

## Support for English-speaking people touched by cancer in France

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### A VERY SPECIAL INVITATION



Find out inside this issue who has been meeting Royalty - HRH Prince Charles, Prince of Wales and Camilla, Duchess of Cornwall...

In partnership with:

En partenariat avec:



CSF now have full membership of this organisation



We remember our Founding President,  
Linda Shepherd 1953-2017

## **CSF (NATIONAL) - Submitted by Penny Parkinson, President**

As you will read in this edition of Touchlines, we have been having a busy time nationally. Not only did VP Pat Lockett and I, along with Angela Anderson from Alpes-maritime, meet the Duchess of Cornwall, but I did indeed manage to cycle the final 24 kms of the *Cycle for Life* without a hitch. Do have a look at the website and the gallery of photos here:

<http://cancersupportfrance.org/gallery/cycle-life-2018>

I had barely recovered from the accompanying sore bottom then I was off to Brussels for the *Annual Congress of the European Cancer Patient Coalition (ECPC)*. This two-day congress was packed with interesting speakers and discussions. I joined those focused on carers and survivorship, being the significant challenges to CSF, and a session led by a UK oncologist on communication with the medical team was illuminating. He did acknowledge that CSF faced a complicated task with language and cultural differences, also in the mix.

An important part of the trip was meeting and sharing with other cancer support organisations across Europe from Armenia to Ireland. *ECPC* business is conducted in English and, as CSF is one of only five associations in France, we are a useful resource. In fact, one of our members has recently helped with the translation of a questionnaire on *Cancer-Associated Thrombosis* which will be distributed across the member countries. I believe our involvement with *ECPC* is important for the future development of CSF and the support services we aim to provide. Our voice will be heard as part of a respected group and this can only enhance our reputation.



And, on a similar theme, two of our Paris-Île-de-France members attended a Garden Party at the British Embassy to celebrate the Queen's Birthday. CSF is firmly on the map!

May I end by wishing you all a happy summer, at least in my part of France, the sun has started to shine.

## **CSF Cycle for Life 2018 - From the Atlantic to the Med**

This year's ambitious *Cycle For Life*, from the Atlantic to the Med, finished on 31st May after a 24km circuit of Agde to see the Canal du Midi entering the Etang du Thau and on into the Mediterranean.

Six brave people cycled the entire 650 kms over a period of 13 days and we were delighted to have Elizabeth and Curtis from New York with us. The route took the cyclists across France from Royan on the Atlantic through Bordeaux, Agen, Toulouse and Carcassonne finally arriving in Agde. Colin admirably led the cyclists, mainly in good weather, through the ups and downs of both a hilly and emotional nature when all was not going to plan. Everyone took the setbacks in their stride, punctures, closed venues, stolen towels, missing luggage, detours due to boggy ground...!

A total of 32 cyclists took part, cycling one or more days, with 20 cycling on the final day. Support and encouragement from CSF Associations was greatly appreciated as the cyclists pedalled along the canals soaking up the scenery as well as the odd downpour. The presence of Mme Mayeux-Bouchard, the adjointe of the Mairie of Toulouse, was also a bonus when the riders arrived in the rose-red city. Her interest in CSF and what we do is of great benefit in keeping the CSF name known. Carbohydrates fuelled the gallant riders with traditional fish and chips keeping up spirits in Moissac and Carcassonne.

The *Cycle for Life* is not a race, nor is it only for raising funds. It is a fun way for people to share an experience, developing a wonderful feeling of camaraderie as they tackle the challenges and to bring CSF some publicity along the way. In addition, we have succeeded in achieving our goal of 10,000€ in sponsorship, and a bit more! This will fund the Trainers' Conference and Train the Trainer programme in November.

A huge thank you to the helpers and supporters as the ride passed through various CSF areas; to the many sponsors who provided help, publicity and advice and gave a big welcome on the last day and, of course, to the cyclists. Without them there would have been no *Cycle for Life*. Very many thanks to you all and especially to the *Magnificent Six*!

