

London Asbestos Support Awareness Group Newsletter

Winter 2023

London and the South East

For anyone affected by
Mesothelioma or other Asbestos
related diseases in London and the
South East, including Essex, Surrey,
Kent and Hertfordshire

Registered Charity No.1174543



Photo shows those attending our London Action Mesothelioma Day event supporting the #CapeMustPay campaign



Jodie Bull
London Asbestos Support Awareness Group

Photo shows Jodie Bull, our Support Manager, who was filmed by the BBC London Politics show at our London Action Mesothelioma Day event.

Newsflash !

David Ellis OBE

Appointed Chair of The Asbestos Victims Support Group Forum UK

We are delighted to announce that our very own Chair, David Ellis, has been appointed Chair of the Asbestos Victims Support Group Forum UK. David has personal experience of asbestos disease as his wife Debbie, sadly passed away from mesothelioma in 2011. He has therefore experienced at first-hand the devastating impact asbestos disease has on the whole family.

The Asbestos Victims Support Group Forum UK is a charity which campaigns on behalf of asbestos victims to protect their rights. The Forum is currently campaigning for Cape, formerly a leading asbestos manufacturer, (now part of Altrad), to pay £10 million towards medical research.

If you would like any further information on the campaign, please visit <https://asbestosforum.org.uk/cape-case/>

Welcome a new Trustee

We would like to say a big welcome to Ed Sobczak who was recently appointed as a new trustee of our charity.

Ed spent 40 years working for the Inland Revenue which later became known as HMRC. He was promoted to HM Inspector of Taxes and served in the Revenue's Head Office. From his early twenties Ed has played an active role in local charities and support groups ranging from sea cadets to mental health and school fundraising to an orphanage in Kenya.

Action Mesothelioma Day Event in London

On 5th July 2023 we held the first of two Action Mesothelioma Events at St Pauls in London.

A special thank you to our Patron, Antony Dulwich and to TAD Contracts for sponsoring this important event to support sufferers of mesothelioma.

We heard presentations from many special guest speakers, and we would like to express a big thank you to; Jan Lukas Robertus who is a Consultant Pathologist from Imperial College London. Jan Lukas talked about early detection of mesothelioma using artificial intelligence. Chris Cooke from Rhodar explained the steps for safe asbestos removal and Harminder Bains from Leigh Day highlighted the dangers of asbestos in schools and spoke about the Cape campaign.

In addition, we welcomed presentations from Professor Peter Szlosarek from St Bartholomew's Hospital, educating us all on mesothelioma research: Lorna Webster from Hodge Jones and Allen, outlining the dangers of asbestos in talc and make up; Barrister Stephen Glynn from Deka Chambers, who spoke about "how the asbestos legacy continues to plague the UK but treatment continues to advance". Finally, Jackie Woods from Thompsons spoke about the importance of immunotherapy in legal cases.

We had extra special performances from students of The Brighton Academy which included a rendition of Pink Floyds "Another Brick In The Wall" renamed "Sick of the Wall". This song has been recorded and is available via our website www.lasag.org.uk/media.

BBC London Politics journalists attended the event. Our support manager, Jodie Bull was interviewed, in addition to some of our patients and family members. To view the news piece, please visit our website www.lasag.org.uk/media.



Photo shows students of the Brighton Academy, who provided excellent entertainment!

Action Mesothelioma Day Event in Canterbury

On 7th July 2023, in Canterbury, we held a more traditional event. We were entertained by many stars including, Kev Taylor, Dave Hurley and Georgie Taylor! We are grateful to Rodda's for the cream tea refreshments. In honour of those who have passed away from mesothelioma, we observed a 2 minute silence.

A BIG thank you to all those who came along to enjoy our memorable events!



London Hazards Centre Action Mesothelioma Day

Our Support Manager Jodie Bull was asked to be a guest speaker at the London Hazards Centre's Action Mesothelioma Day event. It was held at the Trade Unions Congress House in London on 7th July 2023.

