

Dear CSF Members, Friends and Supporters.

Hello everyone and welcome to our August Newsletter!

It's been very quiet for Cancer Support France activities over the last few months with the Covid 19 lockdown. However, we hope everyone is keeping safe and staying positive during this summer holiday time. Many of us, I know, are taking the opportunity to visit family and friends, near and far, which is truly marvellous after all those video and zoom moments which have helped to keep us in that 'Real World', at the same time giving us plenty of laughs as we have grappled with how to use this new screen technology!! Covid 19 rules remain vitally important while we wait for the development of the new vaccine but, in the meantime, we can enjoy the fresh air and take those delightful walks, picnics, cycle rides and drives into the beautiful region which surrounds us here in South West France. Great to enjoy those gorgeous fields of sunflowers and rows of vines now heaving with grapes of which are remarkably advanced compared to 2019 in view of the incredible sunshine and super high temperatures at the moment! A great harvest ahead, notwithstanding the dire problems caused by the commercial effects of the lockdown!!

Latest Newsflash.

Our President asks us to restart activities in the month of September!!! Good news (hopefully).

His message quote:-

"We are expecting that most of our regular activities will start again in September, but are likely to be restricted or slightly different, in order to comply with government regulations, and to ensure the safety of our members, volunteers and supporters. Of course these plans are conditional upon there being no increased government restrictions on activities in our area as a result of Covid 19, so there will always be a risk of last minute cancellations. Please watch for latest information"

Next Informal Drop-In Coffee Morning dates are scheduled as follows and we look forward to welcoming you!

Wednesday 9th September 10.00-11.30am

Cafe des Sports Brasserie, Gaillac.

Wednesday 16th September 10.00-11.30am

Le Gazpacho Bar Brasserie, Saint Antonin Noble Val.

Other News

Phil Mercer, our President, has visited the widow of a CSF client, Robin Crispin, who sadly passed away recently. His son, Niall, has decided to run the "Penang Marathon" on behalf of Cancer Support France and Phil has happily donated CSF t-shirts, caps, etc., to help raise awareness. We all send our very best wishes to Niall in his wonderful fund raising gesture.

Cilla Ulrich, one of our Tarn members, has had her card design chosen for one of the new CSF Christmas cards this year and we send our congratulations. Well done Cilla!

Denise Copley and Peter Walkdekker, our Tarn and Tarn et Garonne Co-ordinators, will be going along to the Activity for Life event, the "Walk for Life" in Carcassonne on the 10th September. Good luck everyone.

This year's Cycle for Life, an annual event raising funds and awareness for CSF, will be going ahead in the Charente area 23-26 September. The 2020 route 'La Flow Velo' (total of 176 km on 4 different days) is a gentle route from the Atlantic coast and Charente-Maritime to the historic city of Angoulême. Anyone interested can register or make a sponsorship donation online via www.csfcycleforlife.org. There is still time to enrol.

It's a low-level, fun and leisurely ride - not a race - for all ages and abilities. You do not need to be an experienced cyclist to take part in this and there is still time to register. This event raises valuable funds to continue the CSF training programme nationwide.

For more information please contact the ride organiser:- Penny Parkinson

sud.penny@cancersupportfrance.org. Thankyou.

Really looking forward to seeing you all again!N very soon!!

In the meantime STAY SAFE!!!!

Warmest wishes.

Sheila Barcroft
for CSF Tarn, Tarn et Garonne Regions

CSF telephone and email 'Helplines' are always open to anyone in need of assistance or support of any kind.

Telephone No. 0800 240 200.

Email:- helpline@cancersupportfrance.org

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