



MAVSG NEWS

**MERSEYSIDE ASBESTOS VICTIM
SUPPORT GROUP**

QUARTERLY NEWSLETTER - MARCH 2022 EDITION



WELCOME TO OUR NEW QUARTERLY NEWSLETTER

Welcome to Merseyside Asbestos Victim Support Group's new and improved newsletter. We want to start off by wishing you a good beginning to 2022! The pandemic has had a devastating effect on us all over the past two years but we are hoping that 2022 will bring new hope and opportunities. We hope this to be a prosperous year for all.

We have recently had to change our fundraising platform due to Virgin Giving becoming obsolete so please check out our socials and website for updated ways to donate.

Inside this newsletter you will find information on our events upcoming, new clinical trial information and also some fun bits just for your enjoyment.

WHAT'S INSIDE

Events Calendar - What's on in 2022?

Fundraising - What's new?

MAVSG - Meet the team

Clinical research - Updates

Recipe ideas

Workouts for Wellness

Puzzle Mania



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SAVE THE DATE

check our events calendar for important dates

25/03/2022: Asbestos & The Law Conference

28/04/2022: International Workers Memorial Day

30/04/2022: Members Day Out - Tour of Anfield, Liverpool Football Club then a hot buffet in the Legends Lounge.
Tickets at £45/person

02/07/2022: Action Mesothelioma Day

09/07/2022: Summer Ball at Anfield

10/09/2022: Tough Mudder! - Join us for this muddy event!

15/10/2022: Winter Gala at St Helens Rugby Club

Please check our social media channels for more info.

John - Our Support Officer/Manager



Helen - Our Support Officer



Kayleigh - Our admin and social media assistant



OUR LOVELY VOLUNTEERS

Sophie



Karen



Brenda



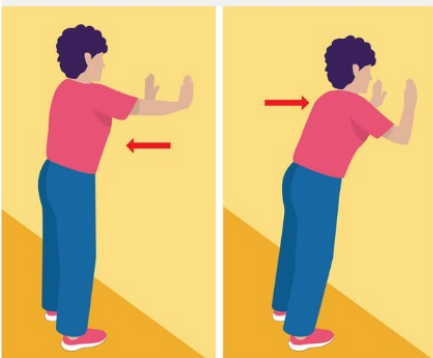
MEET THE TEAM

Put a face to our names! The office team are here to help.

Workouts for wellness - short simple workouts to improve strength and stability

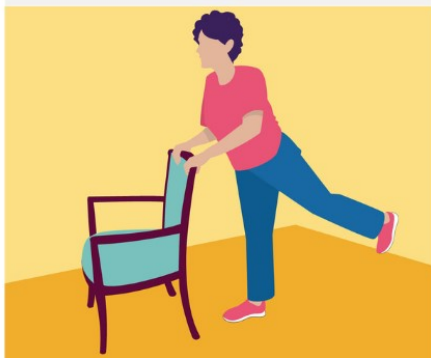
WALL PUSH-UPS

Stand an arm's length in front of a flat wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.



BACK LEG RAISES

Stand behind a chair. Slowly lift your right leg straight back - don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.



TOE LIFTS

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

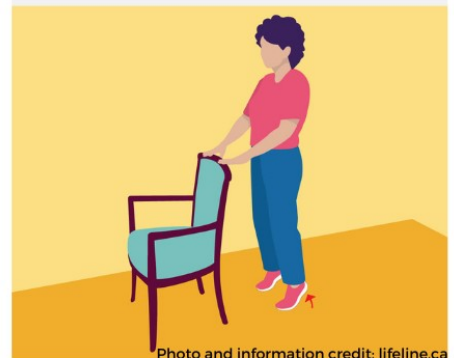


Photo and information credit: lifeline.ca



FUNDRAISING: WHATS NEW?

What we are doing and how you can help.

Due to the closure of Virgin Giving, we have now moved fundraising platform over to People's Fundraising. From here we can now sell tickets, post events and much more so please be certain to check it out!

Our fundraising efforts, due to covid, have been limited but now that we are able to socialise outdoors again we are opening up our events again with a punch!

Our first Anfield Tour event was a massive hit as the pictures show below! See our website for more pictures and information.

We are always open to ideas and suggestions so please get in touch if you think you can help.



20 MIN RECIPES: SATAY CHICKEN STRIPS



Recipe courtesy of BBC Goodfood

Eating Well is paramount to good health and good, fresh meals can help with staying healthy for longer. This recipe has a high protein content whilst being quick and easy to make. Enjoy!

Ingredients

2 tbsp chunky peanut butter (without palm oil or sugar).
1 garlic clove, finely grated.
1 tsp Madras curry powder.
few shakes soy sauce.
2 tsp lime juice.
2 skinless, chicken breast fillets (about 300g) cut into thick strips. About 10cm
cucumber, cut into fingers .
sweet chilli sauce, to serve.



Method

Step 1: Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper.

Step 2: Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.

