

Touchlines

Support for English-speaking people touched by cancer in France

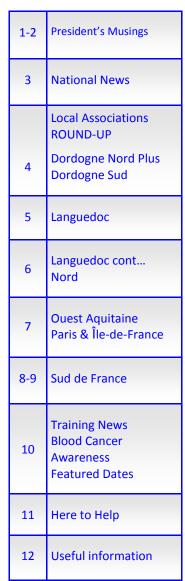
The Newsletter of Cancer Support France — Association N° W163000037

Volume 19 Issue 4

OCTOBER 2023

CONTENTS

PRESIDENT'S MUSINGS Submitted by Sue Smith







Welcome to the autumn issue of Touchlines. We seem to be having the most prolonged Indian Summer currently in South West France and it is nice to be able to enjoy the sun during the day without melting in the scorching heat that we had in August.

AUTUMN FESTIVALS

The more pleasant news over the last couple of weeks seems to have been dominated by two things – the Rugby World Cup which I know many of you are enjoying, and the Royal Visit to France which took place between 20-22 September. The British Ambassador to France extended an invitation to some members of Cancer Support France to a festival-style event in Bordeaux to celebrate Great Britain in France. Security was tight and the queue to enter the event long, but we met with some of our friends from other associations which helped to pass the time. Our staunch supporters from the Armed Forces and Veterans Breakfast Clubs (AFVBC) were there, proudly displaying their flag and wearing their medals, several other local Anglo-French associations were also in attendance, giving us a chance to meet old friends and connections, and to make new ones. I think the most popular of the stalls was a paper bottle maker – yes really! Apparently, they will last up to 12 months with wine in them – and the sight which could not be missed was of the Fijian Rugby Team, who were all well over 2m tall!

PRESIDENT'S MUSINGS cont...

The King and Queen arrived at the event in one of Bordeaux's famous trams which caused a bit of a stir, and they were mobbed as they wandered around the event separately visiting many of the stalls which were championing British produce and British businesses in France. When they met up again, the King and Queen listened to the obligatory speeches before trying to make their exit. On their way to their cars they were serenaded by the Fijians, a moving and stirring sound.

Cancer Support France were represented by myself, Karen Blewett (Secretary, National) and Carol Quinlan (Training Liaison and Helplines Coordinator, National) and the conseil of CSF Ouest-Aquitaine who cover the Bordeaux area.

Meanwhile, away from this excitement, we carry on with our important work supporting English-speaking people who are touched by cancer. I know that many of you have been very busy with client requests over the summer period and that your awareness-building and fundraising events continue, as shown from your contributions to this newsletter.

CANCER AWARENESS

You may be aware that there are various calendars suggesting awareness months for different types of cancer - one of the cancer types being talked about in September was blood cancers. We produced a couple of infographics for this and hope to do so in future months for awareness of other cancers. These graphics have been shared on social media, concentrating particularly, on our Facebook page. National are happy for any of our posts on Facebook to be shared by other associations – but did you know that it helps raise our profile if you just click 'like' on our posts? So please, as they say, **like and share**, as often as you can and help us to get our profile raised within France.

TOUCHLINES

One of the many projects being looked at currently (see below) is the reformatting of this very newsletter. Margaret York (Editor) and Ian Salvage (PR, National) have been looking at this for a while and with the help of our friends at CSF Languedoc, are currently investigating a couple of options that will help to modernise the look and feel of Touchlines. Do watch out for future mailings and hopefully we will have an exciting new look for 2024.

Finally, I hope that you find the content in this issue of interest and please, if you have any suggestions or contributions for future inclusion in Touchlines, do contact; - Ian Salvage - publicrelations@cancersupportfrance.org and Margaret York - touchlines@cancersupportfrance.org

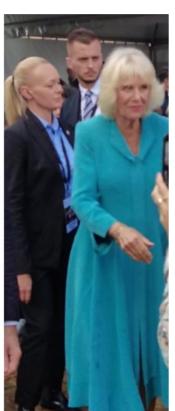
Best wishes, Sue Smith - President











King Charles III & Her Majesty, The Queen

Representing
CSF National
are
Karen Blewett
Sue Smith
&
Carol Quinlan

NATIONAL NEWS - Submitted by Ian Salvage, National PR and Sue Smith, National President

The National arm of Cancer Support France has various initiatives on-going at the moment aimed at assisting the local Associations with their publicity.

