

Welcome

Welcome to the Winter 2024 edition of our newsletter. As we head towards the end of another year, we at Asbestos Action would like to take time out to think of all our clients, friends and families both past and present and to thank you all for your unwavering support. We are privileged to meet many wonderful people, who, through no fault of their own are diagnosed with an asbestos disease.

Since April 2024 until October 2024 we have received a total of 75 new referrals, ranging from Pleural Plaques through to Mesothelioma. Jenny, Bobby and Orla, our Benefit and Support Advisors are busy contacting and visiting new and existing clients whilst Aileen supports those diagnosed with Pleural Plaques. Thank you to all our staff for the wonderful work they do.

Asbestos Action have become aware of a rising number of people exposed to silica dust which can in turn lead to a condition called Silicosis. Please see Euan Love's article within this newsletter. Asbestos Action plan to support those affected by silica dust.

We again this year, committed funds to sponsor a Mesothelioma Nurse via Meso UK to ensure patients have access to a specialist Mesothelioma nurse, which is vital.

We continue to raise awareness of asbestos related issues as well as campaigning for improvements to current services. We attended the STUC Conference 2024, as well as presenting a Lunch and Learn Event to respiratory personnel in Fife and The Scottish Respiratory Nurse Forum Conference, to name but a few. We currently have a

medical student on placement with us, a first for the charity.

As the newsletter goes to press Calum Smith is currently running 10 x 10k runs in November in aid of Asbestos Action. His loving father Francis Smith passed away ten years ago this year from an Asbestos related disease. The Smith family have raised thousands of pounds for Asbestos Action over the years in memory of their loved one. We will be there to celebrate with Calum when he finishes his final 10k. If anyone would like to make a donation, Calum has a page on Just Giving. We want to thank the Smith family most sincerely and a very special thank you to Calum for taking on this momentous challenge.

I want to recognise that Christmas is not always a positive time of year for all, for many different reasons. We will be available over the festive break and will only be closed for the bank holidays. If you are alone or need support during the festive period please do not hesitate to contact us. We can chat over the phone or we can visit you at home.

I, on behalf of the Directors and staff, hope you enjoy this edition of our newsletter, which is a little different as all our staff members have contributed for the first time. We would like to wish you all a safe and warm festive period.

Very Best Wishes,
Dianne.



*Dianne Foster,
General Manager*



AsbestosACTION

News

Helping, supporting, advising -
to keep you informed

WINTER 2024



LEGAL UPDATE



Addressing Emerging Risks: Supporting Those Affected by Asbestos and Silica

Working alongside Asbestos Action, I have seen how vital their support is for individuals impacted by asbestos-related diseases, providing not only compassionate care but also a powerful advocacy platform. As a solicitor, I'm proud to work with this charity to help secure justice and compensation for those affected. For decades, asbestos disease litigation has been a critical area of Digby Brown's practice, allowing us to hone the skills and resources needed to tackle complex occupational health cases.

As we look to the future, a new occupational threat has emerged: silica-related lung disease. Silica is a naturally occurring mineral and exposure is common in construction, mining, and manufacturing industries. It poses serious risks that could mirror the asbestos crisis.

Recent reports by the Westminster All-Party Parliamentary Group (APPG) on Respiratory Health have

spotlighted the unknown scale of the silica problem in the UK. These reports stress the need for action, with calls for enhanced workplace safety measures, better disease tracking, and increased awareness around silica exposure.

At Digby Brown, our team is uniquely positioned to pursue silica-related claims, given the parallels with asbestos litigation. The legal strategies and precedents we've developed in asbestos cases will be invaluable in helping workers affected by silica exposure seek compensation. We understand the intricacies of these cases—from identifying liable parties to navigating complex medical evidence—making us well-equipped to advocate for clients dealing with silica-related conditions.

Asbestos Action can use their existing links with medical professionals to address this emerging health crisis, offering resources, emotional support,

and guidance on accessing benefits—many of which parallel those available for asbestos disease sufferers. With their experience, the charity is well-prepared to lead public awareness efforts for this overlooked risk.