## CSF Cycle for Life 2018 - From the Atlantic to the Med...



Smiles all round - most of those who rode the last day - some had left as rain was starting



Cycle ride Toulouse - the two Americans with Mme Mayeux-Bouchard



Damazon lunch was provided by Dordogne Sud

It was great fun is the gallant 6 who did the lot - 650 kms!!!! plus the detours



The beginning in Royan on 19th May



### EHIC INFORMATION - Submitted by Penny Parkinson

I have been contacted by a friend who is a translator by career. She tells me that there has been an upsurge in problems with people getting reimbursed by the UK or French health system unless they have their EHIC with them at the time they need emergency or other treatment and that it is impossible to get any repayment unless you have an EHIC.

**European Health Insurance Card (EHIC)** - *"The European Health Insurance Card (EHIC) is a joint document for all European Union, European Economic Area countries and Switzerland Confederation that confirms the rights of citizens to receive state-funded emergency and necessary healthcare services to the same extent that it has secured the country's population.*

*The EHIC ensures that the necessary and urgent medical care is given to the same extent as is provided to the country's residents, where patient is receiving a medical help. This medical help will be provided by the hospitals and the doctors who provide state-guaranteed health care services."*

**CAUTIOUS NOTE (From the Editor):** - *There will be no change to the rights and status of EU nationals living in the UK, nor UK nationals living in the EU, while the UK remains in the EU.*

### THE PATIENT VIEW - Published in April 2018 - Submitted by Penny Parkinson

Below is a link to a recently produced annual report about medical care in Europe. The National President is sent the link because CSF completes a questionnaire on some of the issues raised from a patient's perspective.

The survey, which some of you may find interesting, can be found at:

<http://www.patient-view.com>

Patient-view

## REGIONAL ROUNDUPS

### CSG06-ALPES-MARITIME - Submitted by Sarah Legon

Here is a partial list, mainly from *HER2support.org*, a great site for people with *HER2* breast cancer. The list is made up by patients about what they like. I think the CSG06 had or used to have a list of 'tips' which was made up by patients, caregivers and nurses although not sure if it still exists. I remember one idea was having double sheets on the bed so when you had to change sheets, it was quickly done. Another was having liquid Maalox (source: WebMD. Can cause side effects) nearby when doing radiotherapy in case of severe acid reflux - which I had; thought my insides were on fire!

I would say personally, that having audio books and music was great for me while in hospital - I could hardly keep my eyes open! I would also encourage any caregiver to talk to the nurses and bring them chocolates! My husband took them fancy muffins and chocolates!

Cancer care package – what people who had cancer want or were given that they appreciated; this list is made up from patients.

“No pink ribbons

Good fiction books or audio books (game apps)

Music if in hospital

Stuffed animals (a must for people in hospital)

Beeswax chap sticks

Some nice skin lotion

Wet wipes and/or hand sanitisers

Johnsons baby soap since our skin is so sensitive during chemo

A pretty scarf

Sweets to suck on

Bottled water

Snacks of your choice

Small travel pillow

Magazines

Flowers (if allowable – if not, maybe fake ones)

Nice poster (if in hospital)

Notebook/note cards/cards/pens

Gift card/prepaid phone card

Pens

Socks

Headbands for after chemo etc

8x10 calendar planner for RDVs and Dr.'s cards “

“On the nights I had my chemo, a different friend would bring dinner over for the family. It kept me in touch with people and allowed them to see I was not totally incapacitated but it helped take the stress off my husband when he needed to be there for me.”



“Friends who kept in touch, didn't gush, despair, nor put me on that pedestal. It was the ones who continued to include me in the day-to-day stuff of friendship and life. Sharing their high and low points, and giving me the opportunity to do the same (but not making me feel obligated to do so).”

“A binder with sections and pockets for the different specialty documents she would be seeing (general oncology, radiotherapy, PCP) with a writing pad in it and a calendar that had room on the bottom of each monthly page for a few notes.” (PCP - *Pneumocystis carinii* Pneumonia)

“Prepared meals - ones that would be better tolerated by someone not feeling very well and could freeze them. Helpful to the caregiver also. I loved the audio books and music I was given to distract me. Also a scented small pillow to take away any hospital smells and a stuffed animal. Also loved waking up to a room filled with flowers - thought I was in a florist's shop - didn't know I had that many friends!

### CHARENTE-MARITIME - Submitted by Dick Smith, President

Charente-Maritime are holding a Drop-in afternoon on Friday, 13<sup>th</sup> July from 3-5pm at Toque-nelle Caf  teria, Saintes (by Hyper U). Refreshments will be provided and all are welcome.



