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Asbestos Council of Victoria (ACV) and  
Gippsland Asbestos Related Diseases Support Inc (GARDS)



# ASBESTOS

## NEWS

INCORPORATING SILICA

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# Covid-19

ACV/GARDS wanted to reach out to its members and supporters to say “hang in there” we are all doing a great job. We have to keep the good work up – until the gov says we can come out.

We have been trying to keep in touch with our members by any means we can – if you want to reach out to us you are most welcome.

Vicki has been working during this difficult time and still happy to talk to any of our members or take calls for info on asbestos and silica. Call the office or email us happy to talk to you. We can arrange zoom – facetime – skype and Microsoft meetings – we are doing all modes of electronic communication.

Reminding any of our members with respiratory breathing issues if you require any assistance or think you have contracted COVID – 19 call your local hospital and ask to speak to someone about your condition – do not wait – if you are experiencing any problems breathing make that call. Do not in any circumstances just turn up to a medical centre or hospital without calling forward – we want to keep you safe and those around you.

There are testing stations set up all over Victoria – you need to ring the phone no on page 2 for more info. If you are stressed or want more info on COVID-19 please call the numbers and read information on page 2 of this edition -Update on restrictions as of Tuesday 12th May – What are Victoria’s new rules?

Five people can visit another home - 10 people can gather outside for recreation and social activity - Sports teams can start training - A plan to restart schools is being drawn up - Counselling services and community groups allowed with 10 people - Weddings can have 10 guests. Indoor funerals 20 guests; outdoor funerals 30 - Auction houses and real estate auctions can have 10 people - Cafes and restaurants are still takeaway only - Holidays including camping are still banned - Working from home still encouraged – Please see info on next page and contact details.



**FIND US ON FACEBOOK**  
You can find our link on the home page of the ACV/GARDS website or at our [facebook.com/gardsinc](https://facebook.com/gardsinc).



**FOLLOW US ON TWITTER**  
[twitter.com/VickiHamilton@ACV\\_GARDS](https://twitter.com/VickiHamilton@ACV_GARDS)

# FACTS ABOUT CORONAVIRUS

UPDATE

## Symptoms of COVID-19

The symptoms to watch out for are:

- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.

To get further advice, call the 24-hour coronavirus hotline **1800 675 398**, your local doctor

## Regional walk-through pop-up clinics:

- **18 Saskia Way, Morwell.**

**Operating hours 9.00am - 4.00pm from Tuesday 12 May. No appointment necessary.**

Remember, if you have any of the symptoms, however mild, you should seek advice and get tested. To get further advice, call the 24-hour coronavirus hotline **1800 675 398**, your general practitioner. You can also go to this link for further information on testing <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

## What happens if I test positive or negative?

Your doctor or the clinic where you were tested will contact you, either by calling or by SMS to notify you of your results, regardless if it is positive or negative.

If you test positive, whether or not you have symptoms, you will need to self-isolate. You will be contacted by a public health worker from DHHS for advice on the next steps.

If you test negative, your doctor or the clinic you were tested at will notify you of your result.

## Changes to Victoria's lockdown – State of Emergency continues

The State of Emergency in Victoria continues to remain in place and will be reviewed on 31 May 2020. All information on the State of Emergency and the stay at home directions for Victoria can be found here.

### There are now five reasons for you to leave home:

1. Shopping for what you need - food and essential supplies
2. Medical, care or compassionate needs
3. Exercise in compliance with the public gathering requirements – see alterations
4. Work and study - if you can't work or learn remotely

### The new fifth reason is

5. Visiting friends and family – with a maximum gathering of up to ten outdoors or having up to 5 visitors in your home.

Summary of changes – effective Wednesday 13 May 2020

## Gatherings - Outdoor

- Allowable in groups of 10 – maintain social distance.
- You cannot organise a gathering of more than 10 people.

## Gatherings – Indoor

- Allow up to 5 visitors in the home in addition to the normal residents from Wednesday 13 May.
- The total number of guests remain at 5 regardless whether indoor or outdoor at home.

## Education

Transition back into the classroom for face to face learning was announced today:

- **26 May** – Years 11 and 12, Prep, 1 and 2 and all specialist school children begin face to face learning.
- **9 June** – Years 3 -10 begin face to face learning.
- Allowances for Year 10 students studying a Unit 1 & 2 VCE subject are being made by individual schools. Please check with your school for plans if this affects your child.
- There will be rules around staggered drops offs, teachers social distancing, hygiene, parents will not be allowed to enter the school grounds.
- Schools are to be cleaned and disinfected daily.
- Recess and lunchtime breaks will be staggered to assist social distancing.

Individual schools will communicate transition details directly with families.

## Workplaces

- Work from home unless not possible.
- You must stay home if you are unwell.
- Workplaces should develop a COVID-19 plan in accordance with Safe Work Australia National COVID-19 Safe Workplace Principles
- Maintain physical distancing, 4 square metres per person must be

## Ten ways to reduce your risk of Coronavirus

1. **Wash hands** often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
2. **Try** not to touch your eyes, nose or mouth.
3. **Cover** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
4. **Isolate** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
5. **Phone** your GP first if you need medical attention. They will tell you what to do.
6. **Continue** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline **137 848**.
7. **Don't** wear a face mask if you are well.
8. **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol.
9. **Get** the flu shot.
10. **Shaking hands** is optional!

maintained, hand hygiene, respiratory hygiene, frequent cleaning and disinfection must be undertaken.

## Weddings

- 10 guests in addition to couple and celebrant.
- Recording keeping of all names and contact details.

## Funerals

- Allowed 20 mourners indoors, unless held at a private residence then only 10 allowable.
- Allowed 30 mourners if held outdoors.
- Contact details of all attendees must be kept.

## Religious Public Gatherings, Places of Worship, private prayer and mosques

- Allow private worship or small ceremonies up to 10 people plus the additional person conducting the ceremony.
- Must keep records of all attendees and contact details to assist in contact tracing.

## Hairdressers and Barbers

- Open but must maintain social distancing and oblige with density requirements of 1 person per 4 square metres rule.

## Beauty Salons – remain closed

## Retail – excluding cafes, restaurants and beauty salons

- No specific restrictions on retail, shopping malls.
- Must maintain physical distancing and density must be adhered to - one person per 4 square metres of space.
- Hand hygiene, respiratory hygiene must be undertaken.
- Frequent environmental cleaning and disinfection to be undertaken.

## Auction Houses

- Allow a maximum of 10 people.
- Density quotient of one person per every 4 square metres applies.
- Operator must keep records and contact details of all attendees.

## Real Estate auctions and open homes

- Auctions - Allows up to 10 people on top of agent and home owners.
- Inspections – Maximum of 10 people allowable.
- Operator must keep records and contact details of all attendees.

## Restaurants and Cafes

- Takeaway only, no seated service allowable.

## Casinos, gambling and gaming venues

- Open must maintain baseline restrictions on bars and gaming rooms.

- Cafés and restaurants associated with the venue must adhere to restrictions.

## Community Centres (Halls, Youth Centres, Community Clubs, Sporting clubs, RSL's etc)

- Where permitted to operate the following apply:
  - 10 people for a support group
  - Density quotas apply. 1 person per 4 square metres
  - Does not include any activities for sport
- Contact lists must be kept and maintained
- Groups that can meet in a hall include:
  - Parents group
  - Youth Group
  - AA meeting
  - NA meeting
  - Alcohol, drugs, family violence and parents support groups
  - Foodbank

## Boot camps and Personal training

- Allow up to 10 people plus instructor.
- Bring own equipment where possible or disinfect between use.
- Indoor sports stadiums, venues and gyms to remain closed.