MERCHANDISE

We are investigating the provision of merchandise items promoting Cancer Support France to Associations at an attractive price. We are now able to offer business cards, flags, pens, and bookmarks. If you wish to order any of these items, please contact Karen Blewett at: - secretary@cancersupportfrance.org and she will take you through the method we are using to manage delivery costs. We are also investigating another possible provider of merchandise which may be useful for both Associations and individuals, and we will update Association Presidents on this when it has been tested.

Items that we hope to provide in the future include T-shirts and polo shirts, bags, aprons, caps / hats; lanyards and sleeves for the business cards and car stickers.

Please contact Karen or Ian Salvage at: - <u>publicrelations@cancersupportfrance.org</u> in the first instance if you have other merchandise that you would like to see offered.

LEAFLETS AND POSTERS

A trifold leaflet for a local Association is on order and we hope to be able to offer these more generally shortly. We are also looking to provide poster templates that local Associations can use to advertise themselves or their events.

WEBSITE REDESIGN

This is an on-going project. Four companies have provided proposals and we are following these up. We hope to have a decision on the provider shortly and will keep Association Presidents and National Conseil Representatives informed of progress.

SOCIAL MEDIA GUIDE

A young University of Cambridge graduate recently did a piece of work for us identifying how we might get more out of our Social Media presence (e.g. Facebook, Instagram, etc.). She has provided an excellent report on a subject that many of us are probably not so familiar with. We hope to have a simple guide ready in the not-too-distant future that may be used by Associations to enhance their presence in this area.

CONNEXION ADVERT

Our new advertisement has appeared in the most recent edition of The Connexion. It is also on our National website in the News column here: - A new poster to advertise ourselves | Cancer Support France

WEBSITE EDITOR

Margaret York has been doing an excellent job cleaning up our existing website and has been coaxed into managing the website on an on-going basis. She may from time to time contact local Associations as she performs her role.

As the new website design progresses, we will be looking for someone to help oversee maintenance and updates. If you are someone, or know of someone, who has some knowledge in this area, we would love to hear from you. It need not be an onerous task, is not complicated but would require a certain level of familiarity. Contact Ian Salvage: -publicrelations@cancersupportfrance.org

WORLD CANCER DAY AND ACTIVITY FOR LIFE 2024

We hope to use World Cancer Day on February 4th next year as a platform on which to propose a set of events to the local Associations. Further information on this will be forwarded as soon as possible to allow Associations time to make arrangements.

The 2024 Activity For Life is already in the planning stages. Advance information will be shared as soon as it is available.

That's it for now - do keep in touch, letting any member of the Bureau know if there is anything that you would like to see or could help with.

LOCAL ASSOCIATIONS ROUND-UP

DORDOGNE NORD PLUS - Submitted by Suzie Albone, President

During September, we had a lovely lunchtime meal together at *Chez Hannah's*, Cherval. Many of our Active Listeners, Conseil members, and our then-acting President, Suzie Albone, were together to wish the outgoing President, Pat Compton, a well-earned retirement from CSF duties. Pat has given us her all with her inspiration, both client and Active Listener support and training; a great platform, going forward. We wish Pat and her husband, Simon, many happy years together as she contemplates life outside of CSF. Pat was presented with a parting gift to remember us by - a young olive tree. "This is a perfect gift," said Pat, as she is currently redesigning her garden and has just the spot to place the olive tree.



Our new President, Suzie Albone, and Secretary, Jackie Dobbyne, will be spearheading future fundraising events, looking at how to enhance our presence locally, advertising methods, including a presentation of Facebook behind the scenes, and pursuing networking with other local and regional CSF Associations.

Our monthly Drop-In centre at the Book-Stop, Brantôme continues on the first Friday of each month. Please pay us a visit sometime; we have two Active Listeners available between 10h-12h. Tea and cake are provided too, so don't be shy, give it a go!

