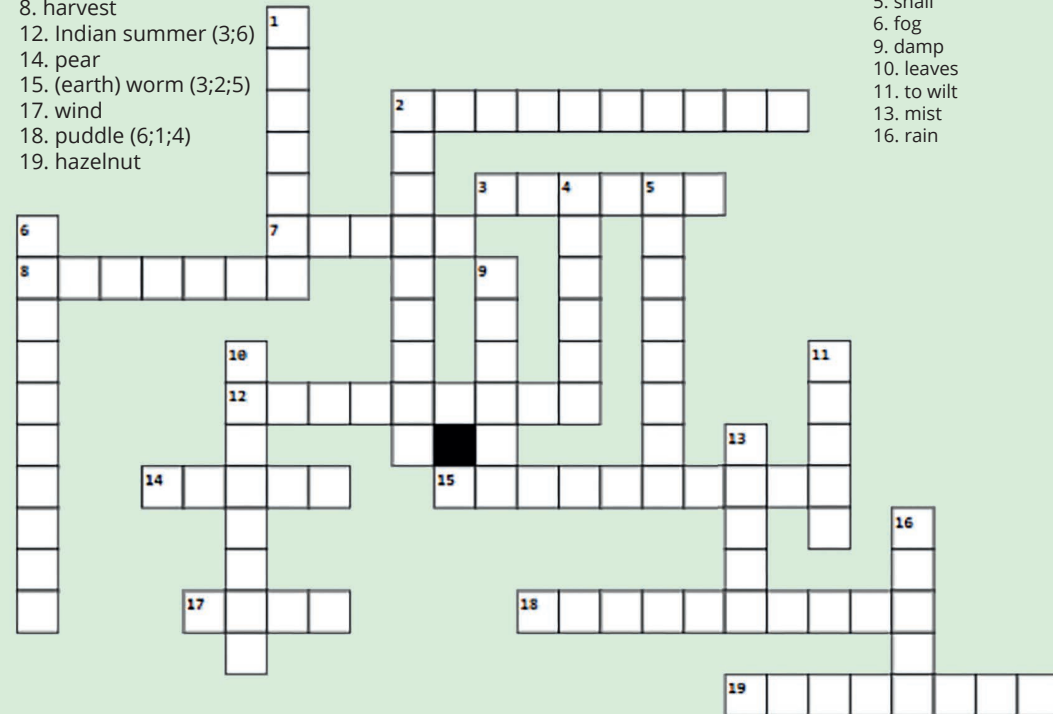
## Crossword

### Across

- 2. mushroom
- 3. apples
- 7. tart
- 8. harvest
- 12. Indian summer (3;6)
- 14. pear
- 15. (earth) worm (3;2;5)
- 17. wind
- 18. puddle (6;1;4)
- 19. hazelnut

### Down

- 1. stewed fruit
- 2. sweet chestnut
- 4. chestnut/conker
- 5. snail
- 6. fog
- 9. damp
- 10. leaves
- 11. to wilt
- 13. mist
- 16. rain



In September staff from SARAG will be taking part in another hair raising event in Buxton. Join us if you can for a fun day out testing your nerve! Get in touch if you are able to abseil with us on the day, or if that's not to your taste, maybe you could offer some encouragement by donating to spur us on! <https://localgiving.org/fundraising/SARAGCharityAbseil>.

Please read this Notice of the Yorkshire & Humberside Asbestos Support Group Annual General Meeting. This year to be held in Barnsley centre, please confirm your attendance now! Free lunch will be provided and we look forward to seeing you there.

SARAG

# CHARITY ABSEIL!

SEEKING ADVENTURERS!

Adults and under 18s welcome on this one!

Will you join us for a Charity Abseil? We promise it will be good fun and all equipment is provided. Fully qualified expert guides are running the event.

Entry cost is just £30 - waived if you manage to raise £75 in donations for us!

TO BOOK OR FOR MORE INFORMATION:

📞 01709360672

✉️ [penny@saragasbestosupport.org](mailto:penny@saragasbestosupport.org)

Taking place in the beautiful Peak District Valley of Miller's Dale, you'll go home buzzing with excitement and pride that you had a go at this hair raising task! This adventure is suitable for all ages. Join our team, have a great day out and raise money to help those affected by asbestos exposure.