## Caravan Parks and associated camping grounds

- Closed to tourists.
- Open for residents and essential workers.
- No group gatherings.

## Hostels

- Open for accommodation.
- Restaurants and cafes closed.
- No group gatherings in the premises.

## Libraries

- Can be used a venue for essential service or support for up to 10 people.
- Operator must keep lists of visitors and contact details.

## National & State Parks – open with following restrictions

- Allow hiking, fishing, hunting, prospecting, diving, boating and other activities on public land – day time only, no overnight trips permitted.
- Maximum gathering of 10 people in any group.
- Must maintain social distancing of 1.5 metres.
- Camping overnight is not permitted anywhere.
- \*Please Note\*, at the time of writing the State Minister for Environment has not released an official list of the National Parks open to the public.
- For the current status of National and State Parks re-openings please visit Parks Victoria or click here

## Parks, playgrounds, outdoor gyms and skate parks – remain closed

## Sport and Exercise

- Up to 10 people (or people of the same household).
- Activity must be reasonable capable of being undertaken at 1.5 metres.
- Keep social distancing.
- If in a club or formal group – lists must be kept of participants and it is 10 participants plus coach or instructor.
- Golf is now allowable.

## Professional Sport

- Can use facilities such as pools, gyms, arenas, stadiums to conduct professional sport use without members of the public.

## COVIDSafe App

The Federal Government's new COVIDSafe smartphone application is a critical step forward to save lives and better protect our community against the spread of coronavirus.

The app can be downloaded from the GooglePlay and Apple stores. For more information visit [www.health.gov.au/resources/apps-and-tools/covidsafe-app](http://www.health.gov.au/resources/apps-and-tools/covidsafe-app)

At the time of print this information was correct – the information is subject to change by government due to the very nature of the virus.



# Roll call on Asbestos & Silica Awareness sessions to TAFE Apprentices

ACV/GARDS started the first half of this year in March 2020 conducting asbestos and silica awareness sessions to Apprentice Carpenters at Chisholm TAFE Dandenong.

We had 15 bookings over the next month for apprentice Plumbers, Carpenters and Painting and Decorating but due to COVID-19 we have had to cancel bookings for the foreseeable future. So, these were the lucky groups that did manage to get a session with us.

We hope that all the apprentices that are still working on sites are practicing safe distance and good hygiene, The longer

this pandemic has been going on we are now seeing that this effects the young as well as the rest of the population. Please take care of yourself if you are still lucky enough to be working and your family members – the virus does not discriminate it can touch us all. We have found a good saying for those who are in quarantine and finding it hard – Tell yourself and others who complain –

“You’re not stuck at home – your safe at home – and one word can change your attitude and one cough can change your life”

Hope to be back up and running these sessions as soon as we can until then Stay Home – Protect Our Health System – Save Lives

## Gippsland TAFE - Newborough Painters & Decorators



## Chisholm TAFE - Dandenong Carpenters



## Chisholm TAFE - Frankston Carpenters



# Orana Elderly Citizens Club - Asbestos & Silica Awareness

5th March ACV/GARDS attended a lunch meeting of the Orana Elderly Citizens Club in Newborough. There were some 30 members who attended – it was lovely to meet all those who came.

The feedback from the session was that they all were surprised what contained asbestos and the severity of silica dust in trades people and how young those tradies were who are sick. The members asked many questions and all in all it was very nice to meet and talk with them – Thank you for asking us to one of your meetings glad you found it interesting.



## Make a Donation

### DID YOU KNOW?

You can make an online donation to our group at our home page [www.gards.org](http://www.gards.org) or using the secure engine of [GiveNow.com.au](http://GiveNow.com.au)



# Braden Barnes Personal Silica Story

35 year old – from Sale, father of two, Braden Barnes, suffers from the occupational disease silicosis, caused by his previous work as a stonemason between 2003 and 2016. Unfortunately, the life-changing reality of Braden’s work as a proud stonemason came to the surface in 2014 when he first began experiencing symptoms related to his condition including shortness of breath and a persistent cough.

Over time, Braden was eventually diagnosed with silicosis, as well as secondary illnesses, scleroderma and Raynaud’s disease, all of which have had a profound impact on his life, and altered his and his family’s plans for the future.

Silicosis is an incurable lung disease is caused by exposure to silica dust, and involves irreversible scarring and stiffening of the lungs. Crystalline silica, often dubbed “the new asbestos” is a natural mineral, found in stone products such as reconstituted stone, granite, marble and sandstone. It is also present in other building materials such as concrete, bricks and mortar. The content of silica present depends on the material. For example, reconstituted stone, which Braden Barnes spent the majority of his career working with, often contains a very high crystalline silica content, up to 95%.

The increasing demand for kitchen and bathroom benchtops manufactured from reconstituted stone, on the back of home improvement trends and reality television, has caused

the stonemasonry industry to expand rapidly in Australia. The appeal of reconstituted stone is due to a variety of factors including its low cost, design, durability, and ease of installation. The amount of manufacturers and suppliers of the product has grown exponentially, sadly at the expense of the health and wellbeing of workers like Braden Barnes.

Braden’s work involved the fabrication of stone benchtops in factories and performing installations on site. Through his use of reconstituted stone, Braden was exposed to high amounts of silica, made worse by the fact that he worked in poorly ventilated environments and wasn’t provided with adequate protection.

After leaving the stonemasonry industry in 2016, Braden retrained and attempted to work in alternative industries. This attempt proved unsuccessful, as the seriousness and reality of Braden’s symptoms came to a head and forced him to stop working. Braden’s life has now dramatically changed, and the inability to predict the progression of this illness means that Braden’s future plans cannot be certain.

In a bid to seek compensation for his illness, Braden pursued a statutory worker’s compensation claim for his illness through Maurice Blackburn Lawyers. Braden has subsequently been compensated for his loss of wages and medical

expenses, together with a lump sum. Braden is now pursuing a claim in negligence against his former employers who exposed him to silica dust at work.

Individuals who are exposed to silica dust in the course of their work or have been diagnosed with a silica-related lung disease including silicosis should contact Maurice Blackburn Lawyers on **1800 991 543**. It doesn’t cost anything to register your exposure or illness and may protect the future for you and your family in years to come.

If you are after more information on Silica you can visit the WorkSafe Vic web site <https://www.worksafe.vic.gov.au/crystalline-silica>

**Free Health Assessments For Stonemasons**



# Metro Asbestos Awareness Day Event 2019

26th November 2019 saw the inaugural Asbestos Awareness Day event conducted at the City of Melbourne Bowling Club in the Flagstaff Gardens.