DORDOGNE SUD - Submitted by Dawn Symonds

NEW LOCAL HELPLINE UPGRADES

Dordogne Sud is pleased to announce its move into a more accessible world. In order to be more responsive, we have decided to switch our local Helpline to a mobile phone, which will be held constantly by one of our Active Listeners. The Active Listener may not be able to answer immediately due to their commitments but all contacts will be answered within 24hrs. Our new local contact number with immediate effect is: -

06 77 97 11 36

Available on this new number will be an answerphone messaging service as well as messaging via WhatsApp. We also have a centralised email which clients can use: - dordognesud.csf@gmail.com

We hope this will facilitate better communication and enable caller and client needs to be better met.

CARER SUPPORT

The 5-11 June 2023 was National Carers Week in the UK. Here, France recognises its carers on 6 October. Dordogne Sud feels our carers are worth special recognition on both occasions.

We would also like to use this special time to say a huge **THANK YOU** to our Active Listeners who support those with cancer, and also those caring for them. Our Active Listeners are volunteers who have been provided with additional initial and on-going training. They also have many years of personal experience supporting those affected with, and by cancer. If you have been touched by cancer, our trained Active Listeners are there for you.

Cancer Support France provides support for English-speakers of any nationality who have been touched by cancer. It does not provide medical advice nor intervention but can sign post if required.

LANGUEDOC - Contributed by Kate Le Mestre, President & Paula Doolan and Hilary Galea - PR

After a burst of events in June, activities at Languedoc slowed down as usual over the peak summer months. Now, with visitors gone and the heat dialing down, our reinvigorated volunteers are already preparing for the busy autumn and winter seasons ahead.

MEMBERS MEETING, 12 JUNE

With a new power-point format for the members meeting held at Margon on 12 June, attendees were better able to visualise the information given by Languedoc's Bureau and various other activity coordinators. Despite the fact that the summer holiday period had already begun and many members were already away, those present actively engaged in the discussions, and many shared a picnic lunch afterwards.

LAST DROP-IN DAY BEFORE THE SUMMER BREAK

The last Drop-In day of the season was held at the *Domaine de Montplaisir*, Béziers on 29 June. Several support therapies were available, including massage, Reiki and reflexology. Clients, carers and Active Listeners shared a light lunch, followed by tea and cakes, kindly produced by Jan Sheepshanks. Monthly Drop-In days will resume after the summer break on Thursday 28 September.

RECOGNITION AND THANKS TO HANNAH WATERS

During the above event, to rapturous applause, Kate Le Mestre, Languedoc's President, formally thanked Hannah Waters for her incredible fundraising for our Association. Over nine years, Hannah's Clothes Sales have raised over €60,000! In recognition of this tremendous achievement, Hannah has been awarded an honorary lifetime membership of Languedoc.

SUMMER BARBECUE 30 JUNE

Over 80 people attended a fund, and awareness-raising evening on 30 June at the spectacular new venue *Maison Lafon*, hosted by *Famille Bruno Lafon* of *Domaine de Magellan*.

Over delicious food and excellent wines our MC for the night, Paula Doolan, encouraged guests to sign up and enter a competition to become a member under the category 'be a friend' of Languedoc, and three lucky winners went home with a magnum of wine donated by *Domaine de Magellan*.

Our thanks go to *Famille Bruno Lafon* who are donating a percentage of profits from the night to Languedoc, and to Sharon Berrington and *Lafon's* wonderful team for hosting this event.



DEDICATED HELPLINE EMAIL LAUNCHED

The Languedoc Helpline has been active over the summer; Lindsey Blake, Sophie Deyand and Kate Le Mestre have maintained the rota throughout this period. The addition of a dedicated email: - helpline.csflanguedoc@gmail.com has been created to facilitate contact with us from new clients who prefer to send an email rather than phoning us.

LANGUEDOC THANKS THE VILLAGE OF MARGON

Our registered address is in the village of Margon, so to present Languedoc's activities and thank the village for its welcome and hospitality, we attended their *Forum des Associations* on Saturday 2 September. Kate Le Mestre, Maggie Dobson and Carole Lavergne were able to meet *Monsieur le Maire* and several members of other local associations in person, and to thank the *Forum des Associations* for giving Languedoc use of their rooms for our training and membership activities, as well as a venue for our monthly Art Group.

VIDE GRENIER AT POUZOLLES 10 SEPTEMBER

Languedoc were out in force at the 'Vide Grenier' held in Pouzolles on Sunday, 10 September. We raised €400 on our stand selling bric-a-brac, furniture, pots and pans, and the like. A big thank you goes to members and friends who donated items, and to those who helped on the day.

