Clydebank Asbestos Group

June 2020

NEWSLETTER

Welcome

Margaret Waddell, Chairperson

Hello again to all our members and readers. We hope you enjoyed the first edition of YOUR Newsletter. We certainly got a lot of pleasure and satisfaction putting it together and seeing it in print as well as in the digital format.

It is hard to think that it has been eight weeks since the first issue and for some in the on-going circumstances it may have felt like a very long time. However for others with gardens and the good weather to keep them busy it may have been easier. No matter how you have passed the last seven weeks we hope you all remain safe and well and that no one close to you has been diagnosed with or been affected by COVID-19.

We are happy to report that 'so far so good' for our staff and volunteers and long may that continue.

We have given some thought to some of the aspects of the Newsletter and consider that you may enjoy the quiz more if the answers are available within the issue. So we have decided to include the answers thereby removing the competition element. However as the first issue featured the competition we are happy to announce the winner - congratulations to Jim Patchett and well done! Your gift voucher is on its way. *(The answers to both quizzes can be found on the back page).*

We would also like to thank those of you who participated in suggesting an alternative name, a kind of a nickname, for the Newsletter. They include 'The Yard' and 'The Tram Lines' so keep your suggestions coming.

A big thank you too to everyone who has taken the trouble to comment on this new venture. It has been very encouraging to hear how much you have enjoyed it and found it helpful and entertaining. If you have any ideas on what you would like to see in YOUR Newsletter we would love to hear from you.

Last but by no means least you will read in this issue our tribute to Bob Dickie our former Chairperson. This is our way (for now) of saying a HUGE thank you to him, a true working class hero.

So, until next time we hope you enjoy this issue - stay safe and very best wishes from all at Clydebank Asbestos Group.

t: 0141 951 1008 **e:** enquiries@clydebankasbestos.org

POEM

Smiling is infectious,
you catch it like the flu
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

And when this is all over
We'll knock on our friends' doors
And go to every party
And say 'I love you' more.

And when this is all over
Through bad, we will see the good
Because whenever we are together
We'll appreciate it, as we should.

And when this is all over
And we are no longer in this pain
We'll know to never take for granted
Those little things again.

LEGAL UPDATE: SCOTTISH COURTS SHOW WILLINGNESS TO PROGRESS ASBESTOS DISEASE CASES

At first the COVID-19 crisis brought personal injury cases in the Scotland's courts to a grinding halt, as institutions sought to protect individuals and relieve pressure on our NHS. Hearings of evidence were cancelled and cases were put on hold. New court actions could not be commenced.

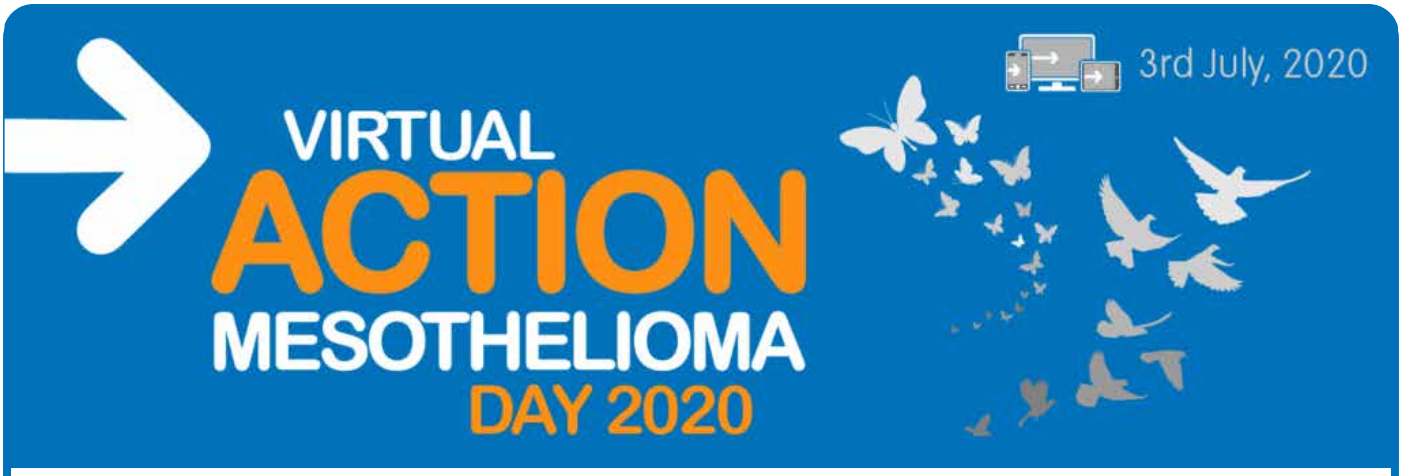
This presented particular difficulty for many of our clients, classed as vulnerable individuals due to age or underlying respiratory conditions and who have been adhering strictly to the Government's shielding requirements. Having their cases raised and resolved as quickly as possible is of critical importance, to reduce anxiety at this worrying time, avoid evidence being lost and to preserve entitlement to certain damages. Without an active civil justice system, there is a real danger that asbestos victims will suffer irredeemable prejudice.

