



CSF NATIONAL ASSOCIATION PRESIDENT'S WINTER PONDERINGS

Submitted by Pat Lockett

I wonder what the view is from your window today? Mine is of a garden strewn with leaves under a blanket of mist; one of those days when the fire will be lit early, I suspect. But here in Montcuq, the *Mairie* has spent extra money on Christmas lights and we are looking festive, despite the weather.

We tend to become reflective at this time of year but I think our lives have been so impacted by the health emergency that we are all taking a moment to think about the highs, and lows, of 2020. The National Conseil of CSF is no different and although there have been sad and challenging times, there is much we can celebrate, not least, the fellowship offered and received by its members.

CYCLE FOR LIFE - We were so pleased this was able to go ahead in September although with fewer participants. Paul Broach (Treasurer CSF Gascony) has written separately about the riders' experience but I do want to express our gratitude to the riders who braved a full spectrum of weather yet kept smiling throughout. Certainly, the camaraderie Paul speaks of is an outstanding memory for me too. Dick Smith (President CSF Charente-Maritime) used his local knowledge to ensure the route was safe and together, we managed not to lose anyone. Paula Cragg (President CSF Dordogne Ribérac) and her team prepared an excellent lunch to celebrate the final day in Angoulême. I also want to recognise the huge effort put in by Penny Parkinson (National Past President) who has for many years, been the driving force behind the ride. Penny is stepping back from this role and next year, Jayne Ray (President CSF Gascony) is working with Paul to plan the *Cycle for Life 2021*. Watch this space!

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Paula preparing lunch



A lunch stop

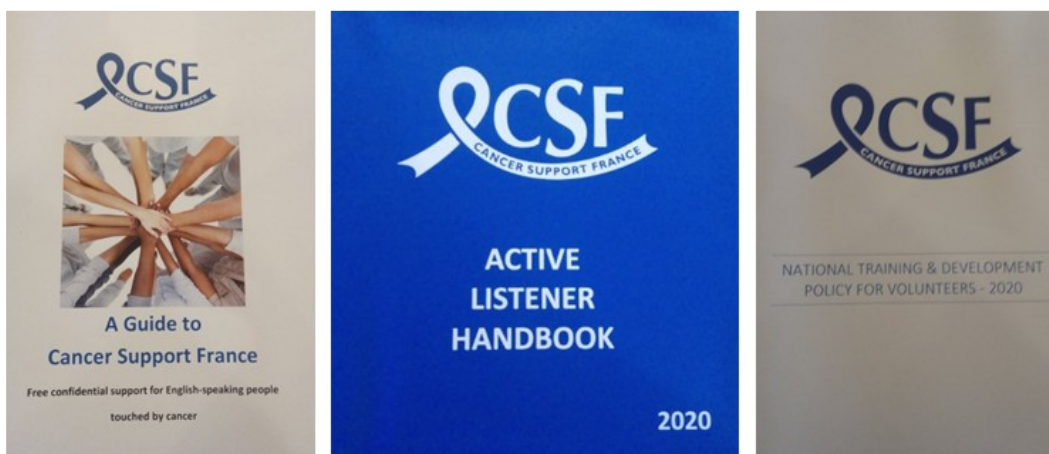


The finish at Angoulême



The start at Roquefort

SANTA CAME EARLY - Despite the restrictions on our movements, the National Conseil has not been idle. Three key projects have been achieved. The review of the National Training Policy was led by Carol Quinlan (CSF Training Liaison Officer) and the review of The Guide to CSF was led by Graham Luck (CSF Languedoc). Thirdly, the long-awaited Handbook for Active Listeners is now printed and bound. Huge thanks are due to these colleagues for their work.



This has been a tough year in many ways, not least of all, in the loss of fund-raising and awareness-raising events. Yet local CSF Associations and other groups have given generously to National to ensure we could fulfil these projects.