The speakers were inspirational and motivational. We want to thank all those who helped us on the day to set up and pack up – these events don't just happen without a lot of planning and elbow grease. Thank you to the CFMEU Victoria for all the help they gave us in getting donations from organisations and businesses to sponsor the event – those sponsors were – A big thank to – Zealmore Australia, ats – Australian Technical Services, Prensa, Mann Group, AAH Contracting, City Circle Demolition, EnviroProtect, PROAS, SLH Industries,

iRisC Pty Ltd, Australia Wide Asbestos Removal Encapsulation (AWARE) – Melbourne. We would also like to thank The City of Melbourne Bowling Club staff who were very helpful on the day, Olive & Thyme for the catering – the food was yummy, Lilly Pilly for the presentation of the flowers. Our gratitude to our speakers who joined us on the day and gave inspiring talks about their involvement in asbestos issues : Maitea Lovric widow of Tony Medina CFMEU organiser who contracted mesothelioma and now Maitea is our Coordinator for our ACV/GARDS Metro Asbestos and Silica Support group, Nadine Medina – Daughter of Tony & Maitea – told us all just how this sort of ordeal effects the whole family when someone contracts and dies of mesothelioma, Dr Gerry Ayers OHSE Manager

– CMFEU – who outlined his involvement in asbestos all his professional career, Halil Ahmet Senior Hygienist WorkSafe Vic – who has gained more than 20 years experience dealing with asbestos issues. To our talented and very inspirational singers The Choir of Hard Knocks who were an inspiration to us - they entertained and delighted those present – all these people added to the magic of the event. We would like to sincerely thank Rev'd Matt Williams from St James' Old Cathedral West Melbourne for the Ecumenical Service he conducted which made the day that much more special for our families and their loved ones. To all that attended thank you for making this special moment in time and making our inaugural event such a success.

**Photos continued on page 6**



# Metro Asbestos Awareness Day Event cont.



## Visit by APHEDA and the CFEMU Asbestos Training Unit

In Feb 2020, Melbourne, Union Aid Abroad – APHEDA hosted a delegation of nine ban asbestos campaigners and union leaders from Cambodia, Indonesia, Laos, and Vietnam to train in best practice asbestos removal and regulation.

The nine campaigners who participated in the training sessions of asbestos removal with the CFMEU training unit were Nguyen Chi Cong (Nghe An Federation of Labour), Sambath Chan (Solidarity Centre), Thy Yann (Building

Woodworkers Trade Union of Cambodia), Rany Teng (Union Aid Abroad – APHEDA Cambodia), Inpeng (Laos Federation of Trade Unions), Muchamad Darisman (Local Initiative for OHS Network – LION), Subono (SERBUK Union), Doctor Ade Dwi Lestari, and Ms Dwi Irawati (Industrial Hygienist)

The delegation of ban asbestos campaigners also visited the Asbestos Council of Victoria/GARDS in Gippsland. The group met with CEO Secretary Vicki Hamilton and President Dorothy Roberts who shared important lessons for advocacy and support for communities of people affected by asbestos-related diseases.



# Gippsland Asbestos Awareness Day Event 2019

29th November saw the Annual Asbestos Awareness Day event conducted in the Centenary Rose Garden, Morwell. The weather was kind to us this year and the speakers were inspirational and motivational.

We want to thank the GTLC for arranging some of the union members who helped us on the day to set up and pack up – again as with the metro asbestos awareness day, these events don't just happen without a lot of planning and elbow grease. Thank you also goes to

the GTLC for the great BBQ that they cooked for the community. The BBQ was very much appreciated – We would like to thank our speakers who came and shared their experiences around asbestos in all its forms.

Those speakers who attended were: **Halil Ahmet** Senior Hygienist with WorkSafe, **Maitea Lovric & Nadine Medina** – wife and daughter of Tony Medina CMFEU organiser who passed away from mesothelioma – **Steve Dodd** AMWU organiser and Secretary of the GTLC. To our talented Musicians/Singers – **Danny Boothman** - **Yallourn Madrigal Singers** - **Bag piper** – **Richard**

**Harris** – all these people added to the magic of the event.

We would like to sincerely thank **Canon Jeff Richardson** from St James Church Traralgon for the Ecumenical Service he conducted - it was such a special moment in our event and those who were there said it made that part of our program where we were celebrating and highlighting all those who had been touched by asbestos thought provoking and emotional, especially for our families and their loved ones.



# Gippsland Asbestos Awareness Day Event cont.



## ASBESTOS AWARENESS MORNING TEA IN GIPPSLAND

20th November - ACV/GARDS invited all from the community to join them at their office for scones jam and cream.

It was a great success with an office full of those who were interested in asbestos issues and the well being of those who have contracted the disease.

It was great to see new faces among those who attended and we hope that everyone went away from the morning finding out that much more about asbestos and the issues that

communities face, especially one like ours where we have 7 times the state average for mesothelioma.

We at ACV/GARDS are very aware of the devastation that this carcinogen causes in a community and we try to the best of our ability to help all those who seek our assistance in some way.

We had prepared asbestos samples for those who were interested and we had on hand many experts in their field to talk to anyone who needed focused information on



particular subjects – whether that was in the domestic scene or the industrial scene, we could cover it with our expert professionals that attended.

All in all a very good morning with much chatter happening in all

corners of our office. The raffle raised \$67 and gold coin entry raised \$61 thank you to all those who participated. We would like to thank Maurice Blackburn Law Firm for sponsoring the morning tea – big thank you to Sally Weir and the team.



ACV/GARDS

# Christmas Lunch 2019

7th December was the annual Xmas lunch get together – which might I say was enjoyed by all who attended. Santa did his usual appearance and gave out plenty of laughs and pressies.

Our venue was the Morwell Bowling Club and we want to thank the Bowling club for the lovely food – it was very yummy. The table service, wonderful, and the room was made special with all the decorations.

Our Xmas raffle was a great success and thank you to our members who donated to the raffle – All

presents for the raffle were donated by our members this year.

Thank you to you all. We raised \$214 – without all of you who make this day possible we could not have so much success and wonderful memories of a fun day for all.

Thank you to you all and we hope that we can enjoy the fun again at Xmas this year with the hopes that the corona virus will have settled and that we may be able to enjoy each other's company once more .

Take a look at our members in these pics taken on the day – moments in time - memories for a life time.



ACV/GARDS

# Christmas Lunch 2019



ACV/GARDS

# Christmas Lunch 2019



## BRIAN BOYD STORY



My first encounter with asbestos was in the 1970's, when I was engaged as a mechanical fitter by the (at that time) most prestigious hotel in Perth, The Parmelia Hilton.

The lagging on all of the pipes throughout the hotel was asbestos, but I never gave this a thought at the time. The dangers surrounding the use of this product were hidden by the carefully crafted public perception that only people exposed to large quantities over long periods of time were vulnerable. It took many more years before the fact that even just a few fibres could prove fatal became public knowledge, and Australian manufacturer, James Hardie, was shamed into relocating that part of its business overseas. I worked at the Parmelia Hotel for about 2 years.

In 1982, my family and I moved north up to the little seaside town of Dampier

in the Pilbara region of Western Australia, where I was employed by a tug boat company, "Pilbara Harbour Services", for 20 years. In that period, we all worked with the asbestos that was on brake shoes and other equipment. It took about 10 years before management had all the asbestos removed from the tugs; sadly it was way too late. The damage had been done.

I feel angry when I remember coming home to greet my two sons, wrestling and playing with them while still in my asbestos-tainted work clothes. My wife was again exposed to asbestos as she handled and washed those clothes. My boys were so young, and now I fear what may lay ahead for them in the years ahead. Every day I pray that they have escaped any harm from these poisonous fibres. I carry an immense feeling of guilt because of what I might have unwittingly done to my beautiful family.