The initial reluctance of the Scottish Courts and Tribunals Service to allow new cases to be raised or hearings to proceed in serious cases was of great concern to the Industrial Disease Team at Digby Brown. However, in recent weeks the courts have listened to our concerns. We are now able to commence new court actions on behalf of our asbestos disease clients. Telephone hearings with Judges are taking place. In cases for clients suffering with life shortening conditions, despite opposition from insurers' solicitors, we have persuaded the court not only to agree to hearings of evidence by video link or other remote means, but also to bring the dates of hearings forward by several months. We argued that not doing so would likely result in serious and permanent prejudice to these clients and this was quickly recognised by the court. In one of these cases the insurer's solicitor expressed confidence that the final hearing scheduled for 12th May could not possibly take place and would require to be postponed, and showed no inclination to agree uncontroversial evidence or engage in constructive settlement discussions. Their position rapidly changed when it became apparent the court agreed with our concerns and was willing to make special arrangements to hear the case. This resulted in settlement of the case for a sum in excess of £300,000 a few days before the hearing was due to take place!

Resources permitting, the courts are starting to demonstrate a commendable willingness to embrace technology to ensure access to justice for those with asbestos related diseases is not affected by the pandemic. By taking a proactive approach, and working with the courts, we have been able to protect the interests of our clients during these very challenging times.

Our specialist solicitors remain available to help and answer any queries CAG members may have at this worrying time. 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



Next month - July 3 to be precise – leading experts and campaigners are coming together to host the Virtual Action Mesothelioma Day 2020.

Organised alongside the UK Mesothelioma Alliance, the online live broadcast will showcase guest speakers including:

- Dawn McKinley, Chair of UK Mesothelioma Alliance
- Sarah Morgan, Mesothelioma Clinical Nurse Specialist
- Mavis Nye, mesothelioma patient and campaigner
- Professor Sanjay Popat, Consultant Thoracic Medical Oncologist at the Royal Marsden Hospital and Professor of Thoracic Oncology at the Institute of Cancer Research.
- Paul Cook, mesothelioma patient and campaigner
- David Gold, Institution of Occupational Safety and Health (IOSH) Vice-President.

Mesothelioma – or 'meso' – is a fatal form of cancer most commonly diagnosed years after exposure to asbestos. It most commonly is found in the lining of the chest wall but it can also appear in the lining of the abdomen or testicles.

It affects around 2,500 people every year in the UK alone – and tragically, the UK has one of the highest rates in the world.

Prognosis of meso is difficult to assess as symptoms each patient suffer from are different, as well as varying rates that each patient's disease will progress.

It is far more common to have mesothelioma in the chest than in the abdomen and both diseases are more common in men than in women, but this could also be attributed to the appalling working conditions that proportionately affected men more in the 1960s-70s due to working in shipyards or construction.

This is why the fight for improved clinical research, legislative change and social justice are important – because although the use of asbestos in the UK is confined to the history books, the after-effects continue to be seen in our present and our future.

That's why we invite you to take the time to give witness to or take part in this year's Virtual Action Mesothelioma Day.

For more details visit:

www.ukmesoalliance.org/projects/virtual-action-mesothelioma-day-2020

CASE STUDY

Mr C was diagnosed with Mesothelioma, an asbestos related terminal illness. He was 81 years old and lived with his wife. Throughout his working life he was employed in heavy industry including John Brown's Shipyard in Clydebank. Mr C was an electrician.

