



# Touchlines

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

The Newsletter of Cancer Support France — Association N° W163000037

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## SPONSORS

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

Our current sponsors can be found on our website: -

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

## CSF NATIONAL ASSOCIATION PRESIDENT'S SUMMER PONDERINGS

*Submitted by Pat Lockett, National President*

Have you noticed a little freshness in the air first thing in the morning just recently? No, me neither! Certainly, in this little corner of SW France we have enjoyed a run of great weather, extending a summer which was often disappointing. But, Autumn is approaching and for me, it's the Judas tree which heralds the start of leaf drop.

The summer is usually a quiet time for CSF in terms of Association events but it is business as usual for those who support clients. Many Active Listeners have again been able to meet in person with clients as vaccination rates have improved and there is a slowly growing confidence in meeting with others.

We held a National Conseil meeting this week and there is certainly a strong desire to re-establish many of the services suspended during the pandemic. The message though is *petit à petit* as we put the right health and safety protocols in place to ensure those attending feel safe.

In my last report I wrote about Catherine Hartley (CSF Languedoc) being invited to the UK Embassy in Paris in early July to receive her BEM. I would like to add congratulations on behalf of CSF National.

The photo below shows Cat and the British Ambassador to France...

Edward Llewellyn OBE,  
Baron Llewellyn of Steep.



**PRESIDENT'S SUMMER PONDERINGS cont...**

The highlight of September has definitely been the CSF Activity for Life. Four days of cycling and walking in the Haute Garonne saw a significant increase in the number of participants this year. We organise this in part to raise much needed funds for National and as importantly, to raise awareness of CSF in the region of the event. The success of the event is down to the work of the organising team, led by Jayne Ray (President, CSF Gascony). Paul and Rose Broach (CSF Gascony) not only planned the route but travelled it many times to ensure no hiccups. Volunteers helped with refreshment stops and produced fabulous picnic lunches in the middle of nowhere.



Pictured right is our 'support van'.

The biggest thank you must go to those who cycled and walked and as a consequence, are in the process of raising a record amount of money. For me it was a huge privilege experiencing the camaraderie of the group as they supported each other over every kilometre. Personal stories will appear in the next edition. Group photo below.



Our local VIP guest, the humourist artist Perry Taylor, came to send the cyclists off on the final day and he presented us with a framed limited edition print which will be raffled in October. Look out for tickets!

Right - Pat Lockett, Jayne Ray , Perry Taylor and 'The Print'



So now we turn to the tricky question of where to hold the Activity for Life 2022? France is lucky to have cycle routes everywhere but the key to a successful event is an enthusiastic cyclist who can secure the route, plus local volunteers for all the support needs. PLEASE, if YOU feel you could offer this, I would welcome hearing from you.

Going forward into the Autumn, I think cautious optimism describes the feeling across CSF Associations... and I for one, can't wait!

## **REGIONAL ROUND-UP**

### **CHARENTE MARITIME - Submitted by Sue Smith, President**

In Charente Maritime we are delighted to have held two small events over the summer which were both very successful. The first was our coffee morning which was in Morag and Vince's beautiful gardens where we welcomed many new members as well as those who have supported our work in the past. After such a long time of confinement, it was a breath of fresh air to meet up for a chat, coffee and to sample the cakes which had been provided by the ladies of our bureau.

The second event was our Treasure Hunt and Picnic. Our organisers, Morag and Ruth, had written some canny clues and hidden little 'treasures' around the beautiful village of Port d'Envaux. Some of these were simple to find, others were more cryptic and needed eagle eyes and a sharp brain to work them out. After a week of unpredictable weather we were blessed with a beautiful sunny day for the event and the teams, families, couples and friends headed off on the hunt at around 11.30am. The trail took around one and a half hours to complete, a convivial picnic followed and our bakers had provided a selection of cakes which were offered to round off the lunches. The winning team, Team Filipini, were then presented with their prize. Well done ladies and a huge thank you to all those who took part.

Our next event will be held in the south of the department and will be a coffee morning and book exchange. Details will be on our Facebook page shortly [www.facebook.com/csfc](http://www.facebook.com/csfc) We also hope to bring some exciting news soon regarding a special event in 2022 to celebrate not only the 20 years since the founding of Cancer Support France, but 10 years of our own Association in Charente Maritime.

Meanwhile we are looking forward to hosting the National trial of the new Initial Training Course in October where we will be training four new Active Listeners from Charente Maritime and four new Active Listeners from two other Associations. We wish the volunteers, trainers and assessors a successful couple of days in Jonzac.



