



Cancer Support France-Languedoc -

Supporting English-speaking people living in the Languedoc who are affected by cancer

CSF-L Newsletter - May 2021

Highlights - Click any item to go straight to that article. Why not make some Coriander bread ([Recipe Corner](#)) or Listen to some Beethoven ([And Now for Some Music](#))

[Drop-In Update](#)

[Members' Meeting](#)

[Cancer Awareness - May](#)

[Scams Corner](#)

[UK pensions](#)

[Activity for Life 2021 \(CSF National\)](#)

[CFS-National & Brexit](#)

[Recycling](#)

[What's new in the World of Cancer](#)

[Research](#)

[DVD film Reviews](#)

[Book Recommendations and Reviews](#)

[Hannah's clothes](#)

[Ann's Books & DVDs](#)

[Change of address](#)

[The Last Word](#)

Drop-In Update

It remains difficult to know when any form of Drop-In will be safely possible again, but we remain here for any of you who would like to have a chat.

The restrictions that have been in place during April means that access to hands-on therapies have been curtailed, but Sue Cartwright is hoping to be able to return to Beauty Box at Magalas in May, subject to Government guidelines. She has been offering Distance Reiki, which will remain on offer whatever the change in guidelines. Some of you have been benefitting from this form of healing therapy, and further enquiries can be made by contacting Alison Kane on alison.csflanguedoc@gmail.com. Rakel Persson has extended her stay in Sweden but hopes to be back at the beginning of May. Once the current restrictions are eased, the usual therapies of Massage, Reflexology and Reiki will be available once again.

Last May Erzsi Lyne de Ver offered a Relaxation session recording. We are attaching it once again for those of you who may not already have it. All you need to do is to find

once again for those of you who may not already have it. All you need to do is to find somewhere comfortable to lie down and be guided by her gentle instructions. Just click on the link below.



CSF-L Members' Meeting - 18th May

The next Members' Meeting will be held via Zoom on May 18th at 2.30 pm. If you are a paid-up Member you will shortly receive an email inviting you to attend.

Please join us to hear how we have continued to support our clients during the pandemic, and help shape our proposals for holding a Walk for Life in September 2021.

If you have still to sign-up or renew your membership, [click here for ways to pay](#) the annual fee of 10€.

Without the invaluable financial support of our members, Cancer Support France-Languedoc simply could not function. All money raised - whether through membership fees, donations or our annual Walk for Life - is used to provide the practical and emotional support that our clients say they find invaluable. **Thank you!**

Did you know ...?

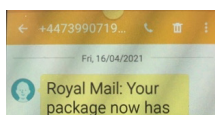


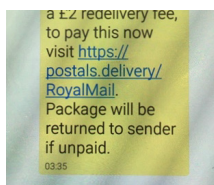
May 8th is Ovarian Cancer Day.



May is both Melanoma Skin Cancer and Bladder Cancer Month.

European Week Against Cancer is between the 25th and 31st May. More information [here](#).





Scams Corner - by Tony Orsman

Like spring flowers, this month has brought a fresh blossoming of scams. Some are new varieties and others are perennials. Covid and Brexit are providing a fertile ground for fraudsters. Here's a selection from the latest 'crop'. Remember: The best advice is that if you get a call or a message that you weren't expecting, no matter how genuine or timely it seems, assume it's a scam until you can prove otherwise.

Offers to get you vaccinated

Sante.fr has issued an alert that people are being asked to pay for vaccination appointments. This is an obvious scam. Just hang up.

Help with applying for CdS and driving licences

Be alert for callers offering help with applying for replacement 'Withdrawal Agreement' cartes de sejour or French driving licences. There are a number of genuine associations that will help with the former and nothing has yet been agreed for the latter. We will publish information in this Newsletter when a decision is made.

Amazon import and delivery charges

If someone contacts you claiming to be from Amazon or another online seller, be very wary about paying for import duties or extra shipping. Post Brexit, this could be genuine, but it's a wonderful opportunity for scammers. As I've reported before, my mother-in-law gets one of these almost everyday, but CSF-L members have also reported getting emails, texts and phone calls. Even if you're expecting a delivery, it could still be a scam. If it's genuine, they should be able to provide shipping details and then you can check online with the shipper. When checking online, don't click on any link provided in the email or text without ensuring it is genuine.

