



Aude & Ariège Winter 2018 Newsletter



Cancer Support France - Aude New regular monthly venues for 2019

Limoux Coffee Morning

Every 1st Wednesday of the month, 10h to 12h
Coucou Atelier Boutique, 47 Rue Jean Jaurès,
11300, Limoux

Argens-Minervois Book Café

Every 2nd Wednesday of the month, 10h to 12h
La Mairie, 11200, Argens-Minervois

Note: Dates may change due to public holidays
Please check latest information

Come along for "coffee, cake and company". CSF volunteers will be there to offer ALL a warm welcome. A range of information is available and second-hand books are available at both venues. If you want to talk in confidence, a trained CSF Active Listener will be there for you.

For more information on the Coffee Mornings
Telephone Jan on 04 68 31 50 76

Helpline: 0800 240 200

Email: aud-helpline@cancersupportfrance.org Website: www.cancersupportfrance.org
Forum: <http://forum.cancersupportfrance.org> Local Association No: W11200059



COMING SOON!

SPECIAL EVENTS, FOR YOUR DIARY

ANNUAL CSF LOTTO

17TH FEBRUARY 2019

La Mairie, 11200, Argens-Minervois

A favourite of French villages, but, this time,
the numbers are in English!



CHOIR CONCERT

March 2019 – date tba

11610, Ventenac-Cabardès



2019 DATES FOR CAILHAU BOOK SALES

SALLE DE FETE, 11250 CAILHAU, 10h to 12h

20th February

17th April

19th June

21st August

16th October

11th December



Always on a Wednesday



ARIÈGE BOOKSALES 2019

1ST SATURDAY OF EVERY MONTH

1100 au/until 1400

Le Rendez-Vous Café and Restaurant
09600, Lèran

There's always a vegetarian option for lunch

3RD THURSDAY OF EVERY MONTH

La Girolata

09000, St Jean de Verges

Good coffee & snacks, plus fruit, veg & meat stalls

More info from Mac

05 61 64 95 11

mac.at.fontestorbes@gmail.com

CSF SUD, AUDE DEPARTEMENT- 2019 EVENTS CALENDAR

MONTH	REGULAR EVENTS	SPECIAL EVENTS	MONTH	REGULAR EVENTS	SPECIAL EVENTS
January	9 th – Limoux Coffee Morning		July	3 rd – Coffee Morning	
	9 th – Book Café, Argens-Minervois			10 th – Book Café	
	31 st – LFN Book Exchange, McDonalds, Lezignan-Corbières			25 th – LFN Book Exchange	
February	6 th – Coffee Morning	17 th – Loto, Argens-Minervois	August	7 th – Coffee Morning	21 st – Booksale, Cailhau
	13 th – Book Café	20 th – Booksale, Cailhau		14 th – Book Café	
	28 th – LFN Book Exchange			29 th – LFN Book Exchange	
March	6 th – Coffee Morning	Tba – Choir event, Ventenac Cabardès	September	4 th – Coffee Morning	1 st – Fun Day, Quillan
	13 th – Book Café			11 th – Book Café	
	28 th – LFN Book Exchange			26 th – LFN Book Exchange	
April	3 rd – Coffee Morning	13 th – Spring Fayre, Argens-Minervois	October	2 nd – Coffee Morning	16 th – Booksale, Cailhau
	10 th – Book Café	17 th – Booksale, Cailhau		9 th – Book Café	
	25 th – LFN Book Exchange	27 th – Craft Day, Esperaza		31 st – LFN Book Exchange	
May	7 th – Coffee Morning	15 th to 19 th – Cycle for Life (national event)	November	6 th – Coffee Morning	
	15 th – Book Café			13 th – Book Café	
	30 th – LFN Book Exchange			28 th – LFN Book Exchange	
June	5 th – Coffee Morning	19 th – Booksale, Cailhau	December	4 th – Coffee Morning	11 th – Booksale, Cailhau
	12 th – Book Café	23 rd – Car Rally		11 th – Book Café	
	27 th – LFN Book Exchange			Tba – LFN Book Exchange	

REGULAR EVENT LOCATIONS:

Limoux Coffee Morning – Coucou Atelier Boutique, 47 Rue Jean Jaurès, 11300 Limoux

