


# London Asbestos Support Awareness Group Newsletter

Winter 2024



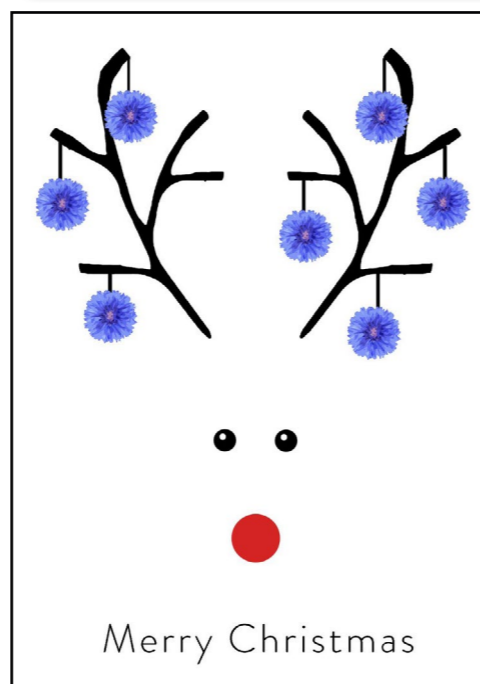
For anyone affected by Mesothelioma  
or other Asbestos related diseases in  
London and the South East, including  
Essex, Surrey, Kent, Hertfordshire,  
Norwich, Norfolk & Suffolk

Registered Charity No.1174543

## Happy Christmas & a Happy New Year. E-cards

We are pleased to announce we have registered with Don't Send Me A Card where you can send E-Cards for any occasion including Christmas E-Cards! Some of the cards have been designed by mesothelioma sufferers, please see the pictures below. There are lots to choose from. You can select your card and for a small donation, you can send up to 100 cards per donation.

<https://www.dontsendmeacard.com/ecards/charities/london-asbestos-support-awareness-group>



## Our Action Mesothelioma Day Events 2024

We held two great events for Action Mesothelioma Day 2024 to raise awareness of mesothelioma and to honour and remember those who have sadly lost their fight against such an unnecessary disease.

The first event was held on Thursday 4th July 2024 at Conway Hall, London. We heard from special guest speakers, Professor Peter Szlosarek from St Bartholomew's Hospital London, Mesothelioma UK Clinical Nurse Specialist, Sam Jayesakara, Campaign Director, Saranjit Kaur and Fundraiser Denise Burwell. We were entertained by a magnificent magician and a singing performance from the amazing students of The Brighton Academy.

We had some fantastic hats to show off made by Jule Harris the founder of the 100 Hats Challenge.



The second event was held on 5th July 2024 at the ARCA Hall in Canterbury Kent where we were entertained by singing star Kev Taylor & guest singer, mesothelioma sufferer, Dave Hurley.

We also welcomed the Thurrock Bikers, a group of motorbike and trike enthusiasts who volunteered their time to attend the event. Thank you all so much for your support. As a mark of respect, we observed a 2 minute silence in memory of those who have passed from mesothelioma and family members who have been affected by it. We enjoyed a buffet lunch with a selection of sandwiches, Rodda's cream tea with Tiptree Jam, cake & refreshments along with a raffle.

## A True Fighter, Our Patron, Anthony Dulwich

It is with great sorrow, we announce that our first Patron, Mr Anthony Dulwich, sadly passed away on 30th September 2024 after a long battle against mesothelioma.



As a charity, we benefitted hugely from Tony's strategic leadership skills, his perspective and his close working relationship with all. He was a great ambassador, a true inspiration and a tower of strength and support for other sufferers. He made his voice heard by allowing his story to be told in the media and in interviews. He actively supported the Asbestos Victims Support Group's Forum UK with the Cape Must Pay Campaign. Tony was a champion for his fellow sufferers.

Our thoughts are with his family and friends at this most difficult time.

We will continue the fight against asbestos exposure and continue to support sufferers and their family members.

A just giving page has been set up in memory of Tony, if you would like to donate and leave a message.

