

Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

Volume 14 Issue 2

April 2018

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 We remember our Founding President, Linda Shepherd 1953-2017		<p>In partnership with:</p> <p><i>En partenariat avec:</i></p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p>CSF now have full membership of this organisation</p>

CSF (NATIONAL) - Submitted by Penny Parkinson, President

After our recent AGM in Cahors, I am proud to be embarking on a third and final year as National President of CSF. Last year was most productive and I know that we are moving forward with solid foundations.

It is an enormous pleasure to see new initiatives being worked on by small teams from around the country. Not only does this enable us to call on the strengths of our individual members, but also emphasises that we are stronger together. As we are all volunteers, this spirit of co-operation is vital if we are to progress.

I shall need to make some 'progress' with my cycling skills as I have agreed to join with the *Cycle for Life 'Entre Deux Mers'* riders on their final day. The bike is booked and, after 30 years out of the saddle, this promises to be great fun if I can stay upright. At least, being along the canal, I am assured that there will be no hills! I am very much hoping that CSF members from Royan to Marseillan Plage will be on hand to cheer the gallant cyclists and pick me up at the end.

I shall be making a trip to Brussels in June, to represent CSF at the *Annual Congress of the European Cancer Patients' Coalition* at which we have been offered a free place. This promises to be another opportunity to raise the CSF profile on a wider scale which, in turn, will help enormously with our reputation and credibility in France.

May I take this opportunity to thank all our members for their support during the last year. I am planning to visit many of our Associations in the coming months when I can thank you personally. In the meantime, with April Fool's Day coinciding with Easter Sunday, may I wish you luck in finding those elusive eggs in the Easter egg hunt and hope that they do not turn out to be '*poissons rouges*'.



1



2

Photo 1: Penny Parkinson with the new National Vice-President, Pat Lockett. Pat is the Training Co-ordinator for National and Trainer and Client co-ordinator for Dordogne Est & Lot.



3

Photos 2 and 3: a very pleasing number of 34 attendees representing 13 out of our existing 15 Associations plus National.

Many thanks to all who attended.



Penny Parkinson has been communicating with Cara, one of the founders of *Annabandana*, a UK company specialising in the supply and manufacture of affordable chemotherapy head wear. Cara wrote, "*we recently received contact and an order from a lovely lady in France who informed us that she had had great difficulty in sourcing affordable pretty chemo headwear in France and had found us quite by accident, we did a bit of research and noticed that a lot of the sites we visited were quite expensive and wondered whether someone at CSF could point us in the right direction for an outlet for our head wear in France as we think we could provide a good service for ladies going through chemo.*" For further information, visit their website www.annabandana.co.uk or call them direct on +44 (0)1297 553747.

CSF CYCLE FOR LIFE 2018 - 'ENTRE DEUX MERS'

This year's event will take place between the 19th – 31st May and will start on the Atlantic coast from Royan and end at Agde near the Mediterranean coast. It is a low level, fun, leisure ride for all ages and abilities. You do not need to be an experienced cyclist.

This cycle ride is held to raise funds to support the work of CSF National, a major part of which, is to facilitate appropriate training opportunities for all 15 Associations, which ensures a consistent approach to the support given to those affected by cancer. This is National's only fund-raising event for this year.

Although this event does not actually pass through some of the areas our Association covers, all CSF Associations will be involved in supporting the event in some way.

The cyclists should be in the Bordeaux region; Sauveterre; La Réole; Damazan; Agen; Moissac; Montech; St. Jory; Toulouse Ponts des Jumeaux; Cardouch; Castelnaudary; Bram and Carcassonne areas 21st - 28th May, so a 'Day Out' to watch them pass through might be of interest to some of you, especially if you have family or friends visiting.



All of the cyclists fund their own expenses for this event. Many of them undertake the ride to remember a family member or friend who has been affected by cancer and sometimes they, themselves, take on this challenge as part of their own recovery.

We are hoping to ask for your help in sponsoring at least one of the cyclists.

Once details are available we will send a request for sponsorship out to you.