I understand there are nearly always issues of possible danger in the path we take in our quest to earn a living. Mine, unfortunately, was working in an environment that placed me in sustained periods with asbestos. "Such is life". (Thanks, Ned).

For all those years that this danger was kept a secret from those who had the most to lose- workers from many industries, and their families- to those who were responsible "Shame on you". You took the lives of so many innocents, some of whom were never to see their kids or grandkids grow up and get married. And the death toll is still rising. You prized profits over lives: Shame on you, Shame on you, Shame on you. - Brian Boyd

Brian has written a song that you can listen to on our Facebook site just scroll to 12th of March 2020 and you can click on it there or go to YOUTUBE and search under the name The Devils Dust Asbestos by Brian Boyd.

# About Dr Tom John

## – Peter Mac Cancer Research Centre

I am a clinician scientist, which means I trained both as a medical doctor but also did a PhD in a laboratory. This provides me with a unique ability to interface between the clinic and laboratory. It means hopefully using information gained from laboratory research towards helping patients in the clinic.

I work at the Peter MacCallum Cancer Centre. I was previously at the Olivia Newton-John Cancer Centre. Some of my laboratory research is still ongoing at the ONJ, but ultimately I am moving all my lab resources to the Peter Mac.

I have several different projects that I am working on in mesothelioma. The first is a project that was funded philanthropically by a donation from the Ashton-Nixon bequest and some donations from patients. It is looking to investigate if we can measure tumour DNA in the blood of patients.

The reason behind this was the recognition that scans on their own are difficult to interpret in mesothelioma. If we could quantify the tumour DNA, it may be another biomarker that could tell us if we need to start treatment or



Tom in Vietnam

change therapy and not be totally reliant on the scans.

The other projects are looking at new therapies. One is a targeted treatment that delivers chemotherapy directly into cancer cells. This treatment is currently being used in brain tumours and uses a drug manufactured by Abbvie that was originally designed by one of my collaborators, Prof Andrew Scott. We have shown this treatment works well

in cells in the laboratory and in animal models of mesothelioma. We are at the stage of trying to design a clinical trial around our impressive results. This project is funded by the NHMRC/Cancer Council.

The other main project is using a new class of drugs called anti-apoptotics in mesothelioma. This is a different approach and we have shown it is effective in the laboratory context. These

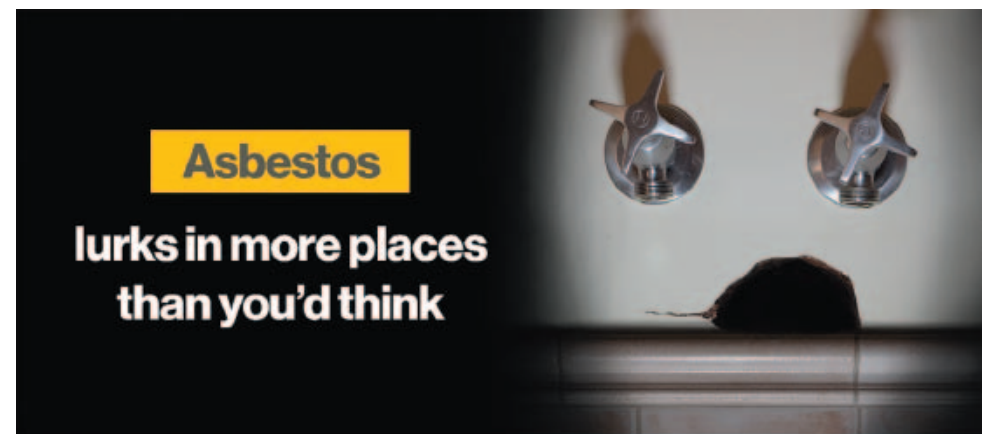
drugs target a pathway that we have found to be active in mesothelioma. We are again looking to implement a clinical trial using these drugs in combination with chemotherapy. This project is also NHMRC funded.

Doing research in mesothelioma is challenging. There are limited tissue/lab resources and funding sources are difficult to come by.

My lab has been fortunate in being able to use a large tissue resources at the ONJ, develop protocols to collect more samples, to commence projects on the back of philanthropic funding and then apply for larger grant funding.

Ultimately, these projects need to help patients though. That is the biggest challenge and I am hopeful what we are seeing in the laboratory can be taken forward, but it relies on a few steps that are beyond our control.

For example being able to convince pharmaceutical companies to provide access to their compounds and finding the funding to run a trial are challenges. We are getting there slowly, but hopefully even if we don't find a breakthrough treatment, we will at least provide a significant contribution to understanding the biology of mesothelioma.



Think you know?  
Find out at [asbestos.vic.gov.au](http://asbestos.vic.gov.au)



Think you know?  
Find out at [asbestos.vic.gov.au](http://asbestos.vic.gov.au)



**Asbestos**

**lurks in more places than you'd think**

...like telecommunications pits, eaves and flooring adhesive.

Think you know?  
Find out at [asbestos.vic.gov.au](http://asbestos.vic.gov.au)



## House built before the 1990s?

Before you take out the old bathroom:  
Stop. Think. Get professional advice.

**Asbestos lurks in more places than you'd think**



Exposure to airborne **asbestos** fibres may cause life-threatening illnesses like cancer and mesothelioma.

**Don't risk your health or someone else's**

# ASEA & Asbestos Support Groups Public Awareness Campaign

In this first half of the year the Asbestos Safety and Eradication Agency has teamed up with the asbestos support groups from around Australia to mount a campaign around community awareness of asbestos. So, we have placed a couple of news items that you might find interesting and facts that you did not know in these next pages. We have also put some of the awareness pictures that have been in our twitter feed and Facebook page and our CEO's LinkedIn page for you to see how that campaign looked. We hope that you will share this information with someone else in your network who might also find this informative. Go to our Facebook page to see all our posts and pics and also go to our web site for info on asbestos. Call us if you have questions

## Worried about your neighbour's renovation project or have an asbestos concern in your neighbourhood?

Renovation or maintenance works that may involve

disturbing asbestos-containing materials can cause concern. It can sometimes be difficult to know what to do if you have asbestos related concerns in your neighbourhood.

We all have a duty not to harm those around us. This duty applies everywhere and to everyone.

Although every situation is unique, there is general advice available for how to deal with these concerns.

The first thing you should do (if you are confident it is safe to do so), is to talk to the person carrying out the work. Tell them about your concerns and find out if they know if the materials do in fact contain asbestos or if the person has had it tested to confirm that it is asbestos-free.

If you are not satisfied with the outcome of the conversation or if it is not possible to have a discussion with the person concerned, you may need to report the situation.

Health and safety concerns about something happening in a nearby property can usually be

addressed by contacting your local council at the first instance.

- If the work is being conducted by a neighbour (a home owner or tenant) then your local council should be your first point of contact
- If work is being carried out by a contractor or tradesperson, you should contact your state or territory work health and safety regulator (e.g. WorkSafe or SafeWork)
- If you suspect improper removal by professional asbestos removalists, you should contact your state or territory work health and safety regulator
- If the concern relates to public areas or illegally dumped asbestos in parks or bushland, your local council or state or territory environmental regulator (e.g. EPA) will be able to provide you with advice and assistance.