Our coffee morning, 21<sup>st</sup> July and the treasure hunt winning team,

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### **CHARENTE PLUS - Submitted by Mo Woolner, PR**

Finally, on September 14<sup>th</sup>, our Cancer Support France Charity Shop in Chabanais Dept 16 re-opened once again!!!

Our Charity Shop is run by our lovely volunteers giving up their time to help support our great organisation. All proceeds raised in our shop goes to help our CSF members touched by cancer in dept 16.

Whether it be light gardening or helping with household chores (all people used for this are Siret registered).

Our opening times are Tuesday and Wednesday 10am to 4pm. Please, if you are in our area, do call in and say hello either to purchase or just for a chat. Hope to see you soon.

A very big Thank you to La Vienne Tearoom for their kind collection and donation of €62.74. This is not the first collection Paul and Lynne have done for us here at CSF Charente Plus... cheers guys it is very much appreciated.

The summer months are traditionally quieter in terms of CSF-Languedoc events; not only is it usually too hot to get busy but members, clients and volunteers are occupied with visitors or are themselves visiting friends and family during the holidays. With all the uncertainty over international travel, this year has been even quieter than usual although our monthly newsletters and regular bulletins with the latest information about COVID have kept us in touch with our membership and our client support work continues as normal.

That said, after the lifting of restrictions in the early summer, we decided the time was right to organise a social event where we could once again meet up in person.

**SUMMER PICNIC AT LE MAS DE LAUX**

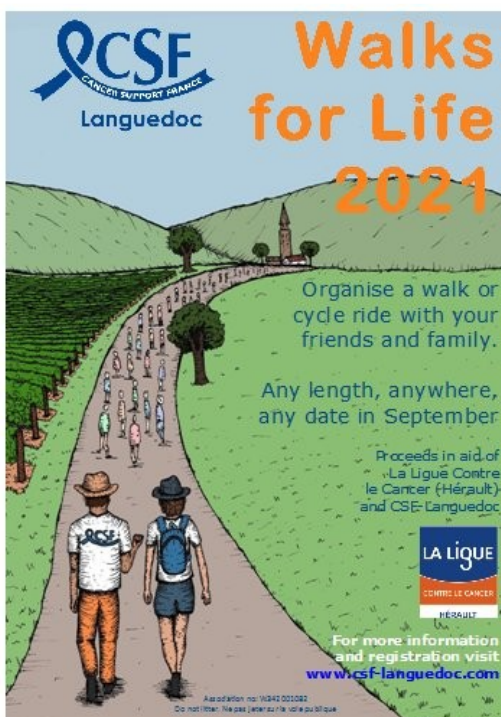
Following much discussion concerning the advisability of holding any kind of social event this summer, CSF-Languedoc Council agreed it would be good to have an opportunity for clients and members to meet up in a safe environment, especially since we have not been able to hold Drop-In days since February 2020. To this end, a Summer Picnic was arranged on 6<sup>th</sup> July at Le Mas de Laux, near Magalas.

Tables were laid out on the large outside terrace and strict health measures were in place with all attendees showing evidence on arrival of having been double-vaccinated or the permitted equivalent. Masks were worn when moving around although not when seated at tables.

The weather was perfect as rain in the region had lowered the temperature to a comfortable degree. Forty three people attended and everyone brought their own picnics. A complimentary glass of wine was offered on arrival and members of the Drop-In kitchen team resumed their Drop-In roles and provided home-made cakes, tea and coffee during the afternoon.



The event was so successful that a similar outing has been planned, at the same venue, for Wednesday 22<sup>nd</sup> September.



**WALKS FOR LIFE 2021**

We have repeated last years' successful new format *Walks for Life* this year. Throughout September, supporters of CSF-Languedoc and their friends, walked or cycled routes of their own choosing and timing to raise funds which will be shared with *La Ligue Contre le cancer Comité de l'Hérault*.

## CSF LOT - Submitted by Anna Shackelford, President

The butterfly that is CSF Lot has well and truly emerged from its COVID chrysalis! At a well-attended Council meeting in September, an active programme for the Autumn was rolled out; but first, we congratulated our stalwart walkers from the Catus and Montcuq areas for their efforts in support of the *Step Out for CSF* in the Summer (SOCS) campaign. Between them, they raised in excess of €450.00, the lion's share, again, down to the Catus crowd.