LANGUEDOC cont...

FUTURE EVENTS - CRACKER FAIR AT ABBAYE DE VALMAGNE, 25 & 26 NOVEMBER

Event Coordinator, Paula Doolan and her team are now focusing their attention on one of Languedoc's most important annual awareness-raising events, the Cracker Fair at the *Abbaye de Valmagne*. This year's Christmas fair, which attracts thousands of visitors from throughout the region and beyond, will take place on 25 and 26 November.

The Fair is a great opportunity for us to spread the word about the support that Languedoc offers to those affected by cancer, to build our membership, and raise funds for our Association – objectives that are most important to us.

NORD - Collected by agreement from facebook.com/cancersupportfrancenord

Hello Everyone. On Saturday, 29 July, Anne and Sarah, together with the newly formed all girl band, The Mamagrans, took to the stage at the *Salle des Fêtes* in Notre Dame du Touchet to raise funds for Cancer Support France, and what a night it was! **WE RAISED €4 200!**

We were so lucky to have a dream audience who clapped and cheered in all the right places, and dug deep into their pockets to support this very special charity.

Our friends at Route 66 Food Truck & Bar provided the fabulous catering – do get in touch with them for your event...

A big shout out to 'The Pink Ladies' who, dressed in their Mamagran T-shirts, ran around selling raffle tickets, showing people to their seats and generally encouraging people to part with their money.

The night could not have been such a success without the help and support of so many people; below is a list of our sponsors and contributors whose generosity made a huge difference to the night, and to the amount of money we raised. Our evening was also closed with 'some sounds' from the fantastic DJ David Graham - available for parties/ weddings and events.

Last but not least, Chris and Nick Prescott for too much to mention, and the volunteers from CSF, Orange Nigel and Nikki (for keeping up with the big drinkers), and to our Nord President, Jean Winter, for supporting us throughout the evening.

We have what promises to be a delicious quiz and curry night coming up on the 4 November in Notre Dame du Touchet.

THANK YOU - YOU WERE ALL BRILLIANT!





OUEST AQUITAINE - Submitted by Sue Smith, President

Despite depleted membership numbers in CSF Ouest Aquitaine, we have been very busy this year supporting clients with emotional and language support.

We are still looking for more volunteers and will be very pleased to hear from anyone who wishes to help us in whatever capacity; we always say, "If you have a skill, we will find a way to use it", so please do get in touch via: -

oa-enquiries@cancersupportfrance.org

Alongside the National team, we were proud and delighted to have been invited by the British Ambassador to attend the festival in Bordeaux which was attended by the King Charles and Her Majesty, The Queen between 20–22 September. Gail, Jonathan, Madeleine, Sarah and Sue put on our best bibs and tuckers and travelled to the city for the event. We hope that we have raised awareness of Cancer Support France within other Anglo-French associations and will continue to promote our Associations wherever we can.

We will shortly be putting together our autumn and winter event plan and will circulate this as soon as possible to our members. One date for your diary is Saturday 25 November for our Christmas Fayre.



CSF Ouest Aquitaine Bureau at the event in Bordeaux attended by the King and Queen

PARIS & ÎLE-de-FRANCE - Submitted by Guy Rodwell, President

Wow! Paris founding member, Nan de Laubadère, has once again graciously donated a beautiful quilt, made with her own two hands! This quilt will be raffled off on 4th February 2024, which is also World Cancer Day. All proceeds will go to Paris & Île-de-France. The previous quilt raffle raised close to €1,000, funds which benefited Cancer Support France (National), and the redesign of its website.





SUD de FRANCE - Submitted by Submitted by Sue Ackloo, Project Lead - Communications & Publicity

In spite of the blistering hot weather at times, we have been able to hold almost all of our regular events throughout the summer months. We have been delighted to see so many faces, familiar and new, at our coffee mornings/Drop-Ins/book exchange.

In June, we held a fun event in conjunction with Twilight, a charity to provide a retirement home for dogs. Our intrepid President, Jane Beck, organised a Dog Parade with various competitions, such as Waggiest tail and Best 6 legs.