Full details can be found on the National website: www.cancersupportfrance.org/csf-cycle-life-2018-0

IN THE NEWS

New hopes for a cancer blood test? Scientists have taken a step towards one of the biggest goals in medicine - a universal blood test for cancer. A team at Johns Hopkins University has trialled a method that detects eight common forms of the disease. Their vision is an annual test designed to catch cancer early and save lives. UK experts said it was "*enormously exciting*". However, one said more work was needed to assess the test's effectiveness at detecting early-stage cancers. Tumours release tiny traces of their mutated DNA and proteins they make into the bloodstream.

The CancerSEEK test looks for mutations in 16 genes that regularly arise in cancer and eight proteins that are often released. It was trialled on 1,005 patients with cancers in the ovary, liver, stomach, pancreas, oesophagus, colon, lung or breast that had not yet spread to other tissues. Overall, the test found 70% of the cancers.

Dr Cristian Tomasetti, from Johns Hopkins University School of Medicine, told the BBC: "This field of early detection is critical. *I think this can have an enormous impact on cancer mortality.*" The earlier a cancer is found, the greater the chance of being able to treat it. Five of the eight cancers investigated have no screening programmes for early detection. In some cases, the test also provided information about the tissue-of-origin of the cancer - but not all.

Pancreatic cancer has so few symptoms and is detected so late that four in five patients die in the year they are diagnosed. Finding tumours when they could still be surgically removed would be "*a night and day difference*" for survival, said Dr Tomasetti. CancerSEEK is now being trialled in people who have not been diagnosed with cancer, which will be the real test of its usefulness. The hope is it can complement other screening tools such as mammograms for breast cancer and colonoscopies for colorectal cancer. Dr Tomasetti said: "*We envision a blood test we could use once a year.*"

Source: BBC 19th January 2018 - www.bbc.com/news/health-42736764

REGIONAL ROUNDUPS

CHARENTE-MARITIME - submitted by Richard Smith; President, Charente Maritime



I am planning to walk the *Camino de Santiago (Chemin St Jacques)* starting on April 3rd. The principal purpose of the walk is to raise awareness of CSF and, hopefully, to get some more members for our Association. The walk is 800km along the *Pilgrim Route* across northern Spain and I anticipate doing it in 36 days - plus or minus!

A second purpose, is to try and raise a some money for CSF. I invite people to sponsor my walk, either on a per-kilometre basis or as a single sum, by e-mailing their name and amount to dixcamino2018@gmail.com



DORDOGNE EST & LOT - submitted by Heather Moorhead, President



Heather Moorhead presenting Suzy Manning with her well-deserved retirement gift

Retirement: At the Dordogne Est & Lot Association AGM on 18th January, Suzy Manning (left), retired as our Treasurer. Suzy has looked after our Association accounts for the past five years and has been instrumental in initiating improvements and moving the Association forward in the way it maintains it's finances.

National AGM: The CSF National Committee has decided that each year the National AGM will be hosted by a different Association enabling colleagues to meet up in different regions of France. Our Association was honoured to host the AGM in Cahors on March 14th and our President, Heather Moorhead was the AGM Chair.

We are also very proud that Pat Lockett who is our Client Co-ordinator and Trainer as well as being CSF National Training Co-ordinator is now the new National Vice-President, supporting Penny Parkinson in her rôle as National President.



DORDOGNE EST & LOT ...

In December 2017, we welcomed our latest Active Listeners to our Team, this time, two gentlemen, Kevin and Philippe.

Coming up. CSF Dordogne Est & Lot will be holding their first ever Spring Market. Our new Vice-Treasurer, Janet Whyte is co-ordinating the participants and we expect to have a wonderful day. A donation from the proceeds of this event is to be forwarded to *La Ligue Contre le Cancer*.



