



Aude & Ariège Newsletter Summer 2020

MERCHANDISE FOR SALE



CAPS - €10



POLO SHIRTS-€15



FLEECES - €30

Contact sud-aude@cancersupportfrance.org for information on sizes and to order.

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Coffee, Cake &
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(Currently Postponed)

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CANCER SUPPORT FRANCE – SUD DE FRANCE
Ariège(09), Aude(11), Pyrénées-Orientales(66), Tarn(81), Tarn-et-Garonne (82)
Supporting Anglophones touched by cancer
Soutien pour les Anglophones touchés par le cancer

Good Afternoon,

Yesterday CSF Sud De France held a council meeting, where it was decided that there would be **NO** CSF Sud events until September. This also includes events that other organisations/people organize that CSF are invited to participate in.

This will happen across all five departments in CSF Sud de France.

During the summer months, we will be monitoring developments closely in case of any change, which we hope will be positive.

During the next 3 months I will continue to send information to members, as and when I receive it. We will also continue with the “Friendship Group” and the CSF National Covid-19 helpline. Both of these can be accessed very easily. No one needs to be alone at this time.

Cancer Support France continues to support anyone who has been touched by cancer as well as our members and supporters.

The newsletter is a shortened version of the normal one. But I hope you find something of interest in it.

Stay Safe

Pam

Aude and Ariège Representative

ADVANCE NOTICE

Bien-Etre Weekend
 SEPTEMBER 12/13TH 2020
 10h30 to 16h30
 Les Marguerites
 11580, Alet-Les-Bains

THERAPIES & EXPERIENCES AVAILABLE **FREE**

ART THERAPY BIO DANZA REIKI
 MASSAGE YOGA REFLEXOLOGY
 FOOD & NUTRITION
 NATURE MEDITATIONS
 HAND MASSAGE
 PLUS MORE

BUFFET STYLE LUNCH

LUNCHTIME CONCERTS
 Aude Shantymen singing SEA SHANTIES.
 Carolyn, Alec, Bob singing SHOWSTOPPERS

There will be more information released during the next two months. Just make a note of the dates.

CSF FRIENDSHIP GROUP



Don't forget, just because confinement is slowly coming to an end, there is a long way to go.

CSF Aude/Ariege have a group of people willing to chat about anything.

There is no need for anyone to go through this alone.

Contact Pam sud-aude@cancersupportfrance.org

HAVE YOU BEEN COOKING A LOT DURING LAST 8 WEEKS?
 IF SO WHAT HAS BEEN YOUR FAVORITE RECIPIE?

PLEASE SEND IT TO sud-aude@cancersupportfrance.org



MORE NEW CARD DESIGNS NEEDED FOR CSF SUD DE FRANCE



During the confinement have you learnt a new skill?

SHARE IT WITH US

All designs needed, from Birthday to Xmas to General Cards



CONTACT PAM - SUD-AUDE@CANCERSUPPORTFRANCE.ORG

COVID-19 HELPFUL INFORMATION

Maybe many of you have already seen these documents that come from CSF Languedoc, from other sources, but I do think it is important enough to resend as the information in this will continue to be relevant during this crisis.

Covid-19 Bulletin 15 - Keeping Safe during the first phase of deconfinement

Welcome to our fifteenth bulletin during the Coronavirus epidemic. In this issue we have information about: (*click to go to the section*)

- [French Government's map of Red and Green departments](#)
- [How to reduce the risk of catching Covid-19](#)
- [How to get a test for Covid-19 if you have symptoms](#)
- [How to calculate 100 km from your home](#)
- [Extra services available from La Poste, particularly for those at risk](#)
- [Travel Insurance – does mine cover me for Covid-19?](#)
- [Contactless payments up to 50€ – possible problems for some users](#)
- [Beaches in the Hérault – conditions of use](#)
- [Sports – how to find out what is and what is not allowed](#)
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Map of departments – Covid-19

In order to make informed decisions, please stay up to date with the French Government's map showing whether departments are rated as green or red in terms of Covid-19 viral circulation, hospital capacity and testing capacity.

This map can be found using the following link:

<https://www.gouvernement.fr/info-coronavirus/carte-et-donnees#activite-epidemie>

How to reduce the risks of catching Covid-19

While a lot is still being learned about the way the Covid-19 virus acts, there are some known factors that help individuals and groups to better understand and manage the risks of spreading or catching the virus.