The event was introduced by Tommy Anderson, Chair of the London Hazards Centre. Other speakers included Laurie Heselden from the TUC, Steve Ballard from the LHC, Hank Roberts from the Joint Union Asbestos Campaign, Rob Williams from the National Shop Stewards Network and Steve Garelick from the GMB.

Jodie had the opportunity to talk about the support we provide as a charity and the effects that mesothelioma has on sufferers and family members. Jodie also had the privilege of releasing the doves in memory of mesothelioma sufferers, who have tragically passed away.



You are invited to attend one of our **Support Groups** held at various locations in the South East.

These are free and refreshments are provided at no cost. Many of those suffering from asbestos diseases welcome the information they obtain at these meetings. Our support workers very much look forward to seeing you there:

1. Rainham Kent Support Group

Rainham Cricket Club, Berengrave Lane, Rainham, Gillingham, ME8 7NA.

This support group is facilitated by Lung Clinical Nurse Specialists from Medway NHS Foundation Trust, along with our local Kent support workers. It takes place on the first Tuesday of each month at 3.00pm-4.30pm.

2. Canterbury, Kent Support Group

ARCA Hall, 151 Ashford Rd, Canterbury CT1 3FA.

This group is run by our support workers Denise Hodges and Jade Hannan with extra support from Clinical Nurse Specialist and Mesothelioma UK Nurse Toni Fleming and her team. Together they can offer one to one support on individual circumstances. The group takes place on the second Tuesday of every month at 2.00pm-4.00pm.

3. Tunbridge Wells Kent Support Group

Mercure Hotel, The Park View Room, 8 Tonbridge Rd, Pembury, Tunbridge Wells TN2 4QL.

This group is jointly run with the Mesothelioma UK Nurse, Louise Gilham and our support worker, Denise Hodges. This will take place on the last Wednesday of each month at 2.30pm-4.00pm.

4. New Support Group in Essex

TAD Contracts, Unit 3 Hemmells Park, Basildon SS15 6GF

TADContracts



We are delighted to confirm that we have a new support group in Basildon, Essex. It is jointly run by support workers Louise Chaffe alongside Meso UK Clinical Nurse Specialist Sam Jayasekara. It takes place on the first Friday of each month at 11am-1pm.

We are very grateful to TAD Contracts for the use of the facilities to be able to support people affected by asbestos-related diseases.

5. Coulsdon, Surrey Support Group

Coulsdon Hotel & Golf Club, Coulsdon Court Road, Old Coulsdon, Surrey, CR5 2LL

This support group is run by our support worker Louise Chaffe and takes place at 12pm-2pm.

The dates for this group in 2024 will be 15th January, 26th February, 8th April and 20th May 2024. We will be supported with expert advice from Mesothelioma UK Clinical Nurse Specialist Tollene Riley and other special guests.

6. London Support Group

This group varies in locations and dates, primarily due to the availability of guest speakers. See our website for more information or contact Jodie Bull on jodie@lasag.org.uk.

7. Online Zoom Support Group

This group is run by our London and Hertfordshire support worker. The format for the Zoom meetings is to give up to date information followed by a question and answer session. We often invite special guest speakers, relevant to the topics of the session. This is normally run around every 6 weeks – dependent on availability of guest speakers. See our website for more information or contact Jodie Bull on jodie@lasag.org.uk.



You are invited to attend one of our **Friendship Groups**.

These are primarily to provide support to family members of sufferers of asbestos diseases. These are held at various locations in the South East. **These are free and refreshments are provided at no cost.** Our support workers very much look forward to seeing you there:

1. **Canterbury Friendship Group**

The Eatery, 2nd Floor, Fenwick’s Department Store, St George’s St, Canterbury, CT1 2SR.

This group is for family members of sufferers who like to meet locally to support each other. This group is run by a Kent support worker and is held on the second Wednesday of each month at 10.30am-12.30pm.

2. **Dagenham East London Friendship Group**

Moby Dick pub, Whalebone Lane, Dagenham, Romford RM6 6QU.