How to tell if a link is genuine

Checking that links are genuine has become more difficult, but this site has some very useful tips to help you decide: <https://website-categorization.whoisxmlapi.com/blog/how-to-verify-website-authenticity> The information gets quite technical, but the first few suggestions are straightforward.

To illustrate this point, a member contacted me this month to ask about two emails he'd received. The first was from Amazon saying someone had logged in using his password, the second was from Spotify informing him his account subscription needed paying. The latter was clearly a scam as he doesn't have a Spotify account, so that could be deleted and ignored. The email from Amazon was more tricky to determine, so we used some of the suggestions from the website above.

- the domain name was www.amazon.com and when the cursor was held over it, the genuine link then displayed was the same
- the link used https://
- searching online for the URL found the same domain name and there were no reports of scams

We concluded it was genuine, opened the page and used the link to advise

Amazon it wasn't him that had tried to log in.

Spoofing a local number as the caller id

I expect everyone is aware that fraudsters can impersonate another number in place of the genuine caller id. This means you can't trace the call and it is difficult to block. Many of us will probably just ignore unknown or out of area numbers and let them drop to the answerphone to leave a message. To get round this, a new twist is that the scammer uses a fake local number as the caller id so that you are more likely to pick it up.

New phone prize

Have you been contacted about winning a prize such as a new iPhone and all you need to do is give them your bank details to pay for postage? One of our members was 'a lucky winner' this month. She'd also just had her handbag stolen with her phone in it, so it's difficult to believe this was a coincidence. It goes without saying that you won't have won anything and you mustn't divulge any details.

Tax penalties

The UK HMRC 'you're going to be prosecuted unless you pay us £££ immediately' scam is doing the rounds again. It even got featured on UK media last month. If you get a call or text demanding you pay tax (or anything else) immediately to avoid prosecution, it's a scam.

Is Orange working on your phone line again?

We reported this one last year. Someone claiming to be from Orange calls you and persuades to call another number. The reasons they've given both times are that they have to arrange a time to work on your line, or they need you to be on the line while they test it. Unfortunately, this time our members ended up calling Vanuatu and Burundi at a cost of 64€. Orange are going to refund them.



Are you (or someone you know) affected by this failure by the UK Dept. for Work and Pensions?

Tony Orsman

The Department for Work and Pensions (DWP) recently admitted that tens of thousands of women had been underpaid because of a historical error. It has set aside almost £3 billion to correct the mistake.

If you were born before April 1953 and opted for a "married person's pension", you might be one of the estimated 200,000 women who were underpaid a state pension. Until 2016 married women could get up to 60 per cent of the basic state pension, based on their husband's NI record.

Women were supposed to automatically get higher payments once their husband turned 65, but there was a problem with the DWP's legacy system which meant that this didn't happen. The DWP have said they will contact everyone affected by this. However, according to Money Saving Expert these women won't be contacted and still need to contact the DWP to make a claim:

- A woman who got divorced AFTER retiring and who hasn't got their pension reassessed.
- A woman whose husband turned 65 before 17 March 2008 and who is being paid less than 60% of their husband's basic state pension.
- A married woman who's on ZERO basic state pension, but getting a small amount of graduated retirement benefit

To check if you have been underpaid and are owed, contact the Pension Service. You can either:

- Call 0800 731 0469 (press option four, then option two) or
- See other contact details on the [Pension Service](#) website.

You can read more information or watch an explanatory video

here: <https://www.moneysavingexpert.com/reclaim/married-women-missing-state-pension-boost/>.

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Save the dates! Thursday 2nd and Sunday 5th September 2021

CSF National have announced plans for an “Activity for Life” from Carbonne to Fronsac, both in the Haute-Garonne, between

The bike ride (otherwise known as the Garonne Challenge) will follow the Parcours Cyclable de la Garonne for virtually its full length, from glimpses of the Pyrenees at Carbonne to ending up right in the mountains alongside the river at Fronsac, not very far from the Spanish border.

The Saturday cycle event is a circular tour taking in the lovely Neste Valley with our lunch stop (along with the walkers) being nestled below the UNESCO World Heritage site of Saint Bertrand de Comminges (known locally as the Mont St Michel of the south).

The walkers have the opportunity of a circular tour starting and finishing at Valcabriere with its superb mosaics and visiting the historic and magnificent cathedral and town at St Bertrand de Comminges.

Our Friday and Saturday night accommodation is at Montrejeau overlooking a lake and with the mountains behind. We have reserved 9 x lovely wooden 2 bedroomed chalets on a 'first come, first reserved' basis.