With Asbestos Action expanding into silica-related support and our expertise in asbestos litigation, we will work hard to support these emerging victims. Together, we are focused on securing the rights and protections workers need to combat the growing impact of occupational lung disease.



*Euan Love,
Partner, Digby Brown*

Did you know?



DID YOU KNOW: The Wizard of Oz crew used chrysotile, which is a white asbestos for the snow scene, they showered Judy Garland with it. In fact, in order to create winter scenes in many old Hollywood movies, film makers used pure white asbestos fibres to replicate the look of snow. Don't get me started on white Christmas, scary stuff!

DID YOU KNOW: that Amosite asbestos also has the appearance of fluffy white snow and was sold as a Christmas decoration from the 1930s right up into the 1950s.

DID YOU KNOW: There is a city in Russia named after its biggest export, the city is named Asbest. In 2023 Russia mined 630'000 tons of asbestos and the material still pours onto the world market. Incidentally Asbestos has been banned in more than 60 countries, but not in the U.S.

DID YOU KNOW: The UK is one of the countries in the world where the incidence of asbestos related diseases like mesothelioma, is the most prolific. The first recorded UK case was in 1924 in Rochdale,

where 33-year-old Nellie Kershaw died of pulmonary asbestosis.

DID YOU KNOW: There were over 3000 products in the UK that contained asbestos, far too many to list here. Some of the products range from aprons, tablecloths, cisterns, floor and roof tiles, mattresses, pipes, rugs, tape, twine, carpets, partitions and cigarette filters, the list is endless. The UK imported a staggering five million tonnes of asbestos before the total ban in 1999.

DID YOU KNOW: A brand of cigarettes in the 1950s, Kent cigarettes, used extremely toxic Crocidolite asbestos in their filters and somewhat perversely, these asbestos filters were advertised as a health and safety feature in the 1950s.



Bobby, Asbestos Action

Member in the spotlight



One of our members, John Millikin (81) was diagnosed with an Asbestos related disease in 2023. John's story is a familiar one to Asbestos Action. He was a skilled shopfitter in the Glasgow shipyards and although John had other jobs after the shipyards, this is where he learnt his trade as a carpenter. John gave us an

insight into his approach to life and what motivates him.

John explains that woodturning has a rhythmic quality which is incredibly calming and therapeutic. The repetitive motion and focus required helps to quiet the mind, reducing stress and anxiety. He says that he loses himself in the process, he enters a state of mindfulness, fully focussed in the moment. John describes himself as thinking of nothing else other than the lumber and woodworking tools in his hands. The art of making things out of wood requires a lot of patience.

John continues to enjoy and still uses his wood turning lathes in his garden shed (workshop). He makes an array of items, such as bowls, pens, clocks, ashtrays, quail, and we must say how impressed we are with the excellent quality of his work.

It's great to see John making these lovely pieces and carrying on with the hobby which he loves.

There are real people behind asbestos diseases and we thank John for sharing his passion.

If you have a hobby or a past time you would like to share with us, then please get in touch.

Smart phone - dumb user...

My new phone is "smart." I guess that I'm not.
Amazing what all this here smart phone has got.
TV and Weather and Internet, too.
There's just no limits to what it can do.
Check my blood pressure and my temperature
Without even probing all my apertures.
I now know the time in Paris or Greece.
I can track the migration of thousands of geese
Or find Chinese food; it's here on this map.
Oops, my finger just slipped, now where was that at?
A camera... a CAMERA! Now I can take shots
Of everyone I know (who'd rather I not).
Push this here button and take me a "selfie."
(If it had a nose would this thing take a "smellfie"?)
Email to pester with, video to shoot,
Maps to drive 'round with', wow that's a hoot!
A compass to guide me home if I'm lost.
Thank God work paid for this thing (what it COSTS!),
The things that it does would amaze Mr. Bell.
What he would have thought of it, no one can tell,
But one question's still stuck in my middle-aged craw.
Despite all the gizmos that strike me with awe,
They're fun and they're useful and "techy" and all
...But how do I just simply make a phone call?