**CHARENTE-PLUS - Submitted by Maureen Woolner - PR & Media Coordinator**

**Afternoon Tea with CSF Charente-Plus** - What a lovely afternoon was had by all at our 'Traditional Afternoon Tea' which was held on Monday 4<sup>th</sup> June at *The Café Clemence*, Chabonais. This was free to all our CSF Charente-Plus members. We had a great response and a friendly ,fun afternoon was had by all.



1. Hosted by Vanessa Whyte above, President of CSF Charente Plus and her Bureau team.
2. A warm welcome was given to everyone.
3. On to the important part of the day, tea and scones!!!
4. Vivien Clarkson on the left Treasurer of CSF Charente Plus and Janet Taylor one of our Charity Shop helpers.
5. Great food and support from Sam and her team at the Cafe Clemence yet again.

**DORDOGNE EST & LOT - Submitted by Heather Moorhead, President CSF DEL**

**Spring Market / Marché au printemps** - After what seemed weeks and weeks of rain and wind, we were presented with a beautiful sunny and warm spring day for this event at L'Ostal, Lavercantière.

There were a variety of stalls to interest the many people who attended to whom we are most grateful as the total raised for the Association was 1790€.



## ***A Very Special Invitation - submitted by Pat Locket, Dordogne Est & Lot and National Vice President***

It isn't every day that we are contacted by the *British Embassy* in Paris with an invitation to attend a reception to be hosted by *HRH The Prince of Wales* and *The Duchess of Cornwall*... and that was only the start of the story.

We accepted the invitation of course, and on 7<sup>th</sup> May National President Penny Parkinson; President of CS06 Alpes Maritimes, Angela Anderson, and yours truly as Vice President, presented ourselves at 17h30 at the security access to *Villa Massena* in Nice.

We had been told we were to be presented to the Duchess and were placed in our group (charities and education) on the manicured lawn... and we waited... and waited... for two hours! It was a hot evening, there were no seats or refreshments and why was I wearing three inch heels bought that morning? But it was absolutely worth it. Their Royal Highnesses arrived and then separated to work their way along the lines of guests assembled along each side of the lawn. We were indeed presented to the Duchess who could not have been more natural or friendly, or interested. We had a brief opportunity to tell her about CSF before she moved on to the next group, but then managed a longer conversation with her private secretary.



Angela Anderson, Penny Parkinson and Pat Lockett

Previously in the day the royal couple had met survivors of the Nice terror attack last year and had laid flowers at the memorial. They had two other engagements before they arrived at the reception, so I have great respect for the energy and enthusiasm the Duchess demonstrated at the end of a long day. I bet her feet hurt just like mine!

After the presentations the Mayor of Nice, *Christian Estrosi*, spoke of the gratitude of the people of Nice for the support offered by the royal family after the terror attack and during his speech, he made The Prince of Wales a citizen of Nice.

I sometimes wonder what is gained from attending such events; is there a cost benefit? I can definitely say "yes" on this occasion. To be recognised by the *British Embassy* for inclusion is a great step forward in our relationship with not only the Embassy itself but other organisations connected to it.

During our two-hour wait there was the opportunity to speak to so many folk who knew nothing of CSF and with luck, the local and National Associations will benefit from raised awareness. We also met local groups who were successful fundraisers (there's a lot of money on that stretch of coast) and again we are hopeful we will benefit from these new links.

Now all I have to do is rescue the heels of my new shoes!

### **National CSF CYCLE FOR LIFE - Dordogne Est & Lot's contribution -**

This 650km Cycle Ride took place May 19<sup>th</sup> - 31<sup>st</sup> from Royan to Marseillan Plage with 6 riders completing the entire length of the journey. They were joined each day by 9 riders covering a section to provide support. A total of 32 riders completed sections of the challenge.

Of the 6 who undertook the whole journey were ***Elizabeth Merena*** and ***Curtis Breedlove*** from New York (right), whom our Association was supporting. They have raised 1610€.

CSF National has no independent means of raising funds for the support services it provides to the 15 local associations in France.

It was hoped that *Cycle for Life* would provide funds to cover the cost of the annual 3-day Trainer Conference in November which is the most important event in the CSF year. It gives our Trainers the opportunity to discuss and develop training, ensuring that our trained members (Active Listeners) provide high quality and consistent support services across France.



