



# Touchlines

**Support for English-speaking people touched by cancer in France**

The Newsletter of Cancer Support France — Association N° W163000037

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Note: Contents are on p. 2

**CSF National Association  
President's Autumn Ponderings  
Submitted by Pat Lockett**



Have you noticed a little freshness in the air first thing in the morning just recently? One of the reasons we love our little corner of S W France is being able to experience the seasons as they change, each one bringing something new and with it, hope, as we all continue to experience strange and challenging times.

So many of the things which usually happen in summer, such as the visits of friends and family, have not taken place. In the same way, many CSF activities and events have been cancelled or postponed. But CSF Associations are nothing, if not creative. They have ensured clients continue to be supported albeit mostly at a distance, committees have faced up to the challenge of meeting online despite erratic internet connections and volunteers have participated in remote training sessions.

But that is not all. Thanks to good weather, some Associations have been able to hold small events outdoors. Drop-ins in a shady garden have been welcomed and groups have walked to raise a little money and, as importantly, raise awareness of who we are and what we do at a time when our 'visibility' has been reduced.

Sadly, in July, CSF lost a long-standing and valued volunteer. Richard Ware of CSF Haute-Vienne who was the Association's Secretary and Trainer died after a short illness. Richard was also a past member of the National *Conseil*, fulfilling the role of Treasurer and making a huge contribution to the translation of official documents. Our condolences go to Richard's wife Sue. His obituary, written by Sue, is on page 2.

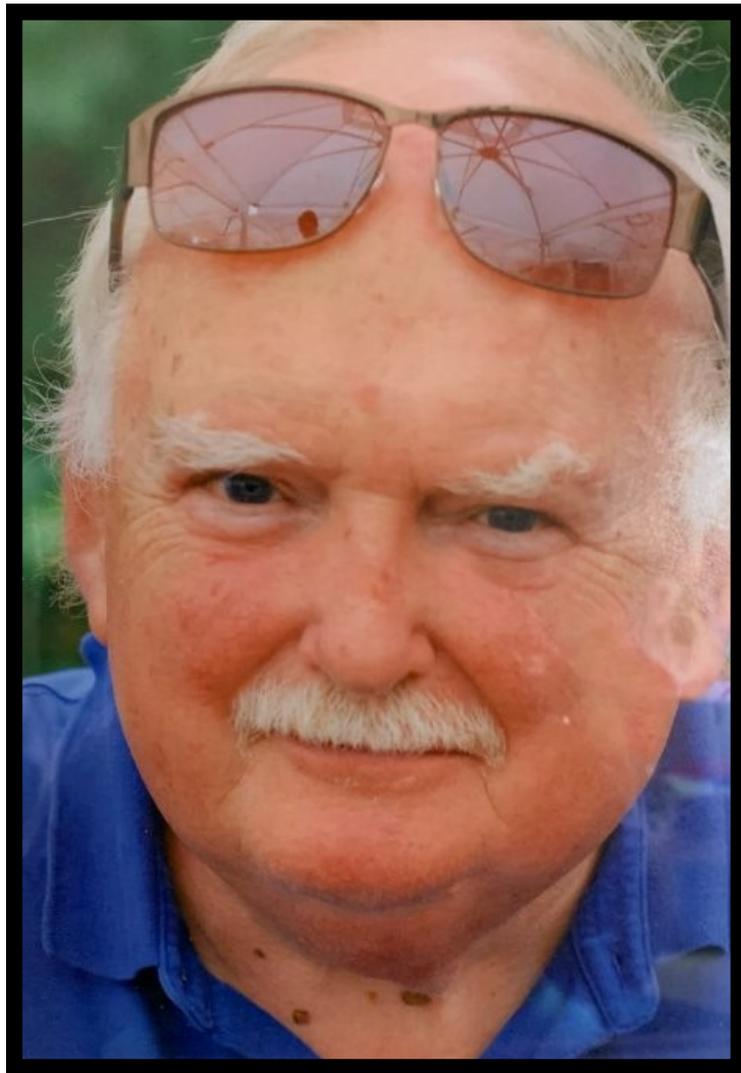
In August, CSF National was awarded a small grant from the UK Nationals Support Fund in recognition of the work the Helplines and local Associations have undertaken in offering an extended service of support to any Anglophone affected by COVID-19. The grant will allow us to further promote this offer as we go into the winter and to also offer an information service to UK nationals currently resident in France and affected by issues around Brexit.