We were invited to have a stand at the *Forum des Associations* in Argens-Minervois where we hold a monthly Book Café and other events. Both the teams in Aude Est and the Tarn held social events to mark the start of summer, as well as the Aude and Ariège Active Listeners.

At the beginning of September, our team in Aude Ouest put together a *Bien-être*/Well-being Day at the beautiful *Les Marguerites* in Alet-les-Bains. A range of workshops were available run by volunteers who offered their time to share reiki, yoga, sound healing, and other activities such as crafts. A healthy lunch was on offer too, accompanied by the music of the Shantymen. Fingers were kept crossed until a couple of days before, as the weather forecast was not looking good. However, the marquee was put up, and fortunately, it turned out to be a lovely day.

We are very busy planning an Information Day in October in the city of Narbonne where we want to grow awareness of CSF, and hopefully, add some new members and volunteers. Lots of other activities coming up as well as the regular events — Autumn Ball in Bages (7 October), Autumn Fair in Argens-Minervois (28 October), a Vide-Grenier, Fun with photos in Mirepoix, a Quiz night in Les Cabannes in the Tarn, not to mention events with *La Ligue contre le cancer*. Summer holidays are over, and we are bursting with energy going into autumn.









Enjoying a very pleasant and relaxing Bien-être/Well-being Day

SUD de FRANCE - cont...



Tarn social picnic



Aude Est lunch

LOCAL ASSOCIATION EVENTS



Aude & Ariège Active Listener event



Forum des Associations



A fun-day Dog Parade



UPCOMING EVENTS DURING OCTOBER





TRAINING NEWS - Submitted by Carol Quinlan, National Training Liaison

Following discussions with Cruse Bereavement Support (UK), I am pleased to confirm that Cruse will provide two presentations specifically for Cancer Support France. CSF National is funding this external training which will be provided via ZOOM.

There will be a 2½-hour seminar for 10 delegates. Places have been allocated to trainers or individuals specifically supporting Active Listeners. Facilitated by a Cruse trainer, this will explore grief and loss within the context of CSF, an additional resource for Active Listeners.

The second webinar is open to any Active Listener who wishes to take part in a one-hour webinar on 2 November at 1500hrs. I have asked Association Presidents to provide me with names of those Active Listeners who wish to take part, enabling me to facilitate registration with Cruse. If any Active Listener has missed the request, please contact me directly via email at: -

trainingliaison@cancersupportfrance.org

I have started the national training planning process for 2024, aiming to offer two Initial Training Courses (ITC) and a two-day Developing Training Skills course. Dates will be confirmed in November.

BLOOD CANCER AWARENESS

September was Blood Cancer Awareness Month and CSF produced this infograph which was posted on social media. Of course, blood cancer is amongst us all the time so it's appropriate to remind people how it can affect those who are diagnosed with it. Our infograph identifies the common (and not so common) names associated with blood cancer.

If you search the CSF Forum for 'blood cancer', there are currently over 40 post/chats on this subject.

Blood Cancer UK provides plenty of information about blood cancer types, blood cancer causes and blood cancer symptoms and there are downloadable leaflets which are all FREE.

LEUKAEMIA

September is Blood Cancer
Awareness Month

LYMPHOMA

MYELOPROLIFERATIVE
NEOPLASMIS (MPN)

See page 11 for their contact details.

AND FINALLY... here are some of the event dates featured in this edition (from October onwards)

ORGANISERS	EVENT	DATE	LOCATION
Across France	Carers Support Day	6 October 2023	
Sud de France	Autumn Ball	7 October 2023	Bages
Sud de France	Autumn Fair	28 October 2023	Argens-Minervois
National Training	Cruse Bereavement Webinar for Active Listeners	2 November 2023	Online via ZOOM at 1500h
Nord	Quiz & Curry Night	4 November 2023	Notre Dame du Trouchet
Ouest Aquitaine	Christmas Fair	25 November 2023	(Venue to be advised)
Languedoc	Cracker Fair	25-26 November 2023	Abbaye de Valmagne, Villeveyrac
Paris & Île-de-France	Raffle of Handmade Quilt	4 February 2024	
Across CSF	World Cancer Day	24 February 2024	Check with individual Associations
National Training Nord Ouest Aquitaine Languedoc Paris & Île-de-France	Cruse Bereavement Webinar for Active Listeners Quiz & Curry Night Christmas Fair Cracker Fair Raffle of Handmade Quilt	2 November 2023 4 November 2023 25 November 2023 25-26 November 2023 4 February 2024	Online via ZOOM at 1500h Notre Dame du Trouchet (Venue to be advised) Abbaye de Valmagne, Villeveyrac