Aileen, Asbestos Action

Scottish Mesothelioma UK

The Scottish Mesothelioma UK Nursing team would like to take the opportunity to thank Asbestos Action for all the time, support, generosity and kindness offered to us over the past year. Your dedication and commitment to those affected by asbestos related conditions is inspirational and we feel lucky to work alongside you. We would like to wish you, and all those affected by a diagnosis of mesothelioma, a very happy and peaceful Christmas and New Year. We hope it brings you everything you need and hope for, with time to rest and time to celebrate with the people closest to you.

Carolyn, Susan, Jenn, Tracy and Lynne.



PET CORNER



Name: Kato
Age: 3 years old
Owner: Orla - one of our Support & Benefits advisors
Favourite Food: Roast Chicken
Favourite Toy: A Garfield bag
Loves: Doing poos on the floor, trying to eat Mummy's loom needle, his pink blanket, sitting exactly where mummy was sat after she gets up then refusing to move!
Hates: Sharing chicken & when someone opens the fridge and doesn't give him food from it!!
Extra: Although very small, Kato will be the boss of any animal that gets in his way!



Orla, Asbestos Action

SCOTS' WEY HEY! provided by oor Aileen!

The weather is becoming a bit dreich and it's time to courie doun and give that grey matter (that's yer 'brain' for those uninitiated to Scots) a workout. We'll start with some easy wans, but next year's quizzes may get trickit! Richt let's get gaun (started)!

1. What is the old 'Latin' name for Scotland?
2. What name is used to describe the succession of streets forming the main thoroughfare of the Old Town of Edinburgh?
3. What is the name given to a Scottish mountain above 3000 feet?
4. What would you associate with the village of Crathie?
5. Donald Trump's mother was born in the village of Tong – on which Scottish island?
6. Which king ruled Scotland from 1040 to his death in battle in 1057?
7. Bonnie Prince Charlie came from which country to Scotland?
8. What was the wooden implement used to stir porridge?
9. Elvis Presley once visited Scotland, the only time 'The King' ever set foot on UK soil. Where did he visit?
10. Rothesay is the chief town of which island?

Any comments on the Quiz, or if you have a favourite quiz of your own, we can use, send it with your name to: aileen@asbestosaction.org.uk

Wishing you a the best o' the season – bliadhna Mhath Ur!



Aileen, Asbestos Action

Sudoku Puzzle

In the mood to challenge your brain?

Sudoku puzzles are solved with logic and do not require any math skills. All you need to do is fill the empty cells and each column, row and region must contain the numbers 1 – 9 exactly once.



Jenny, Asbestos Action

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | 9 | | | 1 | | | |
| | | | 5 | 2 | | 9 | |
| | | | 3 | | | 5 | 4 |
| 1 | 8 | | | 4 | | | 2 |
| | 2 | | 1 | | | 4 | 5 |
| 3 | | 7 | 2 | | | | 8 |
| | | | | 5 | 6 | | 7 |
| | | | | 1 | | | |
| | | 1 | 4 | | 8 | | 9 |

How you can help - donations:

How to donate

- Complete the **form below** and send cheque to "Asbestos Action"
- JustGiving - www.justgiving.com
- **Standing order** (contact us for information)

Your details

NAME:

ADDRESS:

POSTCODE:

TELEPHONE:

EMAIL:

Donation amount - I wish to donate (please tick):

£10 £20 £30

OTHER £:

GIFT AID – important (please tick):

Boost your donation by 25p for every £1 you donate

I want to Gift Aid my donation and any donations I make in the future or have in the past four years, to Asbestos Action. I understand that I must pay an equal amount of UK income tax at least equal to the tax that Asbestos Action will claim in my donations in each year (*currently 25p for every £1*).



SIGNATURE:

DATE:



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About Asbestos Action

Asbestos Action is a charity that relies almost entirely on donations from appreciative sufferers and their families.

The charity was founded in 2002 by a small group of sufferers to assist those diagnosed with an asbestos-related condition.

We are committed to helping anyone affected by an asbestos-related condition, from supporting sufferers and their families after diagnosis to home visits to help fill in complicated benefits forms.

With a small staff of five the charity punches well above its weight in providing this emotional and practical support.

You're the reason we can keep providing our vital service, so no one has to face asbestos-related disease alone.

Donating can help us to support more sufferers and their families who have been affected through no fault of their own.

Contact details

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