This group is facilitated by Jenny Tompkins and gives the opportunity for family members to build a supportive, friendly network around them. This takes place on the last Thursday of each month at 11.00am-1.00pm.



JODIE BULL
Support Manager



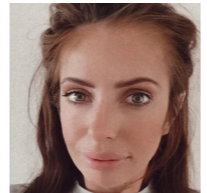
LOUISE CHAFFE
Support Worker



DENISE HODGES
Support Worker



JENNY TOMPKINS
Support Worker



JADE HANNAN
Support Worker

Upcoming Christmas Events



Essex

Our December meeting for the Essex Support Groups will take place on Friday 1st December 2023 at 11am – 1pm at Moby Dick, Toby Carvery, Whalebone Lane, Dagenham, RM6 6QU. This Christmas event is supported by Jenny Tompkins and Louise Chaffe.

This Christmas gathering is for sufferers of mesothelioma and other asbestos related diseases in addition to family members and friends who have lost loved ones. We will also be joined by healthcare professionals in the region. There will be a raffle, a hot buffet and refreshments. Parking is free and has easy access to the building. Please remember to add your car registration at reception on arrival.

Surrey

The December meeting for the Surrey Support group will take place on Monday 4th December 2023 at 12pm - 2pm at the Toby Carvery, 45 Cheam Road, Epsom, Surrey, KT17 1QZ. There will be a Christmas themed hot buffet and refreshments.

Please keep an eye on our website for further announcements regarding additional Christmas events!

Although the events are free, please contact Jodie Bull, Support Group Manager on jodie@lasag.org.uk to confirm your attendance.

Please see our website, www.lasag.org.uk or contact Jodie Bull on jodie@lasag.org.uk for further information about all our support and friendship groups. We very much hope to see you at one of our events and welcome any ideas and topics you wish to discuss.



Cape Campaign

The Asbestos Victims Support Groups Forum UK is campaigning for Cape, formerly a leading asbestos manufacturer, (now part of Altrad), to donate £10 million to mesothelioma research.



The Asbestos Victim Support Group Forum UK restarted the campaign against Cape/Altrad in June 2023, as it had become clear that an agreement would not be reached.

After the resumption of the campaign began, a respectful protest was held at the memorial site in Barking on 10th July 2023. Guest speakers included Rob Rayner from Greater Manchester Asbestos Victims Support Group; Harminder Bains from Leigh Day; Shelly Asquith from the TUC and our support manager, Jodie Bull.

Jodie laid the wreaths in memory of those who have lost their lives due to the actions of Cape and a one-minute silence was held.



If you would like any further information on the campaign, please visit <https://asbestosforum.org.uk/cape-case/>

From Tokyo to London

We had the absolute pleasure of supporting some amazing nurses from Tokyo in continuing their education regarding mesothelioma and other asbestos-related diseases.

Sarah Nagamatsu, Associate Professor at St Luke's International University is currently working with Bell Land Hospital in Osaka, Japan.

Sarah's main focus is global health, which involves educating student nurses from developing countries. However, Sarah is invested in the research field, particularly in mesothelioma and asbestos, she is the only nursing researcher who majors in mesothelioma in Japan.



Sarah educates nurses and carries out research to improve the care of patients and family, along with producing educational tools for nurses and information guidebooks for patients.

Sarah visited London, together with four nurses, who had been awarded financial support by The Japan Society for the Promotion of Science Grants-In-Aid for Scientific Research (JSPS KAKENHI).

Sarah was accompanied by Yoko Maehara, Head of Nursing; Fumiko Noguchi, Nursing Administrative; Nana Ishikawa, Head of Palliative Care; and Shoko Minami, Leader, Plumoral Ward from Bell Land Hospital, Japan.



Our Support Manager, Jodie Bull assisted Sarah with the co-ordination of the visit to enhance the education of the nurses whilst in London.

The nurses met our support worker, Louise Chaffe alongside Mesothelioma UK Nurse Sam Jayasekara and Cancer Co-ordinator, Sue Robinson, at Broomfield Hospital, Essex. The nurses were able to learn about how a nurse supports asbestos victims and how they collaborate with other specialists.

