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CSF NATIONAL ASSOCIATION PRESIDENT'S SUMMER PONDERINGS
Submitted by Pat Lockett, National President

I hope you have been enjoying the arrival of early summer in your corner of France. Certainly here in the South West, it felt as though we went from a cold and wet winter straight into the serious heat of summer - I am definitely not complaining though!

CSF local Associations have maintained commitments to supporting clients throughout this last lockdown, finding creative ways to meet their needs. Communication technologies have played a huge part in this but there is a clear desire to meet again in person. It has been a privilege to hear about the plans which are underway to bring people together again, especially as the summer months and relaxed restrictions mean we can do so much more outside as well as indoors.

To this end, the National Conseil will be meeting in early July in Cahors to develop ideas about how to take CSF forward and, how best to ensure those who need us, can find us easily. I for one am looking forward to actually sitting in a room and holding discussions that don't involve a computer screen.

Carol Quinlan (National Training Liaison) is speaking with all Associations to check out their needs in terms of the training and development of Active Listeners and

SPONSORS

We are totally self-funded and are so grateful to the organisations who help us in many ways.

Our current sponsors can be found on our website: -

www.cancersupportfrance.org

PRESIDENT'S SUMMER PONDERINGS cont...

other volunteers. Very soon there will be dates in the diary to help Associations add to their capacity to support those who come to us.

Carol, supported by Jackie Kelly (President CSF Vienne), is also in discussions with Macmillan UK and Warwick University. They have developed the HOPE programme (Help to Overcome Problems Effectively) designed to offer practical support to cancer survivors and for those living with cancer. Five CSF Associations have said they would like to trial this exciting new development

Jayne Ray (President CSF Gascony) and Paul Broach (Treasurer CSF Gascony) have been working hard to pull together the detail of the Activity for Life 2021 aka The Garonne Challenge. The combined cycling and walking event will start on Thursday 2nd September in Carbonne and finish on Sunday 5th September in Fronsac. Full details on how to register, raise funds and receive your Participants Packs are available from: -



admin@cancersupportfrance.org or www.cancersupportfrance.org and [CSF Activity for Life | Facebook](#)

You may recall an item last year concerning Cat Hartley (CSF Languedoc) being awarded the British Empire Medal in the New Year's Honour list for 2020. Cat will at last receive her award in July at the British Embassy in Paris, watch this space for photographs in the next edition of Touchlines.

Finally, it remains for me to wish you a happy summertime with more and more opportunities to meet again with family and friends.

IVAN LANGLEY - TREASURER, LOT-ET-GARONNE - Submitted by Cindy Shepherd, President

It is with great sadness that we have learned that one of the founding members of CSF, Ivan Langley, has passed away on June 27th. Ivan was the Treasurer of CSF Lot-et-Garonne. Their President, Cindy Shepherd, writes: -

"I like many, feel privileged to have known Ivan, a very gentle, kind man with the utmost compassion, integrity and humility. He retired to France 30 years ago and has given so much to so many."

Condolences to his wife Pat, their son, Robin, family and friends. (Editor)

REGIONAL ROUND-UP

CHARENTE MARITIME - Submitted by Sue Smith, President

CSF Charente Maritime is delighted to have started work on our summer/autumn programme of activities, starting with a coffee morning on Friday, July 2nd at La Basse Pomeraié in beautiful Port d'Envaux. From 10.30am, please come along and join us for coffee (or tea) and cakes, chat to our team and find out all about CSF-CM.

On September 12th, we will be having a family day in the centre of Port d'Envaux; bring a picnic and join in the treasure hunt and the children's activities. Great fun for young and old alike.

More events are in the planning stages including our annual October Rose event and our drop-in afternoons. Full details will soon be available on our web page www.charente-mar.cancersupportfrance.org, on our Facebook page or by contacting us at csfcm-enquiries@cancersupportfrance.org

MEMBERS' MEETING

Our Members' Meeting, held on 18th May, was a lively event with 24 members joining via Zoom. After the presentation of Council reports, members joined smaller 'breakout' groups to discuss views and suggestions on how to attract new Active Volunteers to our Association and, potentially, take advantage of our training programme to join our vital team of Active Listeners.

Ideas included:- events; distributing promotional material in the places where English-speakers frequent; liaising with other English-speaking groups; advertising in print media or on social media; training members to be 'ambassadors' for CSF, and asking members to recruit other members by word of mouth.

The Communications Working Party is looking forward to taking some of these ideas forward in the near future.

ADVANCES IN CANCER SCREENING:- A TALK BY THE PRESIDENT OF LA LIGUE CONTRE LE CANCER (COMITÉ DE L'HÉRAULT)

On 23rd March, a video talk in English jointly organised by *La Ligue contre le cancer (Comité de l'Hérault)* and Cancer Support France, Languedoc, was delivered by Prof. Jean-Bernard Dubois, President of *La Ligue contre le cancer (Comité de l'Hérault)* and former onco-radiologist and Director at ICM (*Institut du Cancer de Montpellier*). The talk was one of a series given by Prof. Dubois who generously gives his time to keep CSF-Languedoc members informed about developments in cancer care and treatments.