L'Ostal Lavercaitière 46340
Saturday/samedi 21 April/avril 10.00 - 16.00

CSF
CANCER SUPPORT FRANCE

Spring Market

MARCHE DE PRINTEMPS

- * Arts and Crafts
- * Cake Competition for adults and children
- * Tombola
- * Second Hand Books
- * Plants and Flowers
- * La Saucisserie
- * Cod en Bleu – fish and chips
- * CSF "Dream Team" caterers serving drinks and cakes

Email: delot-vice-treasurer@cancersupportfrance.org

L'Ostal Lavercaitière 46340
Saturday/samedi 21 April/avril 10.00 - 16.00

Venez nombreux nous aider à célébrer le printemps et en même temps apporter votre participation à notre Association CSF (Cancer Support France) soutenant les Anglophones vivants en France qui sont touchés par le cancer.

Notre Association fera un don des recettes à La Ligue Contre Le Cancer

Il y aura : pâtisseries ; plantes & fleurs ; bouquins ; l'artisanat local ; produits locaux et du terroir ; ainsi qu'une tombola et des jeux pour les enfants.

Participer à un concours de gâteau :
les adultes - gâteau au chocolat (dimensions maximales 20cms)
les enfants - gâteau secs au chocolat (biscuits/cookies)

Le jury dégustera à 15h:30

Restauration toute la journée avec possibilité de fish & chips authentiques de la boutique 'Cod en Bleu', tourtes ('pies') et 'sausage rolls' également authentiquement anglais sans oublier le 'bacon' et les saucisses (britanniques bien sûr) La Saucisserie (Ian & Lynn Kilgariff).

L'Ostal est facile à trouver en sortant de Lavercaitière sur la route de Salviac, sur la gauche, avec un grand parking.

Come and help us celebrate spring and at the same time support our CSF Association which provides help and support to English speaking people living in France touched by cancer.

A donation from this event will be made to La Ligue Contre le Cancer

There will be: Arts & Crafts ; cakes ; plants & flowers ; books ; local produce as well as tombola and activities for children.

Enter a Baking Competition :
Adults - chocolate cake (max size 20cms)
Children - chocolate cookies

Judging will take place at : 15h :30

Refreshments will be available throughout the day, including fish and chips from Cod en Bleu and pies & sausage rolls as well as bacon, sausage etc from La Saucisserie (Ian & Lynn Kilgariff).

L'Ostal is situated on the edge of Lavacantière village so there is easy access and excellent parking facilities.

From Catus on the D6 L'Ostal is a large modern building on the left at the turning to Rampoux.
From Dégagnac it is just before you enter the village of Lavercaitière.

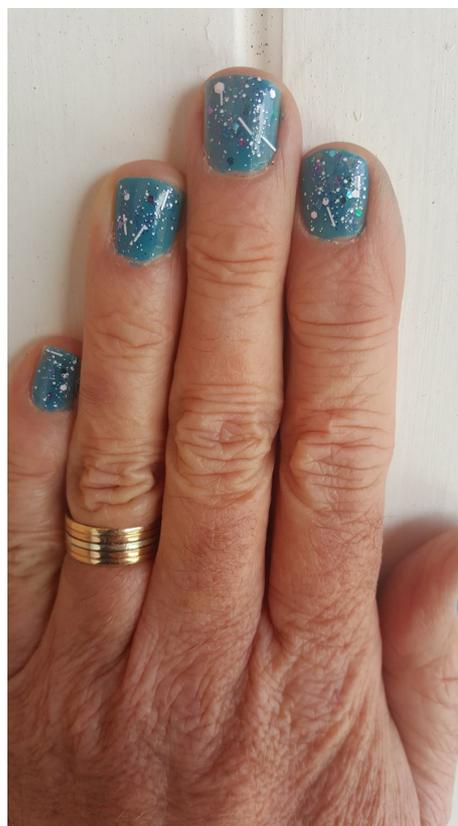
GASCONY - Submitted by Kate Goddard

Christmas is always a busy time and that was certainly true for CSF Gascony. Plenty of get togethers and a wonderful Christmas lunch at *Chateau Larroque* in Gimont. January can usually seem a bit gloomy after the Christmas festivities but this year, CSF Gascony had a rôle in 'Panto', this year's English-speaking pantomime at the *Théâtre Musical de Pibrac* in Pibrac which drew in the usual crowds.

