



**OUR NEXT BOOK SALE  
IS SPECIAL!**

**BOOKSALE**  
WILL BE ON  
Wed 13<sup>th</sup> December  
10am to Noon

**SALLE DE FETE  
CAILHAU**

HELP US CELEBRATE CHRISTMAS WITH  
MINCE PIES AND MULLED WINE

BUY YOUR LAST MINUTE XMAS CARDS

RESTOCK WITH GOOD QUALITY, UP  
TO DATE, PAPERBACKS

and take the opportunity to enjoy a coffee or lunch at  
A'Kotee at the same time!

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**ANNUAL GENERAL MEETING**

The CSF AGM will be held at 10h00 on Wednesday 24<sup>th</sup> January 2018 at L'Oliveraie, Carcassonne. This is a great opportunity for members to catch up on activities in CSF Sud de France, as well as chatting to other members over coffee and lunch. Plus an excellent returning speaker – Dr Martin Christlieb – on progress in radiotherapy.

**MEMBERSHIP RENEWAL**

As the end of 2017 approaches, we will be inviting you to renew your membership of CFS Sud de France. The fee remains €10. You will be able to renew electronically, but, wait for further info in December as we have changed our bank account since last year

**More info on AGM & membership renewal will follow next month**

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Come support CSF, and buy your artisan Christmas presents, on 2<sup>nd</sup> December at Montclar (11250)

Organised by the Association "Un Air de Malepère"

**CHRISTMAS MARKET**

Saturday 2<sup>nd</sup> December  
10am-4pm  
Salle des Fêtes, 11250 MONTCLAR

Buy your Christmas gifts and cards here, including

- Lace, knitted & fabric personal accessories
- Organic skin care
- Jewellery & pottery
- Wine, jams & sweets
- Posters, wooden 'Xmas trees', & Bonsai

WIN A DECORATED CHRISTMAS CAKE!!

TOMBOLA

**CANCER SUPPORT FRANCE STALL**

Cafe open all day

# INFORMATION UPDATE

## Activity for Life

Many thanks to everyone who supported our "Activity for Life" event in Cailhau on 19<sup>th</sup> September. Some 56 people signed up for the 7.5km walk, with others coming along to enjoy coffee and delicious cakes, and to buy books. A total of 600€ was raised, with 50% going to National CSF to help fund the National Training Conference.

## Tea Party in Quillan 26<sup>th</sup> September 2017

Many thanks to Stuart and Sheila Swallow and their team of helpers for organising a tea party in Quillan on 26<sup>th</sup> September. The magnificent sum of 816.72€ was raised for CSF, as well as a further 250€ raised for MacMillan UK.

## Poppy Fair at Ornaisons 4<sup>th</sup> November 2017

The CSF stall at the Poppy Fair sold goods worth 149.50€, plus donations of 12€. Many thanks to all our volunteers who helped.

## Booksale dates for 2018

Here's next year's dates for the booksales, all at the Salle de Fête at Cailhau, from 10am, finishing at noon:

- Wednesday 21<sup>st</sup> February
- Wednesday 18<sup>th</sup> April
- Wednesday 20<sup>th</sup> June
- Wednesday 15<sup>th</sup> August
- Wednesday 17<sup>th</sup> October
- Wednesday 12<sup>th</sup> December

**Put the dates in your diary now!**

## SUPPORT GROUPS

### **Aude**

Monthly coffee mornings are held monthly on the first (Limoux) and second (Homps) Wednesdays of each month, between 10h30 and 12h00, at the following locations:

Limoux –the Espace des Fécos (next to Tourist Info Office), Ave du Pont de France, Limoux (11300)

Homps – 19 rue du Stade, Homps (11200) (follow signs for Mille Club car park)

### **Ariège**

There are two monthly book sales on most months, as follows:

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](mailto:mac.at.fontestorbes@gmail.com)**

### **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](mailto: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.