There is a detailed analysis of factors likely to increase risks given in a detailed piece by Dr Erin S Bromage here:

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them>

The piece looks at research into other coronaviruses and research about Covid-19.

To take the key messages from Dr Bromage's text: to get infected, someone needs to get exposed to an infectious dose of the virus. Some studies on other coronaviruses estimate that as few as 1000 viral particles may be needed for an infection to take hold. This has not been determined experimentally with Covid-19, but Dr Bromage uses this number to demonstrate how infection can occur. Using this hypothesis, infection could occur through:

- 1000 viral particles received in one breath or from one eye-rub
- 100 viral particles inhaled with each breath over 10 breaths
- 10 viral particles inhaled with 100 breaths

Viral transfer risks increase:

- if someone is breathing deeply (sport, singing, etc)
- from sneezes and coughs
- from being in an enclosed space with others (increasing with time)
- from being in an enclosed space where others have been (increasing with time)
- by touching surfaces touched by others

High transfer risk activities include:

- using public toilets
- using restaurants
- group/work conferences etc
- attending group events (weddings, funerals, birthday parties etc)
- working in densely populated workplaces (e.g. meat packing plants, call centres)
- playing indoor sports
- using public transport
- singing in a group (choirs)
- contact with infected household members

The main sources for infection identified so far are in the home, workplace, public transport, social gatherings, and restaurants.

Indoor spaces, with limited air exchange or recycled air and lots of people, increase transmission risk, (as does visiting rooms with high touch surfaces, e.g. bathrooms). Social distancing guidelines are ineffective in indoor spaces where you spend a lot of time. People on the opposite side of a room can be infected, as viral exposure is increased over an extended period of time. Add in the likelihood of touching the same surfaces, and risk increases further.

Social distancing rules help to protect us with brief exposures or outdoor exposures. In these situations, there is not enough time to achieve the infectious viral load when you are standing a metre apart, or where wind and outdoor space for viral dilution reduces viral load.

Masks, used in line with guidance, greatly reduce the risk of passing on viral particles to others. If used badly (touched/removed during use and before appropriate handwashing), they can increase the risk of infection to the wearer.

As well as respiratory exposure, please don't forget surfaces. Those infected respiratory droplets land somewhere.

Most importantly:

- Wash your hands for 20 seconds, with soap, every time you change location, and at least four times a day.
- Avoid touching your face unless your hands have just been washed as above.
- Wear a mask (following good practice) for indoor contact with people outside your own household and make sure they are wearing theirs to protect you.
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[How to get a test for Covid-19 if you have symptoms](#)

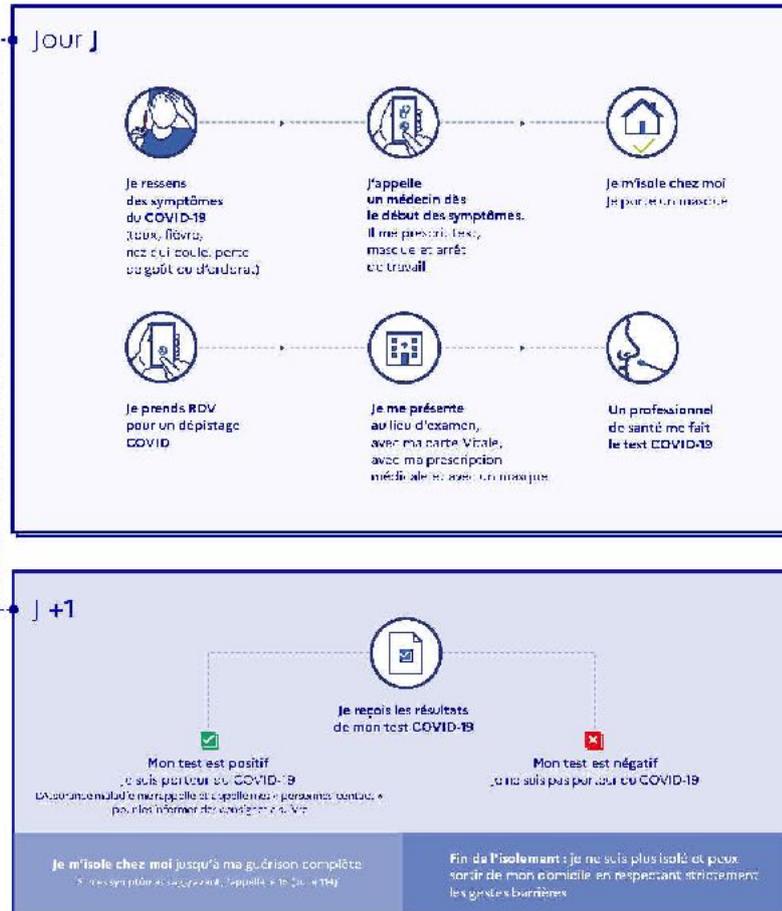
Symptoms include:

- cough
- fever
- runny nose
- loss of smell and/or taste

If you experience symptoms, do not wait: contact your GP who will ask questions and prescribe a test if appropriate. If you cannot reach your GP, contact 15. The prescription will be sent to you electronically. This may be done via Doctolib or email as agreed with the prescribing doctor.

- Tests will be done at hospitals, labs, drive-in centres, or at home by a mobile team.
- The test will be reimbursed 100% by CPAM.
- GP will ask you to self-isolate until results are known.
- If result is positive, the GP will continue care. Call 15 if condition deteriorates.
- GP will give advice on self-isolation at home if possible: length of time (8 to 10 days), in own room, wearing of masks at all times (masks will be available free of charge), airing of room, disinfection of objects and surfaces. GP can offer self-isolation in a hotel with help from special support teams.
- You will be asked about who you have been in contact with.

J'ai des symptômes du COVID-19



Je romps l'isolement uniquement en cas de test négatif ou après guérison

The appropriate government link is: <https://www.gouvernement.fr/info-coronavirus>

There are now 430+ test centres for Covid-19 operational in Occitanie, plus 36 public and private pathology labs ready to perform up to 20,000 tests per day. 16,000 tests were performed in the week commencing 1 May. An average of 3% were positive.

How to calculate 100 km from your home and permit to travel beyond 100 km

Calculating 100 km from your home

With the new freedom to travel 100 km from your home without an attestation, it is important to know where you can go. There are a lot of online map services, but the following has been developed to be quick and easy to use:

<https://carte-sortie-confinement.fr/>

Enter your address in the section 'Saisissez l'adresse de votre domicile', click on 'Afficher la carte', and your 100km radius will be shown.

Permit to travel beyond 100 km from your home

The link to the permit to travel more than 100km from home for essential work or personal reasons can be found here:

<https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Deconfinement-Declaration-de-deplacement>

Extra services available from La Poste, particularly for those at risk

La Poste is launching new services to support those who must continue to stay at home. All post offices in France will be open at the end of May with suitable hours.

General postal services:

- Priority letters and registered letters will be progressively distributed on Saturdays, so 6 days a week.
 - Postal workers will collect street mailboxes again 6 days a week, gradually increased according to operational capacities up to 100% at the end of May.
 - Other letters (green letters, management letters, advertising letters, etc.) will be distributed 5 days a week, Monday to Friday.
 - A registered letter can now be sent without going to the post office, by buying a postage sticker online dedicated to registered mail. The service will gradually extend throughout the territory. The option is offered when entering the postal code. Postal workers will collect registered letters during their normal delivery route.
 - Throughout May, in strict compliance with government directives and protective measures for postal workers and customers, La Poste will gradually reopen all post offices, i.e. 7,700 offices all over France. Almost all of the contact points (including partnerships with town halls and merchants) will also be open at the end of May.
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- In addition, the opening hours and the services provided will be adapted according to the local health situation and how post offices are frequented.
- The Youpix application remains available to turn your photos into personalized postcards that La Poste will print and distribute.
- Masks can be ordered using the following link: <https://www.laposte.fr/boutique/c/protection-covid19-selection>

Extra services for those at risk or vulnerable

From the week of 11th May, La Poste is organising the following:

- Distribution of parcels, newspapers and local services, such as the delivery of meals and medicines 6 days a week, Monday to Saturday.
- A home mail collection service for vulnerable people. To limit trips out of the home, La Poste now offers to collect mail to send from your mailbox. This service is free. If someone would benefit from it, their postal worker should be told. If the customer does not have stamps for their post, they can print a stamp or pay their postal worker by cheque or cash.

Travel Insurance – does mine cover me for Covid-19?

There has been a lot of enquiry about whether Travel Insurance will cover people for Covid-19. Also, some press reporting that Insurance companies are changing their approach to cover in the light of Covid-19.