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

The weather may have been all over the place, but this didn't slow down activities in CSF-Languedoc and we've been lucky that most of our main outdoor activities have fallen on days when the rain decided to stay away!

During the final two days of this year's *CSF Cycle for Life*, when participants pluckily peddled from Le Somail on the Canal du Midi to Agde, CSF-Languedoc volunteers, ably coordinated by Sonia Potts, showed their support by providing refreshments en-route and greeting riders at the start and end of each day; and, along with Renestance estate agents, we supplied food and refreshments at the end of the ride.

Sonia Potts cycled the route on 30<sup>th</sup> and 31<sup>st</sup> May, with CSF-Languedoc President Graham Luck, joining in on 31<sup>st</sup> May. Despite the stormy forecast, the heavens didn't open until five minutes after the closing reception was packed away and everyone was heading for home. Perfect timing!

On Sunday, 27<sup>th</sup> May, whilst the *Cycle for Life* was in full swing, another group of active CSF-Languedoc volunteers (plus two enthusiastic dogs) were marching through the streets of Montpellier, together with 6,500 other participants of the 10<sup>th</sup> *Montpellier Reine 4.5km fun run/walk*.

As well as being an important opportunity to raise awareness about breast cancer, this year's carnival-like event raised €72,000 to support selected organisations and charities in their work to combat breast cancer.



Smiles all round - the intrepid cyclists at the finish line of the 2018 CSF Cycle for Life (Sonia Potts, CSF-Languedoc coordinator, kneeling at the front; and Graham Luck, CSF Languedoc President, far left).



Team CSF-Languedoc at this year's Montpellier Reine, with drummers and dogs setting the pace!

The next big outdoor fund-raising event in the CSF-Languedoc calendar will be our annual *Walk for Life*, which takes place this year on Sunday 23<sup>rd</sup> September at *Domaine de la Clapière*, near Montagnac. All are welcome to come and join either the 5km or 10km morning walks, which are followed by lunch at the *Domaine*. More information, and registration details, will be available on the **CSF-Languedoc website** shortly.

Another key focus for CSF-Languedoc over the last several months has been to build awareness and connections with French medical and support care services within the region. As part of this drive, three CSF-Languedoc representatives attended *la Ligue's 100<sup>th</sup> Anniversary Fête* on 9<sup>th</sup> June in the beautiful grounds of *Domaine Departmental de Restinclières*, in Prades-le-Lez.

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## **LOT et GARONNE - Submitted by Kate Thomson, Vice President**

In our area we have continued with our Positive Mondays '*Caring for Carers Days*', the latest one was held on Monday 16<sup>th</sup> April at our Drop-in Centre, where the members who attended were given a very interesting talk '*Moving Forward in One's Life*' by life coach, Eve Warner-Howard. Eve stressed the importance of having self-belief as one aged and that this was especially important for those who have become more vulnerable through life's events. After her talk, we were all encouraged to make our own 'mood boards' in which Eve hoped that we would highlight something personal that we would like to achieve. The afternoon was enjoyed by all participants and finished with Cindy Sheppard, our President, serving a delicious cream tea. **For information on our Positive Mondays, please do not hesitate to contact Cindy on 0670646882 or email: cindysheppard51@icloud.com**

## LOT et GARONNE...

From the 22<sup>nd</sup> to 24<sup>th</sup> May, Cindy and her husband Steve, along with other area members, provided support for cyclists participating in the National fund-raiser *Cycle for Life*. One of the refreshment stops was in member Ruth Smyther's garden near Agen where she provided a morning coffee and cake stop.

Other Events - Also in May, *Bon Coeur* held their annual book sale at Beauville. From the proceeds of this, Charles Miskin very kindly presented Cindy with a donation cheque of 600€ for CSF Lot-et-Garonne. We also ran a CSF card stall at this event to raise awareness of CSF in the area.

In May and June, Pat and Peter Aldous held two Open Days in their beautiful garden. Cindy provided cakes and she and husband Steve were there with CSF cards for sale too. Peter also gave them plants to sell on the stall. This made just over 190€ and was made up to 400€ by a very generous donation from Pat and Peter.