Immediately following this diagnosis at Gartnavel General Hospital he was seen by The Welfare Rights Officer at the clinic. A benefit check was carried out and an application for Attendance Allowance (a non means tested benefit for people, over 65 who have care needs) was made. Due to the severity of his diagnosis, this was successful and paid, within 10 days of applying, at the Higher Rate of £85.60 per week.

As Mr C's mobility was affected, referrals were made to The Local Authority's Health and Social Care Department, requesting a Home Care Services assessment, as well as an Occupational Therapy assessment. These resulted in Mr C receiving a home care service and the provision of Aids and Adaptations throughout his home.

Clydebank Asbestos Group, is renowned for it's experience and expertise in dealing with Asbestos related claims for Government Benefits and Civil Damages claims. Mr C was visited at home by one of the team of Volunteers from CAG. Applications were made for Industrial Injuries Benefit and Pneumoconiosis Workers Compensation Payment. The volunteer kept Mr C informed and updated regularly, with the progress of these applications. Both of these were successful and Mr C received £169.70 per week and a one off payment of £13,590.00

CAG referred Mr C to Digby Brown Solicitors, a leading firm of Personal Injury Lawyers, who took on his case, on a no win – no fee basis. They raised a Civil Damages Claim against some of Mr C's former employers, who had knowingly exposed him to the extremely hazardous and dangerous asbestos, with absolutely no personal protection in place.

Sadly, due to the poor prognosis and severity of Mr C's illness, he died before the successful outcome of his case.

His wife was awarded a Civil Compensation payment in excess of £130,000. Mr C's son and daughter also received a compensation payment in excess of £50,000 each and each of his grandchildren also received payments.

Mrs C was very grateful for the care attention and excellent service provided by both Clydebank Asbestos Group and Digby Brown Solicitors.

This case study raises awareness of the need to claim compensation where appropriate. It shows the emphasis here at Clydebank Asbestos Group is on patient centred care, flexibility and ease of access. **It is important to know that a claim has to be submitted within 3 years of date of diagnosis of any asbestos related condition**. It is therefore imperative that this deadline is met as it is a legal requirement.

"In October 2018 my father was diagnosed with Mesothelioma at the QEUH and was informed it was terminal. My father and the family were devastated to learn of this terrible news and the prognosis. The clinic was run by Dr Blythe and my dad was seen by Dr Tsim and associate over a period since this time.

At the time the staff advised the family to seek compensation, but at the time we were all too upset dealing with this news to contemplate looking into this.

In December 2019 my father was very ill and taken into hospital and in late January he and the family were advised there was nothing more could be done for my father and since February 2020 he has been in St Margaret's Hospice for Palliative Care. In January the family did discuss the compensation situation when we were at the hospital for the meeting with the consultants etc. The person who was very supportive during this was called Francis and he made arrangements for dad to be transferred to the hospice- we are eternally grateful to him and all staff at the QEUH and also the staff at The Green Medical Practice - Clydebank Health Centre.

Around Feb 2020 I popped into the CAG and had a chat with Frances McInally and thereafter Theresa Jones. After an initial meeting with Theresa very quickly things moved along and within 24 hours- paperwork was done and the lawyer was on the phone. I cannot thank Theresa and CAG for the fantastic work she and CAG have done for my dad and the family.

In April we received a compensation amount from the DWP and as of 15/5/2020 – we have been advised that court proceedings are now in place. To go along with this through Theresa's work my dad has received a lot more benefits of which we knew nothing about.

Sadly, my father's health is deteriorating but the staff at the hospice are excellent and he could not be in a better place- sadly with the lock down we are unable to spend time with dad like we would like to and the occasional visit to the gardens on social distancing etc.

On Friday 15th May 2020 on behalf of my father and family we gave two donations to CAG and St Margaret's hospice and we truly thank them for everything they have done and are doing for my dad at this very difficult time."

Many thanks - Noel.

A tribute to Bob Dickie

I have only known Bob Dickie for a matter of months but in that short time I feel as though I have come to know him well. He is a really lovely man who has been very welcoming and supportive. Indeed in the process of me apologising for my error in the first Newsletter relating to his length of service as Chairperson Bob quoted his chargehand when he was an apprentice joiner advising him *'if you don't make a mistake you will never make anything'*. Even as a young lad Bob was keen to embrace the wisdom of his elders and now in his later years he is keen to share and pass this on. Making me feel the better for it.