Over 2,500 people from the south-west spent a couple of hours of escapism enjoying a bit of fun, music and slapstick and CSF Gascony were there! CSF were this year's chosen charity for the *Secret Panto Society*, so all monies donated by happy theatre-goers in the charity buckets will be given to CSF. A significant amount - around €1000 is usually raised each year and can make a great difference to the Association. Representatives from CSF were present in the theatre foyer to talk about the Association which was also useful for spreading awareness to a wide range of English-speakers from the Toulouse area. Backstage, in a moment of rash spontaneity, more funds for CSF were raised by the pantomime dame, the *Inspector Bruno* author, Martin Walker, who asked people from the cast to sponsor him to wear his wacky 'Dame Dotty' nail varnish to work following the panto - he raised over €100 euros! This turned a few heads in the *Airbus* office (although it does raise the question - why shouldn't men wear nail varnish to work anyway?)

GASCONY...

Now, after being covered in an unusually deep blanket of strange cold white stuff, the stoic spring flowers once again show their faces in South-West France, CSF Gascony is still busy. Plans are being made for more Active Listener training in June and the local Team continue their presence at *Toulouse Cancer Hospital, Oncopole*, for anyone who needs their support. Now the snow is gone, many local CSF cyclists are getting on their bikes to train for the *Cycle for Life 'Entre Deux Mers'* cycle ride in May.



The money-spinning *Dame Dotty* 'blue nails'



Fabulous makeup and costumes



Turning heads...

LANGUEDOC - submitted by Hilary Galea, PR, Recruitment & Awareness Liaison and Jenny Guest, Secretary

2018 is well underway at CSF-Languedoc. As well as Drop-In, training and induction days, book and clothes sales running throughout the first three months of the year, our AGM took place on 23rd January, at which the 2017 Bureau of Graham Luck (President), Jenny Guest (Secretary) and Tony Orsman (Treasurer) were re-elected. An EGM was held concurrently with the AGM to vote on a change to our statutes to reflect the increased range and breadth of services that CSF-Languedoc now offers compared to 2009 when the original statutes were written. The key change was to stress our rôle in representing *Anglophone* Clients' rights within the French health system. The statute change was unanimously approved.

Awareness-raising with French medical professionals has been a focus for us recently with many contacts being established or cemented in local branches of French cancer support associations and several medical establishments in Hérault. To this end, we have produced a new four-page leaflet in French, which introduces CSF-Languedoc and explains our services, highlighting how we may be able to assist medical and healthcare support services with their *Anglophone* patients. With cross-region hospital referrals becoming more common, discussions are underway to adapt this leaflet to make it useful for all CSF Associations. We've also updated our bi-lingual standard leaflet, which is intended to build awareness and encourage volunteers and potential clients to contact us and/or visit our website.

In January, we held an Initial Training Course for a group of six Active Listeners. We were very fortunate to be given a training room in *ICM (Institut du Cancer de Montpellier)* thanks to our Hospital Liaison Coordinator's (Carole Lavergne) contacts there. Participants were also given a short tour of the buildings so that they would be able to orientate themselves when accompanying clients to the clinic in future. The follow-up day was held in late February and we were delighted to welcome two participants from CSF-Paris, who joined us to complete their initial training.



CSF-Languedoc à vos côtés lors de la prise en charge de vos patients anglophones

Cancer Support France-Languedoc est une association caritative qui offre un accompagnement personnalisé aux personnes anglophones affectées par le cancer. Quand vous rencontrez des difficultés à communiquer en anglais avec vos patients et/ou leurs proches, appelez-nous!

Lorsque la barrière de la langue vient s'ajouter au stress lié à la maladie et à ses traitements, la relation soignant-patient-famille se complique significativement, et les professionnels de santé peinent parfois à instaurer l'écoute, le dialogue et la confiance requises.

CSF-Languedoc à vos côtés lors de la prise en charge de vos patients qui sont plus à l'aise en anglais qu'en français, quel que soit leur pays d'origine.