Our AGM was held recently and we now have a very enthusiastic 'conseil' of twelve ready to do all they can to help Cindy deliver the support needed in our area.



Top : Eve; Making mood boards; ... et voilà!; Donation from Charles Miskin at the Beauville book sale.  
Bottom : Cyclists in Ruth's garden; Pat and Peter Aldous in their beautiful garden

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## **NORD - Submitted by Dave Wilson, Vice President (Communications)**

**Party in the Parc** - On 17<sup>th</sup> June, CSF Nord held its annual major fund-raising event, the *Party in the Parc*. Held on the lovely estate of *St Symphorien les Monts*, by the kind permission of the Countess, this event brings together a hog roast, live music, Morris dancers, and carriage rides. CSF Nord President, Cathy Allen said: *"This was a wonderful opportunity for friends, supporters and clients to get together and celebrate the summer in a beautiful environment"*.

**Brittany** - Work continues to reinforce CSF Nord's presence in Brittany. CSF Nord covers a very large area and, as it is based in Normandy, that has always been the focus of activity; however, there are many potential clients in Brittany and it is important to be able to support them better. Training officer Jon Clarke said: *"For this reason CSF Nord is actively recruiting Active Listeners across Brittany, and will be running a training course in the autumn, on 16<sup>th</sup> and 17<sup>th</sup> October. If you are interested, contact me at [nord-training@cancersupportfrance.org](mailto:nord-training@cancersupportfrance.org)."*

**Partnership with *La Ligue Contre le Cancer*** - CSF supporters in northern Manche are working with *La Ligue* to set up a series of drop-in afternoons. People will be able to call in for a cup of tea, swap a book or just have a chat. *La Ligue* have kindly agreed that CSF can use their very comfortable premises in St Lo, the capital of Manche department, where they already run their own sessions. The CSF sessions will be on the first Tuesday of each month beginning in September on the 4<sup>th</sup>, at 19 Rue Maréchal Leclerc, St Lo. This is in the heart of St Lo, so it is hoped that people will call in whilst out shopping. Visitors will also be able to access the range of services offered by *La Ligue Contre le Cancer* to those with cancer such as gym sessions and Sophrologie.

## **PROVENCE GARD - Submitted by Jacques Vandenberg**

**Out of the ordinary concert** - An out of the ordinary concert combining poetry, comedy, operatic arias, French popular music and a piano recital was held by CSF Provence Gard on 18<sup>th</sup> March 2018 in Rocheferrand near Uzès. The small theatre seating 65 was sold out and attendees were all enthusiastic about the performance. An apéritif dînatoire was a nice social ending to a very successful evening. The concert netted 1800€ for CSF Provence Gard and some attendees became Members and showed interest in following an Active Listener training. In view of its success, the concert was repeated on 6<sup>th</sup> May in Vaison la Romaine; that evening was also very successful.



**Cooperation with *La Ligue Contre le Cancer*** - CSF Provence Gard has always maintained close cooperation with *La Ligue* in the Gard. Like many CSF Associations, *La Ligue* in the Gard is continuously trying to improve on its awareness-building. They recently started going to see, a couple of times a year, all GP's, pharmacies and physiotherapists in the Gard to hand over their leaflets to them. It was most gratifying and highly appreciated when in a recent meeting, *La Ligue* acceded to our request to also hand out CSF Provence Gard leaflets. A joint fundraising event with *La Ligue* is also being discussed for next year.

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

**Spring Fair and Charity Auction** - The sun decided to honour us with its presence for the occasion of the *LFN (Little Fat Norm) Organisation Spring Fair and Charity Auction* to raise funds for the *Poppy Appeal* and CSF on the 16<sup>th</sup> June 2018. Volunteers spent 2 days cataloguing the many items generously donated by members of both organisations and the general public. Amongst the many lots on offer were 'his and hers' bicycles, a satellite navigation system and a range of kitchen equipment.

Auctioneer, Ron Reid, was ably assisted by Penny Parkinson, who kept the paperwork in order, whilst Sud de France Treasurer, Brian Thomas, helped to unite the successful bidders with their lots (after they had parted with their money, of course!). A number of CSF volunteers acted as porters and kept things moving along smoothly. After some enthusiastic bidding a total of 371.50€ was raised.

