

Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

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From all at Cancer Support France, we take this opportunity to wish every one of you a very Happy New Year and welcome you to the first edition of Touchlines for 2018.

This is my first edition since 2015 when Peta Hamilton took over and now that she has found it necessary to stand down from the Editor's rôle, I would like to take this opportunity to thank her for her sterling work during the last 2 years. We wish you all the best Peta.
Editor

ANDY SHEPHERD

We were saddened to learn in November of the loss of Andy Shepherd, the husband of our late Founder, Linda, who died in March. Andy had been in poor health, not helped by the burden of losing Linda, but this news came unexpectedly, bringing a double sadness to CSF in 2017. Despite retiring as Treasurer in 2014, Andy continued to give support to us all at CSF (National). His wisdom, quiet humour and positive advice was always welcome.

Further reflections inside

In partnership with:

En partenariat avec:



CSF now have full membership of this organisation



We remember our Founding President,
Linda Shepherd 1953-2017

ANDY SHEPHERD - REFLECTIONS



Picture was taken at the National AGM 2011. Back Row Gary and Diana Healey (Vendee), Richard Mozley (Riberac), Tony Benstead (Dordogne Sud), Margaret York (Dordogne Est & Lot), Ivan Holliday (Deux-Sevres).

Front Row Jane Thomas (National Secretary), Linda Shepherd (National President), Andy Shepherd (National Treasurer).

"I met Andy and Linda at the CSF (National) AGM on March 18th 2010, just after I had become President OF Dordogne Est & Lot. Andy was 'on the door' and welcomed me to my first AGM, explaining what I needed to do with papers etc. He was tall, but in no way an overbearing man; he was gentle, quite quiet, very knowledgeable about all things CSF and a stickler for what was right and what was not in accordance with our Statutes. Over the years, I found him to be even more knowledgeable about 'stuff' outside of CSF and his sense of humour was very dry and very, very funny.

When I approached him about taking on the Editorship of Touchlines, he could not have been more helpful and, to this day, I still have the notes I took about how to 'do it' and I have referred back to them as I take on the rôle again. I could say that his introduction to desktop publishing has brought me to where I am today which has been of great benefit. I felt comfortable being on the National Conseil with Andy there; he always brought a sense of order to proceedings and was the voice of reason."

"Andy was a very kind man. He will be missed."

The following quote from Andy is from a retrospective article Andy wrote for our 10th Anniversary in 2012. The full piece was published in the May edition of Touchlines 2012. (Editor)

TEN YEARS OF TEA MONEY

For some years now I have been telling people that I only joined CSF to look after the tea money! Whilst it is usually taken as a light-hearted comment, it is actually true.



Henna crowns: 'Hair' for cancer patient

For cancer patients undergoing chemotherapy, losing their hair can be an extremely difficult and upsetting consequence. But now, there's a new alternative to wigs and hats. After seeing an article on Facebook, I decided to find out more and was surprised at how global this has become. It's not just those undergoing chemotherapy but also people with alopecia. A henna crown is an alternative to wigs and headscarves which can be a bonus during hot weather. A crown is not a tattoo so there are no needles or pain. It lasts for about 2 weeks and is a completely natural plant-based product. For more information, take a look at HennaHeals.com

This is not an advertisement nor an endorsement of Henna Heals - Editor

CSF (NATIONAL) - Submitted by Penny Parkinson, President

Training is the cornerstone of what we do in CSF and to ensure that our Active Listeners are of a consistently high standard, we must ensure that our training, and thus, our Trainers are of a similar quality. I was, therefore, delighted to be part of the two days dedicated to training, which took place at the *Oncopole* at Toulouse in early November. The *Train the Trainers Day* guided the attendees through the presentation of the *Initial Training Course* and the Trainers' Conference enabled those who had already presented the new course, to discuss the challenges of delivery. This superb opportunity for Trainers across the CSF family to share their experiences emphasises that we are stronger together.