At the beginning of September, we held the long-awaited visit to Sue and John Sargeant's lovely garden. They regularly participate in the Open Gardens scheme and had set aside a day just for CSF. Friends of the Sargeants had set up stalls offering honey, books and bric-a-brac and a small army of helpers kept visitors supplied with hot and cold drinks and cakes. No charges were made, but visitors generously fed the CSF collection boxes and at the end of the day €684.00 was raised! Sue kindly invited us back in the Spring to enjoy the garden at a different time of year.



And so to the Autumn; the first event planned is a *portes ouvertes* on 23<sup>rd</sup> September, to remind people of what we do and to launch our new Drop-In Centre which will be open on the last Wednesday of each month and will also offer a creative art and textile group, a regular book stall and presentations from local people offering complementary services of interest to our clients and members. We will also take this opportunity to thank recent donors for their generous support and the event will finish with *apéros* including *canapés* produced by our famous Dream Team.

In October we are organising a visit to the church of *Saint-Hilaire de Salvezou*, which has been extensively restored to protect its frescoes which are classified as a *monument historique*. The visit will be followed by tea and cakes in the nearby schoolhouse. Then in November we will hold a discussion group on women's cancers. The men-only group on prostate cancer which we held before COVID, was very successful and we have waited a long time to do a similar one for women.

So lots to get our teeth into; it's so good to be planning events again and gratifying to be met with enthusiasm from our members and supporters.

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## NORD - via Nord's Facebook page

Dear Friends and Supporters. Come and join us for our Bingo Night with an evening meal in aid of Cancer Support France on Saturday 16<sup>th</sup> October 2021 at the *Viking Bar* in Notre-Dame-du-Touchet at 7pm. There will be 2-course meal followed by a night of bingo. There will also be a raffle.

Price for the evening is €15 which includes your meal and the first two tickets for the Bingo. Tickets need to be booked in advance. The meal for the evening will be - beef bourguignon, potatoes and vegetables followed by a dessert buffet. There will also be a vegetarian option available.

## PROVENCE GARD - Submitted by Martin Benjamin, Vice-President

CSF Provence Gard are holding their first major event on 9<sup>th</sup> October 2021. The event 'An Afternoon with Tim Broadbent and Auction of Objects d'Art' takes place for €10 at *The Grange* in Saint-Siffret close to Uzès.

Details will appear on our website: -

[www.csfprovencegard.com](http://www.csfprovencegard.com)

and Facebook.com:-

[www.facebook.com/csfprovencegard](https://www.facebook.com/csfprovencegard)

The poster features the CSF logo at the top left. The main text reads: 'Presents an Afternoon with... Tim Broadbent and an Auction of Objects d'Art'. It specifies the date as 'Saturday 9th October 2021, 15h - 18h' at 'The Grange Rocheferrand, 30700 St Siffret'. A photo of Tim Broadbent is shown with the text 'Folk Singer & Guitarist'. The ticket price is '€10 (at the door)'. It also mentions 'Drinks & Canapés', a 'Catalogue of Auction Lots & Further details at www.csfprovencegard.com'. A graphic of a gavel on a 'SOLD' sign is accompanied by the name 'Jim Pearce'. At the bottom, it states 'All Proceeds in support of Cancer Support France Provence Gard' and provides a 'HELPLINE 0800 240 200'.

## SUD DE FRANCE - Submitted by Penny Parkinson, Secretary

There has been a general feeling of frustration in Sud de France as events planned and re-planned have continued to be cancelled due to uncertainty. So it is a great pleasure to report that **all** our monthly events – coffee mornings, drop-ins and book sales and exchanges – are now up and running. At last, something like 'normality' is returning. The very popular book event in the Aude saw the sale of over 600 books!

And here are folks enjoying a coffee and a chat at the Céret Drop-In →



In addition, a successful evening meal with popular musical entertainment was held in the Aude in July. The raffle, with prizes kindly donated by local businesses, raised over €200.

The annual September *Activity for Life* at Maureillas-las-Illas in the Pyrénées-Orientales also went ahead with the support of the *Mairie*. Despite thunder and lightning overnight and torrential rain, 35 people (and some hardy dogs) braved the weather and were rewarded... it became a glorious day.

Everyone was back at 'base camp' by 12.30pm and enjoyed a chance to chat with friends. Beer and wine, tea and soft drinks and savouries, as well as homemade cakes were on sale to supplement the picnic baskets. The tombola was popular and the Nespresso machine never stopped.