With personal sadness, I want to echo the words of Cat Hartley (CSF Languedoc) in remembering our colleague and friend, Jenny Guest. In addition to Jenny's work with her own Association, she has contributed to important projects for National including taking the lead on the annual collection of statistics. Our thoughts are with Jenny's family.

2021 is on the horizon! What will it bring? We all hope that with the vaccination programme, will come fresh confidence in finding our way back to a life where the things we plan can actually take place and where we can again, be with the ones we love. The CSF Annual General Meeting is planned for Wednesday 24th March and, restrictions allowing, we will be hosted in Carcassonne by CSF Sud de France. Following the AGM, we plan to take further our discussions on how we can Move Forward Together.

When you read this, the New Year will be upon us. I hope you have enjoyed a happy festive time. Perhaps not your usual Christmas but we go forward into the 2021 with a sense of hope and optimism.

Happy New Year!

REGIONAL ROUND-UP

CHARENTE PLUS - Submitted by Denise Bloom

LOCK UP LOCKDOWN - It has been a very changeable time over the past few months in the Charente. We were excited when we managed to open our charity shop with the induction of two more volunteers. Our customers flocked back to support us and stock was moving. Unfortunately, it didn't last long and we had to lock the doors again. It is a very difficult time as our usual donations come from quizzes, coffee mornings and book sales. We are keeping in regular contact with our volunteers as they are the foundation of our Association; without them we don't have an Association. We are looking forward to spring and a new year and hopefully, a restriction-free period.

DORDOGNE EST & LOT - Submitted by Anna Shackelford

In common with all other Associations, activities in and around the Lot have been severely curtailed this year but there is now light at the end of the tunnel and we are busy planning for when 'normal service' can be resumed later on in 2021; fingers, toes and everything else crossed!

In the autumn, our *Step Out for CSF in September* walks were further supported by a very well-attended one organised by all our friends in Catus. Another planned for around the Frayssinet-le-Gélat area was rained off but the participants enjoyed socially distanced tea and cakes and all popped something in the kitty to boost the CSF coffers. There is enthusiasm for repeating the process so come the Spring, there will be another call to don the walking boots.



The Catus Gang

We continued to support our clients under the constraints of the second lockdown and for our Active Listeners, we held a very informative training session on setting up a *Dossier Médical Partagé*. The final training session of the year in November was an informal online coffee morning aimed at giving the Active Listeners a virtual hug and a little respite from the general weariness which seems to have pervaded our ranks as the seemingly, interminable year of 2020 drew to a close.

But we are looking ahead with optimism; we recently conducted an online survey of members to find out how we can best serve them and were delighted with the response. We have much food for thought going forward and are already planning the launch of an art group / drop-in centre for whenever we are allowed to safely gather. So, onwards and upwards and we wish all our fellow Associations the very best for the festive season and beyond!

GASCONY - Submitted by Jayne Ray

Hello all, I hope you are all well as we move through our second confinement. My thoughts are with you all as we came to the end of the challenging year of 2020.

I know of those who have been personally affected by this disease, either for themselves or family members. We all hope you continue with your recoveries.

We continue to work though. Where face-to-face meetings cannot occur, we are using the internet and phone to communicate and support. We are here for each other as well as clients. When the situation becomes clearer in this New Year, we may begin again to plan events that have had to be postponed.

We are continuing to have people referred to us for support and I would like to thank all those Active Listeners and volunteers who enable this to happen. During the first lockdown, our Active Listeners were one of the first groups of volunteers for National CSF to support all isolated, elderly or vulnerable people in France. Thank you so much for taking this step. We continue to support those affected by cancer but in addition, we can now support those people affected by other life changing illnesses.

This article will highlight some of the activities we have been able to achieve. A new training course for Active Listeners was held at the end of the summer. The final day unfortunately, has had to be deferred. We also have a waiting list of new people who wish to undertake the course.