On the third day at Toulouse, a National Committee meeting took place with representatives from many of the CSF Associations, most of whom arrived the night before. This enabled a very convivial and relaxed dinner to be enjoyed before getting down to business 'as usual'. Amongst other items, it was decided that the *CSF Cycle Ride* from Royan to

Marseillan Plage (19th to 31st May) will be **THE** major fundraiser for CSF (National) and funds raised will be used to support the training initiatives in 2018. Do keep an eye on the CSF website and remain up to date as plans progress.

Moving into 2018, CSF will be looking for other sponsorship to ensure a solid base from which to support Associations as well as clients. The new partnership agreement with *La Ligue Contre le Cancer* will be of enormous help, as will the growing recognition of CSF on a wider national and international scale.

I was saddened to hear of the loss of Andy Shepherd, so soon after Linda. He was a great help to me with wise counsel and, of course, without his support, I doubt Linda could have created the CSF that we now know.

Christmas festivities will be over when you read this so, finally, may I thank you all for your support during 2017 and wish you a happy and peaceful New Year.



Oh dear Penny, what it is to be the President of Cancer Support France! (Editor)

War on Cancer, A Patient's Journey - I was lucky enough (thanks to a free ticket!) to attend this conference held in London in November. As is evident from the title, it concentrated on the patient as they progressed along their cancer journey with emphasis on the patient's needs as opposed to those of their medical team.

Speakers came from across Europe. They shared developments in support of patients and identified omissions which are currently experienced within health systems. Clearly, the challenges faced in Romania are different to those in France or Britain. However, there is common acknowledgement that the patient's needs or the needs of their carer/family should have greater prominence. As patients are surviving longer and living with cancer or with the residual side effects of cancer treatment, this area must be seriously addressed.

There was some lively discussion on the use of technology. One speaker advocated the use of a trip advisor system whereby each medical team member could be ranked. A patient could choose their team on this basis - from using Trip Advisor, I fear the subjectivity of this system could be flawed. Another spoke of the use of computer technology to share information quickly, especially on rare cancers. I know that this is already used in France in relation to child cancers and needs to be developed.

In addition, I lunched with the President of the *European Cancer Patient Coalition* - www.ECPC.org (CSF is a member). He asked for our support of a White Paper being presented to the EU which identifies the need for greater patient care after cancer treatment. That is, of course, a gap that CSF tries to fill, as do a growing number of patient-centered charities. Our support does not end at the conclusion of treatment, something which we need to emphasise.

The conference was interesting and I talked to people from varied backgrounds, as well as representatives from *CRUK* and *Macmillan*. However, I am not sure that it achieved any forward progress.



IN THE NEWS

NHS approves breakthrough breast cancer drugs - Two new treatments have been approved for use on the NHS by NICE (The National Institute for Health and Care Excellence). Research shows that *Palbociclib* (also known as Ibrance) and *Ribociclib* (also known as Kisqali) can slow down advanced cancer for at least 10 months and can delay the need for chemotherapy. The two medications are the first of a new type of drug shown to slow down the progression of cancer by inhibiting two proteins - CDK 4 and 6. To read more of this article, go to: - www.bbc.com/news/health-42006609?ocid

Source - BBC.com/news

Beware potential signs of pancreatic cancer - Would you know what the warning signs are of pancreatic cancer? If not, you could be one of those one in three adults that ignore the potential symptoms of this disease.

“Stomach ache, indigestion, unexplained weight loss and faeces that float rather than sink in the lavatory can be warning signs of the potentially deadly disease,” says Pancreatic Cancer UK. Early detection and treatment are vital to save lives. Further information can be found at www.pancreaticcancer.org.uk. Alternatively, you can read the BBC article at: - www.bbc.com/news/health-41817061?ocid

Source - BBC.com/news

REGIONAL ROUNDUPS

CHARENTE PLUS - submitted by Mo Woolner, Public Relations and Media Coordinator

A good time was had by all at the Charente Plus Christmas meal, fun and festive cheer in abundance. A big thank you to Sam and her team at *Cafe Clemence* in Chabanais - a fab meal.