In fact, it depends entirely on what your policy says. Many standard policies provide cover that excludes pandemics. In such a case, any Covid-19 related claim will be disallowed. This would be irrespective of whether you booked travel before or after 11th March (the date on which WHO declared the pandemic) and even if your travel is within government guidance.

Some more specialised Travel Insurance policies, written for those with pre-existing conditions, (such as cancer), may include pandemic cover, as the insured may be more vulnerable.

The advice is: check your policy carefully and if you have any doubt, contact your insurer, ideally before booking, and certainly before travelling. Ensure you get any confirmation of cover in writing.

Contactless payments up to 50€ – possible problems for some users

Contactless payment has been very successful during the coronavirus epidemic: reducing the possibility of contamination, by removing the need to use a keypad touched by other customers. The epidemic accelerated the raising of the limit for these payments and on 11 May it increased from 30€ to 50€.

The previous increase had required a change of bank cards and an adaptation of payment terminals. This time, for the majority of customers, it will be automatic. This is the case for those who have accounts with many banks, including:

- BNP Paribas
- Crédit Agricole
- La Banque postale
- LCL
- Crédit Mutuel
- Axa Banque

Finally, more than 90% of Banque Populaire and Savings Banks (BPCE) cards will also be automatically upgraded. For the remaining 10%, a withdrawal must be made to activate the new limit. There will be a slight delay for Orange Bank.

For BNP Paribas customers who have a card expiring in 2020, the update will be done gradually and will probably last until the end of May/beginning of June.

Banks have informed their customers where there will be a delay (some CB au Monde customers), a renewal, or if the card needs to be validated by being used to make a withdrawal, (Société Générale, ING, BforBank and Crédit du Nord). For Boursorama customers, two withdrawals must be made.

The vendor's terminal must also have been updated. This will be the case from 11 May for the majority of open businesses practicing contactless.

Beaches in the Hérault – conditions of use

It is planned that from 16th May, the use of Hérault beaches as a 'dynamic' area of use for the public will start. The following activities will be allowed to take place:

- Walking.
 - Jogging.
 - Water sports (windsurfing, kitesurfing ...).
 -
-

- Swimming will also be allowed, but on the condition that you dry off quickly and resume another activity straight away.
- All of this will be reviewed for the next phase of de-confinement from 2nd June.

Sports – how to find out what is and what is not allowed

For those missing their sports, a detailed guide has been made available by the government, available here:

http://sports.gouv.fr/IMG/pdf/sportsguidesportparsport_fiches.pdf

Pages two and three provide a clear index allowing you to find the details relating to the sport(s) of your choice.

There is no substantial change to the outline guidance provided previously in Bulletin 14.

Cancer Support France-Languedoc (CSF-L), Covid-19 response

CSF-L continues to support Anglophones touched by cancer in the Hérault and Aveyron, as well as extending support to people touched by Covid-19 during the crisis. In line with guidance, this is done at distance. Our Helpline can be reached on 04 67 44 87 06. (This is a voicemail service and we aim to return calls within 24 hours of a message being left).

If there is information you would like to share with others, please contact us using our email address: feedback.csflanguedoc@gmail.com

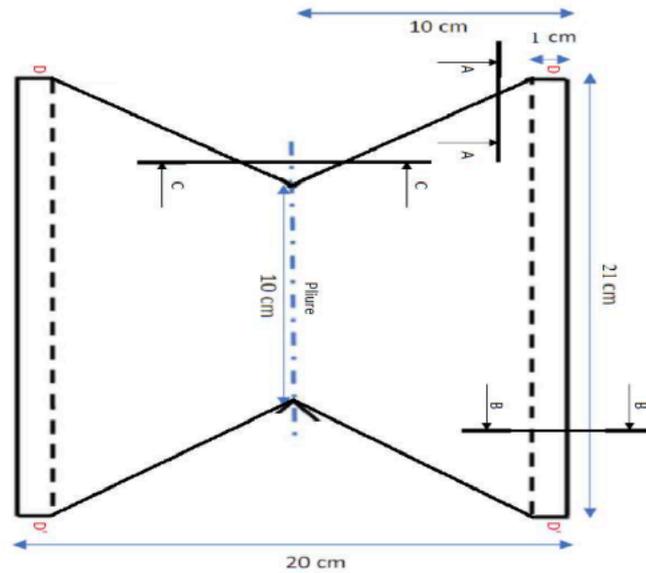
We hope you stay safe and well.