Usually in September, we would now be planning our annual training events for November at *IUCT Oncopole* in Toulouse and also our National *Conseil* meeting. The training events have been postponed until next year but there is a desire for the NC meeting to take place and so this year it will be in Cahors with all the necessary health and safety elements in place.

Finally, WELL DONE! to those who rode in the CSF *Cycle for Life*. We are massively grateful to Penny Parkinson and Dick Smith for organising this year's ride and to those who have participated. It was a pleasure to be able to join them (on 4 wheels) on Wednesday 23<sup>rd</sup> September in Rochefort.

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It is with great sadness that CSF Haute-Vienne announces the death of Richard Ware. He died at the end of June after a short illness.

Richard, with Karen, our treasurer and myself, founded CSF Haute-Vienne at the end of 2011, He trained as an Active Listener and he then became our Secretary. He designed our publicity material and our Logo. Richard became our Trainer, under Linda Shepherd. He also sat on various committees at *CHU Limoges* representing us and he became one of our Translators.



Richard was National treasurer under Tony Benstead, put up the annual subscription for membership and founded the 0800 number for the National Helpline. So he was very involved and very committed to Cancer Support France. He organised National's AGM in Limoges at the offices of the *Prefecture* in March 2020.

He will be sadly missed by CSF Haute-Vienne as I relied on him to do so many different jobs. I fear we will have to have a number of people to fulfil the many roles he had.

I have been very touched by the kind emails and cards I have received from various members of CSF and thank you for your sympathy and support.

*Sue Ware  
President CSF Haute-Vienne*

## REGIONAL ROUND-UP

### DORDOGNE EST & LOT - Submitted by Anna Shackelford

At the start of the summer we at DELOT, had cautiously thought of having a 'Bad Hatters' Tea Party' in September as a coming together and a bit of a relaunch but for many reasons this was not deemed practical. Instead we invited our members and friends to 'Step Out for CSF in September' (SOCS). We shamelessly borrowed the idea from CSF Languedoc, the principle being for friends to organise a group walk and to donate some money to DELOT. The walk could be of any length and for any number of participants, bearing in COVID-19 safety measures, and take place at any time in September.

DELOT President, Anna Shackelford, organised a walk for 'The Montcuq Mafia' among the vineyards on the plateau above the village of St Pantaléon in the Lot. There were 10 two-legged walkers and 3 of the four-legged variety who completed the 50 minute route in glorious sunshine. We're looking forward to hearing from other groups with photos and details of their walks...

Due to the increase in COVID-19 cases we have suspended any planned activities for the autumn, and council and bureau meetings will continue to be held online via GoToMeeting<sup>®</sup>, as will our regular training sessions.



Participating Members in the SOCS DELOT walk through the vines

**CSF-LANGUEDOC WALKING FOR LIFE – 2020 STYLE** - As reported in the summer issue of Touchlines, CSF-Languedoc's main annual fundraiser, *Walk for Life*, has been modified this year to accommodate COVID-19 regulations. Rather than having one big walking event on the last Sunday of the month, as we have done for the last 10 years, we have asked people to form their own walking or cycling group of up to 10 people; to walk/cycle a route of their choice any day in September.

Later this autumn, we plan to produce a route guide based on the walks and cycle rides completed by enthusiastic participants, together with photos and detailed maps.