[www.justgiving.com/page/anthonydulwich](https://www.justgiving.com/page/anthonydulwich)



## Labour Party Conference

Our Head of Service, Jodie Bull and our Engagement & Communications Support Advisor, Louise Barringer Chaffe attended the Labour Party Conference in Liverpool in September 2024. They were working alongside members of the Merseyside Asbestos Victims Support Group to represent the Asbestos Victims Support Groups' Forum UK. They were raising awareness around asbestos issues and campaigns including the Cape Must Pay Campaign and gained further support for this vital campaign. We had the pleasure of Sir Stephen Timms, the Minister of State for Social Security and Disability, stopping by for a visit.



## Fundraisers

### Thank you to Laurel Parker - Mead

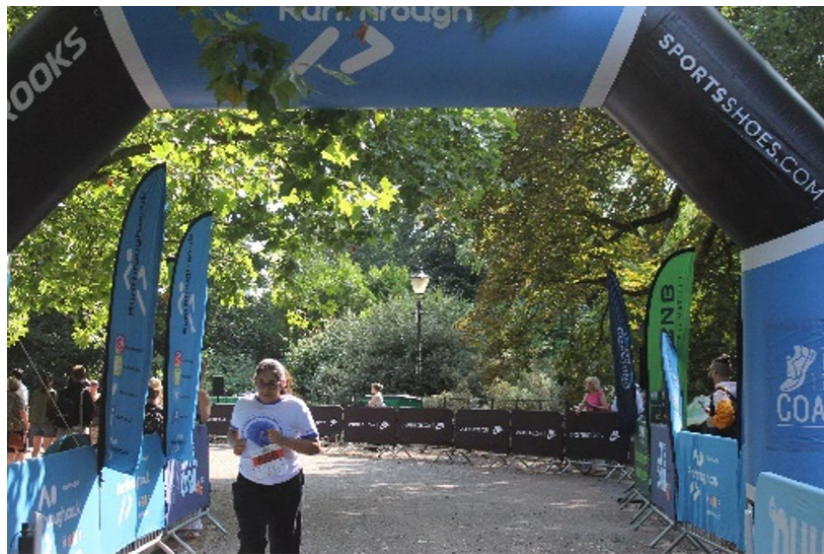


A massive thank you to Laurel, for running the Royal Parks Half Marathon to remember her grandfather, Ken. Laurel also wanted to raise awareness of mesothelioma and the dangers of asbestos as well as wanting to raise some funds to help support other mesothelioma sufferers.

Laurel said, *"I am really pleased to be able to help raises awareness and vital funds for the London Asbestos Support Awareness Group as the work they do is very close to my heart and that of our family."*

Laurel completed her run in an impressive 1 hour & 40 minutes. We very much appreciate the time and effort it takes to train for such a run. We are very thankful to Laurel for her support.

### Thank you to Zara Yasin



A big thank you to Zara Yasin, staff member from Hodge Jones and Allen Solicitors for running a 5K Battersea Park Run in August 2024. Zara spent time raising awareness of asbestos diseases whilst raising funds for our charity.

## Legal News



A Gravesend hospice has received a significant sum of £12,374.91 following a successful civil claim for compensation on behalf of its patient Mr S. The funds reflect the cost of care provided to Mr S, 69, who was sadly diagnosed in August 2022 with mesothelioma.

In Mr S' case, the figure of £12,374.91 which reflected the charitably funded portion of the costs of treatment he received was recovered on behalf of the Hospice as part of his civil claim by his legal team led by Jackie Wood at Thompsons Solicitors. Within weeks of receiving the news his health had deteriorated, and he reached out to the London Asbestos Support Awareness

Group for support, who referred him to Ellenor Hospice to receive palliative care.

The hospice's medical and support staff worked to stabilise his condition and find a combination of medication that helped to improve his symptoms.

Remarkably, his day-to-day health improved so significantly that he was able to return home to his family, returning to the Ellenor Hospice for outpatient treatment on a regular basis.

Mr S was exposed to asbestos when he worked as a mechanic in London in the 1970s. He worked on brake linings which he had to rivet into place and chamfer to ensure a good fit. These processes created dust which stuck to Mr S' clothes and hair. It is well known that brake linings were made of asbestos materials.