In addition to meeting Jodie, Sarah and the nurses also met with Head of Asbestos Litigation, Paul Webber from JMW, one of our panel solicitors. Jodie explained the benefits sufferers can apply for, how the charity supports mesothelioma and asbestos disease victims and campaigns run by the Asbestos Victim Support Group Forum UK.



Paul delivered a presentation on the history of asbestos in the UK and talked about the very first case that was recorded. Additionally, Paul spoke about the government benefits and legal cases.

“Asbestos: My War with the Devils Dust” – By Eric Jonckheere

Eric Jonckheere is a son, brother, husband, father, grandfather, campaigner and sufferer of mesothelioma from Belgium. Our trustee, Belinda Chadwick and support manager, Jodie Bull had the honour of meeting him at the Meso UK Patient Carer Day in Brighton in October 2023.

Eric described his personal story and explained how unbelievably, asbestos has claimed the lives of both his parents and his two brothers, along with many others who live in the same community. Sadly, Eric has also now been diagnosed with mesothelioma. Eric remains dedicated to anti-asbestos activism and travels the world to tell his story.



Eric's book is available to purchase. If you would like a copy, please send an email to Eric at jonckair@yahoo.com

Supporting our Supporters: new research project for people supporting relatives or friends living with mesothelioma



The Mesothelioma UK Research Centre (University of Sheffield) are running a new research project to find out about the needs of people caring for or supporting a relative or friend living with mesothelioma. Unpaid informal carers play a vital role in day-to-day support for people with mesothelioma, and yet their needs may not be understood, or addressed.

The new research project aims to find out how needs change over time, and what helps people in their caring role, and what are the gaps. The project aims to improve support for family and friends of people with mesothelioma.

Who can take part?

To take part in the research project you need to be providing unpaid help to a relative or friend needing support due to mesothelioma; be an adult (18 years plus); and live in the UK. You may live with the person with mesothelioma, or elsewhere (either locally or at a distance).

What does taking part involve?

The research will involve filling out surveys about your experiences of caring, and how needs change overtime. We will also invite you to think about whether you would like to take part in interviews to talk about your experiences. This is optional. The interviews would be one-to-one with a researcher and would take place either online or on the telephone.

What does taking part involve?

If this might be of interest, you can access the study information sheet at the following link to find out more (and first survey should you decide to take part): <https://bit.ly/40jWJS>

If you would prefer, we can send paper surveys through the post (ring Sarah on **0114 222 2406** to arrange this). Stamped addressed envelopes would be provided.

If you have any questions, please do not hesitate to get in touch with the researcher: Sarah Hargreaves (email: sarah.hargreaves@sheffield.ac.uk, telephone: **0114 222 2406**, internet: www.sheffield.ac.uk/murc)

LEGAL NEWS



Rapid settlement for former Thanet Woodworkers labourer

A former general labourer with Thanet Woodworkers has been awarded a significant settlement of £145,000 having been negligently exposed to asbestos during his employment at the Pfizer site in Sandwich.

Represented by Thompsons Solicitors, his case illuminates the ongoing dangers of asbestos exposure and the urgent necessity for justice for its victims. Mr C was diagnosed with malignant epithelioid mesothelioma of the pleura on 21st September 2022.

Mr C sought advice and assistance from the London Asbestos Support Awareness Group and then instructed Thompsons Solicitors to pursue a claim on his behalf in October 2022 shortly after his diagnosis.

The legal team worked diligently to expedite the process, knowing that time is crucial for mesothelioma victims.

During his employment with Thanet Woodworkers, Mr C was persistently exposed to asbestos, particularly at the Pfizer site. His work included sweeping up asbestos dust and debris, removing old asbestos cement roof tiles, and handling asbestos boards and corrugated roofing sheets. The unsafe working conditions resulted in his debilitating illness.