The event also hosted a range of stalls to keep visitors occupied, and the refreshments on offer included a full English breakfast and fish & chips! Local group *Soleil-du-Sud* and local busker, Ken Goatham, kept us all entertained throughout the day.

Many thanks to everyone involved in the day and special thanks to *Little Fat Norm* and his Organisation for organising the event and inviting us along.

**CSF Sud de France Aude East Open Garden and Model Railway event** - On a particularly damp June afternoon in the Minervois, Christine and Kelvin Freeman opened up their garden and Model Railway to visitors.

The event was to show gratitude for the care that they had both received from French medical services in their time here, and particularly to promote home care initiatives for cancer sufferers in memory of Shirley Preston who left us in November 2017; well known and well loved in the Minervois area where she spent many years.

The event was not without it's trials; as well as the poor weather and subsequent mudslides just days before the event, 5 visits from wild boars led to parts of the extensive garden having to be totally replanted by Christine and Kelvin.

Guided around by Christine, visitors were in admiration as their host explained what had been necessary over a period

## SUD de FRANCE...

of 7 years to produce this total transformation from a wilderness - and all their own hard work!

Meanwhile, Kelvin and his fellow enthusiasts were hard at work, showing the outstanding model railway setup in action - also many years in the making.

Boosting the funds considerably was a very successful plant stall run by VEEM. Thanks also to local busker, Ken Goatham, for his contribution and to all who provided the excellent refreshments. At the end of the day, the magnificent sum of 725€ was donated to CSF. A huge thank you to Christine and Kelvin and all who were involved in the event for their much appreciated generosity.

**Cycle for Life Carcassonne** - On a less than sunny Sunday at the end of May, the intrepid *Cycle for Life* riders finally arrived in Carcassonne for a much-needed rest day. After a day of getting their equipment back in order and drying out their clothes, the cyclists joined local members of CSF Sud de France for a fish and chip supper. The fish, chips and mushy peas were provided by *C&C Fish and Chips* at the Cafe La Métairie, situated within a stone's throw of the medieval city of Carcassonne whose *Disneyesque* towers provided a perfect backdrop to the evening. After a convivial evening, it was an early night for our riders as they prepared for the last few days of their epic journey.



Top left - right; Spring Fair and Charity Auction  
The Métairie, resting place for the *Cycle for Life* riders

Bottom left - right; Christine and Kelvin's Model Railway event and Open Garden  
Christine conducting the guided tour of her and Kelvin's beautiful garden



## CSF-VIENNE - Submitted by Jacquie Kelly - President

We are continuing to build our membership and create awareness across the Vienne.

**Links with La Ligue Contre le Cancer** - We were welcomed by members from *La Ligue* in Poitiers and have developed a link with them that has proved very beneficial. We agreed to support and promote each other's organisation's services and information. They are able to offer a number of services and activities to our clients. We gave them a donation from the monies from the Swing Dance in September. Recently we approached them for a grant to assist a person in financial difficulties and they were very willing to help.

**Art Exhibition** - For the month of January, Linda Gikas, our Secretary, exhibited her art work on the walls of the *Cancer Centre* in CHU Poitiers. This is an initiative created by Sylvie Aubert from the *Centre* with whom we have developed a great relationship.

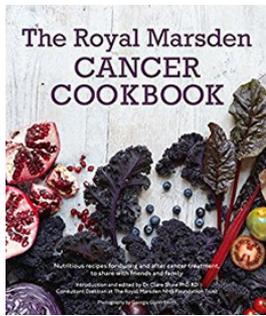
Theresa Sewell from the *Liglet Art Group* put on a Christmas Fayre and raised 160€ for us. While visiting to collect the donation, I mentioned about the possibility of exhibiting at CHU Poitiers and they are planning to do an exhibition in October. This gives another opportunity to raise awareness of CSF-Vienne.

**AGM February** - We held our AGM in February with an enticement of lunch and Defibrillator Training. The training was given by Ian Farrow, a qualified First Aid Trainer, who had a very easy style of delivery that was enjoyed by all. We all came away with confidence and knowledge of how to use a defibrillator and manage a variety of emergency situations.

