



Aude & Ariège Autumn 2018 Newsletter



Cancer Support France -
Aude

Monthly Coffee Mornings

Limoux - Wednesday 3rd October, 10h30 – 12h
Espace des Fecos, (next to the Tourist Information Office)
Avenue du Pont de France, 11300, Limoux

Homps – Wednesday 10th October, 10h30 – 12h
19 rue du Stade, 11200, Homps
(follow signs for the Mille Club car park)

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 for sale (3 for a euro) at Limoux. 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: sud-helpline@cancersupportfrance.org Website: www.cancersupportfrance.org
Forum: <http://forum.cancersupportfrance.org> Local Association No : W11200059

**Note change of dates for Ariège
booksales** →



BOOKSALE

WILL BE ON

WEDNESDAY
17th OCTOBER

From 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'Kotes at the same time!



ARIÈGE BOOKSALES 2018

1ST SATURDAY OF EVERY MONTH

6th October

3rd November

1st December

1100 au/until 1400

Le Rendez-Vous Café and Restaurant,

09600 Lèran

There's always a vegetarian option for lunch

THURSDAY 18th OCTOBER

1100 au/until 1400

The Mad Hatter Tea Rooms

09500 Mirepoix

Good snacks and cakes

Note: No Mirepoix booksales in November or
December - see you in 2019!

RECENT EVENTS

Charity Funday, Quillan, 1 September



Sunny September dawned with a Charity Fun Day in Quillan, in the south of the Aude valley. As well as various craft stalls, visitors had the opportunity to try their hand at archery and quoits, to buy 'nearly new' clothes and books, and enjoy afternoon cakes, tea, coffee, and Pimms. With over 100 visitors, the event, on behalf of CSF Sud and Macmillan Cancer Support (UK), raised over 1500 Euros, shared equally between the two charities. Perhaps as important, it significantly raised the profile of CSF amongst the Anglophones in and around Quillan. Huge thanks to Susan and Roy Midgley for their organisation and making their wonderful garden available for the Fun Day. The photo shows a volunteer who, clearly, was helping on the cake stall!!

Autumn Fayre, Alet-les-Bains, 8 September

The hall in Alet is large, bright and well-maintained, and a warm welcome awaited us. Apart from the CSF stands, there were a variety of others including hand-made jewellery; cakes, coffee and tea; bric-a-brac; and lots of books. This was the first fund-raising event of this kind for the English-speaking Anglican Church, who shared the proceeds with CSF. The very enthusiastic stall-holders were a little disappointed by the rather low numbers attending. Although well-advertised prior to the event, it was felt that better signage locally on the day might have helped. For CSF, although the relatively low attendance led to conservative funds being raised, the event was felt to have been a big success in raising awareness with those attending, and the church members took our promotional material to distribute at their other locations in the area. The photo shows Gail and Paul Jonwood, recent members, the main CSF volunteers at the event which raised over 250 Euros for CSF coffers.



Curry Night, Lac Jouarres, Homps, 15th September

Over 75 people gathered for the first, of what is hoped to be, annual Curry Night. We were extremely lucky with the weather, experiencing some magnificent sunsets to crown, what was, an exceptional evening.

The curry was catered by Chillisandspice who provided a tasty selection of starters followed by a Chicken Tikka and Chana dal served with rice and Naan bread and chappatis. Wine and conversation flowed and provided an opportunity to tell a few more people about CSF and what we are working towards. Music was provided impromptu by Ken on his guitar.

I must add a thank you to Ken who steadily raises funds for CSF with his busking. In fact, CSF has just banked €162, as a result of Ken's recent endeavours. Over €200 was raised on the night through ticket sales and donations, so thank you to one and all who attended.

CSF Aude bi-monthly booksales



Over the past number of years, CSF Aude has been organising regular book sales, usually in Cailhau Salle de Fete.

These Wednesday morning events have been going from strength to strength, and the last booksale in August raised €318, a very significant amount. However, this wouldn't happen without the many volunteers who



work to make them such a success.

Hilary and David Brown would like to thank everyone who gives their time so willingly.

FUTURE EVENTS

Octobre Rose, Laure-Minervo, Sunday 7th October

A large number of events are being held across France during October, in aid of breast cancer support and research. This event is raising funds for ADOC 11, the organisation that provides breast cancer screening services in the Aude. Held at the lakeside at Laure-Minervo, the morning has a choice of walking/running routes, followed by a lunch, with musical accompaniment. The afternoon has a number of stalls (including CSF), as well as fun things for adults and children alike.

A small caveat – we have only come across this event very recently, and a CSF presence has been organised. The information provided about the day is from published sources that we have managed to find, but please bear in mind that we have no personal experience of this event from previous years.