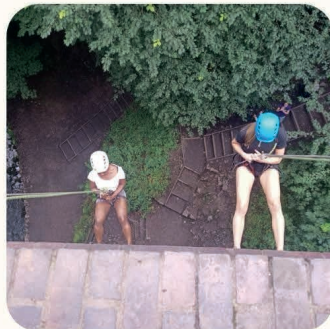
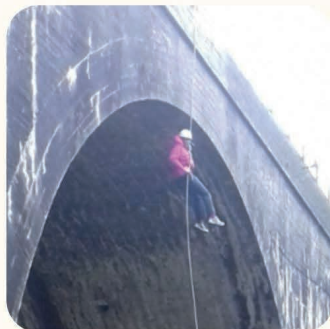
10 AM - 2 PM

**12**

SEPTEMBER

**BUXTON**

MILLER'S DALE VIADUCT SK17 8SN



## SARAG ANNUAL GENERAL MEETING



**THIS YEAR OUR AGM WILL BE IN BARNSELEY**

Join us on **THURSDAY 2<sup>ND</sup> OCTOBER 2025** at:  
**Library @ The Lightbox, 1 The Glass Works, Barnsley S70 1GW**  
 The meeting starts at **12.00 pm** with a buffet lunch and is **FREE** to attend. All are welcome!

*There will be updates and presentations about our work, our Trustees will be nominating and electing our Board and there will be a buffet lunch served.*

*The bus station and taxi rank are 100 metres from the venue. There are 475 spaces in The Glass Works multi-storey car park, including 28 Blue Badge bays, located by the lift on each floor. Use postcode S70 1SF for the Glass Works car park which costs just £1 per hour.*

*The Library@The Lightbox is fully accessible, 5 minutes stroll from the car park with no steps between the car park, bus station and venue. Dietary requirements will be catered for.*

Contact us now to reserve your place:

Office: 01709 360 372

Email: [enquiries@saragasbestosupport.org](mailto:enquiries@saragasbestosupport.org)

# SARAG Calendar 2026

This year we have something truly special for you. Lisa Staniforth, daughter of one our our service users and amateur photographer, has put together a beautiful calendar that would make an excellent gift for family and friends, or help you keep those important dates in order. Each month features a high-resolution image of stunning British birds. Just a sneak peak of the calendar is below and a note from Lisa about how this came to be:

On 8th January 2022 our world fell apart. We lost our lovely Dad and loving husband, Michael Staniforth to mesothelioma — an aggressive cancer caused by asbestos exposure. From the moment we received the diagnosis, we had just nine precious months together. During that time, SARAG (Yorkshire & Humberside Asbestos Support Group) became a lifeline. From day one, they offered calm, compassionate support and helped us navigate the overwhelming paperwork and practicalities whilst treating us with empathy and care. It was a comfort simply knowing we weren't alone.

Dad had many passions in life: his family, football, Subbuteo, music and birds. Some of my favourite memories are as a toddler where he would put me on his shoulders and we would go birdwatching. Dad loved birds and he shared his passions with us.

I'm not a professional photographer, but I've poured my heart into every image and I hope this can be seen and felt in every picture. Over the last 17 months, I've travelled up and down the country — visiting hides, catching boats in Northern Scotland, and waiting in the cold with my camera — to capture the birds we loved. It's been a way to channel my grief into something positive and to feel close to Dad with every shutter click. This calendar is a true labour of love — for my Dad, and for the charity that supported us when we needed it most. Every penny from your purchase goes to SARAG, and every single sale means the world.



These superb calendars are available now. You can purchase through our website: <https://saragasbestosupport.org/product/2026-calendar/> at our AGM and Christmas lunch, or by contacting the office.

Priced at just £10 each plus postage and packing if required, these are sure to sell out quickly so please reserve your copy now.

We also have other SARAG branded merchandise coming soon so keep an eye on our online shop: <https://saragasbestosupport.org/shop/>



Please join us this year for some festive fun at the Rotherham Holiday Inn. There will be good company, great food and fabulous entertainment not to be missed! There is plenty of free parking at the hotel and the venue is fully accessible. Our event is free to attend however any voluntary donations to help cover the ever-rising costs would be especially welcome. Bring any raffle prizes on the day too please, it will be another not to be missed SARAG Christmas Do!

# YOU ARE INVITED TO THE SARAG Christmas Lunch

This year we are holding our event at the Holiday Inn, West Bawtry Road, Rotherham, S60 4NA. (Near Catcliffe, J33 M1). A three-course meal will be served and we'd love to see you there!

FOOD . FUN . RAFFLE

**MONDAY | 8 | DECEMBER**

**ARRIVE FROM 12.00 FOOD SERVED 12.30**

**EVENT ENDS 3.30PM**

**Reserve your place now:**

**tel 01709 360372 or**

**[enquiries@saragasbestsupport.org](mailto:enquiries@saragasbestsupport.org)**

Get in touch now to reserve your place and let us know of any dietary requirements. The special options available for each dish are shown in brackets below.