The Asbestos Safety and Eradication Agency has a list of all these contacts for each state and territory here: [www.asbestossafety.gov.au/contacts](http://www.asbestossafety.gov.au/contacts).

## Using the extra time at home to update the kitchen?

**Asbestos lurks in more places than you'd think**



Don't disturb your neighbours by disturbing asbestos!  
It's your legal responsibility not to harm those around you.

## Using the extra time at home to do some improvements?

**Asbestos: don't disturb it, drill it, cut it or break it!**



Don't disturb your neighbours by disturbing asbestos.

## How do I know if my home contains asbestos?

**If it was built before the mid 1980s**

...it is highly likely that it has asbestos-containing products. Exposure to airborne asbestos fibres can be life-threatening.



**Asbestos:** do not disturb it, drill it, cut it or break it!

## Think you have disturbed asbestos?

Asbestos becomes dangerous once the fibres are disturbed, become airborne and then inhaled.

**Stop work and seek professional advice**

**Next time, get an asbestos check before you start work.**

# Think you might have damaged or exposed asbestos in your home?

If you have started work on a home improvement project and suspect you have exposed or damaged asbestos during your work, you need to take precautions which may include arranging for an asbestos professional to come to your home to rectify the situation.

This is the case even during the COVID-19 pandemic. If you are unsure if the material contains asbestos or not, treat the substance as if it does until a professional confirms otherwise.

Damaged asbestos presents an ongoing health hazard to yourself and anyone else in your home. Asbestos is a known carcinogen and breathing in asbestos fibres may cause life-threatening illnesses such as lung cancer, asbestosis, pleural disease and mesothelioma.

The only way to be sure if something is or isn't asbestos is to have it tested at an accredited laboratory – you cannot tell simply by looking at it.

If you think you've disturbed asbestos you should stop work and seek advice from an asbestos professional on how safely to remove the asbestos and clear up

the work area.

To find an asbestos assessor or a licensed removalist, you can call or visit the website of the work health and safety regulator in your state or territory. Contact details for the regulator in your state/territory can be found at: [www.asbestossafety.gov.au/contacts](http://www.asbestossafety.gov.au/contacts)

When you call an asbestos professional to come to your home, you must each follow the latest government coronavirus restrictions and guidelines.

There are a number of precautions you should take to ensure that the latest government advice on hygiene measures and social distancing is followed.

- Check in with the asbestos professional before they visit to ensure you are both feeling well and are not showing symptoms. If anyone in your home is showing symptoms linked to COVID-19, ask the asbestos professional to advise you on how to control the risk of asbestos exposure until you are able to have the professional attend.
- Remember not to shake hands, you can wave hello instead
- Maintain a safe distance at all times in line with current social distancing guidelines (1.5 meters at

time of publication)

- Provide facilities for the professional to wash their hands before and after the job is done and, if possible, supply alcohol based hand sanitiser for them to use
- Clean and disinfect the surrounding surfaces if work is to be carried out (unless suspected asbestos has been disturbed or is in poor condition)
- Ensure everyone in the household practises good hygiene at all times including covering coughs and sneezes with an elbow or a tissue and regularly washing hands with soap for a full 20 seconds

Many of the measures used for the safe removal of asbestos, such as isolating the work area, wearing of personal protective equipment and decontamination procedures, are also helpful in preventing the spread of the coronavirus. There is useful information about how to look after your family and any tradesperson who comes to your home during the COVID-19 pandemic. You can find examples of such information here and here.

Remember, like plumbing and electrical work, asbestos removal – or renovations that might uncover asbestos – are jobs best left to the experts.

## Working with asbestos?

**PPE cannot guarantee your health or safety, but will help reduce your risk of exposure.**

**Don't risk it, call an asbestos professional.**



## If you're not wearing all of this you shouldn't be handling asbestos.

**Don't risk it, call an asbestos professional.**



11-13 NOV  
PERTH, WA

# ASBESTOS 2019 CONFERENCE SAFETY



Australian Government  
Asbestos Safety and Eradication Agency

The 2019 Perth ASEA conference was a very enlightening time for all those who attended. It was good to catch up with everyone we know in the asbestos arena and it was also a good time to create some new friendships and connections.

All the speakers had a wide range of knowledge – that is why it is so good to go to these events – It was great to catch up with Laurie Kazan Allen from IBAS in the UK also Vilada Phomduangsy Project Officer at Union Aid Abroad LAOS – APHEDA – who is also a long term member of ACV/GARDS and many other speakers who were at the conference.

Also great to catch up with all the other asbestos

support groups from around Australia – the big discussion on the table of course was The National Strategic Plan details are found at this link <https://www.asbestossafety.gov.au/news/national-strategic-plan-2019-2023-launched> and link here to see the 3 day event details <https://www.asbestossafety.gov.au/events/asbestosconference2019>

ACV/GARDS would like to thank the Asbestos Safety and Eradication Agency and Gordon Legal Lawyers for sponsoring us to be able to attend the Asbestos Safety & Eradication Agency Conference in Perth WA in November 2019. We are very appreciative of the support both these entities have shown us to enable us to attend and further our knowledge base.



## Slater + Gordon Law Firm



**Slater + Gordon have sponsored us again for the next 12 months.**

We are very pleased that they have done so as this helps us to bring much needed services to asbestos sufferers and their families and to support the community in many ways – such as education sessions to clubs, apprentices, work places and much more. It also helps us to produce some of the materials that go into information bags when we do our speaking engagements to the general public Every bit helps us to achieve the goals that we have set to support and educate the community in every way. We would like to thank Steve Plunkett, Maryann Cluderay and Margret Kent for their ongoing commitment to us over the years.

*Picture here is Stephen Plunkett*

## ACV/GARDS ANNUAL GENERAL MEETING

Was held on Saturday 25th January 2020.  
Election of Positions that were falling vacant were:  
**President – Treasurer – Committee Member**  
as there were no other nominations received we congratulate  
the returning committee:

**Dorothy Roberts** – President,  
**David Fairbairn** – Treasurer,

**Ray Whittaker** – Committee Member  
We wish you all the best in your positions for the next 2 years  
– it will certainly be a challenging time with COVID-19 high on  
everyone's agenda for the foreseeable future.  
Other business to be conducted was the Election of an  
Auditor for 2020/21 audit. Jamie Coltman was duly  
elected to this role.