On the Saturday late afternoon we are hoping to give those who want to the opportunity of visiting the caves at the Grottes de Gargas before organising a group meal at Le Paleo restaurant alongside.

There is something for everyone, from shorter flat cycle rides to longer day rides to the picturesque walk

Fancy joining us and raising some money for a fantastic cause? Perhaps you would like to volunteer to help us organise and man the event. If you do then contact Sasha Hendersen (admin@cancersupportfrance.org) or check out the [Facebook page](#).



#BREXIT

Did you know ...?

CSF National offers guidance to UK nationals currently resident in France who need to establish their residency and healthcare rights after Brexit. You'll find information on CSF

National's [website](#).

For further support:

0800 240 200

or email

brexit@cancersupportfrance.org



Win, win!

Please don't throw old mobile phones, used ink cartridges or x-rays away! In the Hérault you can drop off your old x-rays in any radiology/medical imaging clinic and your printer cartridges and mobile phones at your local Mairie. Not only will you be de-cluttering your home and helping to protect the environment, you'll also be donating money to La Ligue contre le cancer.





What's New in the World of Cancer Research?

Here we bring you links that you might find interesting to explore. Click on the title to see the entire article.

[Personalized cancer vaccine deemed safe, shows potential benefit against cancer](#)

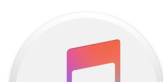
A personalized cancer vaccine raised no safety concerns and showed potential benefit in patients with different cancers, including lung and bladder, that have a high risk of recurrence, according to results from an investigator-initiated phase I clinical trial. *Source: The Mount Sinai Hospital / Mount Sinai School of Medicine, Israel*

[New nanotech gives boost to detection of cancer and disease](#)

Early screening can mean the difference between life and death in a cancer and disease diagnosis. That's why researchers are working to develop a new screening technique that's more than 300 times as effective at detecting a biomarker for diseases like cancer than current methods. The technique uses nanoparticles to increase the sensitivity of ELISA, a test that measures samples for biochemicals, such as antibodies and proteins, which can indicate the presence of cancer, HIV etc. *Source: University of Central Florida, USA*

[Bacteria may aid anti-cancer immune response](#)

The findings of a new study may explain the microbiome-immunotherapy connection. Cancer immunotherapy may get a boost from an unexpected direction: bacteria residing within tumour cells. Researchers have discovered that the immune system "sees" these bacteria and shown they can be harnessed to provoke an immune reaction against the tumour. The study may also help clarify the connection between immunotherapy and the gut microbiome, explaining the findings of previous research that the microbiome affects the success of immunotherapy. *Source: Weizmann Institute of Science, Israel*





And now for some music ...

from Nick Mosienko

More pieces of music that are easy on the ear, relaxing and stimulating in equal measure. Prepare your tea or coffee - or a glass of your favourite local wine - and enjoy!. The theme again is *relaxation*. All the pieces can be found on YouTube. No special apps to download, or registration to go through. Just 'click and listen!' It couldn't be simpler.

1. Mozart: Piano concerto no. 21, 2nd movement

Mozart completed this concerto on 9 March 1785 (apparently!) It was used in the soundtrack of a Swedish film, *Elvira Madigan* in 1967, and has been used in many films, TV programmes and adverts, the world over, ever since. When you hear it you'll probably recognise it. Neil Diamond's song *Song Sung Blue*, of 1972, was based on the theme.

<https://www.youtube.com/watch?v=45drOITTTA8>

2. Dvorak: Cello concerto, 2nd movement

Composed in 1864, in New York, published in Berlin, this concerto was given its premiere in London in 1896, by English cellist, Leo Stern. It was immediately a hit, and went on to be widely performed globally, and hence widely recorded. Well worth hearing the entire 3 movement concerto.

<https://www.youtube.com/watch?v=43zGBuTBOPU> HYPERLINK

"[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=43zGBuTBOPU&list=RD43zGBuTBOPU&start_radio=1)

[v=43zGBuTBOPU&list=RD43zGBuTBOPU&start_radio=1](https://www.youtube.com/watch?v=43zGBuTBOPU&list=RD43zGBuTBOPU&start_radio=1)"& HYPERLINK

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3. Saint-Saens: Suite algérienne, 3rd movement, *Réverie du soir*

Inspired by his visit to Algeria in 1873, Camille Saint Saens composed the Suite algérienne in 1880, while staying in Boulogne-sur-Mer. He got around, did old Camille! First performed in Paris that same year. Bit of local history now; although Saint-Saens travelled the globe, he was closely associated with Béziers, where he would return to for stays throughout his life. He worked to raise funds for *Les Arènes* in Béziers, which seats 8000. He and his friend Fauré directed open-air operas there, a tradition that exists to this day.

