

Welcome

A very warm welcome to the first edition of YOUR newsletter. This has come about as a consequence of the current 'lockdown'. Our primary aim is to keep in touch with our members and help us all feel connected during these challenging and unprecedented times and what better way than by a newsletter.

The overall/official title will be the Clydebank Asbestos Group Newsletter but we are considering giving it additional name. Hopefully one suggested by the membership which would help foster important feelings of connection and camaraderie reminiscent maybe to many of the workplace. We have a few suggestions already however we would love to hear from you if you have any ideas. Please e-mail or telephone the office leaving a message with your suggestions and watch this space...

As mentioned this is very much YOUR newsletter and we look forward to having as much input from you, the members and readership, as possible. We are open to suggestions/ideas which you think would encourage participation. So please get your thinking caps on and be in touch.

It is hoped that you will find the information in this issue helpful and relevant. We also hope you enjoy the quiz and the online suggestions to pass the time.

We are looking forward to regular issues throughout the 'lockdown' and beyond.

So in these unusual times everyone involved at Clydebank Asbestos Group sends their very best wishes and hopes it's not too long before we can re-open the office and spend time with you in person.

In the meantime all the very best to you and yours.



Margaret Waddell, Chairperson

Be aware of COVID-19 scams !

Unfortunately, some people are taking advantage of this unusual time to carry out scams.

Here are some of the scams we are aware of:

- People offering miracle cures or vaccines – there is no vaccine or cure currently available
- Home cleaning services
- People offering 'home-testing' kits for coronavirus – this is a scam as these are only offered by NHS
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and are just after your personal and bank details
- Lots of fake products available to buy online that say they can protect you against coronavirus. These will not help - designed to take your money
- Fake calls from people claiming to be from the police or your bank. Please note your bank or the police will never ask for your bank details over the phone
- People offering to do your shopping or collect medication and asking for money upfront and then disappearing.

Be cautious and listen to your instincts, don't assume everyone is genuine. Don't be afraid to hang up, bin it, delete it or shut the door.

To report a scam call **Action Fraud** on **0300 123 2040**.

Meet the team



Margaret Waddell
Chairperson

After almost 40 years in the civil service I took early retirement a few years ago. My job for 25 years prior to my retirement was spent in occupational welfare where I first became aware of the very important work being carried out by the Clydebank Asbestos Group.

More recently I learnt the Group was looking for volunteers. I took the opportunity to apply and was very pleased to be successful. I have been volunteering since last summer and I have to say I get such a lot of satisfaction from it and have met some lovely people.

I was appointed Chairperson in March 2020 and I am pleased and proud to have been given the opportunity to follow a long line of dedicated and committed people who have held this position.

I took over from Bob Dickie who stood down after seven years in post. I am delighted that he continues to volunteer with the Group and will be on hand to guide and assist me.



Christine Sawyer
Vice Chair

I have volunteered at the group for seven years now. I was introduced through my brother-in-law David Coleraine who was a founder member.

I have lived in Clydebank all of my life and over time have become more aware of the dangers of asbestos.

I am currently the Vice Chair and enjoy volunteering for the group. It is just so worthwhile.



Ann Dalziel
Treasurer

I started with the group seven years ago. My dad went to Clydebank Asbestos Group for help and support and it wasn't until after he passed I got interested and curious about asbestos and became a volunteer. I was a carer for almost nine years before I joined the group and I am now Treasurer. I feel very passionate about what we do and really enjoy working as a team helping and supporting each individual that comes to us.



Kate Ferrier
Secretary

I became involved with the group in September 2019. Having taken early retirement I was looking for something to get involved in. Helping those with an asbetos-related condition particularly interested me as 10 years ago my father had been diagnosed with mesothelioma and the Clydebank Asbestos Group helped him and my family.

I thought it would be good for me to give back something to the community and using my experience of having worked in a school office I thought that this was something I could be involved in. I am now the Group Secretary which I'm enjoying thoroughly and have made some lovely new friends.



Theresa Jones
Charity Coordinator

I spent the past 18 years employed by West Dunbartonshire Council, in partnership with Macmillan Cancer Support, in the role of Macmillan Benefit Adviser.