# OUR NEW LOOK MEETING DATES

## INCORPORATING OUR NEW ASBESTOS/SILICA SUPPORT GROUPS IN GIPPSLAND & METRO

Both Gippsland and Metro Support Groups are shut down at this present time due to COVID restrictions – we await direction from Government as to when to open – we will let people know when we can again meet in person

### ACV/GARDS SUPPORT GROUP MEETING FOR 2020

#### GIPPSLAND - MOE

Last Tuesday of the month - 1.30pm to 3.30pm

Meetings are held at ACV/GARDS Premises  
211 Lloyd Street, Moe

- Tuesday 26th May
- Tuesday 30th June
- Tuesday 28th July
- Tuesday 25th August
- Tuesday 29th September
- Tuesday 27th October
- Friday 27th November - Asbestos Awareness Day, Gippsland Heritage Park, Moe 11am - If restrictions allow
- Christmas Break-up - TBA if restrictions allow

### ACV/GARDS SUPPORT GROUP MEETING FOR 2020

#### METRO - CHADSTONE

2nd Monday of the month - 1.30pm to 3.30pm

Meetings are held at Amaroo Neighbourhood Centre – 34 Amaroo Street, Chadstone

- Monday 11th May
- Monday 8th June – Public holiday
- Monday 13th July
- Monday 10th August
- Monday 14th September
- Monday 12th October
- Monday 9th November
- TBA Nov - Asbestos Awareness Day, TBA - If restrictions allow
- Christmas Break-up - TBA if restrictions allow



**Asbestos**

**lurks in more places than you'd think**

Think you know?  
Find out at [asbestos.vic.gov.au](http://asbestos.vic.gov.au)

VICTORIA WorkSafe

### ACV/GARDS NIGHT MEETING – OPERATIONAL/BUSINESS FOR 2020

*Our night-time operational/Business meetings are still being conducted during COVID restriction by telephone conferencing.*

*If you would like to join these meetings contact Vicki on the office number to make arrangements to join with us at the meeting dates listed.*

#### GIPPSLAND - MOE

7.30pm to 9.30pm

Meetings are held at ACV/GARDS Premises  
211 Lloyd Street, Moe

- Tuesday 19th May
- Tuesday 16th June
- Tuesday 21st July
- Tuesday 18th August
- Tuesday 15th September
- Tuesday 20th October
- Tuesday 17th November
- Christmas Break-up - TBA if restrictions allow



**Asbestos**

**lurks in more places than you'd think**

Think you know?  
Find out at [asbestos.vic.gov.au](http://asbestos.vic.gov.au)

VICTORIA WorkSafe



# Asbestos Snippets

## Australia

**Gippsland bushfire victims urge Grocon to hasten clean-up so they can return and rebuild** - ABC Gippsland 20.4.2020 By Kellie Lazzaro

Victims of the summer bushfires in Victoria, desperate to rebuild, are concerned that construction giant Grocon is taking too long to clean up debris. Key points: Grocon has cleared 41 of the 692 bushfire-affected properties - Frustrated fire victims say they just want to move on and begin rebuilding - Strict asbestos-removal rules and a shortage of class A contractors are slowing progress

The company was awarded a \$75 million state government contract in January to clean up 692 properties in towns including Sarsfield, Mallacoota, Bruthen and Wairewa. Just 41 sites have been cleared, and residents fed up with the delay are risking asbestos exposure by attempting the work themselves. Kim Snyder has seven acres on Duncan Road in Sarsfield and lost her home, fencing and sheds in the fires on December 30.

<https://www.abc.net.au/news/2020-04-19/speed-of-grocon-bushfire-clean-up-riles-victoria-residents/12157634>

**Asbestos-tainted waste illegally dumped near South Australian town to be removed** - By Dana Morse - ABC

Melbourne - 23.4.2020

A month-long clean-up operation will be needed to remove thousands of tonnes of contaminated waste illegally dumped more than two years ago near a small township in South Australia's Mount Lofty Ranges. The waste containing asbestos was allegedly dumped by an Adelaide demolition company at two separate sites at Sedan, about 100 kilometres north-east of Adelaide, in 2017.

The South Australian Environment Protection Authority (EPA) will be running the operation, and said the demolition company had failed to comply with a clean-up order.

<https://www.abc.net.au/news/2020-04-23/tonnes-of-dumped-waste-containing-asbestos-to-be-removed-in-sa/12176542?fbclid=IwAR0ZJAXmJoNE6m5n9baZQVX-Hekrxmzvnyy3wt6bDxfNgoLeP6ep7HsWyO8>

**EPA, Dubbo: Claims of asbestos dumping in housing estate are false developer says by Nadine Morton** - Daily Liberal News - 8.4.2020

**DUMPED MATERIALS:** Southlakes Estate's developer says it's not contaminated by asbestos despite receiving a clean-up notice from the Environment Protection Authority. **ACCUSATIONS** that the Maas Group has

been trucking in asbestos and dumping it in the Southlakes Estate have been slammed as false by the developer.

<https://www.dailyliberal.com.au/story/6716557/claims-of-asbestos-dumping-in-housing-estate-are-false-developer/>

**More than \$1 million to clean up and tackle illegal dumping on Aboriginal land** - Mirage news

NSW EPA - Thirteen Local Aboriginal Land Councils have been awarded a total of \$1,092,270 for community waste projects that clean up and prevent illegal dumping on their land, the NSW Environment Protection Authority (EPA) announced today.

Cowra, Dubbo, Worimi, Illawarra, Mindaribba, Wanaruah, Ngambri, Tibooburra, Amaroo, Cobowra and Menindee Local Aboriginal Land Councils have been awarded a total of \$692,270 from the Aboriginal Land Clean Up and Prevention (ALCUP) program. Cleaning up a heritage property, developing a bush tucker garden, revegetating a historic campground, preventing damage from feral goats, building fences, removing asbestos waste and stopping illegal access to dumping hot spots are among the planned ALCUP projects and clean-up activities.

<https://www.miragenews.com/more-than-1-million-to-clean-up-and-tackle-illegal-dumping-on-aboriginal-land/>

**tackle-illegal-dumping-on-aboriginal-land/**

**Planning for future development of Mullumbimby hospital continues** - Mirage news - 7.4.2020

The discovery of further deposits of asbestos at the former Mullumbimby hospital site has delayed the final remediation of the property.

Council was expecting to have the property fully remediated by the end of 2019 but final sampling after the demolition and removal of the hospital buildings and contaminated soil showed asbestos beyond the building footprint. Phillip Holloway, Director Infrastructure Services, said a NSW EPA accredited site auditor has been engaged to undertake a thorough investigation and provide recommendations regarding future remediation and management. "It is very disappointing because we were looking forward to getting on with redeveloping the site in keeping with the wishes of the community via the Mullumbimby Hospital Site Project Reference Group," Mr Holloway said

<https://www.miragenews.com/planning-for-future-development-of-mullumbimby-hospital-continues/>