Kind regards,

CSF-Languedoc

MAKE YOUR OWN MASK - (AFNOR Spec)

Patron de masque barrière de type bec de canard

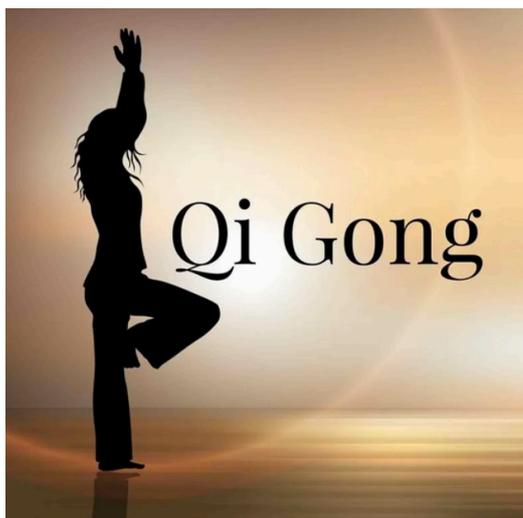


Patron de masque barrière à plis



ARIÈGE CSF/LA LIGUE- WORKING TOGETHER

BEFORE AND AFTER



It was last autumn that I made my first contact with Dr Rotter of La Ligue, Ariège.

Our first telephone conversation took place on the golf course at La Bastide-de-Sérrou, where he was enjoying a day off ! Not such an auspicious start I thought.

However the following week, we met at La Ligues headquarters in Pamiers, where I was given a warm welcome and a cup of tea. Since that first day, we have been advancing slowly but surely together.

This of course was in the time we now call "**Before**".

My last contact with them, just days before 'Lockdown', was for me an emotional (and humble) one.

I participated in a Qi Gong session, along with some of their clients. The purpose of this being to see if CSF clients would be able to take part in the future, without French language skills.

It was an enriching experience. Those taking part, helping me along, while I puffed, panted and fumbled my way through the session. It raised many smiles. I was quite overwhelmed by the end and feeling rather humble. And , yes we all agreed , it would be possible for CSF clients to come along and participate.

I was then invited to join in their Gym douce the following week, with the same objective. "Oh goodie", I thought. How on earth will I manage to keep up with these marvelous people, so full of energy and courage.

Then occurred the 'Lockdown'. All meetings and events cancelled until further notice.

And what of the '**After**' ?

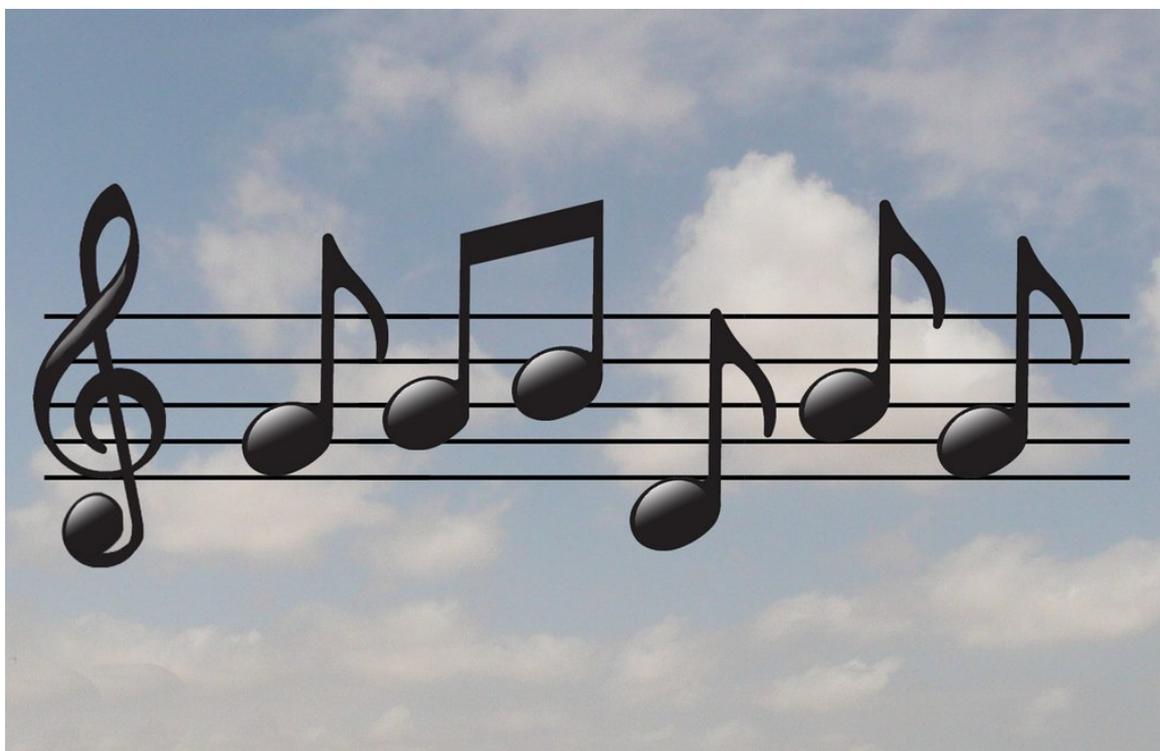
Well, at least it has given me time to prepare for the next 'round', or should have done; But, if any of you have been like me, eating more and exercising less during the last couple of months, the outcome is not so sure !