In this video talk about advances in cancer screening, Prof. Dubois explained that the significant improvement in cancer prognosis over recent years can be attributed to two main factors:- advancements in treatment and earlier diagnosis through widespread screening. He went on to discuss the four main cancers for which screening is particularly effective:- breast; uterine cervix; colorectal and prostate cancers. The talk was followed by a very useful questions and answers session.

The next video talk by Prof. Dubois will be held on 29th June on the subject of 'Cancer Treatments Past and Present'.

CSF - LANGUEDOC'S WALKS FOR LIFE 2021

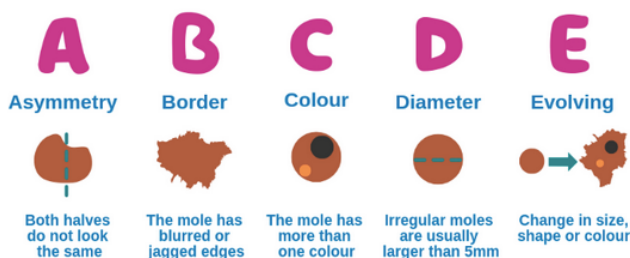
Following the success of last year's 'new format', Walks for Life, in which over 200 walkers and cyclists formed small groups to raise funds for CSF-Languedoc and *La Ligue contre le cancer (Comité de l'Hérault)*, we are repeating this same winning formula for 2021.

During the month of September, we are once again inviting CSF-Languedoc members, friends and families, wherever they may be, to don their walking boots and/or cycling shorts and take to the great outdoors in memory of those close to them who have been affected by cancer.

Below, as shown on our Facebook page: -

www.facebook.com/cancersupportfrancelanguedoc

Summer is here. Enjoy the sunshine but please take note of the ABCDEs of skin cancer



Infographic from: www.macmillan.org.uk/cancer-information-and-support/skin-cancer

CSF LOT (formerly DORDOGNE EST & LOT) - Submitted by Anna Shackelford, President

At the end of June we, at CSF Lot, will be having our last Council meeting before the summer break and we are very excited as, after canvassing Council members, enough were willing to come along to a face-to-face meeting to make up a quorum. So, after 15 months of Zoom meetings and training sessions, we will be holding a 'real' Council meeting followed by our Active Listener training session. Our very own Dream Team will provide refreshments and a light lunch so it will be quite like old times. For those who cannot attend we are offering a Zoom link, so no-one need feel left out.

We are delighted, by the way, that we have kept the spirit and ethos of our Association alive during the various confinements and we are looking forward to (all things being equal!) an action-packed Autumn and a bit of a relaunch. We have a handful of new recruits who are keen to become involved in our work in one way or another and we are sure the 'old hands' will make them feel welcome and part of the CSF family.

Over the summer, we are encouraging folk to once more Step Out for CSF and hope to see photos and hear tales of the exploits of the various groups of walkers.

Pat Lockett and Anna Shackelford will be recording an interview for local radio station *Brit d'Oc* which will be airing in early July, highlighting the work of CSF at a national and local level. So, apart from our ongoing efforts this year, we are aiming to keep CSF Lot well and truly in the public eye and consciousness.



BRIT D'OC

90 minutes of Music, Chat and Nostalgia in English

Antenne d'Oc - Saturdays 19h30 till 21h00

Bretenoux 89.0 Cahors 88.1 Cahors sud 89.0 Cazals 88.8 Figeac 88.1
Gourdon 105.3 Labastide-Murat 104.1 Montcuq 88.8 Prayssac 93.7 Souillac 100.3



As we gradually emerge from the Covid restrictions and cautiously look forward to some careful socialising this summer, we are again calling on our loyal members and friends to do their bit for CSF.

In the Autumn of 2020 a few gallant groups organised walks in aid of CSF and we duly raised just over €400,00, half of which we donated to La Ligue contre le cancer.

So as the weather settles and thoughts turn to pleasant outdoor activities, why not turn your usual dog walk or pleasant afternoon ramble into a local awareness and fund-raising event for CSF?

It couldn't be easier, and doesn't take much organisation – just invite along some pals, register with us, and send in your donations when you have completed your walk. If you would like a member of the CSF Lot association council to come along and talk about our work let us know and we'll see if someone appropriate can join you on your chosen dates.



ACTIVITY FOR LIFE - 2nd September - 5th September 2021

And finally. Some of our members are looking forward to meeting up with colleagues in September at one or other of the stages of the Activity for Life; by the way big congrats to Jayne Ray and her team for an excellent Participants' Pack!