CSF Cycle for life - Submitted by Paul Broach, Treasurer, CSF Gascony

Paul Broach was recently appointed Treasurer of Cancer Support France in Gascony. Paul's 41 years of working life was as a banker with NatWest/RBS before moving to France with his wife Rose, in 2014. They have 2 daughters and 2 grandchildren, all-living in the UK. Paul says: -

"We have always enjoyed the outdoor life (including skiing and cycling) and this was one of the main reasons for choosing to retire to the South West of France. Our first involvement with CSF was 5 years ago when we read in Connexions newspaper about the CSF Cycle for Life bike ride along the Canal du Midi. We felt it was an opportunity to raise money for a worthwhile cause, something which we had previously done on many occasions in the UK, not to mention a good way to meet like-minded people.

Since then, we have taken part in all but one of the Cycle for Life events. There is a great sense of camaraderie among the participants and the support/encouragement from CSF members along the route was super - flapjacks and drinks etc. were handed out. It was with this in mind that Rose and I started our training back in January ready for this year's event in the Charente Region. Little did we know at that time that COVID-19 would become a pandemic and life would take on a different aspect. Living in a reasonably rural area, we have not found 'confinement' quite as bad as some. Local walking was possible and the potager certainly benefitted but it is great now to be back cycling again.

The main drawback of COVID-19 for us has been the inability to travel to the UK to see family and friends. Our planned trip for April had to be aborted and we are reluctant to make firm plans, was our family to come over in the summer. The availability of internet 'meeting' websites has helped us keep in touch but they are no substitute for actually being there with someone.

The chances are that the Cycle for Life 2021 event will take place in June. I would encourage anyone to take part (you don't have to cycle all of the 4 days) and help raise money for a worthwhile cause. Cancer affects so many people, either directly or indirectly, and it is so reassuring to know that CSF can provide support, if required, at what inevitably, is a difficult time when often the language 'barrier' is made harder due to medical terms.

I hope to meet a number of readers in the months and years ahead at various events, on your bikes or otherwise! Stay safe"

GASCONY - continued...

LESSONS IN YOGA - Ursula Tuck is a qualified Iyengar Yoga teacher of 16 years. Ursula trained in Hong Kong and now teaches in Toulouse, Plaisance and on Zoom, a nurse by trade and a mother of two grown-up girls. *"Having had a bout of cancer myself, I have found Yoga to be a useful means to keeping grounded and healthy. I do continuous education to keep learning and staying linked to our base which is in Pune, India.*

Yoga is useful on a physical level, stretching parts of the body that are stiff due to physical conditions, mental stress or cold or over-use in daily life. Yoga creates space with this stretching. Once the body has space there is more ease, more blood flow and more healing or immunity depending where the opening is. Posture is maintained with more ease and so breathing is easier. Breath through gentle inhalations is used to open the body, deep exhales help reduce mental stress and body tension. These two aspects have a large affect on the mind. There is mindfulness also entailed in this process.

What we do on the mat helps us in our daily life. Restful postures help the nervous system and calms the body. So what we do with our body will affect our mind. A small and gentle stretch after a tense meeting can awake the body with the gentle exertion. Resting the body with the chest lifted, gives a passive means of releasing the body and opening it."

THESE THINGS DON'T HAPPEN TO ME... - submitted by Carolyn Cage

We all think that cancer will not affect us. We feel sorry for those facing cancer but guess what? It can catch us unawares.

I remember visiting the specialist here in France. She spoke of the effects of *Leucemie*: tiredness, heart issues, the spleen. It did not feel like this applied to me. Cancer consisted of lumps and tumours - didn't it? Apparently, not entirely. My cancer centred on too many rogue blood cells. I was not aware of any obvious pain or discomfort.

My cancer support lady, Victoria, contacted me. She said that I could scream at her if I needed to. I am keeping that option in reserve; one day...