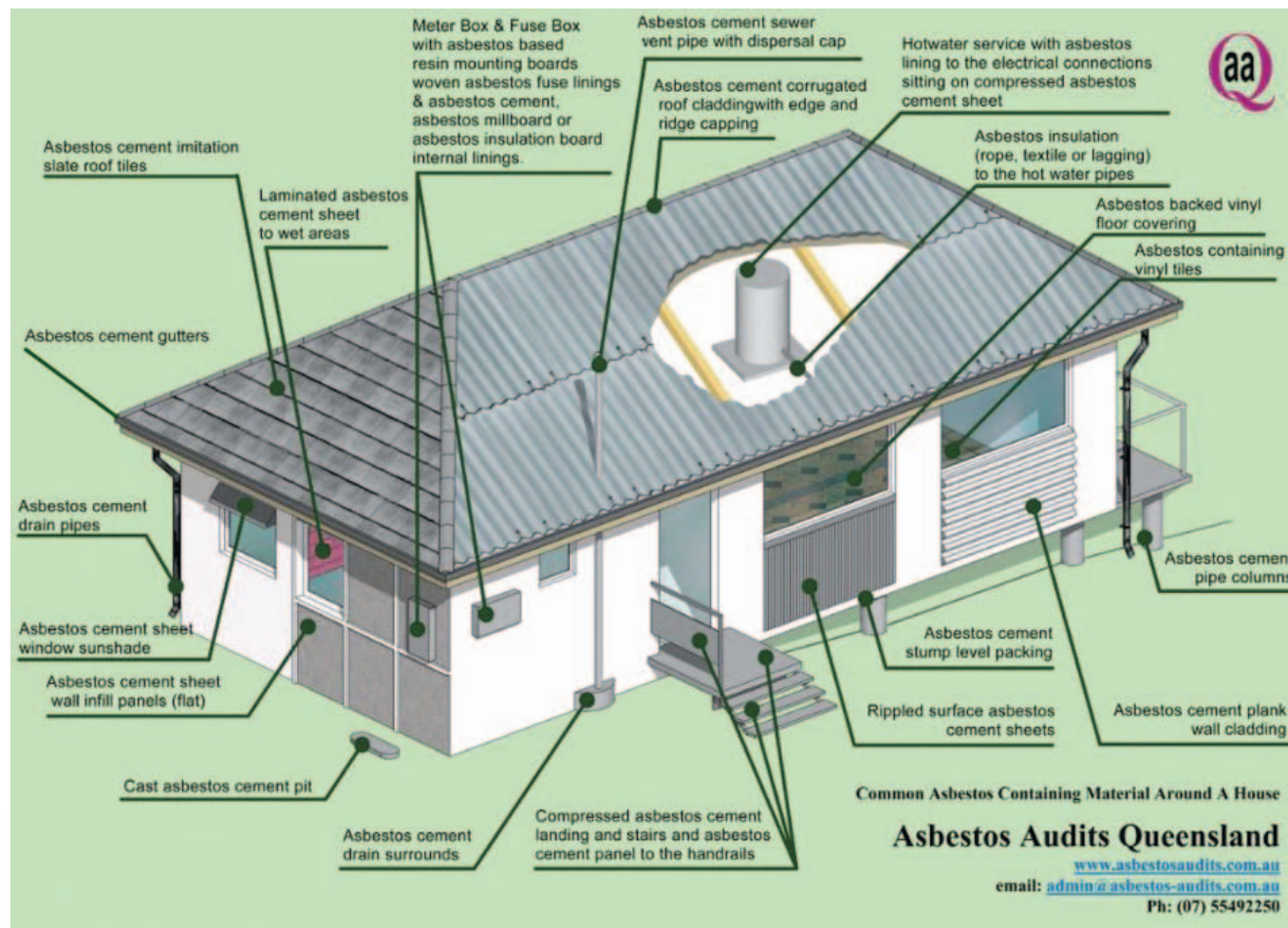
**Hero father, 27, saved his entire family including four children and two dogs when fire ripped through their home destroying everything** - Daily Mail Australia - By KIERAN JACKSON FOR MAILONLINE 7 April 2020 |

Kyle Clifford saved his four children from the burning house before bravely reentering to save his trapped wife Rebekah and two dogs

Fire crews then saved the pair and the pets from the Lincoln home but Mr Clifford is in an Intensive Care Unit at Lincoln County Hospital

Rebekah's mum Dianna Logan has been told that Mr Clifford inhaled asbestos during the incident - A GoFundMe page has been set up for the family after they lost possessions and presents - A family have been left with nothing after a fire ripped through their Lincolnshire home in the early hours of the morning. On Sunday morning, Rebekah and Kyle Clifford, both 27, were upstairs getting their four children ready for the day when one of the children shouted 'fire' at their home in Monks Road, Lincoln.

<https://www.dailymail.co.uk/news/article-8195183/Hero-father-saved-entire-family-including-four-children-two-dogs-fire-ripped-home.html>



Thank you to Brian Sketcher for allowing us to reproduce this diagram of where to find asbestos in your pre-1990's home.

# Special People and Organisations

Regular donations made to us by these generous companies

**Latrobe Plumbing & Asbestos Specialists Pty Ltd – John Delost, Gary Carolan, Steve Day**

**& we would also like to thank Paul Erbs, Sam Erbs & Darren Carman and all the team at Mairin OHS&E Consulting**

*We would like to take this opportunity to thank individuals who have donated to us in different ways over the last few months:*

- Karen & Brian Healy,
- Marilyn Reid,
- Ange Portelli,
- Rosie Nechwatal,
- Ian Wilson,
- Ray, Ann & (Graig - deceased) Watson,
- Jenny Snape,
- Colleen Maxwell,
- Ann & Chris Clegg,
- Ray Logan,
- Max Bittisnich,
- Mary & Liam Rossney,
- Maree Hall

THANK YOU!

## Donations made in Memory of - Jim Collins

- Belinda & Anthony Collins,
- TJ & M Pritchett, ■ G Morgan,
- Sheila Vickers, ■ Anonymous \$20,
- J & T Randall, ■ Kelly Madigan,
- Danielle Holloway, ■ Gizelle Katsivelos,
- Nicole Steers, ■ Briony Sacre

## Donations made in Memory of - Kevin Morrison

- Vicki Hamilton

## Donations made in Memory of - Kerry Wandmaker

- Peter Fanning

## Donations made in Memory of - Rob Ruiter

- Wendy Bright, ■ Nell Ruiter

## Donations made in Memory of - Jim Sargeant

- Mary and Liam Rossney

Thank you to Marlene Cameron for your generous donation made in Memory of Alan

Thank you to Graeme Woods & family for your generous donation made in memory of David

## Rossmore Hotel Yallourn North Bowling Club

We would like to thank the Rossmore Hotel publicans, staff and patrons and the Yallourn North Bowling Club Mal Paulet and club members for supporting the ACV/GARDS org by allowing us to fundraise at the hotel and the bowling club.

We have made some great acquaintances and the Yallourn North community make us feel very welcome.

Thank you for your support so far in 2018 and we look forward to talking to everyone and catching up on all the news. See you at the pub!

## Thank you to Advice Line Injury Lawyers for their donation in Jan 2020



## A big shout out and thank you to Bernie McKenzie

for helping us with the Yallourn North Meat Raffle – it was very much appreciated Bernie

## Uniting Church in Australia Parish of Yallourn

A big thank you to the committee and volunteers for your donation to our organisation it was very much appreciated

## Thank You So Much to a Great Bunch

ACV/GARDS would like to say how very much we appreciated the donation made by the **Gippsland Combined Trades Unions Picnic and Social Committee** –the committee and its members do a lot in supporting our org each & every year.

## Sponsors of our Metro Asbestos Awareness Day event

- Zealmore Australia,
- ats – Australian Technical Services,
- Prensa,
- Mann Group,
- AAH Contracting,
- City Circle Demolition,
- EnviroProtect,
- PROAS,
- SLH Industries,
- iRisC Pty Ltd,
- Australia Wide Asbestos Removal Encapsulation (AWARE) – Melbourne.
- CFMEU Victoria

## Sponsorship grant from Latrobe City 2019/20

ACV/GARDS was very pleased to be notified that they had been successful in a small community grant from Latrobe City. The money that we have gained goes into one edition of our newsletters and as you can see we have put it into this one by the logo on the front page as our major sponsor for this edition. We thank those very much who granted us this small community grant as this helps us to deliver our message and news to the community and keep the very people we support connected to each other, so they know what is happening in the asbestos area.

## Online Donations – GiveNow Platform - A big Thank You To

- Kelly Madigan, ■ Danielle Holloway,
- Gizelle Katsivelos, ■ Nicole Steers,
- Briony Sacre, ■ Maree Hall, ■ Bree Knoester,
- Louise Alexander, ■ Belinda Collins,
- Ryan Buckley, ■ Max Bittisnich,
- Mary & Liam Rossney

Are you nursing a loved one with a terminal illness?

