



**NEXT BOOK SALE
WEDNESDAY 18th OCTOBER**

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

If you can't come along on 18th
October, the following book sale
will be on

Wednesday 13th December,
again at Cailhau.

The December book sale will
also feature **mulled wine and
mince pies**, at €1 each

**ACTIVITY FOR LIFE 2017
CSF Aude events**

Tuesday 19th September, at
Cailhau (11240)

Tuesday 26th September, at
Quillan (11500)

Details - see next page



CSF Christmas Cards

Support CSF by buying your
cards from us. CSF 2017
Christmas card designs can be
viewed on the website:

[http://sud-de-
france.cancersupportfrance.org/
shop](http://sud-de-france.cancersupportfrance.org/shop)

You can order or pick up these
cards, as well as many of your
favourite cards from previous
years, at our events, on 19th
September, 18th October, and
13th December.

Cards are 1€ each, 5€ for a pack
of 6 cards, 15€ for 4 packs (24
cards), and 20€ for 6 packs (36
cards)



ACTIVITY FOR LIFE 2017

Tuesday 19th September, Cailhau

We need your support!!

Between the 9th and the 24th September this year every CSF association across France will be holding one or more "Activity for Life" events. In order to fund the centrally organised CSF training programme, 50% of sums raised will be donated to CSF National, with the other 50% going to CSF – Sud de France.

Our local activity: A walk from Cailhau
Start point: Salle des Fetes at 09h30
Distance: 7-8km on tracks and minor roads
Terrain: Easy but undulating
Time: about 2 hours
Registration fee: 5€

At the end of the walk refreshments will be available as well as CSF merchandise and a selection of books.

Not walking? Join us from 11h30 for a cup of tea and some cake; browse through our books and buy some early Xmas cards

EVERYONE WELCOME!!



Cancer Support France - Sud de France
Association N° W112000594
La Présidente : Mme Penelope Parkinson
Internet : www.cancersupportfrance.org
Email : sud-president@cancersupportfrance.org



Tuesday 26th September, between 11h00 and 15h00, friends of CSF have

A Garden Party

with proceeds to CSF and Macmillan Nurses UK, at

14 Ter Rue Baptiste Marcet, Quillan (11500) – opposite the station

Entry donations of either €2.50 for a cake and cuppa, or €5 for a burger or sausage, plus beer or wine. Various stalls, including art, candles/soap, cards, books, nearly new clothes, plus a tombola

We need cupboards emptied for tombola prizes and nearly new clothes, and cakes donated. Grateful for any donations – contact Stuart/Sheila on 0641533362, Barbara on 0468204029, or Jenny on 0468741392

INFORMATION UPDATE

Cycle for Life! 22nd to 25th June 2017

The fun cycle ride, over four days, started in Carcassonne and finished in Sète, at the eastern end of the Canal du Midi. With the support of CSF Sud and Languedoc, it was a great success, raising €5000 for the national organisation.

Cycle Ride 2018

Next year's ride is already being planned, and we're looking to be even more ambitious. It will be over two weeks, from 19th May to 1st June, starting at Royan, on the Atlantic coast, and ending at Sète. More details later, but bear in mind that you don't need to cycle the whole route to take part!

AGM – Date for your diary – Wednesday 24th January 2018

As this year, the AGM will be held at L'Oliveraie, Carcassonne West. The speaker will be Dr Martin Christlieb who will talk about developments in Radiotherapy. Many will remember his fascinating talk at our 2016 AGM.

“Information Day”

At the CSF Sud de France council meeting on 30th August, it was agreed that we should introduce a half day for new members so that they better understood CSF and what we do for our clients. The following was agreed:

A half day Information Day to be held in March/April each year, by department, to coincide with a training day for Active Listeners. The first event will be open to any member, with subsequent events being for new members or members unable to attend the previous year. Members will be able to talk to trained Active Listeners, gaining knowledge of the role of the Active Listener. Ample time will be given for questions.

Monthly LFN Book Exchanges, at McDonalds, Lézignan-Corbières

Many of you towards the eastern end of the Aude will know of LFN's monthly book exchanges, on the last Thursday of each month. Whilst the book exchange is in aid of other charities, CSF has a table at this monthly event. Feel free to come along and have a chat with the CSF representative.

SUPPORT GROUPS

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 October, 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 December, 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.