Suffice it to say, I can share painful things with her. Victoria has supported me now for a number of years. I can air my concerns and grievances with her, no matter how ridiculous. Details can be explained. Cancer Support France is neutral, objective and informative, at the end of the phone. Shared experience is invaluable; knowing that others have been in this situation before us is some consolation. Identification is a certain - fear and heartache can arrive unexpectedly.

Do not hesitate to contact Cancer Support France; it's caring, individual, knowledgeable, confidential and at the end of the phone.



Paul Broach



Jayne & Tony



En-route

REMEMBERING JENNY GUEST

It was with great sadness that CSF Languedoc said goodbye to Jenny Guest, one of its most dedicated and inspirational members, who passed away after losing her fight with cancer on 4th December. The following tribute to Jenny was written by her friend and CSF colleague, Cat Hartley: -

Jenny became a member of CSF Languedoc in 2014 and joined the Council as secretary in 2015. She quickly became the glue and backbone that held us together for the whole of her four years of service. She poured huge amounts of energy and drive into the job, developing areas that badly needed attention such as communication, fundraising, training coordination and, most importantly, the management of volunteer recruitment. All was aimed at making CSF Languedoc more efficient and professional, more caring towards its volunteers and better able to support its clients.



Jenny Guest (centre) on the CSF Languedoc stand at last year's Christmas Cracker Fair

Neither could Jenny resist getting involved in every fundraising or awareness event going. You could only be in awe of her energy and she astounded those she met when they realized she was not only a volunteer but also was affected by cancer. As an instinctive people's person, she bonded effortlessly with those she came across and she gathered many friendships and huge respect along the way from all the volunteers she joined forces with, always giving each of them time, genuine attention and warm, caring kindness. You could not find a better team player.

When the time came for Jenny to step down from her role as secretary she nevertheless continued to be actively involved wherever her help was needed, volunteering both at local and national level. She had already been involved with projects for CSF National and those continued at a pace, helping with the gathering of statistics, working on the Living with Cancer research project for the *European Cancer Patients Coalition*, and attending *The World Cancer Conference* in Paris. She completed the last of her projects with CSF National on support work during COVID-19, just four weeks ago.

Jenny had also recently revisited another passion of hers by embarking on a training course to provide yoga sessions for cancer patients. At the end of the course, which lasted the best part of a year and demanded enormous focus and energy, Jenny used her new training to support our clients with great success.

What is also truly remarkable about Jenny is that she decided to embrace working in the field of cancer support when she herself was being challenged by the disease. It takes exceptional strength of character to be able to do that. She used her inside knowledge of cancer to be better at her role and to help others. And most importantly, she gave people hope and inspiration as she sent out loud and clear, the message that cancer need not stop you from enjoying life and doing what you love most.

When I talked to Jenny recently about how much she had achieved for CSF, she quickly replied that her involvement had helped her a lot at a time when she needed a sense of purpose and that she was so pleased that she had been given the opportunity to be involved.

Thank you, dear Jenny, for giving us so much of your energy and commitment, for giving so many hope and inspiration, for showering us with generosity, selfless, caring and sensitive kindness, and unconditional loyalty. All sprinkled with your unique sense of humour and 'can do' attitude.

KEEPING IN TOUCH AT CHRISTMAS

Throughout 2020, CSF Languedoc has been innovating new ways to keep in contact given the restrictions to face-to-face contact that have been in place for most of the year. Most recently, a team of five volunteers has handwritten 185 personalised, specially designed CSF Christmas cards to members, clients, therapists and sponsors to remind them that they are not forgotten even though we cannot meet.



One of the CSF Christmas cards sent to members and clients this year ...

NEW FORMAT WALKS FOR LIFE RAISES OVER €8000

Despite this year's change in format, driven by Coronavirus regulations, CSF Languedoc's 2020 *Walks for Life* was a huge success. Small groups of walkers and cyclists organised their own *Walks For Life* throughout September and raised over **€8000!** - a sum that surpasses the amount we have historically raised each year. This fantastic sum has been split equally between CSF Languedoc and *La Ligue contre le cancer (Comité de l'Hérault)*.