Book café – La Mairie, 1 Place Jean Moulin, 11200 Argens-Minervois

LFN Book Exchange – McDonalds Restaurant, Rue Alfred Nobel, 11200 Lézignan Corbières

RECENT EVENTS

Relais pour la Vie, Castelnaudary, 17/18 November



The 'through the night' relay walk, organised by the Mairie at Castelnaudary, and in aid of 'La Ligue Contre le Cancer', attracted around 350 walkers, including 7 representing CSF. We were thanked publicly for taking part, including a special mention in the closing speeches. Sadly, however, whilst we had plenty of contacts, not one English speaking person was spotted. Around €12,000 was raised for La Ligue's coffers. Special thanks to Carolyn Bailey for her dogged determination and organisation, as well as the volunteer walkers.

CSF Aude Cailhau Christmas booksale



The Christmas Cailhau Booksale was held on Wednesday 12th December, and the usually popular booksale was augmented by mulled wine, mince pies and shortbread, plus a tombola, with prizes donated by booksale volunteers. Whilst the numbers attending were a little lower than normal, the event raised the excellent sum of €340. Thanks to chief organisers, Hilary & David Brown.



Quiz Night, Argens-Minervois, 14th December



We had a full house for the first CSF evening event held in the Mairie at Argens-Minervois, with little barracking of our resident quizmaster, Ron Reid. Together with a raffle with excellent Christmas related



prizes, the Quiz Night raised around €390, and two new members were recruited, bringing the number of new members in the Aude up to 17 this year! Just as importantly, everyone had a great time, particularly us, as we won the Christmas cake in the raffle! Particular thanks to Lesley Wisson for her great organisational efforts.

FUTURE EVENTS

CSF Sud Annual General Meeting, Wednesday 30th January L'Oliverie, 11000, Carcassonne

This year, instead of a speaker, we will be celebrating 10 years of CSF Sud de France. We hope as many of you as possible will be able to join us. More details to follow in January.

At our AGM Penny Parkinson will be standing down as president. Penny has been a member of CSF from the start, first being the P.O. coordinator, then vice-president, then president since January 2015. In this 10 years Penny has given selflessly of her time, supporting not just clients but members of CSF as well. She has been supported throughout by her husband, Frank.

She has also represented CSF Sud on the National Conseil, both as vice-president and currently as president, and has again done a fantastic job. She will also be stepping down as National President.

Cycle for Life 2019, 15th to 19th May 2019

A change of scenery and route this year, deserting the banks of the Canal du Midi. Participants will cycle on green routes through some of the most diverse landscapes in Languedoc-Roussillon, starting in Mazamet in the Montagne Noire, cycling to the beautiful walled city of Perpignan. The route distances will be between 40km and 50km per day suitable for novice cyclists and families.

We're looking for both participants, and volunteers to support the participants in various ways. You don't have to do the whole route, either as a participant, or a volunteer. Register your interest on the dedicated website:

<https://csfcycleforlife.org/>

ACTIVE MEMBERS NEEDED

During the last 6 months CSF Aude have expanded into different areas and started working with different organisations involved in the fight against cancer.

All this is to improve the CSF awareness in the Aude. Our aim is to make sure that Anglophones who need support of any kind, know about CSF and how to access that support.

Because of these positive steps, we are asking that **ANY member who has knowledge/ideas or just plain old-fashioned enthusiasm in organising/supporting events, PLEASE let us know. Don't be scared, it is not as intimidating as it sounds.**

**Just contact us if you have any spare time –
sud-aude@cancersupportfrance.org**

We really cannot do this without you!



COFFEE, CAKE & CONVERSATION

Aude

Monthly coffee mornings are held monthly on the first (Limoux) and second (Argens-Minervois) Wednesdays of each month, between 10h00 and 12h00, at the following locations:
Limoux – Coucou Atelier Boutique, 47, Rue Jean Jaurès, 11300 Limoux
Argens-Minervois – La Mairie, 11200 Argens-Minervois

Ariège

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

First Saturday of every month, January to December, 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 October, from 11h to 14h, at
'La Girolata', 09000, St Jean de Verges

Good coffee & snacks, plus fruit, veg & meat stalls

Mac will collect donated books, if required – 05 61 64 95 11, or 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

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.