At the time of writing, we have had registrations for 25 groups of walkers and have already received a fantastic 3,500€ in donations and pledges. All funds raised from *Walks for Life 2020* will be divided 50/50 between CSF-Languedoc and *La Ligue contre le cancer* (Comité de l'Hérault).

On 2 September a group of nine lady cyclists from Marseillan, cycled 40.94km to support the event. Many of the group had never cycled that far before, so it was a real achievement. They are still collecting donations, but have so far raised in excess of 1700€ - an amazing amount! What's more, all the cyclists are keen to repeat the exercise next year. Below, is Shirley Henderson's account of their adventure and a picture of her smiling team-mates taken during their ride.

*"We set off from the port in Marseillan at 9am having had a group photo taken beside the Wave sculpture outside Noilly Prat. Wearing our 'specially-designed' sashes, featuring our team name Les Presque Belles' plus the CSF and La Ligue contre le cancer logos, we were already attracting a bit of attention although some were curious about a hen night starting so early in the morning! We also took the instruction to dress in blue and white very seriously and some of the team even extended this to their nails, make-up and jewellery.*

*We planned to make a day of it so, our first stop after cycling along the Etang (complete with beautiful flamingos) and the Canal du Midi, was a breakfast stop in Marseillan Plage. We thought we needed some extra sustenance for our next stage so enjoyed some tasty croissants and pain au chocolat, still warm from the oven and washed down by fresh orange juice and delicious coffee.*

*Re-energised, we set off on the next stage, cycling alongside the Mediterranean with brief stops at La Castille and Les Trois Dignes for some water. The weather was perfect, not too hot and not too windy, with the sun sparkling on the sea and the beaches almost empty despite the glorious weather. We had deliberately planned our cycle for La Rentrée when we knew the majority of visitors would have returned home. We were however cheered on by some remaining tourists, although their shouts of 'Allez les mamies' were not universally appreciated!*

*We surprised ourselves however with how fast we were cycling (especially those who had never cycled beyond Marseillan Plage before) and arrived at Sète Lido too early for lunch. Hence we cycled a bit further before returning to the Lido for a quick paddle on the beach followed by some more sustenance for our return journey.*

*After a leisurely lunch and with our batteries re-charged (not on the bikes I hasten to add, they were all pure pedal-power!) we set off again.*



Smiling Team Mates

*Although the wind made it a bit tougher on the way back we finally made it to Marseillan Plage for some more refreshments before the final push to get back to Marseillan Ville. We dreaded this a bit as the only serious hill on the route was on this section but we all made it without stopping and felt very proud of ourselves.*

*Finally back in Marseillan we gathered at the home of one of our team members for a celebration cocktail, not just any old drink but the special Marseillan cocktail of Noilly Prat Ambré with Prosecco. We made a special toast to all those who have battled cancer and survived it, those who are battling it now, those whom we have lost to this awful disease and a fervent wish that our little bit of fund-raising will help the fight against it."*

**AN 'OLD NORMAL' FUNDRAISER, WITH A DIFFERENCE - LES VINS DE FEMMES**

Remember the days when we could all meet without restrictions? Well, in the Pyrénées Orientales, the last department before the Spanish border, and well known for its excellent *Roussillon* wines, a wonderful soirée took place in the final days before lockdown, in early March, all in aid of CSF.

A group of twelve female wine-growers (*vigneresses*) had decided to hold a massive wine-tasting, with accompanying food, music, and the obligatory speeches, of course. The number of attendees expected was very much exceeded, as the photographs show, as probably around almost one thousand people came over the course of the evening.

As well as a workshop on wine tasting, led by a lady oenologist, the event was entertained by a short speech in French by our President, Phil Mercer, and a much longer speech, although still entertaining, by the President of the local *La Ligue contre le cancer*, with whom we enjoy an excellent relationship.

The *vigneresses* had agreed to donate 20% of their sales to CSF Sud de France, as well as all the proceeds from drink sales during the evening. So far, we have received over 2400€ in donations from the *vigneresses*, with more still to come. As lockdown due to COVID-19 happened days after the event, catching up and receiving the donations has taken much longer than expected, hence this rather late report. Nevertheless, we hope that conditions will allow us to repeat this event in 2021.