The defendant's insurers confirmed in December 2022 that they would not dispute breach of duty, a decisive turning point and after negotiations, a settlement was agreed in May 2023, 8 months after Mr C's diagnosis. The defendant's insurers agreed to pay £145,000 in full and final settlement, with an additional agreement to fund expensive private immunotherapy treatment, which can help to extend patient lives and improve their quality of life, should it be recommended for Mr C.

Mr C expressed his gratitude for the swift resolution of his claim and his compensation. He said: "Securing this settlement is more than just a personal victory; it's a message of hope for others in a similar situation. I am immensely grateful to Thompsons Solicitors for their unwavering support and commitment to my case." "The compensation acknowledges the negligent exposure I suffered and provides me with the financial means for my ongoing treatment. I hope my story serves as a reminder of the importance of workplace safety and the long-lasting consequences when it's overlooked".



Harminder Bains, a partner at Leigh Day who specialises in asbestos diseases, sadly has personal experience as her father Hari died from mesothelioma in 2000. Alongside her legal work, she is also a campaigner and many of her legal cases have recently featured in the Sunday Times campaign and the Daily Mail. These cases include Mr Ghoorah, a nurse who died at the age of 45 after being exposed to asbestos in hospitals, Janice Allen, a sales assistant exposed at Marks & Spencer and Julia Browne, a PE teacher exposed at school.



Harminder also represented Hannah Fletcher, who was exposed to asbestos in her make up. You may have read her story in the Daily Mail below.



HODGE JONES & ALLEN

Lorna Webster of Hodge Jones & Allen LLP has secured a six-figure compensation settlement in a fatal mesothelioma claim for the family of a man that London Asbestos Support Awareness Group assisted.

Lorna's client, Mr C, was diagnosed with mesothelioma and he sought help from London Asbestos Support Awareness Group following that diagnosis being given to him. He then contacted Hodge Jones & Allen and Lorna established that he initially was a pipe fitter's mate and then qualified to become a pipe fitter - work he did for the rest of his working life. Mr C was regularly exposed to asbestos dust across many decades.

Mr C worked regularly in power stations, offices, factories, schools and shops, in a mix of new builds and old buildings undergoing refurbishment. His daily work included removal of old and damaged asbestos lagging from pipework. He bashed the lagging off the pipework with a hammer or other tool and pulled at it with his hands to get it off.

Mr C spent a lot of time working in boiler rooms and plant rooms which were particularly riddled with asbestos materials. He worked in absolutely shocking conditions at times and was exposed to a huge amount of asbestos dust across his career.

Mr C explained that at times the asbestos dust levels were so intense and the air so thick with asbestos dust that he had to go outside and "gasp some fresh air".

In addition to his own direct exposure to asbestos dust, Mr C was present when ladders were applying asbestos lagging to pipework he had just fitted or worked on. This exposed him to further asbestos dust from the work carried out by those ladders working nearby.

Mr C explained that during some jobs asbestos dust literally fell onto him like snow. This was when other men were working at higher levels in a building, typically on scaffold boards, disturbing asbestos materials. The dust created by that work fell to the ground below and onto the workers working at ground level, including Mr C.

Mr C was never provided with a mask to stop him breathing in the asbestos dust. He used a handkerchief over his nose and face when he could but in reality it made little difference.

A detailed work history was taken from Mr C and it became apparent that he had been exposed to asbestos dust with almost 50 former employers. Intensive, methodical and detailed research was carried out to identify which former employers could be pursued either directly or because employers' liability insurance information was known for the period that Mr C worked for each employer. The claim was ultimately narrowed down to pursuing 18 former employers where the relevant insurance was identified. Lorna was able to obtain admissions of legal blame from the insurers acting on behalf of those 18 former employers.

Unfortunately, Mr C died from the mesothelioma condition before the case could be concluded. It was therefore continued for the benefit of his widow. However, in a particularly nasty twist to an already very sad case, just a few weeks before a settlement discussion was due to take place with the insurers, the widow passed away.

Mr and Mrs C had an adult daughter and so the claim was continued in her name, so that it could be concluded for her benefit. Their daughter has received a significant sum in settlement of the claim, from the insurers representing the 18 former employers of her dad.