During that time I implemented and developed two welfare rights surgeries – one in Vale of Leven Hospital and one in Gartnavel General Hospital, to support lung cancer and mesothelioma patients on low incomes. I referred many patients from these clinics to Clydebank Asbestos Group (CAG) for their support and assistance.

When I retired from Macmillan/ West Dunbartonshire Council I was delighted to join CAG, in the role of Charity Coordinator.



Elaine Millar
Board Member

I am married with two grown up young people. I am a Welfare Rights Officer with West Dunbartonshire Council, working in partnership with Macmillan. I have been doing this job for the past 12 years. I work with cancer patients and their families, my main role is to maximise their income.

I recently joined the Board of Clydebank Asbestos Group. I previously volunteered as a Board Member in my local Citizen's Advice Bureau and know the huge benefits and rewards of volunteering.

I am very much looking forward to becoming part of this group.



Rachel Gallacher
Board Member

I have been a Welfare Rights Officer for the last 13 years. In this role I support people affected by cancer to ensure that they receive all the benefits that they are entitled to. It is a rewarding job, and I feel privileged to be able to help and provide support at what must be a very difficult time.

It was through my job that I learned of the Clydebank Asbestos Group. Over the years I have referred clients to the group who have benefited from the group's help and support to achieve compensation for asbestos related diseases. It is from this involvement with the group, that I began to learn about the extent of the damage that asbestos has had, and sadly continues to have, in our communities.

It is because of this that I volunteered to join Clydebank Asbestos Group. I hope I am able to contribute to the great work of the group in the months to come.

*Fighting for truth and justice
for the victims of asbestos*



Bob Dickie
Volunteer

I have just recently stepped down from the position of Chairman after seven years in the role and I am remaining as a volunteer.

I joined the group back in the late 80s and was a founder activist/campaigner having spent all of my working life in John Browns Shipyard. I had seen first-hand the dangers of asbestos. I had been a trade union convener and was keen to continue helping my fellow workers and others in my retirement. I decided to join the group and am very proud of all our achievements in helping sufferers and their families cope with the devastating effects of an asbestos-related diagnosis.



Frances McInally
Volunteer

I started volunteering for the group in 2019 as I felt I possessed skills that could be useful and had retired from local authority service after 33 years.

My last two posts were as a Homecare Organiser and as a Welfare Rights Officer. These posts required me to assist and support elderly, disadvantaged and disabled people within the community.

Although I have not been with group very long I've felt welcomed and that my contribution matters.



Veronica Kildea
Volunteer

I recently joined Clydebank Asbestos Group as a volunteer. Before joining the group I worked in Administration for 27 years in the Whisky Industry.

I very much enjoyed this work, until unfortunately I took early retirement due to ill health. When my grandson started nursery I found I had time on my hands and made the decision to give some of my time to volunteering.

I am enjoying learning again and meeting some lovely people.



Adele Kane, Volunteer

I am a recent graduate in History and Scottish Literature. I chose to volunteer with Clydebank Asbestos Group as I felt it was an honourable organisation that would help me achieve my goal of serving the local community in a way that really mattered.

Though I only started volunteering at the group very recently I have been really enjoying the work and getting to know the rest of the team.

COVID-19 CORONAVIRUS

LEGAL UPDATE: KEEPING SAFE MATTERS

As the spread of COVID-19 impacts upon Scotland, these are extraordinary and dangerous times, particularly for those affected by asbestos-related conditions. Many businesses and institutions, including the Scottish Courts & Tribunal Service have temporarily closed, or significantly restricted, their work. It is our number one priority to keep everyone safe and in line with Government advice, to help relieve pressure on our health service, and to protect those most vulnerable, we have temporarily shut all our offices.

However, it is important to let you know that Digby Brown is still here to help you. We are still open but will be working remotely. We have all the required technology to allow us to securely work remotely from home and still access files and progress ongoing cases. We will avoid face to face contact and instead make best use of the various communication technologies available, including: email, telephone, video conferencing, WhatsApp and FaceTime for group discussions.