My exercise mat has been dragged out and dusted down. Time to get back into routine.

So.... this morning, sitting on my mat, I thought how much I look forward to my Gym douce session and hoping it wont be too long before we can all start again.



May Pons. Liaison officer. La Ligue Ariège.



Do you like music? The link below is from the CSF Sud de France Facebook page and is a song performed by Peter the representative from the Tarn during lockdown.

Enjoy

<https://www.facebook.com/CSF.SudFrance/videos/538363390207171/>

DUE TO COVID-19 THESE EVENTS HAVE BEEN POSTPONED UNTIL SAFE TO RESUME - WE WILL NOTIFY WHEN THEY RE-COMMENCE.

**DATES OF CSF
BOOK SALES 2020
Cailhau 11240**

TO BE CONFIRMED:-

WEDNESDAY 19 AUGUST	10-12
WEDNESDAY 21 OCTOBER	10-12
WEDNESDAY 9 DECEMBER	10-12

Contact: sud-hilary@cancersupportfrance.org

Please contact Hilary if you have up-to-date,
good quality paperbacks in good condition to
donate to CSF

**REGULAR MONTHLY EVENTS
IN THE AUDE**


Every 1st Wednesday of the month (*)

CSF COFFEE MORNING, 10H to 12H

**Coucou Atelier Boutique
47 Rue Jean Jaurès, 11300 LIMOUX**

 
Every 2nd Wednesday of the month (*)

CSF BOOK CAFÉ, 10H to 12H

**Salle des Associations, La Mairie,
11200, ARGENS-MINERVOIS**

 
**Learn about CSF and what we can offer
An Active Listener is always available**


(*) - Subject to change, e.g. for Public Holidays
Check CSF Sud Facebook page for latest info

Cancer Support France - Sud de France
Association N° W112000594
www.cancersupportfrance.org
Helpline : 0800 240 200
helpline@cancersupportfrance.org

COFFEE MORNING

Every Second Tuesday

10am to 12 noon



**Mad Hatter Cafe
34 Place Maréchal Leclerc
09500, Mirepoix**

**Come along and to find out about Cancer
Support France, and its work**

An Active Listener will be available

**There will be Books, Information,
Coffee and Cake**

**For more information – contact Pam Mercer
sud-aude@cancersupportfrance.org**

COFFEE, CAKE AND CONVERSATION

AUDE

CSF Coffee Morning - Every 1st Wednesday of the Month (*) - 10h to 12h Coucou, Atelier Boutique, 47 Rue Jean Jaurès, 11300 Limoux

CSF Book Café - Every 2nd Wednesday of the Month (*) - 10h to 12h Salle des Associations, La Mairie, 11200 Argens-Minervois * Subject to change, e.g. Public Holidays. Check CSF Sud Facebook Page for Latest Information

ARIÈGE

First Saturday of every month - 1100 au/until 1400-Le Rendez-Vous Café and Restaurant, 09600 Lèran.

Always a vegetarian option on the menu English, French and Dutch, and often other language books, also CDs & DVDs for Adults and Children. Only 50 centimes each or 3 books for €1. Also Cards at €5 for 6 cards and envelopes. If you wish to donate any books, we will collect. Call Mac on 05 61 64 95 11. (Ansaphone/Répondeur, if I'm out)

or email me on: 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

PYRÉNÉES-ORIENTALES

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 Tête

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.