Nous soutenons les patients et leurs proches sur le plan émotionnel, pratique et linguistique:

- Nous leur rendons visite à la maison et à l'hôpital pour les soutenir émotionnellement.
- Nous les accompagnons dans leurs consultations pour traduire et prendre des notes et les aider à communiquer avec les médecins et leurs autres soignants.
- Nous assumons la communication avec le personnel médical par téléphone si nécessaire.
- Nous les assistons dans leurs démarches administratives et pratiques.
- Nous organisons des Journées détente mensuelles où ils ont accès à un soutien complémentaire en groupe et à des activités de relaxation.
- Nous les dirigeons vers d'autres services d'aide et de conseil le cas échéant.
- Nous leur permettons d'obtenir la documentation et l'information dont ils ont besoin.



Tous nos bénévoles suivent une formation continue en écoute active et de sensibilisation sur le cancer et travaillent en équipes pour assurer un accompagnement de qualité, professionnel, complet et continu.

Ces bénévoles n'ont pas de formation médicale mais doivent savoir travailler de manière à habiliter les personnes qu'ils soutiennent à reprendre contrôle de leur vie.

In February, twelve of our Active Listeners were given the opportunity to support themselves with the complimentary therapy, *Sophrologie*. Using relaxation, breathing and visualisation techniques as well as simple movements, *Sophrologie* helps to relieve stress, among other benefits. The two-day course was delivered by a qualified *Sophrologie* trainer (who is also a CSF-Languedoc Active Listener), at *Le Clos de Maussanne* near Beziers. The second day of training finished early as intrepid participants had to set off home in deep snow. Locals commented that it was the most snow that had fallen in Languedoc for over 30 years!

Looking ahead, we hope to rally another keen team for the 10th Montpellier Reine 5km fun run, which takes place on French Mothering Sunday, 27th May. The aim of this increasingly well-supported event is to raise awareness about breast cancer and the importance of screening. Funds are also raised for local breast cancer hospitals and breast cancer support charities via registration fees.

LOT-et-GARONNE - submitted by Cindy Sheppard, President

In The Lot-et-Garonne this year, we are going to concentrate on: **Who cares for the Carer? WE DO!**

With that in mind we are running *Positive Mondays*, a theme put forward by Charmaine, one of my new helpers who, on the first *Positive Monday* 5th February ran a very successful *Yummy Mummies Coffee Morning* which raised over €250. Also, in our Drop-in centre on the same day, we ran a *Pamper Day* with 12 carers in attendance. We set up two pamper rooms with Therapists carrying out treatments throughout the day. On offer were head and neck massages; full Body massages; foot massages; pedicures and hand massages. The day started with the ladies enjoying a nice coffee and chat in tranquil surroundings followed by a full three-course lunch and afternoon tea. All went home with an appropriate goodie bag complete with a little Guardian Angel charm to keep them safe and to always remind them that CSF is always available for them, 24/7.

Our second *Pamper Day* took place on the 12th March when the ladies enjoyed a '*Colour Me Beautiful Day*' inspired by Dorthe, one of our Active Listeners. We all had great fun learning what colour would match our skin tones best and accessories that would best suit our style. After that, we then enjoyed a full English tea and cakes with fun time to try out different style and colour make up. A good day was enjoyed by the Carers and Active Listeners.

Our next *Positive Monday* is to be held on Monday 16th April when a life coach is coming to give us a *Motivational Talk* which will be followed by a cream tea.

For information on our *Positive Mondays*, please do not hesitate to contact Cindy on 0670646882.

Email: cindysheppard51@icloud.com

LOT-et-GARONNE...

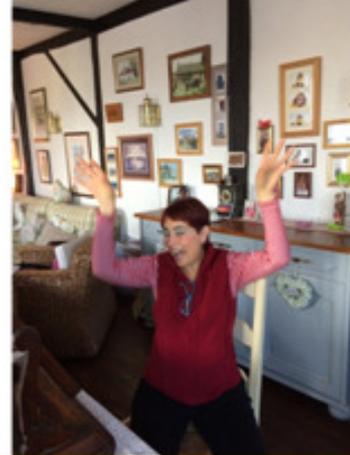


Just some of the Lot-et Garonne pictures from recent events - top, left to right: -

Nel finding her colours

Charmaine's Yummy Mummies

National President, Penny Parkinson meets new Active Listeners at our 1st Pamper Day



Two more of Lot-et-Garonne's pictures from recent events - bottom, left to right: -

Happy Lady

The colours are working!

