



## Aude & Ariège Spring 2019 Newsletter

A big welcome to the Spring Newsletter. I don't often start the newsletter this way, but I have a piece of information that may be of interest to one or more of the CSF members from the Aude and Ariège.

I would like to ask if there is any member/s who have any journalistic tendencies or who just enjoy words. And who would like the challenge/fulfillment of taking the newsletter and developing it.

It is sent out 4 times a year, one for each of the seasons, filled with information that is sent in to me by members, this needs co ordinating, and then put into an online newsletter.

As I am sure you all appreciate CSF is always looking for active volunteers, and here in the Aude, I am looking for people for different volunteer roles within CSF. So not one person does everything. And then we can work together to help more and more people discover what CSF has to offer.

If you have any skills that you feel could help develop CSF or if you have good old-fashioned enthusiasm then please contact me. [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

### PLEASE NOTE

Change of dates for the two Aude coffee/Book Café support in May, due to the two public holidays. This is for **MAY ONLY**.

**LIMOUX** - Change from May 1<sup>st</sup> to **Friday May 10<sup>th</sup>**

**ARGENS-MINERVOIS** – Change from May 8<sup>th</sup> to **Wednesday May 15<sup>th</sup>**

The CSF Craft Afternoon, planned for 27<sup>th</sup> April in Esperaza has been **postponed** due to personal circumstances. Please watch this space for a new date later in the year.

## APRIL EVENTS IN THE AUDE



### *Spring Fayre*

**Saturday 13<sup>th</sup> April**  
**Salle des Trois Copains**

**11200 Argens-Minervois**  
**10.00am until 4.00pm**

**CCFish and Chips**  
(booking essential, contact me at email below)

**Tombola**

**Crafts and Gifts**

**Face Painting**

**Furniture repair and Gifts**

**Lace**

**The Barrel Boutique**

**Chilli & Spice**

**And many many more.....**

For more information please contact Lesley Wisson  
[Lesley.wisson375@orange.fr](mailto:Lesley.wisson375@orange.fr)

**MAKE A NOTE IN YOUR DIARY NOW!**



How about an exciting few hours, on the banks of the beautiful Canal du Midi, now re-open after the 'inondations' of October 2018? Argens-Minervois is easily accessible from all parts of the Aude, Hérault, and P.O., a few kilometers from the Lezignan-Corbières exit of the A61 autoroute.

Lots of things to see and do, for young and old alike, and you're giving your valuable support to a deserving charity and our supporters. **The highlight of your day is the super fresh, delicious Fish & Chips lunch, from Chris and Clare, who have been serving happy customers for five years. Make sure you don't miss out – you must order your fish & chips in advance via Lesley Wisson, [lesley.wisson375@orange.fr](mailto:lesley.wisson375@orange.fr)**

Tombola prizes, and cakes, to be sold on the day, are also being sought. Contact Lesley

**DO IT NOW!**



## BOOKSALE

*vente de livres*

WILL BE ON

**WEDNESDAY 17<sup>th</sup> APRIL**

*le mercredi 17 avril*

**From/de 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!

Come along to the "Village of Artists", otherwise known as Cailhau, for our biggest bi-monthly booksale.

You can browse through a wonderful selection of books and DVD, at the fantastic price of 3 books/DVDs for 1 euro.

We are always happy to take good quality paperbacks too.

Then maybe a nice lunch at A'Kotee Restaurant and, after lunch, a gentle stroll around the pretty village.

Cailhau is towards the west of the Aude, near to Montréal and Belvèze-du-Razès.

**See you there!!**

# MAY EVENTS IN THE AUDE



The annual CSF 'Cycle for Life' takes place between 15 and 19 May. Barring a small diversion into CSF Languedoc's 'patch', the rest of the route is exclusively in CSF Sud de France territory, starting in the Tarn, followed by the Aude, and finally ending in Perpignan, in the Pyrénées-Orientales.

The Cycle for Life is **THE** major fundraiser for our national organization, providing essential funds for the ongoing development of our charity. Last year, over €11,000 was raised, but we're looking for more in 2019!

