



## Aude & Ariège



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

### CHARITY FUN DAY

SATURDAY 1<sup>ST</sup> SEPTEMBER 2018, 2pm to 5pm

43 bis, ave de Cancilla, 11500 QUILLAN

Homemade cakes, tea and coffee, and Pimms

Games - 'Have a go at Archery' and Quoits – Prizes Galore

Lots of stalls, including:

- Crafts, including homemade cards, lace making
- Gifts
- Plants
- 'Nearly New' clothes
- 'Nearly New' books

Hand massages

Relaxation meditation

Come along and enjoy the fun, for two great causes!

Plenty of parking available

**Support a great, new,  
fun(d)raising event for 2018**

**Looking for donations of:**

**Plants**

**Cakes**

**(full!) Bottles**

**as well as CSF volunteers**

**for the day**

Contact Pam/Phil on

[sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)



**AUDE**

### BOOKSALE

WILL BE ON

**WEDNESDAY**

**8<sup>th</sup> AUGUST**

**From 10.00am -12.00 noon**

in the

 **SALLE DE FETE**   
**CAILHAU (11240)**

GOOD QUALITY, UP TO DATE PAPERBACKS IN GOOD CONDITION, PLEASE

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



### ARIÈGE BOOKSALES 2018

**1<sup>ST</sup> SATURDAY OF EVERY MONTH**

January to October

1100 au/until 1400

Le Rendez-Vous Café and Restaurant,

09600 Lèran

There's always a vegetarian option for lunch

**3<sup>RD</sup> TUESDAY OF EVERY MONTH**

April to December

1100 au/until 1400

The Mad Hatter Tea Rooms

09500 Mirepoix

Good snacks and cakes

## **RECENT EVENTS**

### **CYCLE FOR LIFE 2018, 19 – 31 MAY 2018**

Thanks to everyone for their help, time, and support as the Cycle for Life pedalled through the Aude. Six cyclists completed the whole route, from Royan, on the Atlantic, to Marseillan, on the Mediterranean. These six cyclists were accompanied by fourteen others on the last day, as well as many others on the various stages.

The event has also been a financial success in that CSF National is approaching its target of €10,000. It's currently over €8,000 with more funds to be received. This is the main funder of the essential training services provided for CSF Active Volunteers, to allow professional support for families touched by cancer.

Many thanks specifically in the Aude to Chris and Clare at CC Fish & Chips, as well as Chillis and Spice, for their support, as well as all members and friends who took part in the social events and/or cheered the cyclists on.

### **OPEN GARDEN & MODEL RAILWAY EVENT, 7<sup>th</sup> JUNE**

Despite the vagaries of the early June weather (at least no floods in our area) a very successful event was held at the Pouzols home of Christine and Kelvin Freeman. Their aim was to show gratitude for the care that they had both received from French medical services in their time here, but particularly to promote home care initiatives for cancer sufferers in memory of Shirley Preston who left us in November 2017, well known and well-loved in the Minervois area where she spent many years.

No trouble was too much for this big hearted couple who, leading up to the big day, contended with no less than 5 visits from local wild boar, not to mention mud slides only a few days before. And everything on show was the result of their own labours - this area is not known for its loamy and easy to work soil!

Their extensive and impressive garden was much appreciated by their visitors, whom Christine guided around the property. Kelvin was hard at work with other enthusiasts showing the outstanding railway set up at work, the result of a number of years' dedication.

A plant stall was run by VEEM members (Vivre Ensemble En Minervois) who generously contributed all the takings to CSF funds, as did busker Ken Goatham, and mouth-watering refreshments contributed by friends and well-wishers kept everyone in good spirits despite the unusually damp end to the afternoon.

An amazing 725 euros was raised for CSF - a huge thank you to Christine and Kelvin and all who helped for their much appreciated generosity, including Jan Fornachon and Brian Thomas, for CSF.

### **CSF/POPPY APPEAL AUCTION, ORNAISONS, 16<sup>th</sup> JUNE**

This well supported event, organised by LFN, raised €300 for CSF. Many thanks to all the volunteers that helped before, and on, the day.

## **AUDE UPDATES**

### **LA LIGUE CONTRE LE CANCER, IN THE AUDE**

One of our members, Carolyn Bailey, has taken on the challenge of building closer relations between CSF and 'La Ligue', across the Aude, and has already held constructive dialogue with their President.

Our aim is to ensure that local La Ligue organisations are aware of CSF and our support capabilities, perhaps referring any English speaking clients to us. In addition, we are seeking closer ties so that we can share each other's awareness raising events.

We'll be sending an update on the development of this important relationship at the end of the summer, but, in the meantime, here's a list of La Ligue's manifestatons in September and October:

- Sunday 2 September – Coupe de l'espoir au golf de Carcassonne
- Saturday 22 September – Centenary – journée d'animations (sportive,...) au Domaine Montplaisir à Narbonne
- Sunday 7 October – Thé dansant à Saint Papoul
- Saturday 13 October – Centenary – à Carcassonne à Domec

### **AUDE ACTION GROUPS**

Two new Aude groups are now in place, to engage with members on both ideas and actions, to increase contact with the medical profession, as well as existing and potential new members.

The Aude East group has been in place since late 2017, covering a geography from Carcassonne eastwards. If you want to get involved, please contact the co-ordinator, Lesley Wisson, at [Lesley.wisson375@orange.fr](mailto:Lesley.wisson375@orange.fr).

The Aude West group has held two meetings. A co-ordinator has been elected, Gail Jonwood. If you want to get involved or to know more, please contact Gail at [gpjonwood@gmail.com](mailto:gpjonwood@gmail.com)

## DEMENTIA SUPPORT

Sadly, many of our members and supporters have some involvement with dementia, as well as cancer. We are pleased to include the information below on a Dementia Carers Support Group for the Aude area around Limoux.

# Dementia Carers Support Group

Groupe de soutien pour les familles de personnes atteintes de démence



Meet others in a similar situation for :

- mutual support
- exchange useful information and experiences
- share practical advice and ideas
- have a chat and a cup of tea

Rencontrer d'autres personnes dans la même situation pour :

- s'aider mutuellement
- échange d'information et d'expériences
- donner et recevoir conseils et idées
- parler dans un cadre convivial

**Support for English speakers around Limoux (11300)**

Soutien aux anglophones autour de Limoux (11300)

For more information  
Pour plus d'informations

**Contact :**  
**Vicky McLean**  
**06 26 80 72 06**  
vickymclean0@gmail.com



# COFFEE, CAKE & CONVERSATION

## **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.