**WE ARE HERE FOR YOU!**

The Latrobe Valley Palliative Care Fundraising Association “provides financial assistance to patients and their families”

By paying for equipment hire needed in the patient’s home to help them be more comfortable and make it easier for their carer. If necessary, we can assist with financial help for medication and oxygen.

This service operates with the hard work of volunteers and the generous public who help us raise the funds needed to run the service, thereby making a big difference to numerous lives. Would you care to join us? Call the number listed below.

**CALL 0429 689 827 OR 0351 273 283**

To discuss how we can assist with the comfort of your loved one and make it a little easier for you.



# ACV/GARDS Inc. Membership Form

Asbestos Council of Victoria/Gippsland Asbestos Related Diseases Support Inc.

ABN: 77 687 118 554 - Inc. No. A0042386U

Name: .....

Address: .....

Postcode: ..... Telephone: ..... Email: .....

Occupation: .....

**ACV/GARDS NEW MEMBERS Joining Fee** Initial Fee of: **\$5.00**

**PLUS Concession or Full Rate below in first year – each year after only annual fee**

**ACV/GARDS Annual Subscription 20**

1. Concession (Pensioner/unemployed) ..... **\$5.00**

2. Full Rate (employed) ..... **\$15.00**

*All membership prices include GST*

**Upon my admission as a Member, I agree to be bound by the rules of ACV/GARDS Inc.**

Signature: ..... Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Please return to ACV/GARDS Inc. with payment, PO Box 111, MOE, Vic. 3825**

### Office Use Only

I ....., a Member of the ACV/GARDS Inc. nominate the Applicant for Membership of the Association

Signature of Proposer: ..... Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

I ....., a Member of the ACV/GARDS Inc. second the nomination of the Applicant for Membership of the Association

Signature of Seconder: ..... Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Committee of Management

### President:

**Dorothy Roberts**  
Mobile 0407 274 174

### Vice President:

**Marie Smith**  
Mobile 0427 271 427

### CEO/Secretary:

**Vicki Hamilton OAM**  
Mobile 0407 274 173

### Treasurer:

**David Fairbairn**  
Mobile 0403 319 520

### Member:

**Sharyn Fenech**  
Mobile 0423 587 363

**Ray Whittaker**  
Mobile 0427 801 292

## ACV/GARDS Fees

Joining Fee: ..... **\$5.00**

### Annual Fees:

Pensioner/Concession

Unemployed ..... **\$5.00**

Employed persons ..... **\$15.00**

## Meetings

When in operation- at this present time - Cancelled due to COVID – 19 social distancing – happy to catch up by all electronic mediums just ring the office and we can arrange it

**Our support group coordinator Maitea Lovric, who conducts our ACV/GARDS Metro support group can be contacted on 0481 987 953**

### GIPPSLAND - MOE

#### SUPPORT:

Last Tuesday of month,

1.30pm - 3.30pm

211 Lloyd St, Moe

### METRO - CHADSTONE

#### SUPPORT:

2nd Monday of month,

1.30pm - 3.30pm

Amaroo Neighbourhood Centre -

34 Amaroo St, Chadstone

### ORGANISATIONAL/

### OPERATIONAL

#### EVENING:

3rd Tuesday of month,

7.30pm - 9.30pm

211 Lloyd St, Moe

## Office Hours

**Monday to Thursday**

**10am - 4pm**

**Friday - By appointment**

## UP AND COMING EVENTS 2019/20

**These have all been cancelled due to COVID – 19 and social distancing**

# Have you paid your ACV/GARDS Membership Fees?

**All fees are due and payable 30th September of each year**

**The fees are: \$5 for concession & \$15 for employed persons - Joining fee remains the same at \$5**



ACV/GARDS membership fees only cover some of the cost associated with being a member of the organisation – it does help us to send out information to you & keep you informed, but we cannot send out personal reminders of fees due as this adds too much to our costs.

We thank all those who support us by being a member as this gives us strength and unity to fight for those things in life that our sufferers and their families need and want. Thank you to those members who pay 2 & 3 years in advance, your gesture is greatly appreciated.





**We are situated at:**  
**211 Lloyd Street, Moe**  
**Victoria Australia**  
**PO Box 111,**  
**Moe, Vic. 3825**

**On line donations**  
<http://www.givenow.com.au/gards>

**Find out how you can donate**  
**through work to us with**  
**Good2Give**  
<https://good2give.ngo/contact/>

**Phone: 03 5127 7744 24/7**  
**Mobile: 0407 274 173**  
**Website: [www.gards.org](http://www.gards.org)**  
**SKYPE: VickiGARDS**  
**Email: [gards@wideband.net.au](mailto:gards@wideband.net.au)**

 Find us on Facebook  
[facebook.com/gardsinc](https://www.facebook.com/gardsinc)

 Follow us on Twitter  
[twitter.com/@ACV\\_GARDS](https://twitter.com/ACV_GARDS)

# ACV/GARDS INC. SUPPORT

ACV/GARDS provides support and information to asbestos & silica sufferers, their families and carers. This includes a telephone information/support service 24 hours, 7 days a week. ACV/GARDS has an office, which is open for sufferers, their families, carers and the general community to access at the times listed in the information section.

ACV/GARDS INC. Support also conducts a 2 x monthly meeting (1.30pm – 3.30pm) one on the last Tuesday of the month in Gippsland at 211 Lloyd Street, Moe & one on the 2nd Monday of the month at Chadstone – Amaroo Neighbourhood Centre – 34 Amaroo St, Chadstone) where guest presenters are invited to provide information about support services of all kinds and any other topics of interest that the members might find of relevance. The meetings also provide a gathering place for experiences; ACV/GARDS

Support is open to anyone whose lives have been affected by asbestos or silica, their families and the public.

**ACV/GARDS loans out free of charge to asbestos & silica sufferer's members – (Gippsland only) - oxygen bottle regulators, conserving devices, oxygen home concentrators wheelchairs, oxygen bottle carriers, nebuliser, walking frames & walking sticks, shower & toilet chairs**

We also have an extensive library of books, DVDs and CDs on asbestos & silica issues, health, social and environmental that we loan free of charge to those wishing to improve their knowledge

ACV/GARDS can provide professional counselling with a qualified psychologist free of charge for those who have been diagnosed with asbestos or silica related diseases and their family members. If preferred telephone counselling can be arranged.

## ACV/GARDS INC. ORGANISATIONAL/ OPERATIONAL EVENING MEETING



ACV/GARDS has an organisational, activities and advocating arm. Interested financial members can come along to evening meetings, which are, conducted 7.30pm – 9.30pm on the third Tuesday of the month at our office.

These meetings provide a focal point for information sharing and problem identification. The aim of this group is to focus on improving health and support services and any other issues deemed relevant to improving overall outcomes to asbestos & silica sufferers, their families and the public. Thus, ensuring asbestos & silica related issues are kept in the public eye and trying to rid our built environment of these carcinogens



**ACV/GARDS Inc. would like to thank these sponsors and supporters**



Major Sponsor



LATROBE PLUMBING & ASBESTOS SPECIALISTS PTY LTD



Mairin OHS&E Consulting



Supporting Workers and Their Communities