Here's your challenge. You can take part in a number of ways:

1. You can ride, one or more of the five stages, varying in length between 21km and 56km, with a total distance of 207km – just register on <https://csfcycleforlife.org/>
2. You can provide support to the riders, at start/finish stops, lunch breaks, transport of baggage, a bed for the night – the list is endless. Please contact Penny Parkinson, at [sud-penny@cancersupportfrance.org](mailto:sud-penny@cancersupportfrance.org) if you want to help
3. You can sponsor one or more of the riders, or raise sponsorship money. There will be a Sponsorship page on the website soon



## SPONSORED SKYDIVE

In 2017 a CSF member lost a dear friend to cancer. This year, as she reaches her 70th birthday, she is performing a Skydive in his memory, to raise funds for CSF Sud de France.

The event will take place on **Friday 24<sup>th</sup> May at 11am**, at l'Aérodrome de Pamiers – Les Pujols, in the Ariège. Everyone is welcome to come and watch, but, in any event, **a donation to Cancer Support France Sud would be very welcome.**

Please make cheques payable to **CSF Sud de France**, and send to Brian Thomas, CSF Sud Treasurer, 198 Chemin de la Gravette, 11620, Villemoustaussou.

Please mark the envelope with the word **"skydive"**

If you require more information, contact [pam.mercer@live.com](mailto:pam.mercer@live.com)



Cancer Support France - Sud de France  
Association N° W112000594  
Helpline : 0800 240 200  
Internet : [www.cancersupportfrance.org](http://www.cancersupportfrance.org)  
Email : [helpline@cancersupportfrance.org](mailto:helpline@cancersupportfrance.org)



On Friday 24<sup>th</sup> May, our intrepid member, Margaret, is celebrating her 70<sup>th</sup> birthday by taking to the skies. Hopefully, she won't come down with a bump!!

As our friends and members in the Ariège have been excluded from hosting the Cycle for Life, the Sky Dive is taking place there, above Pamiers Airport, but everyone is welcome to sponsor her skydive, in memory of a dear friend whom she lost to cancer in 2017.

You can send cheques, payable to 'CSF Sud de France' to our Treasurer, Brian Thomas, or contact Pam Mercer, at [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org) for sponsor forms or any other information.

**And, the very best of luck to Margaret!**

# JUNE EVENTS IN THE AUDE



## CSF THERAPY AFTERNOON

THURSDAY 6th JUNE 2019  
14H30 to 16H30

Come along and make clay poppies



Coucou Limoux  
ATELIER MAGASIN

Along with tea, cake, and conversation  
€10 per person

Coucou Limoux Atelier Boutique  
47 Rue Jean Jaurès  
11300 LIMOUX

Only 12 places available. First come, first served

Maximum 2 places per booking, which must be made via:  
Pam Mercer on [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

An Active Listener will be available

Cancer Support France - Sud de France  
Association N° W112000594  
[www.cancersupportfrance.org](http://www.cancersupportfrance.org)  
Helpline : 0800 240 200  
[helpline@cancersupportfrance.org](mailto:helpline@cancersupportfrance.org)

Following the move of our Limoux Coffee Morning to the Coucou Limoux Atelier Boutique, here's our first afternoon craft therapy session, led by the owner, Merrilees. Subsidised by CSF Sud, places are very limited.

Maximum two places per booking, on a first come, first served, basis, made to Pam Mercer, CSF representative for the Aude, on [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)



## CAR TREASURE HUNT

An afternoon drive through the Aude  
and into the stunning Corbières

SUNDAY 23rd JUNE 2019

Start: 13H00, in Limoux (11300)

Finish: 17H00, near Homps (11200),  
IF you follow the clues!

Delicious buffet available at the finish –  
€15 per person, inc tea/coffee & wine/beer

€15 per car of two, plus €5 per extra passenger



**Prizes for the winners!**



Contact Gail Jonwood to register/book buffet  
[gpjonwood@gmail.com](mailto:gpjonwood@gmail.com)



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[helpline@cancersupportfrance.org](mailto:helpline@cancersupportfrance.org)



And last, but by no means least, here's a new event for all CSF Sud members, friends and supporters to enjoy. A Sunday afternoon 'leisurely' drive through some of the best Aude scenery, arriving, assuming you get the clues right, for a convivial buffet with old and new friends, and competitors.

It's not a car rally, so you can use any car you like, except perhaps a 'sans permis'!! You'll need at least two people per car, leaving one to concentrate on the driving. That apart, it's a free-for-all, with prizes at the end.