We had a great opening and *Madame le Mairie* cut the ribbon on our Cancer Support France Charity Shop in Chabanais on 20th September 2017; we couldn't have asked for a better start with lots of support, donations and shoppers.

We would like to take this opportunity to thank everyone for all their support and here's hoping it continues in 2018. A Merry Christmas and a very Happy New Year to all our customers and supporters.



Left - the opening of the new shop; left, our President, Vanessa Whyte and cutting the ribbon, Mme La Mairie



Left - Vanessa Whyte with one of our Members Ann



Right - Manning the shop, PR and Media Coordinator, Mo Woolner



Sheila Gilks member and charity shop helper, Marilyn Chaffe (Services Co-ordinator) and shop helper Vivien Clarkson (Treasurer) and Janet Taylor CSF member and charity shop helper.



The Bureau from left to right - Vanessa Whyte (President), Denise Bloom (Secretary), Mo Woolner (PR and Media Co-ordinator) Vivien Clarkson (Treasurer) and Marilyn Chaffe (Services Co-ordinator).

Tenth Birthday Apéro Evening at L'Ostal Lavacantière, Saturday October 7th - The late summer/early autumn afternoon sunshine enhanced the setting for this event with a glorious sunset sky when people later departed.

We were kindly loaned a variety of paintings and photographs of the region which were displayed to create a gallery effect, allowing space for people to mill around, looking, talking and partaking of regional refreshment also on offer. We hope to produce a book containing many of the paintings and photographs as something for clients to have while undergoing treatment as a cheerful reminder of the lovely area in which we live. We were also given three paintings which were raffled during the evening and, together with money kindly donated into the available collecting tins, €334.48 was raised.

Our intention for this evening was to invite members, supporters and clients past and present for a social evening to celebrate the ten years of the Association. We were delighted when our National President, Penny Parkinson, was able to join us for this event and to say a few words about CSF and its' work throughout France. The ambiance was further enhanced by the background music kindly provided, free of charge, by Ray Dron and Brian Plews.

Putting Your House in Order - On Thursday, November 16th at the Salle Basse, Salviac, around 30 Members and Supporters came together to discuss and list essential household priorities, their location, accessibility and things like password storage. The aim of this Workshop was to ensure, each spouse / partner, other family members or a specific friend, was aware of where to find , access and implement these priorities. It is intended to circulate the final suggested list with a month by month proforma, so that Members and Supporters can, if they wish, make their own list and allocate annually, renewable items to the calendar.

Prior to the workshop commencing two ladies from the Facebook group '*A Lot of Baking in the Lot*' presented the President, Heather Moorhead, with a cheque for €1161,50 This group of ladies meet monthly to share their cakes and recipes. They now plan to collect their recipes into a book, the proceeds from which will be donated to CSF Dordogne Est & Lot. They also hold online auctions that raise funds for our Association. Thank you ladies. Following this presentation the 10th Birthday cake, provided by the Ladies, was cut by the President and later in the afternoon enjoyed by all with a cup of tea.



National President, Penny Parkinson, speaking at our 10th Birthday Apéro Evening



Heather Moorhead, cutting the cake specially made to celebrate our 10th Birthday with some of the 'Cake Ladies' looking on

How to keep our house in order, just one of the discussion groups in action!



A week in the life of CSF-Languedoc - After the usual summer lull, activity at CSF-Languedoc reached a crescendo at the beginning of December, with a whirlwind of events taking place over a seven-day period, culminating in one of our biggest annual awareness-raisers. Here's a run-down of what our dedicated team of volunteers has achieved in this, not so average week, in the life of CSF-Languedoc!