Jackie Wood from Thompsons Solicitors, who secured a six-figure compensation payout for Mr S from his former employers after establishing that he was negligently exposed to asbestos whilst at work, said: *"Mr S should never have been exposed to asbestos whilst at work."*

*"By successfully pursuing a claim on his behalf against his former employer Mr S has been able to make this wonderful gesture that will no doubt be a huge boost for the hospice which does fantastic work caring for people with life-limiting conditions across the region."*

Commenting on his illness Mr S said: *"It was such a shock to be diagnosed with mesothelioma, and for my condition to deteriorate so rapidly. The care that I received has been absolutely above and beyond."*

*"The hospice team are amazing, giving me and my wife emotional support as well as the very best medical care. I am forever in their debt. They gave me hope when I needed it most. I want to support their work, and I hope that this money goes some way to helping them to help more people."*

Ellenor Hospice's CEO, Michelle Kabia, expressed deep gratitude for the generous contribution recovered by Mr S through his claim, noting that it will play a crucial role in allowing the hospice to continue providing vital care and support to more patients and their families in the community.

The money will support the Hospice's ongoing work delivering specialist palliative care for patients from across the region.

# HODGE JONES & ALLEN

Men and women who have served in the UK Armed Forces (and civilian contractors to the Ministry of Defence) continue to be at risk from exposure to asbestos. We all know that the development of an asbestos related disease can take years to come to light. Many service men and women who have been exposed to asbestos in their roles may not even realise that they are at risk of developing an asbestos related disease. There are three main sources of asbestos exposure in the UK military:

1. **Vehicles and buildings:** Many of the buildings used by the MOD are old and prefabricated and continue to be used despite the fact that they are in a poor state of repair. In 2019 it was reported that the MOD evacuated the Aschurch vehicle depot due to widespread asbestos contamination. Asbestos has been found in military vehicles, aircraft and ships. Army vehicles have been known to contain asbestos products in everything from their brakes to gaskets. Royal Navy ships often used asbestos in engine rooms and pipes were lagged with asbestos all throughout the vessels – including living quarters. In 2019 the MOD admitted that the Sea King helicopter contained over 90 separate components made from asbestos.
2. **Working practices:** In 2019 the MOD published a report which showed that over 2000 defence equipment platforms, buildings and infrastructure contained asbestos. A further report was published in 2022 which identified 37 key pieces of equipment containing asbestos which are still in use today. Some of the equipment outlined in the reports are very old and so will undoubtedly need maintenance which will put our service men and women at risk of inhaling asbestos fibres.
3. **Overseas exposure:** It is alleged that the MOD exposed UK personnel to asbestos during exercises in Eastern Europe since 2018. It is alleged that our service men and women were exposed to asbestos during these exercises and that the MOD failed in its duty of care to provide safety briefings about potential exposure sources to those participating. It is clear that our UK troops continue to be exposed to asbestos despite the widespread ban on use of asbestos containing materials. The MOD have published statistics to show the number of civil compensation claims for asbestos related disease that have been intimated against them and the figures are startling. It is clear that the legacy of asbestos continues.



# LEIGH DAY

LAWYERS AGAINST INJUSTICE



Harminder Bains Partner at Leigh Day represented John Priestley who was allegedly exposed to asbestos whilst working for Alvis Limited, trading as British Leyland UK Limited subsequently known as Rheinmetall BAE Systems Land Limited. He gave evidence confirming that he was exposed to asbestos whilst working as a quality inspector.

The company made military vehicles and tanks such as the Scorpion, Scimitar, Spartan, Striker, Sultan, Samaritan, Samson and the Stormer tanks.

He alleged that he was exposed to asbestos in numerous ways including, being exposed to asbestos when he inspected the Scorpion tank as the turret contained asbestos. The turret is the name of the cabin where the navigator and gunner would sit.

In addition, he was exposed to asbestos whilst undertaking inspection of the gear boxes and brakes, as the brake pads contained asbestos.