He is extremely knowledgeable on local industrial history and a fount of information. His extensive memory knows no bounds. He has a great sense of fun and a keen sense of humour.

Bob is a very generous man having given up much of his retirement to volunteer at Clydebank Asbestos Group. Indeed Bob Dickie is synonymous with the Group.

Throughout his working life in John Brown Shipyard Bob was a trade unionist and ultimately became TU Convener for the joinershop. He believes passionately in 'looking out' for your fellow man and particularly your fellow working man. He has a very strong sense of fairness, decency and justice which he has put to very good use during his time in Clydebank Asbestos Group. He joined the Group in 2001 approx and a couple of years later became Chairperson.

It is hard to think of a time before Clydebank Asbestos Group when workers who developed an Asbestos related disease were left adrift without any support, advice or help. Left damaged and left to fend for themselves. How awful was that state of affairs!!!!

Thankfully Bob together with some other like- minded trade unionists and others had the wisdom and foresight to challenge the

status quo. They took on big business and the Government and transformed the future for many unfortunate enough to be given a diagnosis of an Asbestos related disease. The battle for Truth and Justice was hard fought. It did not come easy.

I have had the pleasure of speaking with some of Bob's friends and former colleagues who gave me some insight into his involvement in major campaigns as a leading member and Chairperson of Clydebank Asbestos Group. It is difficult to give it all the justice it deserves in these few pages but I will try to focus on those with major implications for asbestos sufferers.

The Alimta Campaign

Following a debate on Alimta in the name of Des McNulty on 7th June 2007, The Scottish Parliament Public Petitions Committee took oral evidence from Bob Dickie, Joan Baird and Tommy Gorman on behalf of Clydebank Asbestos Group. This was following petition PE1006 Mesothelioma (Prescribing) proposed by Bob on behalf of the group because Alimta, a form of chemotherapy was refused to mesothelioma sufferers on cost grounds.

This initiative was supported by leading NHS oncologists, prominent Scottish politicians and legal experts. The outcome of this campaign was an outstanding success with Alimta being prescribed for mesothelioma patients in England, Wales and Northern Ireland as well as Scotland.

The Pleural Plaques Campaign

On 17th October 2007 the House of Lords ruling that pleural plaques would no longer be compensated was a major blow for asbestos sufferers throughout the UK. The Scottish Parliament debated the issue on 7th November that year. Prior to this debate the person leading a change in legislation for Scotland Fergus Ewing who was Community Safety Minister asked to be briefed on the matter by Bob Dickie and Tommy Gorman. This resulted in contact between senior civil servants and Clydebank Asbestos Group regarding the right to compensation for people who had been exposed to asbestos at work resulting in pleural plaques.

The Damages (Asbestos-related conditions) (Scotland) Bill was passed by the Scottish Parliament on 11th March 2009 which remains arguably one of the most important advances made for Scottish asbestos victims - again under the leadership of Bob Dickie.

Amongst his many attributes Bob is a very humble man who does not seek attention or to be singled out for praise. He is a great team player recognising the skills of others and having the wisdom to see what can be achieved when these skills are harnessed and put to good use.

In what turned out to be Bob's final year as Chairperson he was proud and pleased to present the annual report at the Annual General Meeting. This showed that in that year alone the clients of Clydebank Asbestos Group were able to recover in excess of £1.5 million in benefits and compensation. No mean feat and a proud testament to Bob's years of commitment, dedication and leadership.

Thankfully Bob is not loosening his ties to Clydebank Asbestos Group all together. We are privileged that he will continue in his role as a volunteer and will no doubt continue to support, guide and mentor us all.

Thank you Bob on behalf of everyone who has benefitted from your time at Clydebank Asbestos Group. We salute you.

A few words from others...

"I first met Bobby Dickie during the UPPERCLYDE SHIPYARD WORK IN in 1971. He was the convenor in John Browns, the Clydebank Division. Those were very heady days then as the campaign took on UK and International significance .