As the event was held remotely, it's impossible for us to know exactly how many people participated but we estimate over 200, based on the number of registered groups. We received photos and funds from groups as far afield as Canada and Cornwall, as well as from many local supporters here in *Occitanie*.



Groups of walkers and cyclists on this year's CSF Languedoc *Walks for Life*
Top left - The Mamils taking a well-earned rest at the top of *Mont-St-Baudile*
Top centre - Windswept Tourbes walkers
Top right - The Zoom Blooms
Bottom left - The AWGLR group at *Chateau-de-Restinclieres*
Bottom right - Jen Glazer & Friends

NORD - Submitted by David Wilson

CSF Nord was quick out of the starting blocks once lockdown ended. The regular brunches started again and were not only well-attended, but a waiting list had to be set up!

With fund-raising becoming increasingly difficult, in August, a group of friends decided to try and hold a concert to raise some much-needed cash. This turned into *The Reunion Gig*. Special permission was granted by the *préfecture*, and rehearsals began. With 3 weeks' notice, a concert with an Abba theme was developed, and thanks to peoples' warmth and generosity **€1050** was raised.

Then in October, a quiz and curry night was held when **€1336** was raised. Events will begin again just as soon as they are allowed!



PARIS & ÎLE-DE-FRANCE - Submitted by Deborah Lillian

A HEALING QUILT - One of our members, Nan de Laubadère, has created a special quilt '*straight from the heart*' to benefit our organisation. We plan to raffle this work of art at the AGM in March. All the proceeds from the raffle will go to support National in their wonderful work and dedication.

Quilts hold a cherished place in the history of crafts. They protect, they warm, they celebrate and, they can heal. Guided by this tradition and having lost both parents to cancer, Nan chose exceptionally beautiful designer fabrics, working them into a design that will enhance any interior.

This masterpiece will be at home anywhere. Please purchase your raffle tickets here: - <http://bit.ly/2KMF7cG> and consider selling two (or ten!) to your *entourage*. In these difficult times, let's have a fundraising beam of light shine on CSF National!



This is the QR code which should take you direct to the purchase form



Nan's Quilt - the centre shows the reverse

PROVENCE GARD - Submitted by The Bureau (Martin Benjamin)

During this strange time in all our lives, we remain committed to supporting our clients, therefore, we have had to review our working methods like all other CSF Associations. Our dedicated Active Listener team has supported its clients by either email, telephone, Skype or Facetime throughout the crisis.

Here in Provence Gard, we have taken to Zoom to hold almost weekly Active Listener meetings. Some of them have just been about getting together and sharing. In others, we have discussed specific topics related to our work with clients.

We are fortunate enough to have a retired oncologist on our team of Active Listeners. He recently held a question and answer session and gave a talk on how cancer treatments have improved over the past 50 years. This was attended by the majority of our team plus potential Active Listeners awaiting training. We were delighted to have Pat Locket and Carol Quinlan present and the session was recorded.

In November, we held a virtual Drop-In coffee morning for clients, volunteers and Active Listeners where we were treated to *The Tales of a Midwife* in the 1970s. There was plenty of participation from everyone and it was deemed a success, so much so that another is scheduled for Monday 21st December with a Christmas theme. Everyone has been invited to have their tree or decorations on show if they wish. There will be a sharing of our favourite presents or stories from our childhood Christmases, mixed with seasonal poems and short stories.

We have revamped our website www.csfprovencegard.com to hold information for our members, clients and the public as well as our Facebook page www.facebook.com/csfprovencegard

To fund-raise in these COVID-19 times, we have available for sale at €15, '*Our Favourite Recipes*', designed and produced by Margaret Means and available through our social media, above. A huge thank you also goes to our intrepid vide grenier ladies Deidre White and Marianne who have continued to raise funds throughout the summer and autumn despite the pandemic.