The company agreed to pay John compensation. This included a provision that the company would pay for any future medical treatments recommended by his medical team. After the case was completed John said:

*"Initially, I was advised by The Asbestos Support Group to obtain a Lawyer to act on my behalf at which time I contacted Leigh Day, following their excellent reviews. Harminder immediately contacted me and began working on my case. Throughout the process she worked tirelessly, professionally and always with care and consideration. She kept me fully informed of any progress and fully explained each step of the negotiations. On behalf of myself and my family, we can't thank Harminder enough, her understanding of our situation was outstanding and I have no hesitation of recommending Harminder and her team at Leigh Day Solicitors."*

John & Julia Priestley

# Newsflash!



**We are delighted to announce that we are funding the new Mesothelioma UK Clinical Nurse Specialist appointed to support asbestos-related cancer patients in London.**

Karen Connolly joins the national charity, Mesothelioma UK, in a role funded by us and is located at St Bartholomew's Hospital in London.

She will be supporting mesothelioma patients referred to the Barts Health NHS Trust through their diagnoses and treatment, working with colleagues at other clinical sites across London.



Commenting on her new role, Karen said:

*"As an experienced lung cancer nurse, I've worked with patients diagnosed with mesothelioma and with Clinical Nurse Specialist colleagues, so I have a good understanding of the disease and the support available. In this new position, I'm hoping to play a role in developing the treatment, care and support available for mesothelioma patients and their families, ensuring that they get access to new and effective treatments for their symptoms."*

Head of Nursing for Mesothelioma UK, Leah Taylor added: *"We're delighted to welcome Karen to the Mesothelioma UK network of Clinical Nurse Specialists located around the UK. London is such a key area for the charity in terms of the availability of nurses so to have someone with Karen's experience and expertise, generously funded by the supporters of the London Asbestos Support Awareness Group, is a really positive development."*

Our Head of Service Jodie Bull commented:

*"We are thrilled to be able to provide funding support for the Mesothelioma UK Clinical Nurse Specialist at St Bartholomew's Hospital in London. We work closely with the nurses, consultants and healthcare assistants to ensure that mesothelioma patients are provided with as much quality support as possible. Having worked with Karen in previous nursing roles, we are absolutely delighted to be able to assist her with ongoing support for patients and we very much look forward to working with Karen in her new role."*

## A big welcome to our newest staff members

It is with great pleasure we extend a big warm welcome to two new members of our team, Denise Burwell, Events Coordinator and Gemma Smith, Client Support Advisor.

Denise joined us in August 2024. Sadly, Denise has suffered personal loss as her father was diagnosed with mesothelioma in April 2019 and tragically died on her birthday in March 2020. Denise's personal experience with mesothelioma was her motivation for becoming a volunteer for Mesothelioma UK as well as volunteering her time locally for London Asbestos Support Awareness Group.

Denise said *"I am delighted to have joined LASAG, working alongside Jodie and the team, where I will be using my broad range of skills and experience, and love of planning and organising. I hope to help put together some great events for patients, carers and supporters, to help make a difference to the lives of people affected by asbestos"*.

If you would like further information or to join our team of fundraisers and volunteers please contact Denise on [events@lasag.org.uk](mailto:events@lasag.org.uk)

Gemma joined our charity in November 2024 as our new Client Support Advisor. She is supporting patients in Norwich, Norfolk and Suffolk. Gemma has 12 years of experience working within the care industry and has been described by her clients as "a breath of fresh air who always goes above and beyond". Gemma has a kind, caring and compassionate nature and is committed to providing exceptional support to sufferers and family members who have been affected by an asbestos disease. She has a drive to make a positive impact in the community. Gemma said *"I am so very excited to join London Asbestos Support Awareness Group, and I am looking forward to providing the best support I can in my local area. I am very pleased to have been given this opportunity and I hope to make a difference"*.



## Save the Date 2025

### Fundraising and Volunteer Group Meeting January 2025

Our Events Coordinator has created a group of fundraisers and volunteers and has planned a meeting on the 29th January 2025 at 11am via Zoom. If you would like to join or to find out more about the group, please contact [events@lasag.org.uk](mailto:events@lasag.org.uk).

### Asbestos Awareness Walk April 2025

We are planning a walk in London on 3rd April 2025 to raise awareness of asbestos during asbestos week. We also plan to raise funds to support the funding of Mesothelioma Clinical Nurse Specialists. Final details are to be announced. If you would like to join us or would like to get involved in supporting the planning or fundraising, please contact Denise via email [events@lasag.org.uk](mailto:events@lasag.org.uk).

