



**NEXT BOOK SALE
WEDNESDAY 21st JUNE**

**At our usual venue,
the Foyer at **Cailhau**
(11240),
from 10h to 12h**

**If you can't come along on 21st
June, future book sales will be
on Wednesdays 16th August and
18th October, again at Cailhau**

**And, don't forget the regular CSF
book sales in the **Ariège**:**

- **First Saturday of every
month, January to October
From 11h to 14h, at
Le Rendez-Vous Café and
Restaurant, **Lèran** (09600)**

*There's always a vegetarian option
for lunch*

- **Third Thursday of every
month, Jan to December
From 11h to 14h, at
The Mad Hatter Tea Rooms
Mirepoix (09500)**

Good snacks and cakes

*Mac will collect donated books, if
required – 05 61 64 95 11, or
mac.at.fontestorbes@gmail.com*

**NEW!!! COFFEE MORNINGS
IN LIMOUX AND HOMPS**

**Being held monthly on the first
(Limoux) and second (Homps)
Wednesdays of each month,
between 10h30 and 12h00**

Next dates:

**Limoux – 7th June, 10h30 to
12h00, at the Espace des Fécos
(next to Tourist Info Office), Ave
du Pont de France, Limoux
(11300)**

**Homps – 14th June, 10h30 to
12h00, at 19 rue du Stade,
Homps (11200) (follow signs for
Mille Club car park)**

**Come along for "coffee, cake
and company". All are welcome.
CSF volunteers will be there to
offer you a warm welcome over
coffee and cake. A range of
information is available and
second hand books are for sale
(3 for a euro) at Limoux. If you
want to talk in confidence, a
trained CSF Active Listener will
be there for you.**

Cycle for Life update

We are now counting-down to the start of this major awareness event for CSF national starting on 22 June. Detailed route reconnaissance is well underway and although we will be finalising details for a few more weeks, the main points are as follows:

Day 1 - 22 June

Start point Place Carnot, Carcassonne 10am. Participants are invited to meet at a cafe on the square (Chez Felix) from 8.30 (it serves breakfast) where we hope a group of CSF volunteers will be ready to see us off on the first stage of our adventure. We will make a short walk with the bicycles through the city centre and down to the Canal.

The lunch break will be a 'picnic' at Marseillette, arriving in Homps port approximately 4pm.

Day 2 - 23 June

Start point Le Rive Gauche cafe, Homps port 10am. We are suggesting one of the restaurants in Le Somail for a lunch stop before arriving in Narbonne approximately 4pm. The meeting point is the Rive Gauche cafe almost directly opposite Les Halles and an underground car park.

Narbonne station is a short walk.

Day 3 - 24 June

Departing from the Cathedral square at 10am we will stop for coffee in Gruissan before finding a lunch stop in St Pierre la Mer. The end of the day meeting point is the Mira Mar cafe right on the sea front in Valras-Plage - approximately 4pm.

Day 4 - 25 June

This is our longest day of cycling when people may be feeling quite fatigued, so a show of moral support will be all the more important! We will leave Valras Plage at 9.30 and cycle slightly inland before a lunch stop in Agde. From Agde we will take the route to Sete (exact location to be confirmed), where there will be a table of cold drinks supplied by the kind ladies at Renestance, another CSF sponsor who also supported the event in 2015.

So far, there have been 40+ registrations for the full route (4 days and approximately 200km) + many others for specific sections. Some of these are inexperienced cyclists, cancer sufferers in recovery, in early retirement, now cancer-free, or travelling from overseas just to take part.

Link to view version 1 of the Participant Pack <https://csfcycleforlife.org/ParticipantPack2017.pdf>

HOW YOU CAN HELP- read on!!

How you can help



Cycle For Life!
22-25 June 2017

Join a fun cycle ride on canal & cycle paths from Carcassonne to Sète for Cancer Support France

Distances from 40km - 60km per day
Join for one day or more!

FREE REGISTRATION

www.csfcycleforlife.org



Cancer Support France, Siège Social - Marie, Le Bourg, 16350 Benest Association No: W16300739 - Ne pas jeter sur la voie publique

T-shirts & Posters

There is a link on the website for people to order a blue CSF T-shirt. They help cyclists identify their 'friends' straight away. Some volunteers also order a T-shirt to represent CSF at a lunch or refreshment stop.

Posters for local distribution (A4 and A3) are available to download from the website

Link to order T-shirts www.csfcycleforlife.org/t-shirts

Link to Poster (A4) www.csfcycleforlife.org/A4CycleforLifeposter2017.pdf

Link to Poster (A3) www.csfcycleforlife.org/A3CycleforLifeposter2017.pdf

Social media

If you use Facebook, please share a link to the website with your friends and family - you never know who might be interested in taking part or making a donation.