Bobby was the convenor of shop stewards there and worked alongside Jimmy Reid, Jimmy Airlie and the rest of the conveners and shop stewards from the other 3 yards.

His role was significant during the WORK IN and will always be remembered as such.

I can`t remember the year he started to work in the CAG but I was aware he would be an asset to the group. His input regarding working conditions was vast and over the years of his tenure that knowledge helped countless asbestos victims.

CLYDEBANK ASBESTOS GROUP was recognised as one of the leaders if not the leading campaigners in the UK then Bobby became chairman after Sam Irvine retired.

Sam gave evidence in person on the Thomas Wilmott case where Sam had flown over to America and was commended by the Judge for the clarity of his testimony. It was the first ONE MILLION dollar settlement in the USA. Sam was well over eighty then.

I have always had the greatest respect for Bobby.

I wish him all the best in his retirement as he carried his responsibilities far beyond what would have been a reasonable tenure.

An outstanding voluntary worker and friend whose contribution to society was incalculable."

Jimmy Cloughley

A few words from others, cont...

"Bob's quiet determination to see justice done for asbestos disease sufferers was a constant factor in the Clydebank Asbestos Group leading efforts to place Scotland the forefront of giving rights to victims and their families.

Always a team player, always the voice of reason, Bob spoke with real authority on the impact of mesothelioma and other asbestos related conditions in Clydebank.

He helped assemble and manage an unequalled band of community activists and linked them with legal experts and local politicians to present an unanswerable case for fair treatment for everyone.

Wherever the rights of asbestos sufferers are being asserted anywhere in the world, the record the Clydebank asbestos group and Robert Dickie as their leader are well known - the struggle to prevent insurance firms escaping their obligations, the appointment of an asbestos judge to speed up justice and the protection of the rights of family members through legislation are important and lasting achievements."

Des McNulty, former MSP

"Our family have always felt privileged to count Bob and Isobel Dickie as friends. Bob remains a giant in Scottish trade union history. His role in the leadership of the UCS struggle is the stuff of legend. As chairman of Clydebank Asbestos Group he carried out his duties effectively and with great generosity of spirit always epitomised by his personal trademark - organic modesty."

Mags Coyle and Tommy Gorman

Fundraising

Each year a passionate team of walkers embarks on a mammoth trek to raise funds and awareness for individuals and families affected by asbestos.

Last year the procession – which included familiar faces from the Industrial Team at Digby Brown Solicitors – trekked 20-miles along the Union Canal from Croy to Clydebank.

The year before that a team completed a marathon distance of 26.2 miles after walking the Fife Coastal Path from Methil to Rosyth.

Sadly, social distancing rules mean a similar endeavour for 2020 has just not been possible – which is rotten luck considering how nice the weather has been!

But rather than be sad by something not happening, we thought we instead celebrate something that has happened.

Because you may not know that each earlier walk raised more than £8,000 – that's **£16,000** in total!

It meant that enough was raised to help not just Clydebank Asbestos Group, but also our east coast cousins – Asbestos Action.

We are hearing the devoted team of walkers are already planning a new challenge for when lockdown is lifted.

But it also got us wondering – what fundraising efforts have you thought of or seen which might capture the imagination during lockdown?

Has someone you know already raised money for Clydebank Asbestos Group in a solo or digital capacity?

We invite members to share their ideas for unique, social distance-friendly ways to support CAG, its members or the community - simply drop us an email at **enquiries@clydebankasbestos.org**

We are always humbled and grateful to any efforts undertaken on our behalf because all funds raised help us to help you.

Some tips to keep active and feeling good during Lockdown

We all know moving more is good for us. But knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.

Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you. Here are some activities that could help:

Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

- Sit on a chair without arm rests, with your arms across your chest.
- Lean forward.
- Put your weight on your feet while leaning forward.
- Stand up by straightening your knees. Sit down again.
- Repeat this as many times as you feel able.
- Try to do this exercise 3 to 5 times a day.

Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple. A few suggestions:

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
- Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
- Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
- Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

Increasing energy and feeling good

Qi Gong - simple breathing and stretching exercises as well simple massage movements anyone can do. Doing Qi Gong regularly is said to assist in improving health conditions like arthritis, back pain, cramps, indigestion, headaches etc, and also improve wellbeing, memory etc.

