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Derbyshire Asbestos Support Team 15 FEB 2016

BEREAVEMENT SUPPORT PROJECT LAUNCH

THE ELEPHANT IN THE ROOM



It's good to talk!

The Elephant In the Room refers to a touching poem by Terry Kettering that speaks very eloquently of bereavement and grief.

To say there is an **elephant** in the **room**, means that there is an obvious problem or difficult situation that people do not want to talk about. Many people bereaved feel that following the initial weeks and after the funeral so many people skirt round the elephant in the room, and feel uncomfortable talking about someone's loss and more importantly the person no longer there. DAST Bereavement Support Service has been formed with funding from the Big Lottery to provide, support, information, friendship, advice and guidance to all who have been affected by the loss of a loved one through an asbestos related disease.

You are warmly invited to the official launch of the project to meet others in a similar situation to yourselves, to network and find out more about the service.

Date: Saturday 12th March 2016

Time: 10.30am to 3.00pm

Registration, refreshments from 10.30am

Introduction and Speakers from 11am to 12:45pm

Light Buffet lunch from 12:45 to 1:30pm

Speaker and plenary 1:30 to 2:30pm

Refreshments & closing reflection 2:30pm to 3:00pm

Venue: The Spot, Wilmot Street West, Derby DE1 2JW

<http://www.thespotderby.co.uk/Default.aspx>

Booking: Please complete the booking form overleaf and return it by **Fri 4th March 2016** at the latest, to:

Jo Reeve, Bereavement Support Worker, DAST, 34 Glumangate, Chesterfield, Derbyshire S40 1TX

BOOKING FORM

Name (person 1):	
Organisation (if applicable)	
Address	
Email address	
Phone number	
Please give details of any dietary requirements or access needs:	

Name (person 2):	
Organisation (if applicable)	
Address	
Email address	
Phone number	
Please give details of any dietary requirements or access needs:	

Please let us know if you would like to be involved in further work of the Bereavement Project and how:

- ☐ I am interested in finding out more about the telephone befriending service
- ☐ I would be interested in joining the telephone befriending service as a befriender
- ☐ I am interested in attending coffee mornings and events
- ☐ I am interested in becoming more involved in the work of DAST
- ☐ I would like to talk to someone on a one to one, my contact details are:

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- ☐ Please remove my details from your mailing list

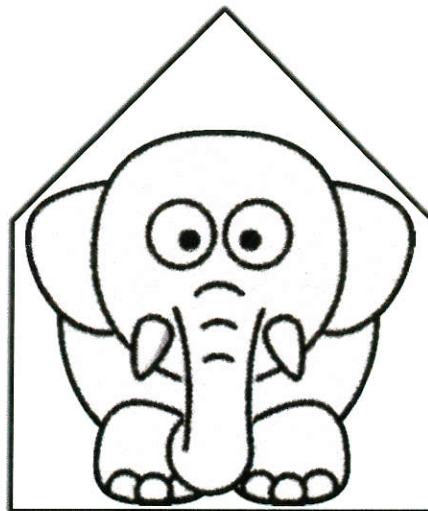


Invite you to the launch of our new

Bereavement Support Service

For anyone in the East Midlands, bereaved through an asbestos related disease

THE ELEPHANT IN THE ROOM



Saturday 12th March 2016, 10.30 for 11.00am until 3.00pm

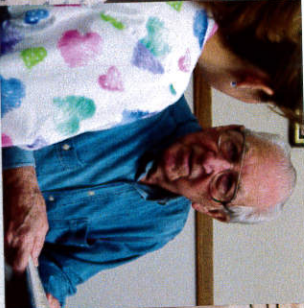
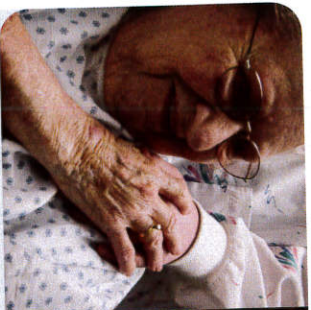
Refreshments and lunch provided.

THE SPOT,

Wilmot Street, Derby DE1 2JW

To Book a place please telephone: 01246 380415

The Elephant In the Room refers to a touching poem by Terry Kettering that speaks very eloquently of bereavement and grief. DAST Bereavement Support Service has been formed with funding from the Big Lottery to provide support, information, friendship, advice and guidance to all who have been affected by the loss of a loved one through an asbestos related disease, across the whole of the East Midlands.



Grieving

Grief affects us all in different ways. Everyone's experience of losing a loved one is different and each journey will be unique. Grief can shake everything up - your beliefs, your personality, your sense of meaning and identity and even your sense of reality.

Bereavement is the time we spend adjusting to loss. There is no standard time limit and there is no right or wrong way to feel during the bereavement period - everyone must learn to cope in their own way.

The word 'bereavement' comes from the ancient German for 'seize by violence'. Sometimes when someone dies, it can feel just like that - like that person has been forcibly taken away.

Grief, although normal, can manifest in a huge range of unexpected ways. Some people get angry, some people withdraw further into themselves and some people become completely numb.

Talking about the loss often allows a person to adjust to their new life with all its changes - Any loss has to be acknowledged for us to move forward.

Bereavement Support Service

One to One Support and Advice

Our Bereavement Support Worker is able to offer individual support to anyone bereaved through an asbestos related disease. This support can involve practical advice and information as well as a listening ear.

- Telephone support and listening ear
- Home visits
- Practical advice and assistance with benefits.
- Information and advice about Coroners and offer to accompany to the Inquest.
- Signposting and referral to local services where appropriate.

Befriending Service

- Telephone support from volunteers who have experienced an asbestos related bereavement themselves.

Friends and Relatives Forum

- Discuss issues with others with the same experience
- For mutual support
- To develop action plans in order to raise awareness and move for change.

If the future seems overwhelming, remember that it comes one moment at a time.

Call us:

- If you want to find out more
- Want advice
- Need support
- Need information
- For the opportunity to join a network of volunteers.

Bereavement Support Service

Derbyshire Asbestos Support Team
34 Glumangate, Chesterfield, Derbyshire S40 1TX
Telephone: 01246 380415
Email: Joanna.dast@gmail.com

About DAST

East Midlands wide support for people who have been diagnosed with mesothelioma, asbestos-related lung cancer, asbestosis and pleural thickening, as well as their family and carers. We offer:

- Advice on financial entitlements, visiting sufferers in their own homes to help them claim benefit and compensation entitlements, with the help of a panel of trade union solicitors.
- The provision of opportunities for mutual support and sharing of information through networking events such as coffee mornings and conferences. We hold regular events around the region to help reduce feelings of isolation.
- Raising awareness of asbestos and its related diseases in order to prevent future cases.

Our service covers:

- Derbyshire
- Nottinghamshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Burton-on-Trent



Independent help and advice about asbestos related diseases.

Derbyshire Asbestos Support Team (DAST)

34 Glumangate, Chesterfield,
Derbyshire S40 1TX

www.asbestossupport.co.uk

Telephone: 01246 380415

Email: mail@asbestossupport.co.uk

twitter @DAST24



Facebook group: DAST
(Derbyshire Asbestos Support Team)

Bereavement Support Service

Telephone: 01246 380415

Mobile: 07496412560

Email: Joanna.dast@gmail.com



Registered charity no. 1119684

Designed by North East Derbyshire District Council

Bereavement Support Service

East Midlands wide support for anyone bereaved through Asbestos related diseases



Mesothelioma... Asbestosis...
Lung Cancer...Pleural Thickening