## SARAG Festive Lunch 2026

### Starter Choose From:

**Roast parsnip soup**, parsnip crisps, rustic bread roll (Dairy Free, Gluten Adaptable, Vegan, Vegetarian)

**Pea & spinach tartlet**, dressed rocket, balsamic glaze (Dairy Free, Vegan, Vegetarian)

**Chicken liver & plum Pâté**, piccalilli, ciabatta croustade, dressed rocket (Gluten Adaptable)

### Main Choose From:

**Roast turkey**, traditional trimmings: Roasted potatoes, roasted carrots & parsnips, Brussels sprouts, red cabbage & apple, Tenderstem broccoli, stuffing, pigs in blankets, turkey gravy. (Dairy Free, Gluten Free)

**Baked hake, dill hollandaise**: Hasselback potatoes, Tenderstem broccoli. (Gluten Free)

**Sweet potato, chestnut & cranberry loaf**: Roast potatoes, roast parsnip & carrots, Brussels sprouts, red cabbage & apple, Tenderstem broccoli, gravy. (Dairy Free, Vegan, Vegetarian)

**Halal Option**: Roast Chicken, Roasted potatoes, roasted carrots & parsnips, Brussels sprouts, red cabbage & apple, Tenderstem broccoli, gravy. (Dairy Free, Gluten Free, Halal)

### Dessert Choose From:

**Traditional Christmas pudding**, custard (Dairy Free, Vegan, Vegetarian)

**Mimosa-flavoured cheesecake**, Chantilly cream (Dairy Free, Gluten Free, Vegan, Vegetarian)

**Gingerbread roulade**, Baileys-flavoured cream, Biscoff crumb (Vegetarian)

*Allergen information: If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that the venue store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that dishes are allergen free due to the potential of cross-contamination.*

## Other News

Friday 4th July was **Action Mesothelioma Day** and we held our annual event at Sheffield Town Hall. We were fortunate to have free places for our service users due to sponsorship by our legal panel: Slater & Gordon, Leigh Day, Irwin Mitchell, Asbestos Law Partnership and Thompsons. We were also visited on the day by Master Cutler Phil Rodriguez and Deputy Lord Lieutenant Professor Jaydip Ray plus representatives from Trade Unions and the medical profession. All those who were able to attend said they found the event very informative and importantly, it helped highlight the issue of asbestos in public buildings. This is an annual event and please watch out for next years invitation to join us.



Are you a resident of North Yorkshire? If so we may be able to help you with travel costs to attend our York Social Group. We've been offered a limited amount of funding to help those living in rural areas, to access our peer support and information sessions. If you'd like to find out more, please get in touch with [penny@saragasbestsupport.org](mailto:penny@saragasbestsupport.org) or call 01709 360372.



# 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 [michaela@saragasbestosupport.org](mailto:michaela@saragasbestosupport.org) or text/call 07783510265.**

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



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



Bradford

Industrial Museum,

Moorside Mills,

Moorside Road,

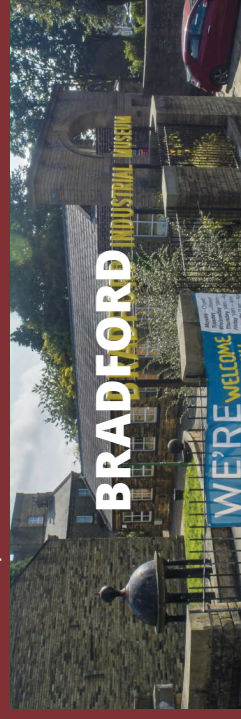
Eccleshill,

**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



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

**ZOOM**



The Second Tuesday of each month:

Flying Scotsman Room,

Danum Gallery,

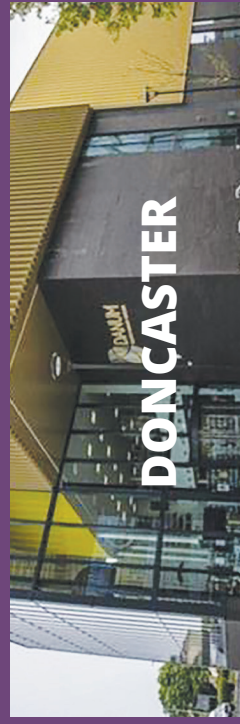
Library and Museum,

Waterdale, **Doncaster**,

DN1 3BZ

**Time:** 12-2pm

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



St Olave's Church Hall,

Marygate Lane,

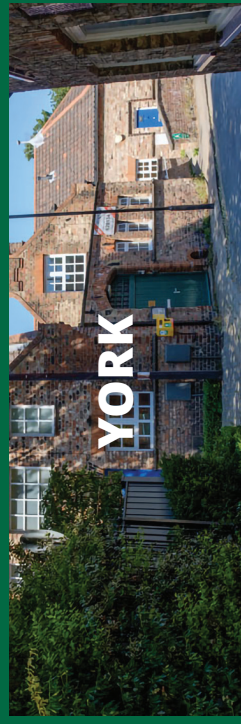
**York**

YO30 7BJ

Third Monday of each month:

20th Jan	21st July
17th Feb	18th Aug
17th March	15th Sept
14th April	20th Oct
19th May	17th Nov
16th June	15th Dec

**Time:** 12-2pm



## Finding Our Feet

*the newsletter from the Bereavement & Family Support Service*



Welcome to the autumn edition. 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.

Grief is a strong and at times, overwhelming emotion that comes about due to a loss of something or someone important. It is typically associated with bereavement (the loss of a loved one through death) but it doesn't have to be. Grief can be felt due to the loss of a relationship, the loss of a job, the loss of identity, the loss of independence, mobility, memory, or a multitude of other important things in our lives. It is important to remember that grief is both natural and universal. It is not a sign of weakness and not something to be ignored or pushed away. It is also extremely personal, so one shouldn't try to fit grief into how it "should be" or how others have experienced it, or even where others think you should be within your own unique journey at any given time. Grief has no timeline and it's not linear.

### Autumn! How quickly the wheel of the year turns!

This is the time of year when the sun is lowering again. The days are getting shorter, and the nights longer. The beautiful dark green leaves of summer start to turn yellow, golden and red, before turning brown and shedding to the ground. At this point the trees are taking all the goodness from the leaves inwards and deep down into their trunks to keep themselves nourished and ready for the slumber of winter.

In Chinese Medicine, Autumn is considered the season of Grief, and I think that is very fitting. The falling leaves and shorter days, can be a powerful reminder of loss and can intensify feelings of grief, the shedding and browning of leaves maybe a stark visual representation of death and loss

for many. So, much like the tree, during this autumn season, how can one let go of what no longer serves them, whilst nourishing themselves in preparation for winter?

Leaning into, feeling and then letting go of one's grief is hard! After all, grief in some ways may have turned into something that defines you in the context of life after loss. Who are you if you are not someone grieving the loss of someone very special, and who are they if you are not holding vigil for them?

I have listened to many grieving service users whose collective theme seems to reflect that suffering or the deep pain of grief is a sign of how much their loved one meant to them, and if they are not suffering or feel the pain as much, then this must mean that their love for them must be diminishing, or they are moving on without them. This is oh-so-common, to feel extremely conflicted about feeling somewhat better and, although it may not seem rational, it is also common to gravitate towards the pain, because the alternative to feeling pain is losing connection to your loved one.

So, as you lean into your grief, gently letting a little of it go, try to nourish yourself by remembering that your loved one's memory does not live in the pain and struggles of your grief. Their memory lives in the stories that you remember and that you tell others. It lives in the memories that you share with friends and family. It lives in the things you do that your loved one taught you. It lives in the things you do in their honour and memory. It lives in every little thing you do to stay connected to them, like looking at photographs, to listening to music they loved, to baking their favourite cake, to talking to them, whatever you do to continue your bond with them. Welcome the idea that as pain diminishes, you may find more space to nourish yourself, continue bonds and to keep your loved one's memory alive. Grief never fully goes away, and small waves

## Finding Our Feet

*the newsletter from the Bereavement & Family Support Service*



of sadness may always be splashing the shore. We get to a point where it is no longer preventing us from living our lives, but the memory is still there, as is the occasional sadness of what was lost.

Just as seasons come and go, there are times that we can slip back into the sadness of grief, and that isn't a bad thing. It is a reminder of how important this person or thing was, and the impact it made in our lives.

The season's natural cycles (the turning of the wheel) of letting go and renewal can offer comfort and a foundation for understanding the grief process, reminding us that endings are necessary for new beginnings.

### Here's a little nature exercise for you to try: Mindful Art: The Tree of Life.

If you were to draw your entire life in the shape of a tree, what would the tree look like?

In this mindful art activity, go find a tree that calls you and sit with it.