DIMANCHE 7 OCTOBRE

LAURE MINERVOIS

Au bord du lac

Les associations Lauranaises se mobilisent autour d'Adoc 11 et du dépistage organisé du cancer du sein

Fonds intégralement reversés à Adoc 11

Participation 5€

LE MATIN

COURIR POUR LA BONNE CAUSE - SANS CHRONO - NOUVEAUX PARCOURS
9h : départ des trails : 5,5kms/100D+ et 13,5kms/270D+
9h15 : marche libre (parcours des trails) : 5,5kms et 10kms
Parcours santé permanent

À MIDI

Apéritif tapas concert avec le groupe
« Comme des Manches »

REPAS : mouclade (moules-seiches) frites, fromage, dessert
13€ adultes - 8€ enfants (-de 12 ans)
Apporter les couverts
Restauration rapide toute la journée

Inscription au repas avant le 02 octobre chez les commerçants ou au 06 83 63 07 32

L'APRÈS - MIDI

Stand d'information Adoc 11
Nombreuses activités pour petits et grands : course enfants autour du lac, jeux en bois, initiation au Hand-Ball avec le club HBCC, initiation au rugby avec l'école RC Alaric/US Trebès, concours de barriques, course en sacs...

17h clôture par un lâcher de ballons porteurs de messages

SAVOIR AUJOURD'HUI C'EST SE DÉFENDRE DEMAIN !

Tombola à 1€ en vente sur place et chez les commerçants

Adoc 11 Aude Les Camille Les Camille Laude Ecole de Rugby RC Alaric US Trebès HBCC DECATHLON

LFN Hog Roast, Ornaisons (11200), Saturday 3rd November

LFN (Norman) has been a good friend of CSF Aude over many years, as well as his charitable activities for the Poppy Appeal. Close to the centenary of the end of World War I, we encourage you to go along to LFN's Annual Hog Roast and make an active contribution to Norman's fundraising activities. CSF will have a table there, as usual. Bookings can be made at events@lfn.org.uk

ANNUAL HOG ROAST

THE SALLE POLYVALENTE: ORNAISONS



YOU'RE INVITED TO A
PIG ROAST

SATURDAY 3RD NOVEMBER 2018

COMES WITH ROAST POTATOES,
RED CABBAGE SLIGHTLY SPICED,
GLAZED CARROTS. APPLE SAUCE.
LUXURY CHOCOLATE ICE CREAM DESSERT
SELECTIONS OF WINE, BRANDY,
CHOCOLATES AND COFFEE OR TEA

VEGGIE OPTION WILL BE AVAILABLE.
AUBERGINE, POTATO AND PEA CURRY. WITH RICE AND HOMEMADE CHAPATI

PRICE €16.50. PER PERSON.

PLATES: CUTLERY: WINE GLASSES: WILL BE PROVIDED
JUST BRING YOURSELF

OPEN NOW FOR BOOKING TICKETS: PAY ON THE DAY.
CONTACT BY E-MAIL PLEASE TO
EVENTS@LFN.ORG.UK

SONGS OF THE GREAT WAR

IN NOVEMBER IT WILL BE 100 YEARS SINCE THE END OF THE FIRST WORLD WAR AND TO MARK THIS OCCASION WE HAVE INVITED OUR FRIENDS FROM CAPESTANG TO SING FOR US.

IN THE MORNING OF 3RD NOVEMBER AT THE HOG ROAST YOU WILL BE ABLE TO LISTEN TO SOME VERY FAMILIAR SONGS FROM THIS PERIOD PERFORMED BY LA CHORALE INTERNATIONALE DE CAPESTANG



PLUS

THERE WILL BE AN EXHIBITION ON DISPLAY OF
1914-1918 WAR MEMORABILIA

"BY KIND PERMISSION OF MME EVELYNE CASTAN OF PORTEL-DES-CORBIERES"



Join a CSF Aude/Ariège team for a walking/running relay – 17/18 November

Yes, we're looking for volunteers again, but, this time, with a difference! La Ligue contre le Cancer, probably the largest French cancer charity, is commemorating its centenary this year. 'La Ligue' is holding a sponsored relay walk/run, at Castelnaudary, for a 24-hour period, starting at 3pm on Saturday 17th November.

We've been developing improved relationships with 'La Ligue' in the Aude over the last few months, led by Carolyn Bailey, one of our fluent French-speaking members. Raising our profile with La Ligue gives us the opportunity to get our message across to those Anglophones that they come across in their various activities within the French health service, as well as their well-publicised fundraising events. What better way to raise our profile than have a CSF team take part in their major local centenary event?

We're looking for lots of CSF members, supporters, and friends to volunteer to take part in this 24-hour sponsored relay. Note that every volunteer will only be

asked to do a small part of this 24-hour relay, not all of it!! Details of the event (in French) are shown below, but, at this time, we're looking to gauge the level of interest to see if we can put a team together. **So, if you are interested in taking part, please email Carolyn at jamesbailey@orange.fr in the first instance**, and NOT La Ligue's registration contact. Carolyn will hopefully get enough volunteers to register a CSF team.

Please note that a team can have up to 30 members, so volunteers don't need to be making a commitment to walk/run a long distance during a part of this 24-hour period.