On Tuesday, 28th November, Carol Murrell led a **one-day training course** for our Active Listeners at our training venue in Beziers. Fourteen ALs attended this on-going programme, which is held three times a year to keep skills fresh. This session focussed on the importance of establishing personal boundaries and the value of *'buddy practice'*. It also included feedback from a major healthcare conference, *ONCO-Languedoc Roussillon*, to which, four of our ALs attended.

On Thursday, 30th November, 50 people attended our **Drop-In Day** at Hameau Montplaisir near Beziers. Alison Kane and her team didn't only provide a warm and friendly environment with a tasty lunch - there were four different therapy treatments on offer for clients. For the first time, we were delighted to welcome French healthcare professionals to our Drop-In: a psychologist and social worker from *HAD (Hospitalisation à Domicile)* in Beziers. They were most interested to find out how we operated and see the complementary therapies we offer. Our aim is to work with *HAD* whenever we have a common client, to inform them that we are supporting the client, so they know we can help with language and liaise with them as necessary, in the client's best interest and in total confidentiality.

Over the weekend of 2nd and 3rd December, a small army of volunteers efficiently co-ordinated by Pam Kay, manned a vibrant CSF-Languedoc stand at the **Cracker Fair at Abbaye de Valmagne**, near Montagnac. This popular festive event, now in its 11th year, is a wonderful opportunity to raise regional awareness about the work of CSF. It's also a great fund-raising opportunity, and this year's Grand Christmas Raffle, together with the sale of 're-cycled' Christmas cards, raised the princely sum of €1,900!

On Monday, 4th December, Hannah Waters held her last **Clothes Sale** of the year. Over the last 12 months this well-attended monthly event, which attracts a real mix of nationalities, has raised almost €7,000 to support the work of CSF-Languedoc, as well as providing lots of great bargains and laughs-a-plenty in the changing room. Most importantly, during this same week, all our clients continued to receive their regular support. None of this would have happened without the time and effort that our volunteers give so generously and freely.



The Cracker Fair at Abbaye de Valmagne and a choir of Santas carolling at the Cracker Fair



Left - (From left to right) Pam Kay; Carole Lavergne; Angie Pratt and Cat Hartley on the CSF-Languedoc stand at the Cracker Fair. →

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

After a very busy year, we once again held our Marché de Noël at Monteton on the 19th November. The weather was kind to us, which attracted both English and French shoppers of all ages! This year, we had an added addition of face painting for the children, and... several adults as well! Father Christmas also paid a visit and was extremely busy this year, with the children enjoying their cadeaux as usual. The kitchen staff worked very hard selling 100s of turkey sandwiches, hot sausage rolls and various cakes including all of mince pies that were sold out and mulled wine too - double will have to be made next year!

This event has proved a very good awareness event for CSF and our Christmas card stall was a great attraction. The stall holders both regular and new, offered and sold a great range of very different goods, all of very high quality. Wine tasting was also very popular and a local brewer supplied a range of very different beers. Those naughty elves welcomed the people.

Next year ,we have decided to have a 'SANTA'S GROTTO', complete with glowing fire place and a themed children's stall.



Just a few of Lot-et-Garonne's Marché de Noël photos

Top row: Senior Elf Steve with Cindy Sheppard

Every Mum needs her face painting

Our card stall

Middle row: Two happy bunnies

Elves, comrades in arms

Supporting stallholders enjoying mulled wine

Bottom row: Part of our Team

Our member's stall

The wine tasting went well

New Words on the Block - Ever wondered what a new medical phrase or term means? Here is a new one.

Liquid Biopsies - 'A test done on a sample of blood to look for cancer cells from a tumor that are circulating in the blood or for pieces of DNA from tumor cells that are in the blood. A **liquid biopsy** may be used to help find cancer at an early stage'. Now regularly used in detecting prostate cancer.