In addition, an amount was recovered for the local Hospice that assisted Mr C before his passing. Obviously, no amount of money can replace the loss of her dad but she has a sense of satisfaction that justice was achieved for him. It should be noted that a special rule in mesothelioma claims means that if the case is legally proven against even just one former employer, then 100% of the compensation can be recovered from that one employer. Therefore, it did not matter that only 18 former employers could be pursued out of the near-on 50 former employers who exposed Mr C to asbestos dust. Mr C's daughter received 100% of the compensation due when the case settled.



Mr & Mrs C on their wedding day



The Trustees of the London Asbestos Support Awareness Group are delighted to announce that JMW Solicitors have been admitted to our legal advisory panel.

JMW's asbestos disease expert lawyers will add to the excellent access to legal services we offer to sufferers of asbestos related illnesses.

We look forward to working together closely and developing these services for the benefit of those sufferers and their families.



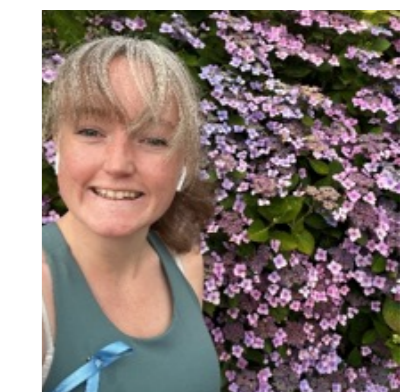
New Website

We would like to express our gratitude and a sincere thanks to Lewis Houghton, Head of Service Management of Advanced. Advanced are a managed service IT provider, who support a wide range of companies throughout the UK. Advanced ITO allowed Lewis to donate his professional working time, to assist in building and developing our website to update, modernise and restructure ensuring all information is clear, easy to read and user friendly.

Please take a look at our new website, www.lasag.org.uk where you will also find information on benefits, fundraising events and media pages.

Leigh Day Fundraising Events Meso Miles

On 15 June 2023, on a glorious summer's day, the Leigh Day Asbestos Lawyers walked from Tilbury Docks to Chatham Docks, a distance of over 15 miles, raising the sum of £500 for us. They trekked along the Saxon Shore Way, visiting the sites of the dockyards and meeting up with support workers from London Asbestos Support Awareness Group, before finally ending up at Rochester Castle for a well-deserved ice cream.



On 2nd April 2023, Daniel Easton, Partner ran the London Landmarks Half Marathon dressed as Bananaman. He raised £767 for the London Asbestos Support Awareness Group.

On 9th July 2023, Holly Williams ran the London Asics 10K. She raised over £200 for the London Asbestos Support Awareness Group. She joined 18,000 other runners along a route around London's iconic landmarks!

Thank You to our Fundraisers

Scott Lindsay fundraised in memory of Colin Danton

Scott Lindsay raised the sum of £8,549 during his highly successful 15 months as Club Captain of the Canterbury Golf Club. This was in honour of Colin Danton, a member of the club who was diagnosed with mesothelioma.

Scott said: "London Asbestos Support Awareness Group are a small charity who support asbestos related cancer sufferers in London and the South East. Colin and his family received invaluable support from them"

"I would like to thank everyone, both members and guests, who contributed to raising the fantastic sum of £8549."

"Colin would have loved to have been here today to thank London Asbestos Support Awareness Group for all their support and he would have been delighted with the amount raised"

"At the beginning of 2022, Colin and I said it would be great to raise £5000, so to reach more than £8500 is fantastic" Scott went on to say "Achieving this amount comes down to the generosity of the members. Many thanks to all but a special mention must go to Colin's family and friends, who were a great help at the Captain's weekend"

"I would also like to thank Bert Whyte and Michelle Perry. They started raising funds in 2022 with a number of golf days surrounding the Six Nations, the Grand National and the US Masters golf."

"Many thanks to London Asbestos Support Awareness Group for all the support provided to Colin and to the many others that you continue to help and support each day." Scott, Sandra Danton and her daughters, Claire and Natalie, presented a cheque for £8549 to our support worker Denise Hodges at the Canterbury Golf Club.