Links to some YouTube videos below:

www.youtube.com/watch?v=cwlvTcWR3Gs&pbjreload=10
(Qi Gong full 20 minute daily routine - Judy King)

www.youtube.com/watch?v=VgrkkQkSNzw
(Qi Gong self massage head and face)

www.youtube.com/watch?v=r8cep17ZMKw
(Qi Gong self massage body & limbs)

Keeping in touch using a video call

Here are some step-by-step instructions on how to keep in touch with family and friends using a video call:

FaceTime on an iPhone or iPad

1. Go to Contacts and select the person you want to call.
2. There will be an option to use FaceTime. Click the symbol that looks like a camera to start video calling.
3. To end the call, just click the red phone icon.

WhatsApp on an iPhone

1. Open WhatsApp on your phone.
2. Click the Calls tab.
3. Press the icon showing a phone with a plus symbol next to it.
4. Click the magnifying glass icon and type the name of the person you want to call.
5. Click the symbol that looks like a camera next to their name to start video calling.
6. You can add up to four other people into a video call to turn it into a group chat. During the video call, just click the add participant icon and search for their name to add them.
7. To end the call, just click the red phone icon.

WhatsApp on an Android phone

1. Open WhatsApp on your phone.
2. Click the Calls tab.
3. Press the icon showing a phone with a plus symbol next to it.
4. Click the magnifying glass icon and type the name of the person you want to call.
5. Click the symbol that looks like a camera next to their name to start video calling.
6. You can add up to four other people into a video call to turn it into a group chat. During the video call, just click 'Add Participant' and search for their name to add them.
7. To end the call, just click the red phone icon.

Some useful organisations

Asthma UK

Offers information and advice to help people manage their daily lives with asthma.
Tel: 0300 222 5800 www.asthma.org.uk

For coronavirus guidance: **www.asthma.org.uk/advice/triggers/coronavirus-covid-19**

British Heart Foundation

Provides information and support for people with heart disease.
Tel: 0300 330 3311 www.bhf.org.uk

For coronavirus guidance: www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health

British Lung Foundation

Offers advice, information and support to people affected by lung disease, their families and carers.
Tel: 03000 030 555 www.blf.org.uk

For coronavirus guidance: www.blf.org.uk/support-for-you/coronavirus

Diabetes UK

Provides information, support and services to help people manage their diabetes.
Tel: 0345 123 2399 www.diabetes.org.uk

For coronavirus guidance: www.diabetes.org.uk/about_us/news/coronavirus

Macmillan Cancer Support

Provides practical, medical and financial support for people facing cancer, their carers and loved ones.
Tel: 0808 808 0000 www.macmillan.org.uk

For coronavirus guidance: www.macmillan.org.uk/coronavirus/cancer-and-coronavirus

Mesothelioma UK

Provides support for people with this asbestos cancer.
Tel: 0800 169 2409 www.mesothelioma.uk.com

NHS

For the latest health advice and guidance for all conditions, including coronavirus visit NHS Inform.
Tel: 0800 22 44 88 www.nhsinform.scot

Messages of support

Dr Allison Smith

"I am Dr Allison Smith, Lung Cancer Clinical Nurse Specialist. I am part of a large, experienced Multidisciplinary Team, based in the Lung Cancer/Respiratory Department at Gartnavel General Hospital. We cover a large geographical area, providing expert care and support to patients and their families.

I would like to provide what reassurance I can that any of our patients who have any concerns about their diagnosis or treatment plan, should be aware that despite Covid19, everyone still has access to NHS services, and the provision of essential advice during this Pandemic."

Dr Allison Smith, Lung Cancer Clinical Nurse Specialist, Gartnavel General Hospital

Dr Allison Smith

Dr Alex Potter

"I have been a GP in Clydebank at The Red Wing for over 30 years but the events over the last 13 weeks have been truly unique. I think it is important to emphasise that despite "lockdown", General Practice remains open for business. You will find that your GP will want to assess your problem by phone initially to try and reduce footfall in the Health Centre.

It is important to follow any advice you are being given regarding shielding if you are in the highest risk group. Whatever risk group you are in, social distancing remains central. It is important to try and stay active and to do some form of exercise daily. Trying to maintain a daily routine also helps. Hopefully we will emerge from this sooner rather than later. Stay safe and well."