Contact Gail Jonwood for further information, registration and bookings, on [gpjonwood@gmail.com](mailto:gpjonwood@gmail.com)

## SAVE THE DATES

The events listed below are where CSF has a presence, and/or there are funds being raised for CSF, so please come along and give them your support.

**Saturday 6<sup>th</sup> April**, from 10H to 16H. A **'Vide Maison', with tea and scones sales** in aid of CSF. Maison des Palmiers, 12 Avenue de l'Amiral Narbonne, 11120 Bize-Minervois  
For further information, contact [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

**Sunday 12<sup>th</sup> May, Esperaza**. Organised by 'La Ligue contre le Cancer', a **morning 'randonnée'**, followed by lunch and music. We're hoping for a number of CSF walkers to take part. Contact Carolyn Bailey at [jamesbailey@orange.fr](mailto:jamesbailey@orange.fr) for more information.

**Friday 5<sup>th</sup> July, Social event**, including book sale/swop, near **Castelnaudary**. CSF Stand in conjunction with the SPA.

Contact [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org) for more information

**Saturday 6<sup>th</sup> July in Olonzac**, from 16H to 23H. **Street Fayre, Market, and music**. CSF will have a stand there, but maybe not through until 11pm!!

Contact [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org) for more information.

**Cailhau Booksales for the rest of 2019** – always Wednesdays, 10H to 12H  
17<sup>th</sup> April, 19<sup>th</sup> June, 21<sup>st</sup> August, 16<sup>th</sup> October, 11<sup>th</sup> December

## LOVE VIDE GRENIERS?? HELP WANTED

Here in the Aude we continue to target areas where there are a lot of English-speaking people, to promote awareness of CSF. One suggestion is that as Vide Greniers are very popular, we choose maybe six this year, and ask two members to attend with a small CSF table giving out information and leaflets on CSF.

So far, the Vide Grenier we know about are Montréal, Bram, Arzens, Alet-les-Bains, Roquetaillade, Alaigne, and Couiza. I know all of these vide greniers are in one area, so if you love vide greniers and would like to volunteer, either for one of the above or any other that you know about, or would like to find one near you, please check [www.vide-grenier.org](http://www.vide-grenier.org), put in area code, for example 11, and it will bring up dates and more locations.

CSF will pay the table fee. Hopefully you will have a good day and support a worthwhile charity. Contact me at [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

## HEALTHY RECIPES WANTED

I am sure the budding cooks within our members can help me here. I am looking for healthy simple recipes to put together in a CSF Cookery Book. The working title at the moment is Members, Food and Fitness !!!! However, other ideas for the title would be gratefully received. In the meantime, remember your favourite recipe that makes you feel happy and healthy and please send it to me at [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

## **WHO DOES WHAT, FOR CSF, IN THE AUDE?**

A lot of members in the Aude have agreed to take on additional responsibilities on behalf of our CSF Sud de France Association. Our members, friends and supporters might find it useful to know who does what.

What?	Who?	EMail
President, CSF Sud de France	Phil Mercer	sud-president@cancersupportfrance.org
Aude départemental representative	Pam Mercer	sud-aude@cancersupportfrance.org
Aude East representative	Lesley Wisson	lesley.wisson375@orange.fr
Aude West representative	Gail Jonwood	gpjonwood@gmail.com
'La Ligue contre le Cancer' liaison, for the Aude	Carolyn Bailey	jamesbailey@orange.fr
'La Ligue contre le Cancer' liaison, Narbonne	Jan Fornachon	sud-jan@cancersupportfrance.org
Helpline co-ordinator	Vicky North	sud-vicky@cancersupportfrance.org
Coffee morning/Drop-in co-ordinator	Jan Howard	howardjan@yahoo.co.uk
Training co-ordinator	Jo Hayes	sud-jo@cancersupportfrance.org
CSF Sud de France website manager	Rob North	sud-editor@cancersupportfrance.org
Aude/Ariège Facebook posting	Phil Mercer	sud-president@cancersupportfrance.org

# 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, 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](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 (first time arrivals get a free 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. 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, but everyone welcome

Ille sur Têt - meets every third Wednesday of the month, 10am -12pm. 2 AVs each time. Private accommodation loaned to us, so coffee and cake supplied to attendees. Often has speakers on things from holidays to mindfulness to art therapy. Bereavement councillor available, if required. Attended mainly by members, usually those touched by cancer, but everyone welcome.

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! 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. Everyone welcome.