

# The National Asbestos Helpline

## Newsletter

Issue 3: Summer 2018



**SWASG**  
visit the Welsh  
Assembly

**We take part in  
more Maggie's  
fundraising**

**Raising  
awareness  
of asbestos**

## Don't suffer in silence – take action

**A history of asbestos exposure puts you at risk of developing one or more asbestos-related diseases later in life. Pleural plaques is the least serious of these diseases, but many of the other asbestos-related diseases can be dramatically life changing.**

National Asbestos Helpline's Senior Case Manager, Jan Garvey, talks about a client she has been helping recently:

“ One of our clients on our Pleural Plaques National Register got back in touch with us recently to thank us for our initial help and support. However, he then went on to tell me that he felt his health had deteriorated and he was experiencing shortness of breath, but thought that maybe it was just his age.

I urged the gentleman to return to his GP and make them aware of his work history, asbestos exposure and current diagnosis of *pleural plaques*, and to explain these new symptoms. Just a month later he called back to say his GP had agreed to send him for further scans and he had been diagnosed with *diffuse pleural thickening*. This gentleman is only 63 years old, not even 10 years older than

me, and he will soon be forced to give up work and activities because of his health. It is so sad to think that this man's working life will be cut short through no fault of his own.

We are now going to do everything we can, including pursuing a civil claim for compensation on his behalf and ensuring that he receives all of his state benefit entitlements such as Industrial Injuries Disablement Benefit (IIDB). ”

### **Be vigilant with your own health**

**If you suspect your condition has changed or you feel your health has deteriorated in any way, particularly your breathing, after your last test and diagnosis then please see your GP, who is best placed to advise if a chest X-Ray or scan is needed.**

Many people assume it is old age causing breathlessness or an irritating or prolonged cough. Although some asbestos-related diseases are incurable, such as the cancer mesothelioma, early detection can sometimes help increase the chances of a positive outcome to treatment and help prolong life once a diagnosis has been made.

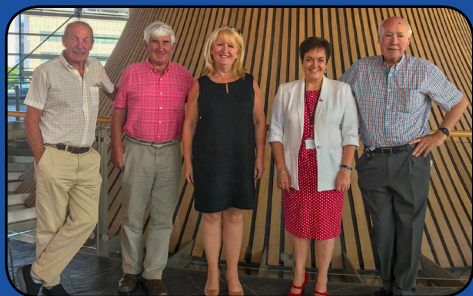


If a further diagnosis is made, we can help you directly. We will write to your GP to obtain details of your new diagnosis and use the certified employment history we may have already requested on your behalf from HM Revenue & Customs.

Don't suffer in silence. Make an appointment to see your GP or call us today on 0800 043 6635 if you need any expert advice.

We hope that you find this newsletter helpful and informative, but please call our Freephone number or email [enquiries@nationalasbestos.co.uk](mailto:enquiries@nationalasbestos.co.uk) if you would like us to remove your details from our records.

**For compensation and benefit advice call: 0800 043 6635**



On Tuesday June 12 members of The South Wales Asbestos Support Group (SWASG), with the support of the National Asbestos Helpline, met with Dawn Bowden, Assembly Member and Chair of the Cross Party Group on Asbestos.

SWASG is campaigning to reinstate compensation for pleural plaques in England and Wales. Their meeting with Dawn was a chance to discuss the best ways to keep this important issue in

## The South Wales Asbestos Support Group met with Dawn Bowden, Chair of the Welsh Assembly Cross Party Group on Asbestos

people's minds, as well as to spread the word of their petition.

Jan and Ronan from the National Asbestos Helpline travelled to Cardiff to support SWASG and discuss how everyone can better understand the incidence rates of asbestos-related diseases.

Eddie Gilbertson, SWASG's co-ordinator, said: "It was great travelling to Cardiff to meet up with Jan and Ronan and other members of SWASG to discuss these important issues.

"We'd like to thank Dawn for giving us a chance to sit down and talk through some excellent possibilities to make people aware of pleural plaques.

"When you're told you have asbestos in your lungs it's frightening. What does it mean for your future health? Will you develop another asbestos-related disease? Its always at the back of your mind and is a constant worry."

For more details about SWASG and updates on their petition, visit their website:

[www.swasg.wales](http://www.swasg.wales)



## Fundraising for Maggie's Merseyside

Over the years we have raised thousands for the cancer care charity Maggie's and the last couple of months have been no different!



Joan Kennedy, from our specialist legal team from Birchall Blackburn Law took part in the London West Tough Mudder. The rest of us decided to keep things a bit cleaner by hosting a Kitchen Table Day to raise money and awareness for Maggie's - all while eating cake and drinking tea!

To find out more about Maggie's, or to find a local centre, visit their website online:

[www.maggiescentres.org](http://www.maggiescentres.org)



## Keep signing the pleural plaques petition

As many of you are aware, The South Wales Asbestos Support Group set up a campaign petitioning for the government to discuss reinstating compensation for pleural plaques in England and Wales, which we covered in our last newsletter. The petition is going strong, with over 2,000 signatures. It is still a long way off the target of 10,000 signatures and needs your help to spread awareness.



If you haven't already done so, ask your friends and family to visit:

[www.38degrees.org.uk](http://www.38degrees.org.uk)

and search for "pleural plaques" in the website's search bar. They can then find and sign the petition to reinstate compensation for pleural plaques in England and Wales.

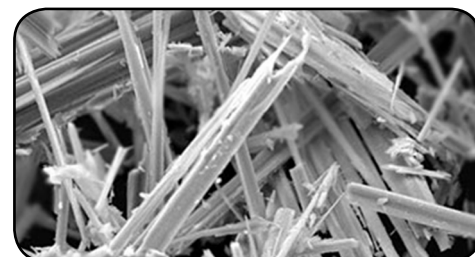
## Raising awareness of asbestos

Many trades where asbestos was present could have had hundreds of workers at risk of exposure, not just those who were working directly with asbestos.

Due to its fibrous nature, asbestos dust can and did spread rapidly around worksites when released. Because of this, it is very important to know that even if you did not work with asbestos directly, you may still have been exposed in the workplace.

If you or someone you know worked with or near to asbestos, it is very important to stay vigilant with your health. If your breathing starts to worsen or you develop a persistent cough and you don't know the cause, make sure to tell your GP about all of your symptoms, and explain to them that you have been exposed to asbestos.

If you need to get in touch, please call us on Freephone 0800 043 6635.



**For more help and advice go to: [www.nationalasbestos.co.uk](http://www.nationalasbestos.co.uk)**