Dr Alex Potter, The Red Wing, Clydebank Health Centre

Dr Alex Potter

Carolyn MacRae & Laura McNaughton

"We understand that the situation you may be facing at the moment due to your Mesothelioma and COVID-19 may be causing you some anxiety. Please know we are still very much available and keen to offer you support, advice and help with any questions or concerns you or your loved ones may have.

Don't hesitate to get in touch if we can help you in any way - 0141 451 6744.

Meantime, please take care and stay safe."

Carolyn MacRae and Laura McNaughton, Queen Elizabeth University Hospital, Glasgow

Carolyn MacRae

Laura McNaughton

Tricia Tierney

"I am an NHS Macmillan Healthcare Professional and have worked at the Beatson for the last 13 years. I wanted to be part of the jigsaw to ensure patients and their loved ones had access to information and emotional support when needed.

A diagnosis of cancer impacts on everyone. Each person has different needs at different times, some more so during the Covid -19 pandemic. By talking through their concerns I can let people know who and where they can turn to. This can be before or after diagnosis, throughout treatment, in living with cancer, or at the end of life and bereavement.

I feel very privileged to be here, sharing in people's lives, offering support at a time it's most needed. That is why I work closely with services like Clydebank Asbestos Group. It's good to have them to signpost people to. Together we can make a real difference to the care we provide for patients and their loved ones."

Tricia Tierney, Macmillan Information & Support Centre Manager

Tricia Tierney

Quiz - No 2

1. Which character said 'Frankly my dear – I don't give a damn?
2. Which country ruled Greece until 1830?
3. Which two metals make up Brass?
4. Which notorious Australian Outlaw would you associate with a bulletproof helmet?
5. Who sang 'She taught me how to yodel' in 1963?
6. What is the coloured part of the eye called?
7. In the 1940s whose legs were insured for a million dollars?
8. What is the name of the Bar in the film 'Casablanca'?
9. How many times was Elizabeth Taylor married?
10. Doris Day sang 'Que Sera Sera' what does this mean in English?
11. Who is fourth in line to the British Throne?
12. What is the largest living Rodent?
13. What is the Italian word for 'Pie'?
14. How many hearts does an Octopus have?
15. Who was the first female to fly solo across the Atlantic?

QUIZ 2 - ANSWERS

1. RHETT BUTLER, 2. TURKEY, 3. COPPER AND ZINC, 4. NED KELLY, 5. FRANK IFIELD, 6. THE IRIS, 7. BETTY GRABLE, 8. RICK'S CAFÉ, 9. EIGHT, 10. WHATEVER WILL BE WILL BE, 11. PRINCE LOUIE, 12. CAPYBARA, 13. PIZZA, 14. THREE, 15. AMELIA EARHART

Online suggestions

BBC iPlayer
Watch live BBC TV channels and enjoy TV programmes you missed:
www.bbc.co.uk/iplayer

BBC Sport
The 50 sport films you must see:
www.bbc.co.uk/sport/live/52072024

Chelsea Flower Show
The world's greatest flower show has gone digital and are bringing you a new line-up every day:
www.rhs.org.uk/shows-events/virtual-chelsea

The Silver Line
Helpline for Older People:
www.thesilverline.org.uk

STV player
All your favourite STV programmes, soaps and sport - live and on-demand:
www.stv.tv

University of the Third Age
Information and Resources for Older People:
www.u3a.org.uk

About Clydebank Asbestos Group (CAG)

The Clydebank Asbestos Group (CAG) is a volunteer organisation set up in 1992 by David Colraine 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.

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.

24 Kilbowie Road, Clydebank G81 1TH **t:** 0141 951 1008 **e:** enquiries@clydebankasbestos.org

QUIZ 1 - ANSWERS

1. (B) 21 APRIL 1926, 2. MUHAMMAD ALI, 3. CHEESE, 4. CHARLTON HESTON, 5. EYEBROWS, 6. MOBY-DICK, 7. 1967, 8. ALTERNATING CURRENT/DIRECT CURRENT, 9. DECAGON, 10. MARY QUANT, 11. 1,000, 12. THE DANUBE 13. DURING THE SECOND WORLD WAR – DON'T KNOW WHERE, DON'T KNOW WHERE, 14. SIX, 15. 36