Cross Park Football Club raises funds in memory of Jeff Turner

On 21st May 2023, our support worker Jade Hannan, accompanied Jason Turner, Cross Park Football Club Manager, and 22 family members and supporters as they undertook the 2.5k – 10k inflatable challenge at Brands Hatch.

The challenge was in memory of the wonderful Jeff Turner, who sadly lost his fight against mesothelioma in 2022. Jeff was the biggest fan of Cross Park Football club and he loved and lived his life to the full. Together they raised a total of £1,263. The group wanted to raise funds for our charity and said "we wanted to raise as much as we can for this amazing charity that supported Jeff and his wife Janet through this very heart-breaking disease. The support workers still continue to support Janet through her grieving process. A huge thank you to all supporting us and to London Asbestos Support Awareness Group for everything you do for our family and others."



Kate Jordan's Charity Quiz Night in memory of Nicholas Jordan

Kate Jordan, held a charity quiz night in memory of her wonderful father Nicholas Jordan. Nicholas was diagnosed with epithelioid mesothelioma in January 2020 and sadly, passed away in September 2020. The night was a great success with around 70 people attending to honour Nicholas. An incredible amount of £975.00 was raised and the funds were shared between London Asbestos Support Awareness Group and Pilgrims Hospice. A big thank you to Kate for organising such a great event.



The Kings School Recreation Centre in Canterbury raises funds and awareness throughout 2023!

We are honoured to have been the chosen charity for the Kings School Recreation Centre, helping to raise funds and awareness of mesothelioma. The staff at the Centre have been running events throughout the year, in loving memory of the late Colin Danton.

Colin was diagnosed with mesothelioma in August 2021 and sadly, passed away in October 2022. Colin was a keen sportsman and worked hard to raise awareness and funds for our charity, in recognition of the support he and his family received from our support worker, Denise Hodges.

The first event was the Bake Off! The King's School Domestic Team took part in a Bake-Off competition in June 2023. There was a large variation of cakes which were judged by our 4 judges, Mark Hollywood, Steve Lucas, Clare Leith & Kerry Fielding.



In August, the second event was the "Summer Fitness Games". Members took part in a team event pushing their bodies to the limit. Stations included box jumps, burpees, rowing sprints, farmers walks and much more! Everyone worked extremely hard and it gave a great sense of achievement and unity.



Next came the "Tough Mudder". Staff Members Jack and Holly completed the Tough Mudder Event in September 2023. They endured a 15 kilometre distance which included electrocution, climbing, water and lots of mud! We cannot thank them enough for enduring such a daunting and challenging event.



And Finally... Coming Up "The Wellness Week"

The Kings School
CHARITY WELLNESS WEEK
 IN AID OF

CLASSES COST £5.00 EACH
 CONTACT THE RECREATION CENTRE TO BOOK YOUR PLACE

13 NOV 19:00 - 20:00	SUPER CIRCUITS A GROUP CLASS INVOLVING BODYWEIGHT, CARDIO & WEIGHTED EXERCISES	
14 NOV 07:00 - 08:00	YOGA A CLASS TO HELP BUILD STRENGTH, ENCOURAGE FLEXIBILITY AND HELP MANAGE STRESS.	
16 NOV 07:00 - 08:00	YOGA A CLASS TO HELP BUILD STRENGTH, ENCOURAGE FLEXIBILITY AND HELP MANAGE STRESS.	
17 NOV 06:00 - 18:00	CYCLING CHALLENGE A TEAM EVENT CYCLING THE DISTANCE BETWEEN MANCHESTER & ISTANBUL - 2700 KM	

SUPER CIRCUITS Monday 13th November 19:00 – 20:00

A group exercise class to be held in the sports hall. This class will involve bodyweight, cardio and weighted exercises. Supported by The Kings Recreation Fitness Instructors and Coaches, as they guide and motivate participants through the different stations.

