

Hello Everyone

It's been a month of uncertainty really. Shall we go to the UK - will we get back into France - is the beach going to be packed - can I risk a quick nip into the supermarket at 10 to 9 in the morning. One thing's for sure though - the leaves are beginning to turn and fall. This year especially, I'm really noticing the changes that each season brings.

The evenings draw in and as darkness falls, we can be found staunchly sitting at our table watching the swifts swooping and diving. Sometimes the magpies join in, their tail feathers catching the red glow of the setting sun.

As you see, we are back in business! However, all the events are subject to weather conditions as we have to be outside in order to comply with the social distancing rules. Also please remember that masks must be worn.

Bring bottles - Urgent!

You will see that our [Activity For Life](#) is going ahead on the 10th September. There will be a Bottle Stall but we haven't been able to collect any bottles until now. We don't have long before this event so we'd be very grateful if you could please try and bring a bottle on the day, if you are coming, or perhaps you could take your bottles to the Drop In in Céret. You know the drill by now I'm sure, bottles can be any size, glass or plastic and they must be full and unopened! Many thanks.

This month's Drop Ins:

Wednesday 2 September - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso is open again. Come and join us outside for coffee and conversation. There are books and DVDs.

Wednesday 16 September - Villa Lafabrègue Prades - 10.15-12

[We have a new venue!](#) This is a chamber d'hôte which has a very large house and garden in the centre of Prades. The address is **15 Avenue Louis Prat, 66500 Prades**.

There will of course be coffee, tea and books. Please come and join us outside in the garden. Please note, we start at 10.15

Monday 21 September - Laroque - 10.30-12

We are back at the Cafe des Artistes where we can browse through the books and DVDs and have a coffee. No doubt you have books to bring and swop! We look forward to seeing you.

Thursday 10 September Activity for Life Maureillas

We are now steaming ahead with our Activity for Life. This year Walk 1 is just under 11 km. It is a circular walk to the Dolmen and will set off from Prat de la Farga at 9.30am. For the most part the paths are broad and there is plenty of shade. Walk 2 is a 6 km stroll,

almost entirely on the flat, also with shade, leaving at 10.30am. And petanque will take place as players arrive. We will be complying with the Covid regulations, of course.

We will have drinks and pre-packed cakes and savouries for sale, but due to Covid restrictions, we are not able to prepare food at the venue. We are delighted that there will be a musical ambience over lunch so please bring your own picnic, find a shady spot (suitably distanced!) and enjoy

2 Partout (Maurice and Rosie playing jazz sax and piano) and guests Tony and Jennifer Roberts (with support from "*Musiques à Maureillas*")

There will be a Bottle Stall, as well as CSF cards, pre-loved books and other items for sale. For more information please contact Penny on sud-penny@cancersupportfrance.org or 0468 388 128.

Do come and join us and any donations to the Bottle Stall will be very welcome.

Wednesday 23 September Cycle For Life 2020 Rochefort to Angoulême

We are still 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.

Our Autumn Ball is cancelled this year

Sunday 29 November Christmas Market 9/9.30 - 5pm
St John Pla de Corts

It looks like this will be going ahead. It's a great way to start the Christmas season with lots of present ideas on the arts & craft stalls, plus cards and gifts, stocking fillers, homemade puds, mince pies and cakes.

Lizzie's Kitchen will be open for coffee, tea and sandwiches. We plan on making the area a bit bigger this year, with a lot more tables.

Covid-19 Bulletins Nos. 21 & 22

Pdfs are attached. Both these bulletins cover the increase in cases and the change of the rules regarding the use of masks - indoors and outdoors.

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