**STOP PRESS: Swing Dance 2018** - Following the success of last year's Swing Dance, we are pleased to announce we are holding another one on 22<sup>nd</sup> September at the *Salles des Fêtes* in Availles-Limouzine. No tickets will be sold on the night and ticket sales close on 10<sup>th</sup> September so, to ensure you have a place at this fabulous event, please call Jacquie Kelly on **05 49 84 08 74** or email [jacqueannkelly@gmail.com](mailto:jacqueannkelly@gmail.com). Dig out those dancing shoes, and we look forward to seeing you there!

# 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 Royal Marsden Cancer Cookbook -

Nutritious recipes for during and after cancer treatment, to share with family and friends. Divided into 3 sections, it also includes important

information about loss of appetite, nausea, sore mouth, change of taste. Only available in Kindle and hardback format at the time of Touchlines going to press.



## #Dear Cancer, Things to help you through -

When journalist and broadcaster Victoria Derbyshire was diagnosed with breast cancer in 2015, she made the decision to share her experiences in a series of video diaries in an effort to help demystify cancer

treatment. Overwhelmed by the response, Victoria set up a Facebook page inviting people to share their own stories, talk openly about cancer and support one another.

The result is this collection of writing from cancer patients and their loved ones. Whether you have recently been diagnosed with cancer, or a friend or relative has, everyone who has contributed to this ebook has been through the same journey, and hopes you will take strength from these 'things to help you through'.

From practical tips on managing your treatment and your everyday life with cancer, to advice on understanding and dealing with the emotional rollercoaster that begins with diagnosis, this free resource is packed with hard-won wisdom and insight, at once useful and poignant.

This exclusive collection is published ahead of Victoria Derbyshire's book, *Dear Cancer, Love Victoria: A Mum's Diary of Hope*.

## 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 PERIWINKLE	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 1990s 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...



[www.prostatecanceruk.org](http://www.prostatecanceruk.org)



[www.cancerresearchuk.org](http://www.cancerresearchuk.org)



[www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)



[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)



Beating blood cancer since 1960

[www.bloodwise.org.uk](http://www.bloodwise.org.uk)



[www.bowelcanceruk.org](http://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](http://www.cancersupportfrance.org)**

**[forum.cancersupportfrance.org](http://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
Bordeaux & Region (33)	Marissa Raymond	06.52.67.94.50	bordeaux.csf@gmail.com
Charente-Maritime (17)	Richard Smith	06.79.16.60.83	csfcharentemaritime@gmail.com
Charente-Plus (16)	Vanessa Whyte	06.45.35.32.30	csf.charenteplus@gmail.com
Dordogne Est & Lot (24Est; 46)	Heather Moorhead (24h Helpline)	05.65.31.75.99 06.35.90.03.41	delot-president@cancersupportfrance.org
Dordogne-Ribérac (16; 24)	Andrew Fry (Mobile)	05.53.90.99.11 06.43.67.86.11	csfriberac@gmail.com
Dordogne Sud (24; 33)	Bob Kennedy	05.53.57.43.30	dordsud-treas@cancersupportfrance.org
Gascony (31; 32; 65)	Jayne Ray (mobile)	05.62.31.63.40 06.27.69.62.28	csf.gascony@gmail.com
Languedoc (12; 34)	Graham Luck	04.67.44.87.06	csf.languedoc@gmail.com
Lot-et-Garonne (47)	Cindy Sheppard	06.70.64.68.82	helpline@cancersupportfrance.org
Lyon (69)	CONTACT NATIONAL	0800 240 200	helpline@cancersupportfrance.org
Nord (14; 22; 27; 29; 37; 50; 53; 56; 61; 76)	Jean Winter	02.33.69.01.05	nord@cancersupportfrance.org
Paris & Île-de-France (75; 77; 78; 91; 95)	Deborah Lillian	0800 240 200	paris-idf-president@cancersupportfrance.org
Provence-Gard(13; 30; 84)	Tim Forster	04.66.81.18.58	csf.provencegard@gmail.com
Sud-de-France (09; 11; 66; 81; 82)	Penny Parkinson	0800 240 200	sud-president@cancersupportfrance.org
Vienne (86)	Jacquie Kelley	0800 240 200	vienne-president@cancersupportfrance.org

### ***Touchlines***

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

***[touchlines@cancersupportfrance.org](mailto:touchlines@cancersupportfrance.org) (PLEASE NOTE THE NEW EMAIL ADDRESS)***

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