<https://www.youtube.com/watch?v=O80hM-E0LpQ>

4. Beethoven: Symphony no. 6, "Pastoral", final (5th) movement

Beethoven loved nature and walking. Completed in 1808, and quoting the composer, the work is "more the expression of feeling than painting." It is possibly the first example of a composer writing a purely programmatic work. First performed at Christmas in Vienna in 1808. as part of a 4-hour concert! This movement represents shepherds being thankful

that the storm (previous movement) has passed.

<https://www.youtube.com/watch?v=zNd1r3cU8WY>



DVD film reviews from John Kane

Looking down the list of DVDs that Ann has (see "Ann's book & DVD exchange" below), there are a number of acknowledged classic films including Billy Wilder's poison pen tribute to Hollywood "*Sunset Boulevard*". Normally I wouldn't hesitate to recommend it to you but even I have to admit that it is not a cheery film. For a start, the whole movie is narrated by William Holden's dead body floating in ageing movie star Norma Desmonds' swimming pool. So not perhaps the kind of film you might want to watch in the middle of a pandemic. Instead, being the shallow hedonist that I am, I'm going to promote one of the most charming and funny, if inconsequential, movies I've seen in a long time, "*The Secret Life of Pets*".

If you are my age, we grew up in a time when cartoons were a regular feature of an ordinary cinema programme, along with the newsreel and *Pearl and Dean*. As a child, and even as an adult, when the Disney logo or the Warner Brother's Loony Tunes flashed on the screen I knew I was in for five to seven minutes of sheer silliness. And when a full-length feature such as "*Cinderella*" or "*Peter Pan*" came to town, as a child I was in heaven and never saw it less than three times. So you will realise that I am an animation fan.

Nothing will alter my absolute admiration of the above cartoon companies but I have to admit that we are living in a golden age of animation. Once dismissed in some quarters as something only for the kids, cartoon films today are being made by some of the greatest writing and artistic talents working in contemporary cinema. They are films that children can still enjoy but the best of them, by which I mean those produced by *Pixar* and *Dreamworks* studios, have a depth and sharp comic wit that can be enjoyed by all ages. You will notice that *Pixar's* "*Frozen*" and "*The Incredibles*" are available from Ann and they are among the best animations available but I imagine, especially if you have grandchildren, you will already be aware of their quality, no doubt after repeated viewings. If on the other hand, you haven't seen them, I advise you to snap 'em up now and give yourself a treat.

"*The Secret Life of Pets*", released by Universal Studios in 2016, is far from the genius of *Pixar* but it is still very funny with an exciting plot. The animators have obviously studied the actions and habits of domestic animals so if you are an animal lover yourself you're bound to recognise and be hugely amused by the foibles and antics of the various characters. It is a wonderful funny and moving story with a good list of animals to choose from, with back-

characters. It is colourful, funny and moves at a good lick, something to shove on, sit back and smile to. And lord knows, don't we all need something to smile about nowadays.

Cheers!



Your Book Recommendations and Reviews

We received no book recommendations/reviews from readers this month so here's a filler from Ann's book & DVD exchange (see below).

"The Fountainhead" by Ayn Rand (1943)

I have the advantage of having first dibs on book donations and have come across some interesting items (including a signed, tattered copy of Matt Busby's autobiography in case anyone would like to have it).

When I found a copy of one of the few books that Donald Trump claims to have read, I couldn't resist Ayn Rand's "The Fountainhead". Apparently, the former US president identifies with the novel's hero, Howard Roark, a brilliant young modernist architect who never compromises or deviates from his principles and who also happens to have orange hair. Roark personifies Rand's Objectivist philosophy, one of whose main tenets is that the proper moral purpose of one's life is the pursuit of one's own happiness. Rand's fans include the late Alan Greenspan (who was chairman of the US Federal Reserve for 19 years), Rand Paul (US Senator), Sajid Javid (former UK Chancellor of the Exchequer) and Daniel Hannan (a former Tory Member of the European Parliament and arch-Brexiteer, who allegedly kept a photograph of Rand on his desk in Brussels). At over 700 pages and without a single likeable character, it's hard going (I'm still ploughing through it) but it's interesting to have an insight into those men's minds. If you would like to read this book, just let me know. I'll be very happy to pass it on.