SUD de FRANCE - submitted by Ron Reid, Public Relations Liaison and Helene Barratt

CSF Sud de France AGM was held at *Restaurant L'Oliveraie*, 850 Boulevard Denis Papin, Carcassone on January 24th. Dr Martin Christlieb, *Public Engagement Manager* for the *Department of Oncology, University of Oxford* gave a talk entitled "*Photons, Protons, Seeds and Solutions - Radiotherapy for the 21st Century*".



Our local and national President, Penny Parkinson has been invited to attend the *ECPC Annual Congress* in Belgium. (We look forward to her report - Editor)

CSF Sud-de France are supporting the *Thunderclap campagne #Recipe Against Cancer* to help raise awareness on the importance of Nutrition & Physical Activity for people with cancer! For more information, please go to:

www.thunderclap.it/projects/68675-recipe-against-cancer



Cancer Support France - Sud de France held its first *Information Day* in the Tarn on March 13th. It was extremely well supported by both seekers and givers of information about CSF resulting in lots of keen interest and discussion and two new members.



Penny Parkinson, president of CSF Sud, and Jenny Harris, Tarn and Tarn-et-Garonne's Training Co-ordinator, conducted a lively running commentary on a PowerPoint presentation which had been prepared by Penny, Rob Preston, manager of CSF Sud training and Hazel Turner, CSF Sud secretary. The presentation took around an hour and a half with the bad/good Active Listener scenarios a great success. It was followed by general questions and lunch where there were more informal exchanges and the chance to sign up new members.

"We have had a number of positive emails from the six new people," said Penny. "The only area which we think could possibly be improved on is placing more of an emphasis on what people can do to help without being an Active Listener. By emphasising what Active Listening is, we had people focusing on that area of CSF. On the other hand, as we intended, people were pleased to learn more about being an Active Listener and the work done, which they clearly didn't understand. The session did highlight that some people are not suitable or willing to be Active Listeners, as they said themselves. One lady wanted more information on how many people we 'help' each year. My standard answer is that we don't actually know how many people we 'help'. We only record people who are clients and thus have an allocated Active Listener. We don't record people who come to Coffee Mornings or Drop Ins, although we know that many are there because they are touched by cancer; nor do we include members who are often members because they too have a cancer experience. Some people use membership to work through their own cancer story."

CSF-SUD had been exploring the idea of an *Information Day* as a way of encouraging interest in CSF in the region for several months. It was formally adopted at a Conseil Meeting at the end of August and scheduled for the spring. Further *Information Days* took place in the Pyrenees Orientales on March 23rd with another one in the Aude at the beginning of April.

CANCER ETIQUETTE - Submitted by Sarah Legon (original founding member of CSG 06 - Alpes-Maritime)

Cancer Etiquette: Talking to Someone With Cancer

NEVER SAY "I KNEW SOMEONE WHO DIED OF CANCER"

From the Cancer Treatment Centers of America Newsletter: Finding the Right Words

It can be difficult to know what to say to someone with cancer. Unless you've been there yourself, you can't possibly understand how it feels. Many people say inappropriate things, but with warm hearts. We often do the best we can but our efforts still fall short. How do we find the right words to talk to someone with cancer?

No Longer a silent disease. Years ago, people spoke in whispers about cancer. Today, despite its prevalence, advances in treatment, and increasing survival rates, the disease still carries with it, a stigma. People with cancer continue to face negative attitudes and stereotypes. The truth is, at some point, someone you know will likely get cancer. When it happens, you should be prepared to communicate appropriately about the disease.

Do's and Don'ts of Talking to Someone With Cancer. Many cancer survivors share similar stories of awkward encounters and upsetting comments made by well-meaning individuals. Their collective observations help us define '*Cancer Etiquette*,' for communicating with the cancer community. Since each person experiences cancer differently, one approach does not necessarily work for everyone. This information serves as a starting point for talking to someone with cancer. There is no single right way - just keep trying.