100 ANS
LA LIGUE CONTRE LE CANCER ET LA COMMUNE DE CASTELNAUDARY, PRÉSENTENT ...
RELAIS
pour la vie
24h DE COURSE OU DE MARCHÉ AU PROFIT DE LA LUTTE CONTRE LE CANCER
INÉDIT
DANS L'AUDE

17 & 18 NOVEMBRE 2018
DE 15H00 À 15H00
La Giraille
CASTELNAUDARY

INFORMATIONS
Patricia / 06 98 44 03 53
rplv.castelnaudary2018@ligue-cancer.net

RELAIS pour la vie LA LIGUE

Participez à la 1^{ère} édition du Relais pour la vie® de l'Aude et retrouvez-nous pour 24h de mobilisation pour la bonne cause !

Le Relais pour la vie® est un rassemblement festif, sportif et convivial en faveur de la lutte contre le cancer. Les participants forment des équipes de marcheurs et de coureurs qui se relaient sur un parcours pendant 24 heures. Venez nombreux les 17 et 18 novembre prochains. De multiples animations pour toute la famille vous seront proposées.

Relevez les défis du Relais !

- 1/ Rendez-vous sur relaispourlavie.net et choisissez le Relais de l'Aude.
- 2/ Créez une équipe dont vous deviendrez le capitaine et réglez les frais de participation (5€ / personne).
- 3/ Faites un premier don sur la page de collecte que vous venez de créer ; en bon capitaine, incitez vos coéquipiers à en faire autant !
- 4/ Trouvez idéalement entre 04 et 29 coéquipiers prêts à relever le défi de la course / marche pendant 24h et invitez les à rejoindre votre équipe sur relaispourlavie.net
- 5/ Mobilisez tous vos proches pour qu'ils fassent un don sur la page de collecte de l'équipe ; objectif : être l'équipe qui obtiendra le plus de dons au profit du projet en faveur des personnes malades du cancer du département.
- 6/ Parlez du Relais autour de vous !

RENDEZ-VOUS LES 17 & 18 NOVEMBRE PROCHAINS !

Inscription : www.relaispourlavie.net
Renseignements : rplv.castelnaudary2018@ligue-cancer.net
Patricia / 06 98 44 03 53

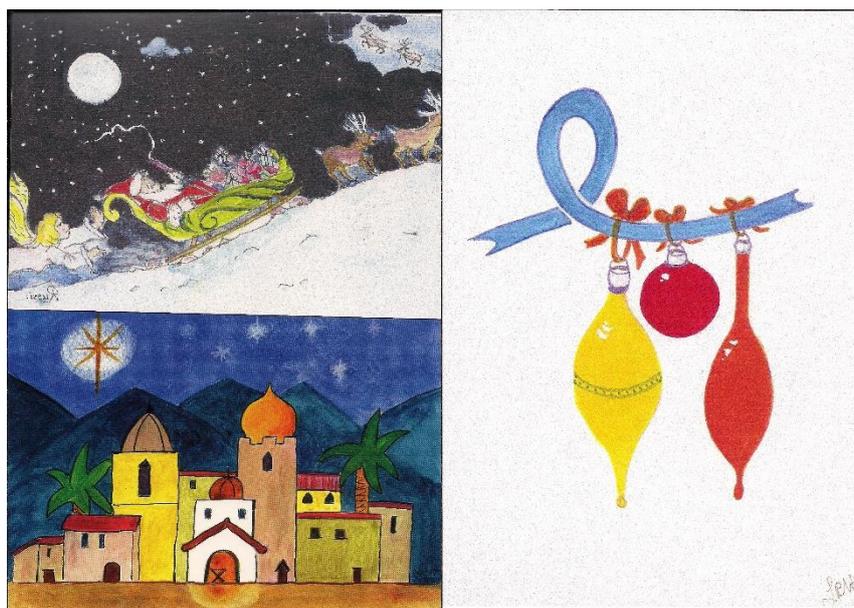
Entrée gratuite
Restauration sur place

100 ANS

Other dates for your diary - make a note, more info to follow

- A choral soirée is being planned, to take place in Ventenac-Cabardès, just north of Carcassonne, sometime in November.
- A Quiz night, in the Minervois, is being planned for December
- The CSF Sud Annual General Meeting will take place on Wednesday 30th January 2019, at L'Olivierie, Carcassonne

And finally, CSF Charity Christmas cards!



Three designs, all the same size, even though the one on the right seems twice as big as the other two. Prices:

Individual cards	€1
Pack of 6 cards	€5
4 packs of 6 cards	€15
6 packs of 6 cards	€20

These will be available to purchase at the Aude book sales, and coffee mornings leading up to Christmas.

Available also for pre-order now from us – email
sud-aude@cancersupportfrance.org

You can pick up your order, and pay, at any CSF Aude event before Christmas, subject to prior arrangement.

BUY NOW WHILST STOCKS LAST!!

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 (Homps) Wednesdays of each month, between 10h30 and 12h00, at the following locations:

Limoux –the Espace des Fécos (next to Tourist Info Office), Ave du Pont de France, Limoux (11300)

Homps – 19 rue du Stade, Homps (11200) (follow signs for Mille Club car park)

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 The Mad Hatter Tea Rooms, Mirepoix (09500)

Good snacks and cakes

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.