Draw an entire tree on a page with the imagined roots and branches. You could use the tree you are sitting with as a guide if you wish.

You can label the roots with values which are important to you. In the branches write down words to depict significant moments of your life.

And finally represent the important people in your life as forest creatures that have a relationship with your tree of life.

This activity is a beautiful way of creating a snapshot of your life's journey so far.

Mindful art can be a powerful tool for understanding and processing thoughts and emotions, whether it's through the process of creating art or viewing it.

By being with nature, it facilitates connection and creativity.

*\*(Adapted from Healingforest.org)*

### Creative Corner: Poem by Dave Robinson (Bereaved Service user)

#### Rita-da-mog

Rita – sleeping, never to awake!  
No more "Feed me! Feed me!" as the dawn is breaking.  
No more meeting me at the garden gate, paws and claws round the trellis then leading me up the garden path, tail erect with that familiar lop-side flick. Pause for head rubs on the pergola and the pile of bricks.



No more pondering where might she be - lurking under the decking or in the shrubbery?  
Semi-feral princess roaming her night-time kingdom, in moon or mist crouched beneath the wings of owls.  
Then home for breakfast and a daytime snooze.  
Her mystery never unravelling under the gaze of those who catered to her whimsies providing food and water and will now greatly miss the legendary Rita-da-mog as she journeys to the feline ever-after.

## Finding Our Feet

*the newsletter from the Bereavement & Family Support Service*



### 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, experiencing grief and/or anticipating 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 every day, 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 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 practice. 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.

**A breathing exercise can help many things such as; improve oxygen exchange, better posture and core stability, reduce muscle tension, lower blood pressure, reduce stress and feelings of anxiety, improve concentration, regulate emotions and improve sleep quality.**

Effective deep breathing isn't about taking bigger breaths—it's about breathing more efficiently. Here are techniques that focus on quality rather than quantity:

### Basic Diaphragmatic (Deep) Breathing directions:

1. Lie on your back with knees bent or sit in a comfortable position, both feet flat on the floor
2. Place one hand on your chest and one on your abdomen
3. Breathe in slowly through your nose, feeling your abdomen rise while your chest remains relatively still. Breathe as deep into your lungs as is comfortable.
4. Exhale slowly through the nose, feeling your abdomen fall again.
5. Aim for 6-10 breaths per minute if possible. Or just slow your breathing down to a pace that feels comfortable to you.
6. Maintain this pattern of breathing for approximately 4 mins. Practice 2 to 3 times a day.

*\*(Adapted from Buteyko Clinic International)*

## Finding Our Feet

*the newsletter from the Bereavement & Family Support Service*



### Recipe:

#### Meals For One - Microwave Mug Omelette

#### Ingredients:

- 1 tsp salted butter
- 1 tsp shallot
- 2 eggs

#### Method

##### step 1

Put the butter and chopped shallot into a microwavable mug. Cook for 30 seconds, remove from the microwave and stir. Let the mug cool down a little, then swish the butter and shallot around the mug to coat the sides lightly.

##### step 2

In a bowl or jug, beat the eggs with a fork, then add the parsley, peppers, chives, cheese and a small pinch each of salt and black pepper.

- 1 tbsp parsley finely chopped
- 1 tbsp sweet red pointed pepper finely diced
- 1 tbsp chives chopped
- 1 tbsp mature cheddar grated

##### step 3

Pour the egg mixture into the mug and return it to the microwave, cook for 20 seconds. Next, open the microwave and stir the egg, repeat the cooking for 20 seconds and stir again. Finally, cook for another 20 seconds, during which time the egg will start to set.

##### step 4

Remove the mug from the microwave and let it stand for 1 min. If the omelette is not set enough for you, put it back in on 50% power for no more than 20 seconds.

*Recipe from Good Food magazine, September 2022*

## Dates For Your Diary

Bereavement Peer Support Zoom Meetings; Thursday 10 – 11:30am:

Sept 11th & 25th, Oct 9th & 23rd, Nov 6th & 20th, Dec 4th & 18th

\*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 submission in SARAG's newsletter. Please feel free to contact me directly either by emailing me at [deb@saragasbestsupport.org](mailto:deb@saragasbestsupport.org), or contacting by phone or text messaging on 07714172416 should you wish to contribute anything to the next newsletter in December. 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 the next three months.  
You know where I am. Warmest of wishes  
Deb

## Please donate to us



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

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 Paypal:

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

### By cheque/post:

- Complete the form below if applicable, 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: YORKSHR & HUMBER ASBESTOS 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.

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