Until we can all meet again in more favourable circumstances, we shall continue to keep in touch with everyone at CSFPG in this online way (above).

SUD DE FRANCE (AUDE/ARIÈGE) - Submitted by Pam Mercer

AUTUMN EVENTS - After a very hectic couple of months here in the Aude and Ariège, we managed to open the coffee mornings, two in the Aude and one in the Ariège, which we adapted to fit within both the French Government COVID-19 rules and CSF National rules. No books allowed, 10 people maximum if inside, masks etc. and two out of three coffee mornings were held outside.

SEPTEMBER 2nd - Coffee morning at *Les Marguerites* in Alet-les-Bains. A beautiful morning spent in the gardens with coffee and homemade cake by Antoinette helping to make the morning very enjoyable. Lots of people turned out to support CSF.

SEPTEMBER 5th - CSF benefited from an outdoor concert at *la Maison de Mallast* in the 'book village' of Montolieu. A beautiful evening was spent outside under the stars with music by local musicians who donated their time for free and fish and chips cooked by John the host with his wife Lindsay looking after our every need. John and Lindsay donated all the proceeds from food sales which, together with further donations, resulted in raising over **€1350!**

SEPTEMBER 9th – Coffee morning took place in the *Mairie* in Argens-Minervois where there was a limit of 10 people at a time as this event was held inside; it was a full house. Everyone was very happy to be back, even the COVID-19 style clean up was done with smiles and chatter.

SEPTEMBER 12th - **Submitted by Liz Reynolds**

The CSF booksale at Leran in the Ariège is changing. It has been based outside *La Rendez-vous* bar and restaurant for many years, operating from 11am to 1pm the first Saturday of every month all year round. It has built up a large and loyal following among local people, mainly Anglophone, but also French and Dutch. Hundreds of books were sold.

Now, like so much else, things are changing in response to the COVID-19 pandemic. Besides the use of masks, hand gel and a contact list of customers, we are having to restrict donations of books during the event to one bag or box per person, to allow new book arrivals to be quarantined or cleaned with bleach before being put out on the stall. Larger donations can be collected by arrangement with Mac, who heads up the booksale. Also, because of COVID-19 and related legal issues, we can no longer operate when the bar is shut, so the booksale is linking with the bar's fish and chips nights and operated between 5pm to 8pm on September 12th and October 3rd. When the bar shuts for the winter, the booksale will move to the covered market at La Bastide-sur-l'Hers, on the first Saturday of the month, 11am to 1pm.

SEPTEMBER 22nd - First coffee morning in the *Mad Hatter* at Mirepoix since lockdown; another event where it is possible to be outside. It was great to see people enjoying coffee and cake, chatting to each other. Everyone was happy to be back.

SEPTEMBER 30th - Approximately 14 people took part on a beautiful day in a *Walk for Life* above Lézignan-Corbières. At one spot on the walk, there was a 360-degree view. The walk was followed by a shared lunch at a member's house where the walk started from. **€100** was raised, which was divided between CSF Sud de France and CSF Languedoc, as they were the initial CSF Associations that thought up the idea of a *Walk for Life*.

SEPTEMBER 30th - A private garden party in Puivert, with a concert, allowed CSF to raise awareness in an area where we are not well known. It was in the grounds of a beautiful clamping site called *Horizons Verts*. Everyone took a picnic and relaxed to the music of Alec on keyboards and Alex singing. During the concert, the hat was passed round for CSF, and lots of leaflets distributed and merchandise sold.



September 2nd Alet-les-Bains



September 5th Montonlieu



September 12th Leran



September 22nd Mirepoix



September 30th Puivert



September Walk for Life

OCTOBER started with the rules for COVID-19 changing all the time. Nevertheless, we still managed all three coffee mornings.