12 Tips for Talking to Someone With Cancer

- 1. Don't ignore them.** Some people disappear when someone they know gets cancer. The worst thing you can do is avoid the person because you don't know how to handle it; cancer can be lonely enough and isolating as it is. Tell them *"I'm here for you."* It's even okay to say, *"I don't know what to say"* or send a note that says *"I'm thinking of you."* Just stay connected.
- 2. Think before you speak.** Your words and actions can be powerful. One comment can instantly undo someone's positive mood. Don't be overly grave and mournful. Avoid clichés, like 'her' and 'battle.' If the person gets worse, does it mean they didn't fight hard enough? Try to imagine if you were in their shoes. What would you want someone to say to you?
- 3. Follow their lead.** Let the person with cancer set the tone about what they want to talk about. It doesn't always have to be about cancer. Chances are they want to feel as normal as possible. Tell them about something funny that happened. When they want to talk about cancer, let them and save the pitying eyes and voice.
- 4. Keep it about them** - not you. Don't lose your focus on the person with cancer. Avoid talking about your headache, backache, etc. This isn't about you. And as bad as you feel, they feel worse. They aren't interested in hearing about how hard this has been on your life. Don't put them in the position of having to comfort you. Only ask questions if you truly want to hear the response.
- 5. Just listen.** Sometimes, just being there to listen - really listen - is the best thing you can do. Let the person with cancer talk without interrupting them. You don't always have to have all the answers, just a sympathetic ear. They may not want to talk at all, and would rather sit quietly. It's okay to sit in silence.
- 6. Don't minimise their experience.** Try not to say *"Don't worry, you'll be fine."* You don't know that. Instead say *"I'm really sorry"* or *"I hope it will be okay."* And don't refer to their cancer as *'the good cancer'*. These statements downplay what they're going through. Leave the door to communication open so they can talk about their fears and concerns.
- 7. Don't be intrusive.** Don't ask questions about their numbers or tumor markers. If they want to talk about their blood results, they will. Give them the freedom to offer this information or not. Also, don't ask personal questions that you wouldn't have asked before, especially when it comes to subjects like sex and religion.
- 8. Don't preach to them.** Don't try to tell the person with cancer what to think, feel or how to act. You don't know what they're going through, so don't act like you do. Instead of saying *"I know how you feel,"* try saying *"I care about you and want to help."* Don't suggest alternative forms of treatment, a healthier lifestyle, etc. And don't tell them to *"stay positive,"* it will only cause frustration and guilt.
- 9. Refrain from physical assessments.** Refrain from comments about how the person with cancer looks, particularly if it's negative. They don't need their weight loss or hair loss pointed out to them. And if they just started treatment, don't ask them about potential side effects. If you say anything at all, tell them they look stronger or more beautiful, but mean what you say.
- 10. Avoid comparisons.** Everyone does cancer their own way. Don't bring up the private medical problems of others. Don't talk about your friend with cancer who is running marathons or never missed a day of work. Avoid talking about the odds or making assumptions about their prognosis. Just allow them to be themselves.
- 11. Show them you care.** Show the person with cancer that they're still needed and loved. Give them a hug. Surprise them with a smoothie, books, magazines, or music. Offer to help, such as cooking, doing the laundry, babysitting or running errands. Be specific by asking *"What day can I bring you dinner?"* And, offer to help only if you intend to follow through with it and won't expect something in return.
- 12. Share encouraging stories.** Offer encouragement through success stories of long-term cancer survivors. Avoid saying *"They had the same thing as you"* - no two cancers are the same. And never ever tell stories with unhappy endings. If you know someone with the same type of cancer, offer to connect them.

Happy Easter to our readers from all of the CSF Teams



BOOK CORNER

The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books featured are available on Amazon.



The Cancer Journals - is a 1980 book of non-fiction by Audre Lorde. It deals with her struggle with breast cancer.