Please recommend/review books you have enjoyed. Send any suggestions/reviews to [Ann](#), who will also be happy to watch out for a copy among the donations she receives or help you to buy a copy (in print or the Kindle edition).





Recipe Corner:

If you have a favourite recipe that you would like to share, please send it to us [here](#). (Please let us know if you would prefer to remain anonymous.)

Coriander bread

This is a delicious, easy and no-knead bread. (To make it even easier, the French equivalents of some of the ingredients are given.)

Preheat the oven to 220°C (or 425°F).

Ingredients:

1 tsp honey
150ml lukewarm water
25g fresh yeast (*Levure de boulangerie*, in most supermarkets)
400g wholemeal flour (*Farine de blé complète, Type T150*)
50g strong white flour (*Farine de blé, Type T55*)
50g rye flour (*Farine de seigle, Type 130*, in the “Bio” section or in Bio shops)
1 tsp salt
4-5 tbsp of coriander seeds (either whole, ground or a mixture)
275 ml warm water (at blood temperature)
13 x 20cm bread tin (greased with vegetable oil or lined with baking paper (*paper cuisson*))

Method

- Add the honey and yeast to the 150ml of lukewarm water. Stir with the handle of a wooden spoon (or similar but not with a metal spoon) until mixed. Leave to stand until it's creamy & slightly frothy (about 5 minutes).
- Mix the flours with the salt and coriander seeds.
- Pour the yeast mixture and the 275 ml warm water into the flour and mix well.
- The mixture should be too wet to knead. Pour it into the greased/lined tin.
- Cover with a tea towel and leave to rise for about 10 minutes or until just before the mixture rises to the top of the tin (it will rise further in the oven).
- Remove the tea towel. Place the tin in the oven for 50-60 minutes. When it's ready, a knife inserted in the bread should come out clean and/or the bottom should sound hollow when tapped.
- Remove the baking paper. Wrap the loaf in the tea towel until cool.

Enjoy! This bread freezes very well.

If you would like to send our newsletter to a friend, please click on this link:

Hannah's Clothes

Hannah is eager to reveal her fabulous collection of clothes and jewellery - for the benefit of both her customers and CSF - as soon as possible. Due to circumstances beyond her control, this has not been possible for months. Hopefully we'll have news in our next newsletter.



Ann's book & DVD exchange

Ann has lots of books and films, which may help pass these evenings under curfew, in exchange for donations to CSF-L.

Ann says:

For both **books & DVDs**, click [HERE](#). Books are arranged by category, and DVDs are arranged by audience in nine "libraries". New items will be added when kind people (like you) pass them on to me. *Please note: Ann cannot guarantee to add every item donated.*

Here's how it works: First come, first served!

Copy and paste the title/s from the website (<https://bookexchange34.libib.com>) into an email to books.csflangedoc@gmail.com and I will arrange to deliver or post them to you. I'm very happy to keep an eye out for your favourite authors/directors when new titles are donated. Just let me know and I'll reserve it for you!

All proceeds go to CSF - Languedoc. You can make a donation to CSF-L either on delivery or online [HERE](#).

Thank you! Looking forward to seeing you in person again soon. *Ann*

Change of postal, email address or telephone number

If you've moved or changed your email address or telephone number, please let us know (email: membership.csflanguedoc@gmail.com) so that we can update our records. Thank you!

Download the App - TousAntiCovid

The app *TousAntiCovid* is an essential tool to slow down the spread of the virus in France. Click this link <https://www.gouvernement.fr/info-coronavirus/tousanticovid> for more information.

Contributors this month:

Alison Kane
John Kane
Ann Maher

Nick Mosienko
Tony Orsman
Jackie Keefe - Editor

The Last Word

We're all waiting patiently for the easing of restrictions in France. I'm heartened to see that the number of Covid-19 cases per day is reducing, and the supply of vaccines appears to be increasing. We will continue to keep you informed via our Covid-19 Bulletins. Some of you will continue to self-isolate and our Active Listeners continue to work during the restrictions, providing support in the best way possible, restrictions permitting. Thank you to all those of you who contribute to the support and wellbeing of our clients. *Jackie Keefe*



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