Link to Facebook page www.facebook.com/activityforlife

Link to Facebook event www.facebook.com/events/1179861975392726

Link to website www.csfcycleforlife.org

Loaning a cool-box or making cakes!

We are in the process of finding some lovely picnic spots where a CSF volunteer holding out a drink or something sweet will be a very welcome sight! These are also at key "marshall" points as detailed below.

Being there!

We have details for start, lunch and end points - all CSF members are invited to join us at one or several of these. If you would like to order a lunch for the Marseillette picnic day on Thursday 22 June - please do! We will need a huge amount of photos to help publicise the event so just by turning up and bringing a camera you'll be helping out!

Link to order lunch on 22 June: www.csfcycleforlife.org/food-glorious-food

Driving people or luggage

Some participants may need help transporting a rucksack from day to day, or to give them a lift back to a local station or their B&B. If you are in the areas of Homps (22 or 23 June), Narbonne (23 or 24 June), Valras Plage (24 or 25 June) or Sete (25 June) and can help between the hours of 4 and 6pm, please contact admin@cancersupportfrance.org

Marshalling

There are key points along the route where CSF marshalls will be needed in CSF T-shirts and/or high-viz jackets (CSF supplied). These are near:

Puicheric (Thursday afternoon)

Mirepeisset (Friday afternoon)

Gruissan (Saturday morning)

Fleury (Saturday afternoon)

Vias (Sunday morning)

Agde (Sunday afternoon)

If you are available and interested in getting involved in any of the above, please contact Sasha admin@cancersupportfrance.org or your local cycle ride co-ordinator who will have further information.

CSF Languedoc - jen.csflanguedoc@gmail.com

CSF Sud de France - sud-president@cancersupportfrance.org

MOVING ON-----a P.S to 22nd March “All Members” open meeting

With so much change happening all around, our own process is well and truly underway. You may remember that the aim was to look at how effective and efficient we were in managing our resources (people number 1!), how to develop that and how to get the word out regarding what CSF looks to provide.

Since the meeting on 22nd March several meetings, much thinking, talking, reviewing and planning has been taking place. We are working towards a much more inclusive and cohesive association, where more people feel involved and where each individual finds his or her place.

Thanks to those who have given their time and input and please carry on letting your voice be heard!

Feel free to contact janfornachon@gmail.com or on 04 68 91 60 21

OTHER SUPPORT GROUPS

Tarn

Meets in the Café de Sports in Gaillac on the second Wednesday of each month, 10.00am - 11.30am. This is for coffee (paid for by CSF) and chat, with two Active Volunteers (AV) on hand.

Cancer Support France drop in coffee morning, Gazpacho, Saint Antonin, every third Wednesday of the month, 10am - 11.30am. First one, Wednesday 17th February 2016. For anyone whose life has been touched by cancer, in any way, is welcome to come. There will be a trained volunteer available to offer advice or assistance.

Contact Caroline Maslin on these, she is on maslincaroline@gmail.com

P-O

Céret - meets in Pablo's Bar (local café where we have a side area free) on the first Wednesday of the month, 10.30am- 12pm. Coffee (paid for by CSF) is available, books, information and chat with 2 AVs every time. (Used a lot by members, rather than clients, although some people come intermittently who are neither members nor clients but who are "touched" by cancer as either patients or carers)

Ille sur Têt - meets every third Wednesday of the month, 10am -12pm. 2 AVs each time. Private accommodation loaned to us pending sale so coffee and cake supplied to attendees. Often has speakers on things from holidays to mindfulness to art therapy. Attended mainly by members, usually those touched by cancer.

Laroque des Albères - This is a Book event held on the third Monday at the Café des Artistes from 10.30am -12pm. We have two AVs and a couple of members (who look after the books as they live in the village) at each session. There is a large table (or two) full of books. People buy their own coffee and can take two books and if they want more make a donation. This is VERY informal and hugely popular all year and attracts clients and members, former clients in particular come and chat (especially the bereaved). No-one attends regularly and people can stay on for lunch. We also get French people bringing books and the Maire turns up and makes a donation intermittently! The donations from this pay the coffees and cakes at Céret and Ille. We sometimes use it as a venue for AVs to meet up informally and is the main place where we meet people interested in CSF.

And finally.....

If you, or anyone you know, would like to become a member of CSF, please contact Hazel Turner at sud-secretary@cancersupportfrance.org

Or, if you, or anyone you know, would like to go on the Volunteer Register, please contact me, Pam Mercer, at pam.mercer@live.com.

Don't forget that if you're organising a CSF event, contact me at pam.mercer@live.com, to find your volunteers to help.