We understand that some with underlying respiratory problems may be particularly anxious and vulnerable. We have engaged in discussions with the Scottish Courts & Tribunal Service to ensure that cases for vulnerable

clients can still be raised and advanced, and can be prioritised where necessary.

The effects of COVID-19 could be more severe for those with a pre-existing asbestos-related lung condition. This could have a bearing on any potential legal claim. If you, or anyone you know is affected, please do not hesitate to contact us for legal advice.

We know these are worrying times, we know that many people will be feeling anxious about the future. Our specialist solicitors are here to help, answer any questions we can and to offer reassurance that we are continuing as normal, different but normal.

If you have any questions, please contact **Clydebank Asbestos Group** on **0141 951 1008**, and where appropriate, you will be passed on directly to one of our specialist team who will contact you without delay.



*Fraser Simpson, Partner
Digby Brown*

Some online ideas to pass the time



BBC iPlayer – Watch live BBC TV channels and enjoy TV programmes you missed:

<https://www.bbc.co.uk/iplayer>

Calm (meditations, sleep stories, movement exercises, journals, and music):

<https://www.calm.com/blog/take-a-deep-breath>

Chess – play chess online: <https://www.chess.com/play/computer>

Explore the Aurora Borealis (Northern Lights):

<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>

Glasgow Science Centre - visit at home: <https://www.glasgowsciencecentre.org/gsc-at-home>

Open University – free courses: <https://www.open.edu/openlearn/free-courses/full-catalogue>

Origami Way - easy origami instructions: <https://www.origamiway.com/easy-origami.shtml>

Rob Biddulph – draw along video with Rob: <http://www.robbiddulph.com/draw-with-rob>

TVNZ and LES MILLS - free access to fitness classes: <https://www.tvnz.co.nz/shows/les-mills-ondemand>

Virtual museum and art gallery tours: <https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

Zoo webcam: <https://www.edinburghzoo.org.uk/webcams/panda-cam>

Support while self-isolating

Clydebank Asbestos Group is working with West Dunbartonshire Council Coronavirus Crisis Support Team to ensure that our most vulnerable members are getting the support they need while self-isolating.

If you feel you need support, please contact us directly. Alternatively, you can contact your local council for help:

West Dunbartonshire Council - <https://www.west-dunbarton.gov.uk/coronavirus/additional-support>

East Dunbartonshire Council - <https://eastdunbarton.gov.uk/residents/council-democracy/coronavirus-covid-19>

Glasgow City Council - <https://glasgow.gov.uk/coronavirus>

Messages of support

Provost William Hendrie

"I know these are unprecedented and uncertain times, but I have been proud to see the support our residents are giving each other, communities stepping up, offering help and ensuring our most vulnerable are safe and have everything they need.

There's no doubt that this is a challenging time for us all, and a time that will go down in history. When we look back, let's remember how we worked together to overcome it.

Please remember to stay at home to save lives - it is the only way to slow the spread of Covid19 and it is the single most important action all of us can take in the fight against this."



Gil Paterson MSP

"We are all hoping the lockdown can end as soon as possible, so we can get our lives back to normal. Until then, we need to follow the rules and stay indoors, to help save lives and ease the strain on the NHS.

I understand those with respiratory illnesses will be feeling anxious – but the Scottish Government and NHS are working flat out battling the virus. I want everyone in Clydebank Asbestos Group and beyond to be positive and look forward to the great days ahead of us.

As an MSP, I am so proud of how all our key workers, from all sectors, are working to keep Scotland functioning.

From the NHS, carers, council workers, social workers, shop assistants, delivery people, those behind the scenes in warehouses and factories and all others – you are a credit to Scotland.

It will not be long until we return to normal, seeing our friends and family face-to-face, so keep positive and I will see you on the other side".



Jackie Baillie MSP

It is true to say that we live in unprecedented times. I understand how difficult it is to go from being able to spend time with loved ones and enjoying visits from family and friends, things that provide structure to our daily lives, to being isolated for 12 weeks because you are in the shielded group and those who care for you are forced to keep their distance.

