

To:- All CSF Members, Friends and Supporters

"Welcome to our Newsletter".

Happy "1er Mai" (Lilly of the Valley May Day) tomorrow!

This is a lovely French tradition when we offer a small bouquet of muguet-du-bois to our loved ones, friends and neighbours. It's a centuries old custom which symbolises good luck for the upcoming year. Let's share a sprig of this beautiful flower together, as the legend seems more relevant today than ever.

We could all be forgiven for thinking in these emotional Coronavirus days that Cancer has gone away it hasn't and neither has CSF. We are still here to support and listen to our Cancer clients or those touched by cancer in any way. In response to the Covid 19 emergency lockdown period, a decision has been made to broaden our remit to include those suffering from other chronic diseases and their families too who feel the need for a listening ear, to help their anxiety from isolation and voice their worries. Therefore, emotional support is now available from our skilled volunteers to any English speaking person who is elderly, vulnerable, isolated or who has health problems. If you know of persons in your community in these circumstances then please let them know that our CSF National Helpline 0800.240.200 is ready to chat or they can drop a line to helpline@cancersupportfrance.org.

We are very appreciative to Phil Mercer, our CSF President, keeping us up to date with information about the Covid 19 crisis and developments in France.

I would like to take this opportunity to inform everyone that our dearest member, Marlous van den Bourg, has informed us of her good news! Her operation has been declared very successful by her Oncologist Surgeon in Toulouse. We are so very happy and have admired her fighting spirit throughout a difficult period.

"To you Marlous - love and best wishes from us all". x

We will be opening our Monthly Drop In Coffee Mornings in Saint Antonin Noble Val and Gaillac just as soon as President Macron gives us permission and then we plan to resume our usual activities later in the year when all this is behind us. We will get back to normal again, albeit in a different 'normal', but rest assured **CSF is still here for you!!**

Cycle for Life 2020 Rochefort to Angouleme has been 'postponed'

After a recent Cycle for Life meeting it was decided to postpone until the Autumn. The ride will continue using the Flow Velo Route and take place over four days starting Wednesday 23rd September in Rochefort, ending in Angouleme on Saturday 26th September at lunchtime. Overnight stops remain as before at St Savinien and Cognac, arriving in Angouleme on Friday evening. More information will be sent out shortly and various websites will be updated. Keep watching.

We are reminded that new CSF Merchandise:- caps, polo shirts and fleeces are available if anyone is interested.

Now available to download - **April "TOUCHLINES"** - (the Cancer Support Group France Regular Quarterly Newsletter). www.cancersupportfrance.org.

Below are **two video links** recently posted on the CSF Sud de France website that you may like to view during these lockdown days.

The first is a presentation on the first ten years of CSF Sud de France, describing and celebrating those people who have worked hard to get us to where we are today.

Link <https://sud-de-france.cancersupportfrance.org/csf-presentation>.

The second is a presentation from our guest speaker at this year's AGM in January. Dr Martin Christlieb, from Oxford University, who gave an interesting presentation on "A beginners guide to Clinical Trials" - even more of an important subject today than it was then! Link <https://sud-de-france.cancersupportfrance.org/presentation-dr-martin-christlieb-29th-january-2020>.

CSF Colleagues, during the weeks ahead, let's keep in touch and remember we will get through this and better days will return for us all!

Stay well and safe.

Warmest wishes.

Sheila Barcroft
for CSF Tarn, Tarn et Garonne Regions

"Our Mission" to support English speaking people living in France who are affected by Cancer.