Source www.cancer.gov (Editor)

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

It's not too often that we have to dodge the snowfall in CSF Sud de France, except on the pistes of the Pyrenees. The first weekend in December, however, brought an early Christmas to the region just in time to get people in the mood for our annual Christmas Market in St Jean Pla de Corts on 10th December. The market, organised by *FAB Networks*, supports CSF Sud de France every year, and is highly anticipated amongst the local community and this year was no exception. Despite the market being slightly later than usual this year, a good time was had by all and thanks must go to the Carol Singers and Band for their contributions to the day. Father Christmas was a big hit as usual, bringing a smile to everyone on the day. The market raised €450 for CSF Sud de France and a donation was also made to *La Ligue Contre le Cancer*.

Tea Party in Quillan - Many thanks to Stuart and Sheila Swallow and their team of helpers for organising a tea party in Quillan on 26th September. The magnificent sum of €816,72 was raised for CSF, as well as a further €250 raised for *MacMillan UK*.

Activity for Life - A number of walks were organised throughout the CSF Sud de France region as part of the 'Activity for Life' event. In the Pyrénées-Orientales, it was held in the pretty village of Maureillas. Despite the wind blowing hard, the sun shone. A walk was also held in the Tarn and some 56 people undertook a 7.5km walk in Cailhau. A total of around €1500 was raised, with 50% going to National CSF to help fund the National Training Conference. Thanks must go to all those taking part in the events and especially to our volunteers, who made these things happen.

St Andrew's Day Dance - To celebrate St Andrew's Day and raise funds for CSF Sud de France and *Restos du Coeur*, a dance was held at *Maison du Temps* in the village of Eus. The dance, a combination of traditional Scottish, country and disco, also featured short speeches from CSF Sud de France's President, Penny Parkinson and *Restos'*, Gillie Wilcox. As well as a cold buffet, great fun was had by all concerned at the bottle stall whereby participants rolled euro coins at a bottle of whisky or champagne and those closest to the bottle, or actually hitting it, won the bottle. Thanks to all those who helped to plan and organise the event for a wonderful evening.

Autumn Ball - Every year we hold our Annual Autumn Ball, primarily to raise the profile of Cancer Support France throughout the Pyrénées-Orientales and beyond and also to raise money from the sale of tickets, as well as by encouraging everyone to try their luck on the tombola and the bottle stall or bidding for one of our super Promises, gifts kindly donated by local people, at our Grand Auction. Over the past 4 years we have tried to refine and improve our Autumn Ball with a constructive set of de-brief sessions after each event. This has paid off as each year just gets better and better; this year was the best yet! We engaged a Master of Ceremonies, Joe Wellings, to run and move the evening along. Joe is also an Auctioneer and he used his knowledge and skills to turn our Grand Auction into an exciting event. The bottles and gifts on our tombola stands started disappearing as soon as people came in.

There was the welcome sight of long trestle tables decked out in CSF blue and yellow, with flowers and autumnal pumpkins and bottles of red and white wine waiting to be poured for the free drink of the evening. Zircon, our resident band, provided some gentle background atmosphere as people gathered, chatted to friends, gradually taking their seats at the tables. Glasses drained and crisps eaten, it was time for the tapas to be served; this came plated up and served by our team of volunteers who skilfully wound their way between the tables, carrying four or five plates at a time! Those who wanted to, could pay for a refill of their bottles or glasses at the bar. The *tarte aux pommes* was served and then it was time for the auction and finally, turning up the volume, Zircon leapt into action and we all got up and danced! In all we raised €2000; €1200 of which was from the tombolas and the auction. We donated the money we made from the tombolas to *La Ligue Contre le Cancer*.

The Autumn Ball has become an important event in the CSF Sud de France calendar and we like to get it right on the night, making sure that everyone has a fantastic evening. This year was a huge success although, believe it or not, there is still room for improvement so, 2018 here we come!



