

Hello Everyone

Nature has given with one hand and taken away with the other. She's taken her brush and painted swathes of pink and white over our orchards and has given us a blast of Winter to go with it! The municipal gardeners have been going around brandishing their long-handled secateurs and terrorising the oleander trees into submission. I must say I'm looking forward to seeing them once again in their wild, white-and-pink-flowered, bushy form.

Our **Info Day** on Friday 23 March was attended by 8 people who were keen to learn more about CSF and what we do. Some had been involved and helped at events but wanted to find out more. There were 8 active listeners or trained members including Penny and Miranda who outlined the history of CSF both nationally and locally and Miranda explained about active listening. There was a demonstration of good and bad active listening which led to lively conversation. We also outlined how people could help in ways other than as ALs and emphasised the need for help at events. A shared lunch was enjoyed by everyone and it gave plenty of opportunity to chat.

Nutrition & Physical Activity Campaign

The European Cancer Patient Coalition, which is based in Belgium, is participating in the Nutrition and Physical Activity Awareness Month through its RecipeAgainstCancer campaign.

To find out more [CLICK HERE](#) and help to raise awareness on the importance of **Nutrition & Physical Activity for people with cancer.**

The **Drop Ins** this month

Wednesday 4 April - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso. Come and join us for coffee and browse through the books.

Monday 16 April - Laroque - 10.30-12

At the Café des Artistes there's always a good turn-over of paperbacks, English and French. Also CDs and DVDs. You can buy a coffee and take two books.

Wednesday 18 April Ille-sur-Têt 10.30-12

Come and join us at Lizzie's Kitchen for coffee, tea and cake.

Wednesday 4 April 2018 CSF OPEN MEETING 10.15 Perpignan

We are very much looking forward to seeing all of you who have signed up for the CSF Open Meeting. There will be coffee on arrival at 10.15 when I will be collecting the lunch money (cheques or cash). (The lunch is €22.)

There'll be a short meeting which will up-date us on events past, present and future.

Then our speaker, Rita Jordan, Professor in Autism Studies at Birmingham University, will give a talk entitled '**The coming era of patient-centered medicine**'.

I need to know numbers by midnight 29 March. If you would like to come, please let me know as soon as possible. (There is a menu available for those who need any extra persuasion!)

LOOKING AHEAD

Sunday 13 May 2018

Vide Grenier

St Cyprien Plage

CSF have a couple of tables at this large all-day Vide Grenier which is held every year in St Cyprien and is very well-attended. We'll have books and DVDs of course, and you can certainly add to these, but **we also need other things we can sell**. Anything which is in good condition. Bring them on the day or to one of our Drop Ins. All will be gratefully received.

19 - 31 May 2018 CYCLE FOR LIFE 2018 Entre Deux Mers

After a hugely enjoyable **Cycle For Life** in 2017, 2018 sees the biggest challenge yet - a 650 km ride from the Atlantic seaside resort of Royan to the sunny beaches of the Mediterranean at Marseillan Plage over a period of two weeks. It is not a race and everyone can do as few or as many days as they like, taking it at their own pace. It is all low-level, following the canals and using cycle routes where possible, and is suitable for novice cyclists and families. There are two planned rest days in beautiful Bordeaux (22nd May) and medieval Carcassonne (29th May).

If you would like to take part in the Ride or come along and support and cheer the riders on one (or more) of the days, please have a look at our own website:

<http://cancersupportfrance.org/csf-cycle-life-2018-0>

PS: Penny Parkinson will be cycling the 21km on the last day!

Thursday 6 September

Walk for Life

Maureillas

Last year our **Walk for Life** event went very well so we are just making a few small changes for this year. There will of course be the two sponsored walks, the shorter walk, about 5km, will be a gentle stroll, with the longer walk of 8 to 10km making an interesting challenge for others. There'll be activities for everyone during the morning so bring the family and pack a picnic. More details nearer the time. Meanwhile, if you think you might be able to take part, whether as a walker or helping with the bar, cake sale, BBQ etc please send an email to lynnrhall66@gmail.com

Diana Eastaff