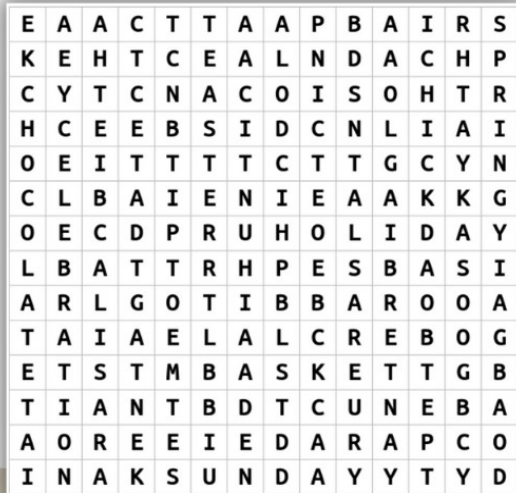
Step 3: Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

Step 4: Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

PUZZLE PAGE

Easter Wordsearch

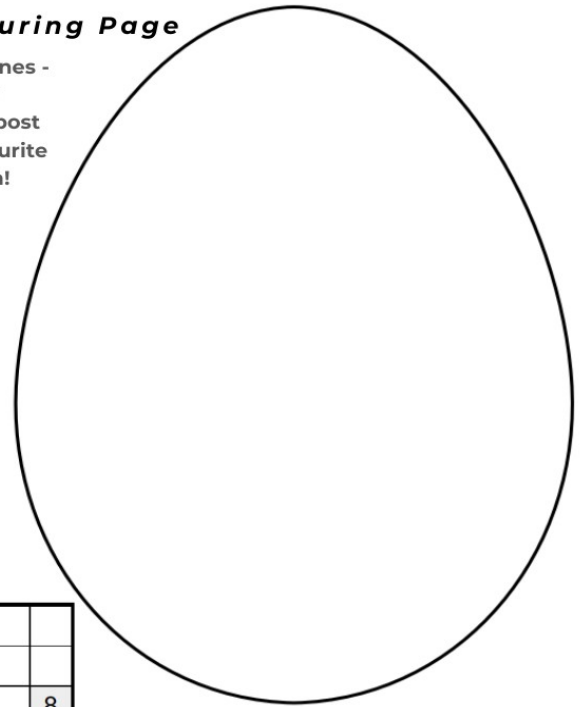
Find the words listed below in the grid pictured.



Lamb - Basket - Hunt
Parade - Holiday - April
Tradition - Celebration - Egg
Chick - Chocolate - Rabbit
Easter - Spring - Sunday

Easter Egg Colouring Page

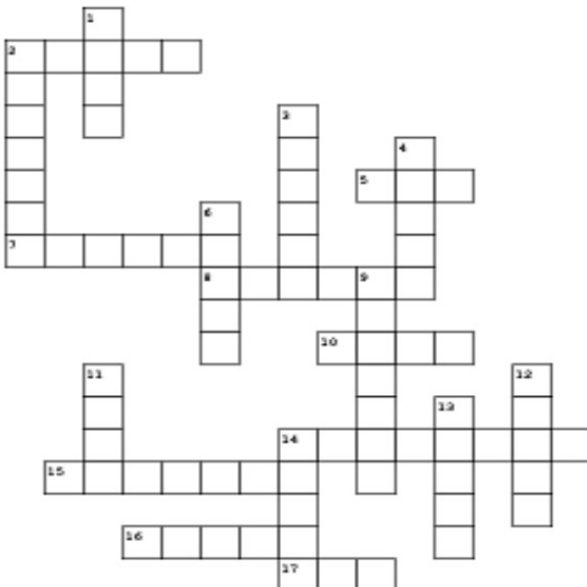
Something for the little ones -
design your own egg and
send us it in via email or post
and we will post our favourite
design in our next edition!



Sudoku

	7		5			6		
		5		8	9			
3		1	7					8
9	1	4		7	8	2	6	
2		6						9
	8		9	6			4	1
		3		9		4	8	2
			4		3	9		7
7	4				5		3	6

Easter Crossword



Across

- Easter Island is part of which country?
- While the Easter Bunny brings children eggs in the U.K., what sort of animal delivers the goods in Westphalia, Germany?
- What is the name of the fruitcake with marzipan balls traditionally served at teatime on Easter?
- What pagan goddess is associated with Easter?
- What food is traditionally eaten on Good Friday?
- What food is often served on Shrove Tuesday?
- Dyeing Easter eggs is a tradition that began in which country?
- In the Bible, how many days passed between Jesus' death and resurrection?
- Which colour were the first Easter eggs dyed?

Down

- What flower is considered an Easter symbol?
- Buying what for Easter is said to bring good luck for the rest of the year?
- What item is traditionally used to collect Eggs, on an Easter hunt?
- The world-record largest chocolate Easter egg was made in what Italian city?
- At the Last Supper, what did Jesus say the wine represented?
- What fruit is typically found in a hot cross bun?
- What is the name of a male rabbit?
- At the Last Supper, which food item did Jesus liken his body to?
- Which Disney film does the rabbit Thumper appear in?
- In the Bible, who was the first person to enter Jesus' tomb?