PARIS-ÎLE DE FRANCE - Submitted by Pamela Combastet, President

Paris-Île de France is pleased to announce that the raffle of the quilt (so lovingly sewn and so generously donated by Nan de Laubadère) raised 1000€ for CSF National. Thank you to each and every one of you who supported the raffle, bought and/or sold a raffle ticket in support of our fundraiser.



EUROPEAN WHITE PAPER ON CANCER COMORBIDITIES

The European Cancer Patient Coalition (ECPC) together with its patient association members has presented a White Paper to the European Parliament.

The long and complex title - **'THE IMPACT OF CANCER-RELATED COMORBIDITIES ON PATIENT TREATMENT, TREATMENT EFFICACY, SURVIVORSHIP, AND QUALITY OF LIFE'** - does say exactly what can be found in the White Paper which is detailed, but written in a way that is accessible to everyone.

To give a flavour of what you might find, here is the List of Contents: -

- The burden of cancer-related complications and comorbidities
- Cancer and associated thrombosis (CAT) / venous thromboembolism (VTE)
- Cancer and cardiovascular complications
- Cancer and nutritional support
- Cancer and coeliac disease
- Cancer and obesity
- Cancer and mental health
- Cancer and neuro (-psycho) logical complications
- Cancer and pain
- Cancer and ageing
- Colorectal cancer early detection
- Prostate cancer early detection
- Breast cancer early detection
- Cancer and infectious diseases
- Preventing liver cancer by tackling hepatitis
- Cancer and alcohol consumption
- Cancer and tobacco use
- Recommendations

The full White Paper can be found here: - <https://ecpc.org/wp-content/uploads/202...er-III.pdf>
or a summary can be found here: - <https://ecpc.org/wp-content/uploads/202...ary-II.pdf>

Recently, Penny Parkinson Sud de France Secretary attended the Webinars and has posted the above on the CSF Forum for open discussion <https://forum.cancersupportfrance.org/>

IN MEMORY OF JULIE - Editor



The Brain Tumour Charity (1996) is a UK-based, Charity Commission registered, charity dedicated to funding research, raising awareness of brain tumours, reducing diagnosis times and providing support and information for people with brain tumours, their families and friends.

<https://www.thebraintumourcharity.org/>

I thought I would feature these British and French brain tumour charities following the death in June 2021 of one of our staunch supporters and friend of CSF Lot and CSF in general, Julie D. Julie, who lived in the préfecture town of Cahors in the Lot, was very well-known and popular. She will be sadly missed.



For those affected and living /receiving treatment in France, this is the French equivalent.

ACTIVITY FOR LIFE 2021 -

Compiled by Jayne Ray, President and submitted by Paul Broach, Treasurer (Gascony)

Activity for Life 2021 - Thursday 2nd Sept - Sunday 5th Sept Carbonne to Fronsac

(IMPORTANT NOTE: This date was incorrectly published in the Spring issue of Touchlines)

DAY 1: (Thursday) is a very easy ride from Carbonne Station to Boussens. Only 29 kms and virtually flat all the way. Event starts at 12. Primarily small roads and a canal path. Some good views of the river.

DAY 2: From Boussens to Gourdan-Polignan - 55 kms with a few 'lumps' but generally pretty flat. Starts at 10h with coffee stop ,around 11 and lunch about 1.

DAYS 3 & 4: are based around a potential weekend away for some people.

DAY 3: Ride starts and finishes at Mazères de Neste and is about 55 kms. It is harder than day 2 and there are some gravel paths. The course is almost a figure of eight and so it is possible to finish half way. It starts at 10h. For those not wishing to cycle there is a circular walk of 5 to 6 kms from Valcabrière to Saint-Bertrand-de-Comminges and back, taking in the UNESCO World Heritage site at St Bertrand. Lunch stop for both cyclists and walkers will be in the car park below St Bertrand.

DAY 4: starts from Gourdan-Polignan at 10h and finishes around 12-12.30 at Fronsac, right by the river. Drinks stop is at Saint-Bertrand-de-Comminges. It is 24kms and an easy ride, primarily on footpaths.

Based on previous events, we usually cycle at an average speed of 13-14 kph. A Mountain bike / VTT would be preferable to a road bike. You don't have to ride every day of the event to participate.



Just some of the stunning views along the route

In this day of smart phones and downloadable apps, here are a few that are out there: -

BECCA Breast Cancer Support App (Free) Download from [Google Play](#) or [App Store](#)

Breast Cancer Now's Becca app provides specialist support to help you live with, through and beyond breast cancer. Easy-to-use flashcards give information, support and inspiration to anyone struggling to find their 'new normal' following diagnosis. More information available from the NHS App Library www.nhs.uk/apps-library



Becca is for anyone finishing treatment for primary breast cancer. Becca helps you adapt to life after breast cancer treatment by giving you access to relevant and trustworthy advice directly on your mobile device. You'll find tips on a range of subjects including health, exercise, food and what is now normal for you. Daily blogs by people living with breast cancer are designed to help you understand your symptoms and feelings, and give you confidence to move forward after breast cancer.