By the way, the wines were wonderful!!



Top:  
The Crowd at Chateau de l'Ou

Below:  
Local wines on offer

Bottom centre:  
Three of the *Vigneresses*

Top:  
The speeches - Phil Mercer and the *La Ligue* President

Below:  
Phil Mercer with CSF Members Jan Fornachon (Centre) and Penny Parkinson

Top Centre:  
2020 *Vins de femmes* poster

## SUD DE FRANCE (PYRÉNÉES-ORIENTALS) - Submitted by Denise Copley

'WALK FOR LIFE' ACTIVITY HELD, THURSDAY 10<sup>TH</sup> SEPTEMBER 2020 AT MAUREILLAS-LAS-ILLAS, PYRÉNÉES-ORIENTALES

Trusting in our Dutch GPS, we set out for Maureillas; our Dutch Guide took us on a beautiful mountainous route, happily landing us right at the gate to the venue.

Some very early rising CSF volunteers had already erected tables and chairs, and the whole place was a hive of activity, with people registering to walk, carrying cake boxes, setting up bottle and book stalls and handing out bottles of water. A group of very enthusiastic and professional looking souls, sporting Swedish walking canes and carrying backpacks, had already signed up and were ready to start the first of the two walks, organised for the morning. Twenty-one people completed this 17km walk, leaving at around 10am; a second, easier 7km walk left at 11am with 36 participants.



The plan was that both teams of walkers arrived back at the start at approximately the same time so that we could all enjoy our picnic lunch together. During lunch we were admirably entertained by 'Musique à Mauriellas' who kindly paid their SACEM fee of 48€ for us as a donation to CSF. We were also treated to music by Rosie and Maurice, who played guitar and keyboard. Mac and his bookstall did a steady trade in pre-loved books, while Rita did a sterling job on the bottle stall. For those who did not wish to walk, there was a Petanque Concourse, enthusiastically entered into by 9 competitors. Our grateful thanks go to the Mairie, who waived their hire charge of 60€ for the venue.

The event was a great social and financial success and we were happy to make a donation to *La Ligue contre le cancer*.



**THE CSF ANNUAL CYCLE FOR LIFE  
WEDNESDAY SEPTEMBER 23RD TO SATURDAY SEPTEMBER 26<sup>TH</sup> 2020  
FOLLOWING LA FLOW VELO THROUGH THE CHARENTE**

**Submitted by Penny Parkinson - [sud-penny@cancersupportfrance.org](mailto:sud-penny@cancersupportfrance.org)**

The *Cycle for Life* 2020 is now over, leaving memories of the smell of the grape harvest, delightful countryside, some wet weather and many memories shared by the cyclists.

Fourteen gallant souls set out on Day 1 with 9 cycling every day and an extra 3 who joined the morning circular route around Angoulême on Saturday. This was followed by a welcome lunch prepared by Paula and her team from Dordogne Riberac.

Have a look at the website under National News for the daily bulletin and some photos.

<https://cancersupportfrance.org/>

A fuller account will be in the next edition of Touchlines. In the meantime, don't forget that this is the only fund raising event organised by CSF National. If you were not able to join but would like to support CSF, then it isn't too late to make a donation. Here's the link to our Alvarum page:

<https://www.alvarum.com/cancersupportfrance/cycleforlife-2020>

And finally, as well as enormous thanks to the cyclists, many thanks must go to the others who made the *Cycle for Life* 2020 possible in this difficult year.

Roll on 2021 – where shall we be?

*Penny Parkinson*



## **LANDMARK STUDY TO TRANSFORM CANCER TREATMENT**

By James Gallagher, Health and Science Correspondant BBC

**More than a thousand scientists have built the most detailed picture of cancer ever in a landmark study.**

They said cancer was like a 100,000-piece jigsaw, and that until today, 99% of the pieces were missing.