YOGA Tuesday 14th November and Thursday 16th November 07:00 – 08:00

A class to help build strength, encourage flexibility, and help manage stress through attentive breathing..



STUDIO CYCLING CHALLENGE Friday 17th November 06:00 – 18:00

After the success of last year's fund-raising event, the Kings Recreation will be hosting another cycling challenge, this time with a difference. In June 2023 Manchester City won their first champions league in Istanbul, Turkey. In honour of Colin (the inspiration for raising money for our charity) the staff will unite to cycle the distance between Manchester and Istanbul, a total of 2700 kilometres (as the crow flies).

SET YOUR OWN CHALLENGE

If the Kings Recreation staff are unable to attend any of the classes or would prefer to take part in the wellness week from home, they will have the opportunity to set their own challenge and help raise money and awareness. This can be anything from a distance swim or walk to setting aside 30 minutes of their day to read a book or complete some mindful breathing exercises.

There will also be a breathing and meditation recording by Yoga Instructor – Liz Richardson which can be obtained by donating £5.00.

If you would like to take part or to support the team, you can do so by contacting the team at The Kings Recreation Centre on **01227 595602** or by donating using the link: **KSC Canterbury Support Staff Charity is fundraising for London Asbestos Support Awareness Group (justgiving.com)**

White Collar Charity Boxing Awareness and Fundraising Event

We are delighted to announce that **Jamie Nicholson** will be taking part in the Lights Out White Collar Charity Boxing match in London on 8th December 2023.

Jamie is taking part to raise vital funds and awareness of mesothelioma, a disease that is close to Jamie's heart. Jamie's father **Stephen** was diagnosed with mesothelioma in June 2023, many years after being exposed to asbestos.

If you would like to show your support to Jamie and his father, you can donate by using <https://www.justgiving.com/fundraising/Jamie-Nicholson12>

We wish Jamie all the best in the match!



Possible Fundraising Events to Support Us



We are proud to partner with RunForCharity to access over 350 events throughout the country. There are local fun events from 5k inflatable courses to the popular, more challenging races such as the Queen Elizabeth 10K or the Hampton Court 10K to the Brighton Marathon.

You can also visit our fundraising page on our website www.lasag.org.uk/fundraising if you would like to take an opportunity to raise awareness of asbestos related diseases, as well as raising vital funds to allow us to continue to provide support for sufferers. For further information on the events that are taking place please contact jodie@lasag.org.uk.



We have spaces left for several events for 2023, this includes the Alton Tower Run on 11th and 12th November 2023 in which you can choose from 5k or 10k run. If you would like to take part in any fundraising events please contact jodie@lasag.org.uk.

Contact us:

E-mail: support@lasag.org.uk

Website: www.lasag.org.uk

Telephone: 0808 278 2515

Twitter: @LASAGUK

Linked-In: @London-Asbestos-Support-Awareness-Group

Instagram: @LondonAsbestosSupportGroup

Facebook: LondonAsbestosSupportAwarenessGroup



For simple donations you can scan the QR code and donate directly:

Ways to donate to us to enable us to continue our vital work

We are registered with Just Giving. If you would like to donate or set up a fundraising page via our just giving page visit www.justgiving.com/lasag

As a not for profit charity we are always looking for ways to fundraise. You can support in many ways as follows:

- You can choose to give a regular monthly donation in memory of a loved one.
- Tribute collections at a funeral, memorial service, setting up a tribute page or a regular gift on a special date.
- Leaving a gift in a will - some clients choose to leave a legacy donation to help support more people affected by mesothelioma and other asbestos related diseases.

Should you wish to make a direct payment to us, our bank details are as follows:

Bank Payments

Bank: **Lloyds**

Sort Code: **30-98-90**

Account No: **18406368**

Account Name: **London Asbestos Support Awareness Group**

Card Payments

Secure online donations can be made at: www.lasag.org.uk/donate

Alternatively **cash/cheque payments** can be sent to our registered office at:

Farthings, Bridle Lane, Loudwater, Rickmansworth, Herts, WD3 4JQ

Registered with



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