OCTOBER 2nd - There was a *Photo Walk* around Mirepoix led by Laurence Patterson from *Carcassonne Tour Photography*. This was Laurence's first time in Mirepoix doing this, although he does these tours regularly in Carcassonne. Eight people signed up (that was the limit) and, even through the inclement weather, all had a good time learning about different techniques etc. The morning was rounded off with fish and chips cooked by Sue at *The Mad Hatter*.

OCTOBER 4th - The Afternoon Tea Concert by the *Aude Shantymen* in aid of CSF at *Les Marguerites* in Alet-les-Bains was the first COVID-19 related cancellation because of the 30-person rule.

OCTOBER 11th – MEXICAN AT MIDI (PREVIOUSLY KNOWN AS TACOS BY TWILIGHT) - Submitted by Lynda Stapleford

Arriving early for the meal, donning our warmer clothes to combat the strong winds against a backdrop of autumn colours, most of us gravitated towards the tree-line, benefitting from their shelter. Despite being limited to a group size of 30 maximum, those lucky enough to have secured their place were treated to a tasty meal, full of zing. With tables set-up and refreshments poured, we diners watched on with interest as *Chillis and Spice* set up their cooking pots in a makeshift kitchen, and placed the side dishes on the preparation table, as divine smells came wafting our way. Then caterer Iain, poured us each a cup of hearty spicy vegetable and black bean 'soup' to keep us warm, as did the sunshine.

Great care was taken so that the vegetarians also experienced the full taste of Mexican flavours; for their main course, they were served a wonderful array of colours from 3 different hot dishes - a cheese quesadilla, a chipotle mushroom dish and the third made with butternut squash. Just as the side dishes were being placed on the serving trays for the carnivores, a gust of wind attacked the preparation table, sending 2 trays flying. Cool-headed caterer, Adele, took it in her stride to rescue the other trays from the same fate, ably assisted by good-humoured Lesley and Jan who acted as a human windbreak splaying their jackets wide. Our meaty main course also consisted of 3 hot dishes: a chicken tinga, a beef taco with pineapple salsa and a cheese quesadilla, each quite substantial and these were accompanied by guacamole with corn chips, a traditional tangy salad and a salsa dip.

SUD DE FRANCE (AUDE/ARIÈGE) - continued...

All the diners agreed it had been a wonderful meal, with a convivial atmosphere and a great success. A big thank you to Lesley for organising it (then re-organising it after a thunderstorm forced the cancellation of the original date in September). And a very big thank you to Adele and Iain from *Chillis and Spice* who worked hard to give us a special Sunday feast.

OCTOBER 4th & 16th - WORKING WITH LA LIGUE - Submitted by Carolyn Bailey

As part of the annual breast cancer awareness campaign, *Octobre Rose*, we joined with *La Ligue contre le cancer* in two activities. The first, manning a stall at *Esperaza market* on the morning of the 4th which was held instead of the annual walk that had to be cancelled. People were asked to contribute €5 which would have been their contribution for the walk. A parasol decorated with lacy bras attracted a lot of interest!

Then on the 16th, we had an all-day stall outside the checkouts at *Leclerc* in Limoux. The supermarket contributed by offering reductions on certain bras and items of make-up. There was a steady stream of visitors all the time and we heard some sad stories, often from friends or relatives who had lost a loved one but quite a few survivors came and related their case history. Again, a participation was requested as another walk had also been cancelled.

La Ligue raised a total of over **€800** which will be used for research in the region and assistance for needy cases. As well as forging a closer relationship with *La Ligue*, the event helped the public to be more aware of the existence of Cancer Support France.

OCTOBER 18th & 19th - A DOUBLE MARATHON WAS WALKED IN AID OF CSF - SUBMITTED BY TRICIA WHEATLEY A NEW CHALLENGE. FROM CARCASSONNE TO TOULOUSE BESIDE THE CANAL DU MIDI.