### Action Mesothelioma Day Events July 2025

We are planning out Action Mesothelioma Dates for 2025. Our London Event is planned for 2nd July 2025 where we have some amazing guest speakers planned along with a lunch and some light entertainment. Our second event will be held in Canterbury on 4th July 2025. Final details will be announced in 2025. If you have any ideas or would like to get involved, please contact Denise via email [events@lasag.org.uk](mailto:events@lasag.org.uk).

### Black Tie Event October 2025

A black-tie event is being planned by a family member for 4th October 2025. It will consist of a 3-course meal, magnificent singer, Ray Lowe, a raffle and an auction. Further details are to be announced.

# Support Group Information

We run several support groups on a monthly basis for sufferers of mesothelioma and other asbestos related diseases. Many of those suffering from asbestos diseases welcome the information they obtain at these meetings as well as friendships that are made. We invite special guest speakers to enhance our groups to ensure we can provide as much support as possible. All our groups are free and refreshments are provided at no cost to you. Our Client Support Advisors very much look forward to seeing you there:

## 1. Rainham, Kent Support Group

Rainham Cricket Club, Berengrave Lane, Rainham, Gillingham, ME8 7NA.

This support group is facilitated by Lung Clinical Nurse Specialists from Medway NHS Foundation Trust, along with our Client Support Advisor, Jade Hannan. It takes place on the 1st Tuesday of each month at 3.00pm-4.30pm.

## 2. Canterbury, Kent Support Group

ARCA Hall, 151 Ashford Rd, Canterbury CT1 3FA.

This group is run by our Client Support Advisors, Denise Hodges and Jade Hannan with extra support from Clinical Nurse Specialist and Mesothelioma UK Nurse Toni Fleming and her team. Together they can offer one to one support on individual circumstances. The group takes place on the 2nd Tuesday of every month at 2.00pm-4.00pm.

## 3. Tunbridge Wells, Kent Support Group

Mercure Hotel, The Park View Room, 8 Tonbridge Rd, Pembury, Tunbridge Wells, TN2 4QL.

This group is jointly run with the Mesothelioma UK Nurse, Louise Gilham and our Client Support Advisor, Denise Hodges. This will take place on the last Wednesday of each month at 2.30pm-4.00pm

## 4. Dartford, Kent Support Group

Temple Hill Community Centre, Littlebrook Manor Way, Dartford DA1 5HY

This group is facilitated by our Client Support Advisor, Jade Hannan, alongside Lung Clinical Nurse Specialists from Darent Valley Hospital who will be on hand to answer your medical questions that you may have. This group is run every 3rd Friday of the month at 1pm – 2.30pm.

## 5. Chelmsford, Essex Support Group

Toby Carvery, Chelmsford, Essex, 1 Dukes Lane, Springfield, Chelmsford, Essex, CM2 6AD

This group is jointly run by Client Support Advisors, Louise Chaffe and Deborah Blois, alongside a Cancer Care Navigator from Broomfield Hospital. It takes place on the 1st Friday of each month at 11am-1pm.

## 6. Harlow, Essex Support Group

The Church of Jesus Christ Of Latter – Day Saints, Tysea Road, Harlow, CM18 7DR

This group is supported by the Harlow Lung Clinical Nurse Specialist team, who will be available to answer any of your medical needs and facilitated by our Client Support Advisor Deborah Blois. It takes place on the 1st Wednesday of each month at 2pm-4pm.

## 7. Surrey Support Group

Toby Carvery, 45 Cheam Road, Epsom, Surrey, KT17 1QZ

This support group is run by our Client Support Advisor, Jade Hannan, supported with expert advice from Mesothelioma UK Clinical Nurse Specialist Tollene Riley and other special guests. This group takes place every 6th Monday at 12pm-2pm.

## 8. Dagenham, East London Coffee Morning

Toby Carvery Moby Dick, Whalebone Lane, Dagenham, RM6 6QU

This coffee morning is run by our Client Support Advisor, Jenny Thompkins. It is the opportunity to meet others who have been diagnosed with an asbestos related disease for an informal, friendly gathering. This group takes place every other month on a Thursday at 11am – 1pm.