We remember our Founding President, **Linda Shepherd** 1953-2017

Cancer Support France are proud to be in partnership, affiliated to or supported by the following associations and groups: -









SPRINT France



https://www.sprintfrance.org/



Also Here to Help...





www.cancerresearchuk.org

www.prostatecanceruk.org

WE ARE MACMILL

www.be.macmillan.org.uk





www.breastcancersupport.org.uk



www.targetovariancancer.org.uk



www.thebraintumourcharity.org



www.bowelcanceruk.org.uk



www.bloodcancer.org.uk

If you have been affected by any of the issues raised in this newsletter, please don't hesitate to contact your regional CSF branch. All telephone numbers and email addresses can be found on the back page of TOUCHLINES. Ed.

USEFUL INFORMATION

Association Siège Social

Espace Clément-Marot Cancer Support France, Box 25 Place Bessières, 46000 Cahors

National HELPLINE
Telephone: 0800 240 200 (FREE from a landline)

(Your call is taken on an answerphone and is free from a landline - there is a short message in English - we will reply to you as soon as possible and normally within 24 hours)

Useful Contacts

President: Sue Smith president@cancersupportfrance.org

Secretary: Karen Blewett secretary@cancersupportfrance.org

Treasurer: Jean Winter treasurer@cancersupportfrance.org

Email: helpline@cancersupportfrance.org

Website: www.cancersupportfrance.org

CSF FORUM - Visit the CSF website and take a look at the FORUM, packed full of information and interesting conversations - maybe even meet new friends...

LOCAL ASSOCIATIONS

Alpes-Maritimes (06; 83)	Brian Woolf	National Helpline	0800 240 200	cancersupport06@gmail.com
Charente Plus (16)	Contact National	National Helpline	0800 240 200	helpline@cancersupportfrance.org
Dordogne Nord Plus (16; 24)	Suzie Albone	National Helpline Mobile Helpline	0800 240 200 06.43.67.86.11	csfdordognenordplus@cancersupportfrance.org
Dordogne Sud (24; 33)	Charlotte Halsby	Local Helpline	06.77.97.11.36	dordsud-pres@cancersupportfrance.org
Gascony (31; 32; 64; 65)	Tony Ray	Local Helpline Mobile Helpline	05.62.31.63.40 06.27.69.62.28	gascony-contact@cancersupportfrance.org
Haute-Vienne (87; 23; 19; 36)	Sue Ware	National Helpline	0800 240 200	helpline@cshautevienne.org
Languedoc (12; 34)	Kate le Mestre	Local Helpline	04.67.44.87.06	president.csflanguedoc@gmail.com
Lot (46)	Philippe Mika	National Helpline	0800 240 200	lot-president@cancersupportfrance.org
Nord (14; 22; 27; 29; 37; 44; 49; 50; 53; 56; 61; 76; 85)	Jean Winter	National Helpline	0800 240 200	nord-president@cancersupportfrance.org
Ouest Aquitaine (17; 33) (formerly Bordeaux & Regions and Charente-Maritime)	Sue Smith	National Helpline	0800 240 200	helpline@cancersupportfrance.org
Paris & Île-de-France (75; 77; 78; 91; 92; 93; 94; 95)	Guy Rodwell	National Helpline	0800 240 200	paris-idfpresident@cancersupportfrance.org helpline@cancersupportfrance.org
Provence Gard (13; 30; 84)	Graham Means	National Helpline	0800 240 200	csfprovencegard@gmail.com
Sud de France (09; 11; 66; 81; 82)	Jane Beck	National Helpline	0800 240 200	sud-president@cancersupportfrance.org helpline@cancersupportfrance.org
Vienne & Deux-Sèvres (79; 86)	Phil Buckle	National Helpline	0800 240 200	vienne-president@cancersupportfrance.org

Touchlines

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touchlines@cancersupportfrance.org

Please send photographs as separate JPG files - NOT embedded in your editorial. Thank you.