The long and winding train of the Activity for Life walkers



Our resident band, Zircon in action at the Autumn Ball



Officiating as MC and Auctioneer Joe Wellings



Maggie and Norman taking the floor at the St Andrew's dance

SUD de FRANCE (Tarn) - submitted by Denise Copley



Sadly we have to announce the demise of GIGI

She was the miniature donkey of retired CSF member Philippa Woolf, and an honorary member of CSF Tarn. She featured regularly at the annual *Fête de l'Âne* at Monesties in the Tarn and was much admired by all who saw her. Thanks to Philippa, she arrived each year at the *Fête*, beautifully turned out, pulling her specially designed two-seater cart, trimmed with CSF logos and offering rides to the local children. Her presence was instrumental in creating much interest in CSF, thus helping to spread the word about our work and raising many donations. Last month she suddenly died at the age of 19 and will be sadly missed.

VIENNE - submitted by Jacquie Kelly - President

CSF – Vienne are really on a roll this year, building our membership and creating awareness of what we are able offer in the Vienne. Here is a taste of some of the very successful events that were held during 2017, bringing people together in support of a great cause.

Brass Band Concert - The afternoon of June 25th saw a unique event in our local village of Le Vigeant. *Just Brass 79* from Limalonges welcomed players from *Victory Brass Band*, Portsmouth to stage a brass band concert in the football stadium. There were a lot of unknowns, from the weather to attendance, and a lot of crossed fingers!!

In the end, everything was perfect. It was a beautiful sunny day but not too hot, and the local population supported the event fantastically. There were approximately 120 - 150 audience members, who very much enjoyed the varied programme played by the band. We were treated to everything, from French overtures, to solo trombone, cornet and euphonium pieces.

The local *comité des fêtes* and *Mairie* got behind us, and helped with every aspect of the organising. There was no charge for using the stadium, and the *comité* organised the buvette and plancha! They organised seating and grand *chapiteau* (for shade), and made sure that the event was promoted on every available forum.

Everyone who attended had a very enjoyable afternoon, and the Mayor suggested that we should do it again next year! There were, of course, boxes for donations along with our information leaflets. Many people chatted to our members and we felt that we had achieved our goal of promoting the presence of CSF to our audience. Everybody was very generous.

1950's Swing Dance - It was almost impossible not to at least tap your feet as CSF - Vienne held their biggest fundraising event so far. Bringing the authentic *Big Band Cellos*, along with guest singer Samantha Kelly (from Ireland) to the *salles des fetes* in Availles-Limouzine back in September.

Anyone who enjoys the music's timeless appeal could appreciate these superb musicians who recreated the music's sounds and excitement. Guest dancers, Susan and Gary McDonald, were on hand to put everyone through their paces and show them how to really get into the swing!

The selections featured well-known arrangements and tunes such as 'Blue Skies'. The dance floor was over-spilling with smiling faces and many had recreated the fashion of the 50s, which really added to the atmosphere.

Our 200 guests enjoyed a superb buffet from *L'Auberge la Blourde* in Mouterre, which kept them fuelled throughout the evening and our volunteers had the mighty task of manning the bar which helped quench the dancer's thirsts.

There was also a raffle; many of the prizes were donated from local businesses or individuals - for example, a meal for

two up to the value of €40 from a local eatery and a painting donated by a local artist, just to give you a taste of what was on offer.

An absolutely fantastic grand total of €1,800 was raised throughout the evening for Cancer Support France and *La Ligue Contre le Cancer*. We would like to thank everyone who supported this event, making it such a huge success. We received amazing feedback and, needless to say, the dance will be back in full swing again next year – we hope to see you there!

Coffee mornings - On September 29th Phil & Sheila organised a coffee morning in L'Isle Jourdain, alongside the *Association de l'Isle Jourdain*. Lots of locals attended this event and a fun time was had by all. Jacquie, our President, was on hand to give out information on CSF-Vienne and let people know about the support offered by the organisation as well as our many volunteering opportunities. Thank you Phil & Sheila for hosting this marvellous event!