Their studies, published in the journal *Nature*, provide an almost complete picture of all cancers.

They could allow treatment to be tailored to each patient's unique tumour, or develop ways of finding cancer earlier.

The Pan-Cancer Analysis of Whole Genomes Consortium analysed the whole genetic code of 2,658 cancers.

### **The 1%**

A cancer is a corrupted version of our own healthy cells - mutations to our DNA change our cells until eventually they grow and divide uncontrollably.

Most of our understanding of this process comes from the sets of genetic instructions for building the body's proteins. "*That's a mere 1% of the whole genome,*" said Dr Lincoln Stein from the Ontario Institute for Cancer Research.

He said doctors would be "*in the dark*" when treating around a third of patients, as it was impossible to tell why their cells had become cancerous.

It has taken teams in 37 countries more than a decade to figure out what the 99% were doing.

The work, which took 22 scientific journal papers to describe, shows that cancer is massively complex, with thousands of different combinations of mutations able to cause cancer.

### **Driving cancer**

The project found people's cancers contain, on average, between four and five fundamental mutations that drive a cancer's growth.

These are potential weak-spots that can be exploited with treatments that attack these 'driver mutations'.

"*Ultimately, what we want to do is to use these technologies to identify treatments that are tailored to each individual patient,*" said Dr Peter Campbell, from the Wellcome Sanger Institute.

However, 5% of cancers appear to have no driver mutations at all, showing there is still more work to do.

Scientists also developed a way of 'carbon dating' mutations. They showed that more than a fifth of them occurred years or even decades before a cancer is found.

"*We've developed the first timelines of genetic mutations across the spectrum of cancer types,*" said Dr Peter Van Loo from the Francis Crick Institute.

He added: "*Unlocking these patterns means it should now be possible to develop new diagnostic tests, that pick up signs of cancer much earlier.*"

The challenge will be knowing which of these mutations will go on to become cancer and which can be safely ignored.

*(Source: BBC Health. Published 4th February 2020)*



We remember our  
Founding President,  
Linda Shepherd  
1953-2017

Also [Here](#) to Help...

Cancer Support France are proud to be in partnership, affiliated to or supported by the following associations and groups: -

In partnership with:

*En partenariat avec:*



[www.prostatecanceruk.org](http://www.prostatecanceruk.org)



[www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)



Beating blood cancer since 1960

[www.bloodwise.org.uk](http://www.bloodwise.org.uk)



[www.breastcancersupport.org.uk](http://www.breastcancersupport.org.uk)



[www.thebraintumourcharity.org](http://www.thebraintumourcharity.org)



[www.cancerresearchuk.org](http://www.cancerresearchuk.org)



[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)



[www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk)



[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

If you have been affected by any of the issues raised in this newsletter, please don't hesitate to contact your regional CSF branch. All telephone numbers and email addresses can be found on the back page of TOUCHLINES. *Ed.*

## **USEFUL INFORMATION**

### Association Siège Social

**Espace Clément-Marot  
Cancer Support France, Box 25  
Place Bessières, 46000 Cahors**

### **National HELPLINE**

**Telephone: 0800 240 200 (FREE from a landline)**

*(Your call is taken on an answerphone and is free from a landline - there is a short message in English - we will reply to you as soon as possible and normally within 24 hours)*

### Useful Contacts

**President: Patricia Lockett  
president@cancersupportfrance.org**

**Treasurer: Jean Winter  
treasurer@cancersupportfrance.org**

**E-mail: helpline@cancersupportfrance.org**

**Website: www.cancersupportfrance.org**

**forum.cancersupportfrance.org**

**CSF FORUM - Visit the CSF website and take a look at the FORUM, packed full of information and interesting conversations - maybe even meet new friends...**

## **REGIONAL GROUPS**

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Charente Plus (16)	Denise Bloom	06.45.35.32.30	csf.charenteplus@gmail.com
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### **Touchlines**

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