



**NEXT BOOK SALE
WEDNESDAY 15 FEBRUARY**

**At our usual venue,
the Foyer at Cailhau (11240),
from 10h to 12h**

AGM REPORT

Our 9th AGM was held on Wednesday 25th January at l'Oliveraie, Carcassonne, attended by 34 members.

Following the business part of the meeting, Di Parkin spoke on "Why people need CSF: A personal story" and Penny shared her experiences of attending the World Cancer Congress in Paris, including the presentation given by CSF entitled "CSF - A model for supporting expats touched by cancer".

The meeting was followed by an excellent lunch. More information – minutes will be available shortly

The new committee



SOIRÉE DE CHARITÉ

AU

DOMAINE GAYDA

SAMEDI 4 MARS 2017

20H00

AU PROFIT DE

LA LIGUE CONTRE LE CANCER

50€ TTC PAR PERSONNE

REPAS ET BOISSONS COMPRIS

SOIRÉE ANIMÉE PAR AMAR BAL

RÉSERVATIONS ET INFORMATIONS : 04 68 31 57 27

zoe@domainegayda.com



**SPRING BOOK
AND PLANT SALE**

Wednesday 19 April, 10h to 12h

Change of venue (once only) -

The Salle at **St Hilaire (11250)**

To donate plants/cuttings, contact Carolyn, jamesbailey@orange.fr

JOINT TRAINING DAY

Thursday 18th May, at

L'Oliveraie, Carcassonne

Contact Jo at info@hotelaude.com

for further information

“ALL MEMBERS” OPEN MEETING, & “CYCLE FOR LIFE” – see next page!

OPEN MEETING, WEDNESDAY 22 MARCH, 10h to 13h

Hello to all our Aude and Ariège members!

Following on from a recent training day came the idea of a meeting, open to all members, where we could all give our views and exchange ideas, pooling our experiences and reviewing what was needed to make CSF SUD as effective and efficient as possible in achieving its aim--providing support to English speakers in our area who are in any way touched by cancer.

At the meeting we hope to do the following:

- Look at the various strands of CSF's outreach to the community and how volunteers are involved.
- Consider the current use of time and resources.
- Reflect on the possibility /desirability of developing the resources we have or creating new ones to best achieve our aims.

This will be the first meeting of its kind and it would be great to see and meet as many people as possible. And for those who feel able, in any way at all, to offer time, experience, skills and talents as well as ideas, then, as we all know, many hands make light work!

If possible bring a packed lunch, so we can continue into the lunch hour!

And if you would like to be part of this but do not feel able to come in person, please do contribute by e-mail or phone to janfornachon@gmail.com 04 68 91 60 21

The meeting will be held in the UNP clubhouse which is on the D33, Route de Bram, on the north side of Carcassonne airport.

Take the Carcassonne Ouest exit from the A61, and then take the 4th exit from the roundabout onto the D6161 (Carcassonne Rocade/ringroad). Take the fourth sliproad, signposted D33 Bram, and turn right at the roundabout at the end of the sliproad, towards Bram. The entrance, on the right and opposite a kart circuit, is quite small, but there is a small sign "UNP".

As it is a clubhouse, the conditions are fairly basic, but there is a kitchen area, so we can make coffee, etc. The toilets are outside. There is plenty of parking space. Bring your own lunch, and a mug for coffee.

Lost?? Call Gill on 06 71 84 14 45

CSF CYCLE FOR LIFE

CSF's "Cycle for Life" will be taking place 22-25 June. Starting in Carcassonne and following low-level paths alongside the Canal du Midi through Homps and down to Narbonne, the route continues via Gruissan and then up along the coast on the coastal paths, to Sète.

Day 1 lunch stop will be near Marseillette followed by an overnight stop in Homps. We anticipate lunch point for Day 2 will be Le Somail, with an overnight stop in Narbonne. There are 4 stages over 4 days each approximately 50km - people can join for any stage. There is no fee to take part.

Local volunteers are needed as follows:

- to cycle as front marker and back marker on Days 1 and 2 (approximately 50km each day)
- representation at start/finish points, & lunches
- marshalling - may be required at certain junctions
- help coordinate lunches and refreshment stops (if needed)
- at the end of each day (usually about 5/6pm), transporting cyclists (and bicycles) back to their car, their accommodation or a train station (if needed)
- drive a support vehicle on call - in case cyclists cannot complete the stage

CSF central admin will be managing all registrations - but once we have confirmed participants, it will become clearer how many (if any) people will need help with transport, accommodation and lunches.

This is a fun event and a major PR and fundraising opportunity for CSF in 2017.

It is open to all - no cycling experience necessary!

For more information or to register your interest in volunteering or taking part, please visit www.activityforlife.fr

SUPPORT GROUPS

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 AVs 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.

Aude

Limoux meets at the Salle de Fecos next to the tourist office in Limoux, first Wednesday of the month 10.30am – 12pm. Free coffee & cakes.

There are English books for sale 3 for a Euro

There are leaflets and books available relating to cancer.

There are 3 AV's at each session

Homps (NEW)

Homps meet the second Wednesday of every month, from 10h30 to 12h00, at the English Speaking Church, 19 Rue du Stades.

Free coffee & cakes.

There are English books for sale 3 for a Euro

There are leaflets and books available relating to cancer.

There are 3 AV's at each session

Ariège

ARIÈGE BOOKSALES 2017

1) First Saturday of every month

January to October

1100 au/until 1400

Le Rendez-Vous Café and Restaurant,

09600 Lèran

There's always a vegetarian option for lunch

2) Third Tuesday of every month

January to December

1100 au/until 1400

The Mad Hatter Tea Rooms

09500 Mirepoix

Good snacks and cakes

English, French and Dutch language books, also CDs & DVDs for Adults and Children Only 50 centimes each, or 3 books for €1 Also Cards and Umbrellas

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