

Hello Everyone

Well anyone would think we've never had a Covid emergency here in Argelès! Things are very much back to normal. Which is good! No? Mums and dads back to work, kids back to school, bars, campsites, restaurants open. All good. I have the luxury I suppose of saying hang on - I'm happy to continue social distancing for a while. It's still quiet enough in the mornings and evenings to enjoy the birdsong and watch the lizards fly-catching. Rather than sit at a bar drinking our apéro, masked-up and spaced out, me and my old Dutch have packed a couple of chairs in the car and gone up into the hills and, with that view, we don't even have to make conversation!

As you know, there will be no CSF events until September in all our departments that make up Sud de France. This includes the Drop Ins/coffee mornings/book exchanges.

We hope we can start up again in September but we will follow what national CSF and the French government say.

First of all may I say that we are delighted to announce that Frankie Ward will be joining CSF Sud as a Departmental Representative responsible for organising publicity and events in the P-O. She will be working with the irrepressible Maggie Longworth to ensure that through our activities we can keep CSF in the public eye.

You can contact both of them at [Sud-po@cancersupportfrance.org](mailto:Sud-po@cancersupportfrance.org)  
Frankie is at [sud-frankie@cancersupportfrance.org](mailto:sud-frankie@cancersupportfrance.org)  
Maggie at [sud-maggie@cancersupportfrance.org](mailto:sud-maggie@cancersupportfrance.org)

### **Actions de prévention santé en ligne et gratuite (PDF attached)**

This has been sent to us from CAUS66. You may remember way back in March, I talked about CAUS66 - Maison des Usagers. CSF had just become part of this national organisation which brings together under one roof all the patient associations for all sorts of illnesses.

You will see that **La Mutualité Française Occitanie is offering a series of free online conferences and workshops** open to all over the months of June and July 2020.

You will find the programme below showing the registration procedures. It started on 22 June but it's not too late to join if you wish.

### **Covid-19 Bulletin No.17 - Phase 3 of Deconfinement (PDF attached)**

Here's the latest bulletin put together by CSF Languedoc. It's quite long with a lot of useful information about the StopCovid app, latest travel and quarantine restrictions, insurance and scams and fraud.

**Here are some dates for your diary:**

**Thursday 10 September                      Activity for Life                      Maureillas**

We have now had confirmation that the venue is booked and we've planned and walked the two routes. It's still very dependent upon what happens throughout July and August but all being well, drinks will be on sale and, we hope, cakes and biscuits, so bring a picnic and join in the fun. There'll be plenty of picnic tables in shady spots to ensure distancing. We really hope that we can successfully run this event which has been so popular in past years.

**Wednesday 23 September                      Cycle For Life 2020                      Rochefort to Angoulême**

After recent announcements we are quietly confident that the Cycle for Life will go ahead.

We will be using the Flow Velo route. The ride will take place over 4 days starting on Wednesday 23rd September in Rochefort and ending in Angoulême on Saturday lunchtime with a welcome.

The overnight stops will be at Saint-Savinien and Cognac, arriving in Angoulême on Friday evening 25th. Some cyclists have rebooked hotels now that they are able to cycle again.

On the morning of Saturday 26th there will be a local short ride organised around the area, rather as we did at Agde a couple of years ago. That means people can set off home or may even take the chance to stay on for a long weekend.

Have a look at <https://cancersupportfrance.org/cycle-life-2020-revised-dates> for further information.

**Saturday 17 October                      Autumn Ball                      Bages**

This date is provisional. Government guidelines and the situation with regard to the virus will determine whether or not we can go ahead with this annual event.

**Please remember** that if anyone is struggling or needing help, the CSF telephone and email helplines are always open. We are there for everyone needing assistance at this time as well as for those affected by cancer.

We will keep everyone informed of any further developments.

Diana Eastaff