"I need a new challenge, what can I do? After 15 months of little exercise due to tendinitis, I started to walk some longer distances."

The Canal du Midi came to mind and I looked at the distance between Carcassonne and Toulouse; 106 km sounds reasonable, then I asked a couple of friends to walk it with me but they declined - no way in 2 days!

I managed to increase my weekly walking distance which was quite hard during the heat of July and August with my lessons and our B & B. After some serious reflection, I decided that I needed to cut the distance of this challenge so it would become a walking marathon of 42km, followed by the same the following day or, or all being well, the following weekend. Still, it maybe a crazy idea!

I recently heard the sad news that a close friend has been diagnosed with cancer and that made me think of using this challenge to raise funds for Cancer Support France who work to support English-speaking people, their families and friends when they have been touched by cancer."

Tricia succeeded in her challenge to walk two marathons (84km) in two days. Sponsorship and donations have, so far, reached over **€1000**. Tricia is pictured at the start with Phil Mercer (President) and leaving the start point.

Tricia can be contacted at - triciawheatley@gmail.com and at: - [www.lacortanela.org_chambres d'hôte](http://www.lacortanela.org_chambres_d'hôte)

OCTOBER 21st - The long-awaited CSF Book Sale at Cailhau was the second event to be **cancelled** because of COVID-19. Even though it was cancelled at the last minute by the *Mairie*, it was done for the right reasons; as with all CSF events, the health of our volunteers, as well as the people who attend, is our top priority.

OCTOBER 28th - **BIEN-ETRE WALK AT LAGRASSE**. Fifteen people registered for the walk starting in Lagrasse, with 3 cancelling at the last minute. We met at the start of the 10km walk and were introduced to our Guides, Helen and Mike Bingham. The forecast was good, but that soon changed as we climbed at the start into the clouds. It was very damp, but that did not dampen our spirits, especially when we reached the top to be greeted by Helen with homemade gingerbread cake.

SUD DE FRANCE (AUDE/ARIÈGE) - continued...

The next stop was a wonderful church, *Notre-Dame-du-Carla*, in the middle of nowhere, for our picnic lunch. Then it was mostly downhill to the finish. It was a wonderful walk enjoyed by all participants and we even saw some sun before the end! The 'hat' was passed around at the end, and we received **€80** in donations for CSF.

ONGOING - During this difficult time, one man, Ken Goatham, has continued to busk at various markets and events around the Minervois. For some time, Ken has generously given all the proceeds to CSF. This time his donation was for **€179.50**. Great work Ken and many thanks.

NOVEMBER – Unsurprisingly, we have had to cancel all planned November events due to the nationwide lockdown imposed by the French government. There were also another couple of events that, even though they were not advertised, were being talked about. One in October, Dragon Boat racing in Foix with *La Ligue* and the other, a Christmas Fair in December in Argens.



October 2nd Photo Walk, Mirepoix



October 4th-16th Working with La Ligue



October 16th Stall in Lederç, Limoux



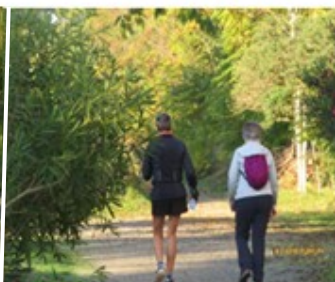
October 11th Mexican at Midi



October 28th Bien-Etre Walk, Lagrasse



October 18th & 19th Carcassonne to Toulouse 2-day marathon



Ken Goatham raising funds



European Cancer
Patient Coalition

The European Cancer Patient Coalition launches the Personalised Medicine Booklet; **A Guide for Patients** - An initiative of the European Cancer Patient Coalition which has recently been released. Here is the link to the press release and booklet: -

<https://ecpc.org/news-events/the-european-cancer-patient-coalition-launches-the-personalised-medicine-booklet/>

Via this link, there is a link to sign up for a newsletter.



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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Touchlines

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