MIISKIN helps you track any changes in your skin and moles. Take photos over time and compare them side by side to spot any changes.

Miiskin sends you reminders and gives you information about the types of things to look for. Miiskin **does not** try to diagnose skin cancer.



Download from [Google Play](#) or [App Store](#) (Basic version - Free)

OWISE launched in March 2021 a ground-breaking mobile app in the UK for prostate cancer patients. Founded in the Netherlands in 2016 Px, the digital health company dedicated to improving cancer patient experience and oncology outcomes, announced the UK launch of its OWise mobile app platform for prostate cancer patients.



In the UK, one in eight men will get prostate cancer during their lifetime. Data from 2019 show that following their diagnosis, 62% did not receive a care plan from their NHS providers, leaving many prostate cancer patients anxious and distressed.

On the back of its success of the award-winning, NHS accredited OWISE breast cancer app, Px has developed, and co-designed with patients and clinicians, the OWISE freely downloadable prostate cancer app and website to give patients personalised support from the first day of diagnosis.

Download from [Google Play](#) or [App Store](#)

BREAST HEALTH FREE APP

Learn how to self-exam; stay on top of breast changes; create a custom screening plan based on your risk and get helpful reminders and tips.

Whilst this is an American-based app, it is available world-wide and contains many hints and information that is globally meaningful but please be aware that **not all** suggestions (such as free mammograms) are available in your area.

The Know Your Lemons Foundation is a non-profit organisation and their mission is to improve early detection for breast cancer worldwide through creative and empowering education.



**KNOWYOUR
LEMONS**

Get our breast check app:
knowyourlemons.com/app

DISCLAIMER: The app developers are solely responsible for their app's advertisements, compliance and fitness for purpose, unless stated otherwise.



We remember our
Founding President,
Linda Shepherd
1953-2017

Also [Here](#) to Help...

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

In partnership with:

En partenariat avec:



www.prostatecanceruk.org



www.be.macmillan.org.uk



Beating blood cancer since 1960

www.bloodwise.org.uk



www.breastcancersupport.org.uk



www.thebraintumourcharity.org



www.cancerresearchuk.org



www.pancreaticcancer.org.uk



www.targetovariancancer.org.uk



www.bowelcanceruk.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: Patricia Lockett
president@cancersupportfrance.org**

**Treasurer: Jean Winter
treasurer@cancersupportfrance.org**

E-mail: helpline@cancersupportfrance.org

Website: www.cancersupportfrance.org

forum.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...

REGIONAL GROUPS

Alpes-Maritimes (06; 83)	Angela Anderson (Mobile)	07.68.38.74.70 06.48.50.36.46	cancersupport06@gmail.com
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Charente-Maritime (17)	Sue Smith	06.79.16.60.83	Csfcm-president@cancersupportfrance.org
Charente Plus (16)	Denise Bloom	06.45.35.32.30	csf.charenteplus@gmail.com
Deux-Sèvres (79)	Denise Langford	06.40.77.27.35	deux-sevres-president@cancersupportfrance.org
Dordogne Nord Plus (16; 24) (Formerly Dordogne Ribérac)	Paula Cragg (Helpline)	05.45.25.55.28 06.43.67.86.11	dnp-helpline@cancersupportfrance.org
Dordogne Sud (24; 33)	Bob Kennedy (Mobile)	05.53.23.29.17 06.03.39.24.33	dordsud-treas@cancersupportfrance.org
Gascony (31; 32; 65)	Jayne Ray (mobile)	05.62.31.63.40 06.27.69.62.28	gascony-contact@cancersupportfrance.org
Haute-Vienne (87; 23; 19; 36)	Sue Ware	0800 240 200	helpline@cshautevienne.org
Languedoc (12; 34)	Jen Glayzer Helpline	04.67.44.87.06	president.csflanguedoc@gmail.com
Lot (formerly Dordogne Est & Lot) (46)	Anna Shackelford (24h Helpline)	06.33.26.89.75 0800 240 200	lot-president@cancersupportfrance.org
Lot-et-Garonne (47)	Cindy Sheppard	06.70.64.68.82	helpline@cancersupportfrance.org
Lyon (69)	CONTACT NATIONAL	0800 240 200	helpline@cancersupportfrance.org
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Sud de France (09; 11; 66; 81; 82)	Brian Thomas	09.82.43.91.53	sud-president@cancersupportfrance.org
Vienne (86)	Jacque Kelly	0800 240 200	vienne-president@cancersupportfrance.org

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