Moving between journal entry, memoir, and exposition, Audre Lorde fuses the personal and political as she reflects on her experience coping with breast cancer and a radical mastectomy. The later version includes photos and tributes to Lorde written after her death in 1992.

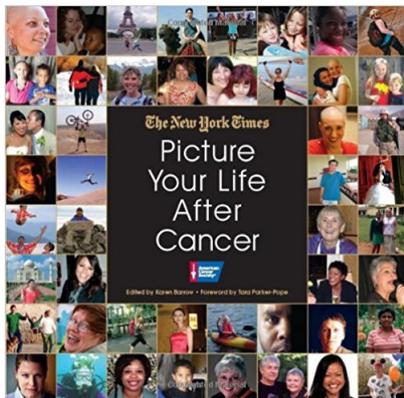
CANCER AWARENESS COLOURS

Appendix Cancer AMBER	Bladder Cancer GOLD/BLUE/PURPLE	Bone Cancer YELLOW	Brain Cancer GREY	Breast Cancer PINK	Cervical Cancer TEAL/WHITE	Childhood Cancer GOLD	Colorectal Cancer DARK BLUE	Esophageal Cancer PERIWINKLE	Gallbladder/Bile Duct Cancer KELLY GREEN	Gynecological Cancers LAVENDER
Head and Neck Cancer BURGUNDY/IVORY	Hodgkin's Disease ORCHID	Kidney Cancer ORANGE	Leiomyosarcoma PURPLE	Leukemia ORANGE	Liver Cancer GREEN	Lung Cancer CLEAR/WHITE	Lymphoma LIME	Melanoma BLACK	Multiple Myeloma BURGUNDY	Oral Cancer BEIGE
Ovarian Cancer TEAL	Pancreatic Cancer PURPLE	Prostate Cancer LIGHT BLUE	Sarcoma YELLOW	Stomach Cancer PURPLE	Testicular Cancer ORCHID	Thyroid Cancer TEAL/PINK/BLUE	Uterine Cancer PEACH	Cancer Survivorship YELLOW	General Cancer Awareness LAVENDER	

HISTORY OF AWARENESS RIBBONS

Awareness ribbons go all the way back to 1917 when the Yellow Awareness Ribbon, which was used to show support for American Military serving aboard, was written into a marching song that was sung by the Military. In 1970 that same colour ribbon was introduced into another song, 'Tie a Yellow Ribbon 'Round the Ole Oak Tree'. This song was about a woman whose husband was taken hostage in Iran. In 1986 the AIDS Faith Alliance, later known as Christian Action on AIDS, held a conference and the rainbow ribbon was introduced. In the 1990's this colour was changed to red, the colour of passion. Since then ribbon colours have been used for a variety of causes and are used to symbolise various concerns depending on the colour and pattern; e.g. pink, immediately recognised as representing breast cancer.

Also Here to Help...



Picture Your Life After Cancer - The wide-ranging impact that cancer can have on a life in the months and years after the last doctor's appointment is documented in photos in this meaningful collection from the *New York Times*. Readers who had survived cancer were asked to send in their photos and answer the question, "How is your life different after cancer?"

The resulting images and essays are displayed in this book. The photos depict not only the new adventures and overjoyed faces of survivors but also the honest pictures of loss, confusion, and sadness that reveal the 'not always happy' life after survival.



www.prostatecanceruk.org

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www.cancerresearchuk.org

**Pancreatic
Cancer
UK**

www.pancreaticcancer.org.uk

Bloodwise

Beating blood cancer since 1960

www.bloodwise.org.uk



www.bowelcanceruk.org

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

**Mairie
Le Bourg
16350 BENEST**

**National Help-line
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: Penelope Parkinson
president@cancersupportfrance.org**

**Treasurer: Stephen Hartley
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

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Touchlines

Copy Date is: 15th of month BEFORE publication

Published quarterly on the 1st of the month in January, April, July and October

Items for inclusion should be sent to the Editor: Margaret York - email:

touchlines@cancersupportfrance.org (PLEASE NOTE THE NEW EMAIL ADDRESS)

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