## 9. Watford, Hertfordshire Support Group

Stanborough Centre, St Albans Road, Watford, WD24 9JT

This support group offer mesothelioma and lung cancer sufferers the opportunity to join the Clinical Nurse Specialists and other key professionals for this support group. The group runs on the 1st Tuesday of each month at 2pm – 4pm.

## 10. Norwich & Norfolk Support Group

Big C Centre, Norwich & Norfolk University Hospital, Colney Lane, Norwich, NR4 7UY

This group is run by the Clinical Nurse Specialist Team from Norwich & Norfolk Trust. It is run on the last Saturday of each month at 1pm – 3pm.

## 11. Online Zoom Support Group

This group is run by support worker Louise Chaffe. The format for the Zoom meetings is to give up to date information followed by a question and answer session.

We often invite special guest speakers, relevant to the topics of the session. This is normally run around every 6 weeks – dependent on availability of guest speakers. See our website for more information or contact Jodie Bull on [jodie@lasag.org.uk](mailto:jodie@lasag.org.uk).

## Friendship Group Information

### 1. Dagenham, East London Coffee Morning

Toby Carvery Moby Dick, Whalebone Lane, Dagenham, RM6 6QU

This friendship group is run by our Client Support Advisor, Jenny Thompkins. It is the opportunity to meet family members who have lost a loved one to an asbestos related disease. It is an informal and friendly gathering. This group takes place every other month on a Thursday at 11am – 1pm.

### 2. Canterbury, Kent

Fenwicks Department Store, St George's Street, Canterbury, CT1 2SR

This friendship group is run by our Client Support Advisor, Denise Hodges. This is a group for family members and friends to meet and chat but also to support each other. This group takes place every 2nd Wednesday at 10.30am – 12.30pm.

## Meet Our Team

Our team is very diverse and is experienced in supporting sufferers of mesothelioma and other asbestos related diseases.

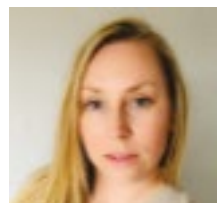
Our staff all have the skills, professionalism, knowledge and empathy that is expected to deliver a first class service to sufferers at all times. Our team is continually upskilling and trained to ensure their professional and personal development is of a high standard.



### Jodie Bull

#### Head of Service

Jodie has worked in the Healthcare industry for most of her career, managing services in the South East. Jodie has experience in supporting patients in the community who were suffering with conditions ranging from COPD, Motor Neurone Disease, several types of cancer, Parkinson's disease and the early stages of dementia through to end of life care. Jodie has experience of working with social services, district nurses, occupational therapists, dietitians, doctors, discharge planning teams and specialists. She then expanded her knowledge and experience into the private Ambulance sector as an Operations Manager. Jodie has a passionate caring nature and her clients, valued staff and volunteers are always her priority.



### Louise Chaffe

#### Communication & Engagement Support Advisor

Louise joined the charity after spending 11 years working in the Police Control Room, answering 999 calls. Louise then progressed on to a more senior role which involved supervising the officers. Louise then expanded her experience in the community to support vulnerable adults in their homes. This role included support and encouragement to access the community. Louise has a calming, caring, empathetic nature and follows a productive work ethic due to the nature of her experiences.



### Denise Hodges

#### Client Support Advisor

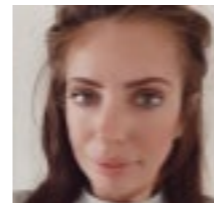
Denise started her career as an adult nurse in acute medicine and worked with bowel cancer patients as a nurse practitioner before becoming a Lung Cancer Nurse Specialist. She has gained a wealth of experience and a vast knowledge of mesothelioma and other asbestos related diseases from working with patients. When she retired from the NHS, she joined us and has been able to continue to use her "registered nurse" knowledge to give invaluable support to the sufferers and their families.



### Jenny Tompkins

#### Client Support Advisor

Jenny joined the charity after working as a Private Ambulance Operations Manager and as a 999 Call Handler for the Metropolitan Police, dealing with different backgrounds and situations. She started her career as a mortgage advisor and arrears counsellor for 15 years at Halifax Building Society. The fundamental part of this role was understanding the needs of her clients, giving accurate advice and guidance. Jenny is proactive and organised with an understanding, empathetic and kind nature.