Beverly Clarke, a member of CSF-Vienne, held a coffee morning at her own home in Availles-Limouzine for the second year running. Bringing friends together for what has now become an annual social event in her calendar! Bev Said: *"I couldn't think of a better way of raising money, I get to enjoy the company of good friends and love to bake so, what better way of raising money, than being able to do some of the things I really enjoy, whilst raising awareness of CSF-Vienne at the same time!"*

Both events were held in aid of *Macmillan* and CSF-Vienne and we are extremely grateful for the generous donations.

Xmas Fair - Yet another successful Christmas Fair was held at *Bar Les Tilleuls Champniers* on the 5th November. Visitors soaked up all the sights, smells and festive ambience of the Fair as they wandered through the stalls of local crafts, fine foods and drinks that were on offer.

Congratulations to all those who won prizes in the raffle, most of which were donated by our wonderful stallholders and were really worth winning. Why not immerse yourself in a truly festive experience, and make sure you come along and join us next year!

Donation to *La Ligue Contre le Cancer* - Following all the success from our wonderful fundraising events this year, we were pleased to be able to donate €600 to this wonderful French charity with whom we are partners. On 24th October, Anne-Marie Oliver, one of our translators, visited Saint Benoit in Poitiers along with our President, Jacquie Kelly where they met with Doctor Philippe Chartier and his team.

The team were very welcoming and explained the services they offer which were similar to those of *Macmillan Cancer Support* in the UK. We agreed to support and promote each other's organisations, services and information. This will be of benefit to all cancer patients, both French and English-speaking, throughout the Vienne.

CSF-Vienne look forward to working in partnership with all our supporters throughout 2018 and beyond!



Top left - Christmas Fair being set up for action



Top right - The Band in full flight



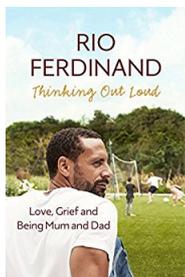
Bottom left - Cheque presentation to *Association l'Isle Jourdain*



Bottom right - Swing dance

BOOK CORNER

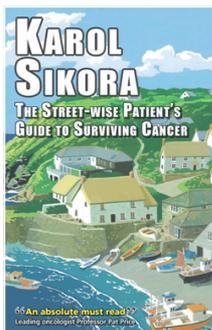
The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books featured are available on Amazon.



Thinking Out Loud - In 2015, former England football star Rio Ferdinand suddenly and tragically lost his wife and soul mate Rebecca, aged 34, to cancer. It was a profound shock and Rio found himself struggling to cope not just with the pain of his grief, but also with his new role as both mum and dad to their three young children.

Rio's BBC1 documentary, **Being Mum and Dad**, touched everyone who watched it and won huge praise for the honesty and bravery he showed in talking about his emotions and experiences. His book now shares the story of meeting, marrying and losing Rebecca, his own and the family's grief - as well as the advice and support that get him through each day as they strive to piece themselves back together. It is written in the hope that he can inspire others struggling with loss and grief to find the help they need through this most difficult of times.

Suggested by the Editor



The Street-wise Patient's Guide to Surviving Cancer

- Short, sharp practical guide
- Shows patients how to take control of their care
- How to get the system to work for you
- Gives 100 advisory websites, with expert notes

Suggested by Jenny Guest, Languedoc.

Both books are available in Kindle format

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	Gyne-cological Cancers LAVENDER
Head and Neck Cancer BURGUNDY/IVORY	Hodgkin's Disease ORCHID	Kidney Cancer ORANGE	Leiomyo-sarcoma 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	Ularine 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...



www.prostatecanceruk.org



www.cancerresearchuk.org



www.be.macmillan.org.uk



www.pancreaticcancer.org.uk



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 (local call cost)**

*(your call is taken on an answerphone and is free -
there is a short message in English - we will reply to
you as soon as possible and normally within 24 hours)*

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Website: www.cancersupportfrance.org

Internet Forum: <http://csf-forum.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...

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Touchlines

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