It was a lovely, happy day and after sharing the registration fees with our local *La Ligue*, a healthy profit of nearly €600 was made. Many thanks must go to all those involved in the organisation of this very enjoyable event.

Do check our calendar of events for dates and times in all our departments, from the Aude and Ariège to the Pyrénées-Orientales, not forgetting the Tarn and Tarn et Garonne.

<https://sud-de-france.cancersupportfrance.org/events>



Boules and walkers, complete with doggies



Some tired but very happy faces



Activity  
for  
Life  
  
Lunch



## A POEM - CANCER

Life used to be everyday normal, fine and tickety-boo,  
Then cancer walks in to your life not much you can do.

It stomps on your life like an angry fat thug,  
It has the power to squash you flat like a little bug.

The surgery to remove it leaves brutal scars,  
Pleased it has gone and thank your lucky stars.

The sneaky cancer got into the node,  
Horrible and nasty like a mutant evil toad.  
So chemo to kill it and boy that's no fun,  
Especially in this baking hot summer sun.

The chemo takes your dignity and hair,  
Well who said life is kind or even fair.

The waiting game for test results is one I know so well,  
The time gives you the road trip to visit the gates of hell.

People say fight as a warrior and be brave,  
I am not brave or a fighter I run to my cave.

My own body made cancer I cannot go to war with me,  
I must let the drugs fight the war they are the best as can be.



A poem I wrote 3 years ago. The photo of my creation I made a year ago while getting support from Arty Folk. It is a trophy to celebrate my cancer journey.

**Vicki Jayne Yates**

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## CHRISTMAS CARDS 2021

CSF Christmas cards are available from the CSF National Shop -

<https://cancersupportfrance.org/csf-national-shop>

**Pack of 6 cards €5; 4 packs of 6 cards €15; 6 packs of 6 cards €20**  
(plus postage and packing)

To order, please contact our Admin Office at [admin@cancersupportfrance.org](mailto:admin@cancersupportfrance.org)



ROBINS by Helen Brooks



SANTA by Jan Barnett ©

**Seasons Greetings to all our members and readers for Christmas 2021**





We remember our  
Founding President,  
Linda Shepherd  
1953-2017

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

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

In partnership with:

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



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



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



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



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



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

If you have been affected by any of the issues raised in this newsletter, please don't hesitate to contact your regional CSF branch. All telephone numbers and email addresses can be found on the back page of TOUCHLINES. *Ed.*

## USEFUL INFORMATION

### Association Siège Social

Espace Clément-Marot  
Cancer Support France, Box 25  
Place Bessières, 46000 Cahors

### National HELPLINE

Telephone: 0800 240 200 (FREE from a landline)

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

### Useful Contacts

President: Patricia Lockett  
[president@cancersupportfrance.org](mailto:president@cancersupportfrance.org)

Treasurer: Jean Winter  
[treasurer@cancersupportfrance.org](mailto:treasurer@cancersupportfrance.org)

E-mail: [helpline@cancersupportfrance.org](mailto: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	<a href="mailto:cancersupport06@gmail.com">cancersupport06@gmail.com</a>
Bordeaux & Region (33)	Carol Quinlan	0800 240 200	<a href="mailto:bdx-helpline@cancersupportfrance.org">bdx-helpline@cancersupportfrance.org</a>
Charente-Maritime (17)	Sue Smith	0800 240 200	<a href="mailto:helpline@cancersupportfrance.org">helpline@cancersupportfrance.org</a>
Charente Plus (16)	Denise Bloom	06.45.35.32.30	<a href="mailto:csf.charenteplus@gmail.com">csf.charenteplus@gmail.com</a>
Deux-Sèvres (79)	Denise Langford	06.40.77.27.35	<a href="mailto:deux-sevres-president@cancersupportfrance.org">deux-sevres-president@cancersupportfrance.org</a>
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Lot (formerly Dordogne Est & Lot) (46)	Anna Shackelford (24h Helpline)	06.33.26.89.75 0800 240 200	<a href="mailto:lot-president@cancersupportfrance.org">lot-president@cancersupportfrance.org</a>
Lot-et-Garonne (47)	Cindy Sheppard	06.70.64.68.82	<a href="mailto:helpline@cancersupportfrance.org">helpline@cancersupportfrance.org</a>
Lyon (69)	CONTACT NATIONAL	0800 240 200	<a href="mailto:helpline@cancersupportfrance.org">helpline@cancersupportfrance.org</a>
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### Touchlines

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[touchlines@cancersupportfrance.org](mailto:touchlines@cancersupportfrance.org)