### Jade Hannan

#### Client Support Advisor

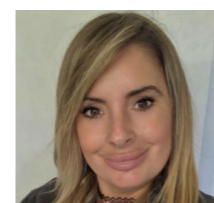
Jade has personal as well as professional experience having had family members go through the treatment process, therefore she expresses empathy making it all the more important to her to support sufferers through such a daunting and difficult time. Jade is enthusiastic, hard working and has a passion for helping others. She is always happy to support events to raise awareness, raise funds and volunteer.



### Deborah Blois

#### Client Support Advisor

Deborah qualified as a nurse in 1985 and has worked in the NHS for most of her career, as a district nurse supporting patients in the community and also hospital based as an oncology research nurse working on lung and bowel cancer clinical trials. Until she joined us, she worked as a Clinical Nurse Specialist in lung cancer and mesothelioma in well-known hospitals such as St Bartholomew's Hospital London & King George Hospital Essex, supporting patients and their families throughout their cancer journey. She has gained a wealth of knowledge and experience.



### Gemma Smith

#### Client Support Advisor

Gemma joined our charity in November 2024 as our new Client Support Advisor and has 12 years of experience working within the care industry and has been described by her clients as "a breath of fresh air who always goes above and beyond". She has a kind, caring and compassionate nature and is committed to providing exceptional support to sufferers and family members who have been affected by an asbestos disease.



### Denise Burwell

#### Events Co-ordinator

Denise joined the London Asbestos Support Awareness Group as Events Coordinator in August 2024, her role is to plan and organise events including fundraising. Denise has suffered personal loss as her father was diagnosed with mesothelioma in April 2019 and tragically died on her birthday in March 2020. Denise's personal experience with mesothelioma was her motivation and drive for becoming involved. She has full understanding and empathy for the impact and devastation caused by this horrific 'almost entirely preventable' disease.



# Contact us:

E-mail: [support@lasag.org.uk](mailto:support@lasag.org.uk)

Website: [www.lasag.org.uk](http://www.lasag.org.uk)

Telephone: 0808 278 2515

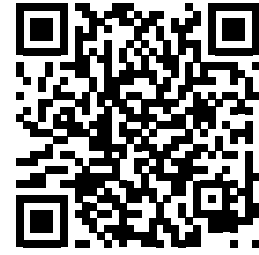
Twitter: [@LASAGUK](https://twitter.com/LASAGUK)

Linked-In: [@London-Asbestos-Support-Awareness-Group](https://www.linkedin.com/company/@London-Asbestos-Support-Awareness-Group)

Instagram: [@LondonAsbestosSupportGroup](https://www.instagram.com/@LondonAsbestosSupportGroup)

Facebook: [LondonAsbestosSupportAwarenessGroup](https://www.facebook.com/LondonAsbestosSupportAwarenessGroup)

For simple donations you can scan the QR code and donate directly:



## Ways to donate to us to enable us to continue our vital work

We are registered with Just Giving. If you would like to donate or set up a fundraising page via our just giving page visit [www.justgiving.com/lasag](http://www.justgiving.com/lasag)

As a not for profit charity we are always looking for ways to fundraise. You can support in many ways as follows:

- You can choose to give a regular monthly donation in memory of a loved one.
- Tribute collections at a funeral, memorial service, setting up a tribute page or a regular gift on a special date.
- Leaving a gift in a will - some clients choose to leave a legacy donation to help support more people affected by mesothelioma and other asbestos related diseases.

Should you wish to make a direct payment to us, our bank details are as follows:

### Bank Payments

Bank: **Lloyds**

Sort Code: **30-98-90**

Account No: **18406368**

Account Name: **London Asbestos Support Awareness Group**

Card Payments

Secure online donations can be made at:

[www.lasag.org.uk/donation](http://www.lasag.org.uk/donation)

Alternatively cash/cheque payments can be sent to our registered office at:

**Farthings, Bridle Lane, Loudwater, Rickmansworth, Herts, WD3 4JQ**

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