Our lives have changed fundamentally and so too has the economy.

Recovery will take a long time. The one positive thing that has emerged is the rekindling of community spirit. Clapping for key workers, checking in on vulnerable neighbours and looking out for each other in a way that we haven't done for generations has been a comfort. This has shown us all that there are more important things in life – our families, our friends and our communities.

I hope that you are all keeping safe in this uncertain time and I very much look forward to supporting your cause again in the future. Take care."



Maurice Corry MSP

"Covid-19 has developed quickly and the impact it is having on countries around the world. We have seen unprecedented economic and social damage being caused already, which is the same as every other country affected.

The UK Government has gone further than any previous government in our history in terms of financial support to businesses and workers. The additional money pouring into Scotland as a result of being a part of the United Kingdom is apparent and very welcome. It is heart-warming to see the support our businesses are offering towards the national effort – in this time of uncertainty; we can take the best of humanity and unity within our country."



Quiz

1. When is the Queens real birthday?
a) 16 March b) 21 April c) 9 June d) 15 November
2. Who would “float like a butterfly, sting like a bee”?
3. What is the main dairy ingredient in Welsh Rarebit?
4. Who played Moses in the 1956 movie The Ten Commandments?
5. In the famous painting of the Mona Lisa, she has no what?
6. In which book would you find the Pequod?
7. In what year was the QE2 launched?
8. What does AC/DC stand for?
9. What is the name of a 10 sided shape?
10. Which London based designer is most famously credited with the invention of the Mini Skirt?
11. The Roman numeral M represents which number?
12. Which river flows through Vienna?
13. Where and when did Vera Lynn say “We’ll meet again”?
14. How many legs does a butterfly have?
15. What age was Marilyn Monroe when she died?

Send your answers by **15 May** by post or email (*details below*).

Those with all 15 answers correct will go in the draw to win a **£25 Marks and Spencer voucher**.

Tae a virus

*Twa months ago, we didna ken,
yer name or ocht about ye
But lots of things have changed since then,
I really must salute ye*

*Yer spreading rate is quite intense,
yer feeding like a gannet
Disruption caused, is so immense,
ye’ve shaken oor wee planet.*

*Corona used tae be a beer,
they garnished it wae limes
But noo it’s filled us awe wae fear
These days, are scary times.*

*Nae shakin hawns, or peckin lips,
it’s whit they awe advise
But scrub them weel, richt tae the tips,
that’s how we’ll awe survive*

*Just stay inside , the hoose, ye bide
Nae sneakin oot for strolls
Just check the lavvy every hoor
And stock-take, your, loo rolls*

*Our holidays have been pit aff
Noo that’s the Jet2 patter
Pit oan yer thermals, have a laugh
And paddle ‘ doon the waater ’*

*Canary isles, no for a while
Nae need for suntan cream
And awe because o this wee bug
We ken tae be..19*

*The boredom surely will set in,
But have a read, or doodle
Or plan yer menu for the month
Wi 95 pot noodles.*

*When these run oot, just look about
A change, it would be nice
We’ve beans and pasta By the ton
and twenty stane o rice.*

*So dinny think yell wipe us oot
Aye true, a few have died
Bubonic, bird flu, and Tb
They came, they left, they tried*

*Ye might be gallus noo ma freen
As ye jump fae cup tae cup
But when we get oor vaccine made
Yer number will be up.*

Willie Sinclair - March 2020

About Clydebank Asbestos Group (CAG)

The Clydebank Asbestos Group (CAG) is a volunteer organisation set up in 1992 by David Colrairie and his friends to help provide support, advice and information for victims of asbestos and their families.

In the beginning David and his wife Jean kept the group running by putting their hands in their own pockets. It is through their generosity and dogged determination over the years that CAG exists as we know it today. The group is now ran by a slightly larger team with the help of a number of volunteers (*see p2-3*).

If you or a family member has been diagnosed with an asbestos-related disease please get in touch. We can answer any questions you may have about your condition, provide details about any benefits you may be entitled to and advise about seeking legal advice if a civil compensation claim is appropriate.

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