

Hello to all our CSF Members, Friends and Supporters and welcome to our October "What's On" Newsletter!

During these last few days of September we seem to have jumped from summer into a very cool and wet Autumn. The leaves on the trees are changing colour into those magnificent reds and golds - so beautiful - and it's a sign to start thinking about autumnal foods and trying those new recipes using our harvested veggies from the garden. We need to think leafy brassicas:- cauliflowers; broccoli, brussels sprouts and the latest 'in' veggie, kale. Not everyone likes kale but there seems to be many different ways to cook it to enhance its unique flavour! Last week our chef, Marc, at Le Gazpacho here in Saint Antonin, was delighted to receive some from our garden and cooked it with garlic and chestnuts.

September has been interesting for cycling enthusiasts. Indeed following Le Tour de France on the television has been enjoyable for us all. The endurance and skill of the team always gives so much inspiration and encouragement to lots of people, especially this year as they had to adapt to different weather conditions. Of course there are always those who, like my husband, a rugby fanatic, think that cycling is just another mode of transport! But it is particularly interesting to CSF cyclists who participate in our annual "Cycle for Life" fund-raising event. It's hard work but worthwhile. This year has been extremely difficult with Covid 19 restrictions which resulted in the change of dates to the 23rd-25th September. We await more information from this event.

Complying with the Covid rules of social distancing and masks, we had a very enjoyable first 'Re-Union' Drop-In Coffee Morning in Saint Antonin Noble Val last month. The weather was lovely and we sat outside in beautiful sunshine!

We were happy to welcome our new member - **Jo Jackaman**.

Jo it was so nice to meet you and look forward to seeing you next time!!!

October Drop-In Coffee Morning Dates

Wednesday 14th October 10.00-11.30am

Cafe des Sports Brasserie in Gaillac.

(every second Wednesday in the month).

Wednesday 21st October 10.00-11.30am

Le Gazpacho Bar Brasserie, Saint Antonin Noble Val.

(every third Wednesday in the month).

We really hope you will be able to join us. Everyone is welcome.

Please ask your friends to come along and have a coffee and a chat with other members - all in an informal and friendly setting! A trained listener is always available to offer information, guidance and confidential support.

We look forward to seeing you!!!

Please feel free to share this Newsletter to help spread the word about the good work CSF offers to friends, families and carers in need of support. Our helplines are always open and we are there for ANYONE needing assistance at this time. Thankyou.

CSF is continuing to support UK Nationals (and English speaking people) who are anxious and feel vulnerable about Covid 19 - or the exit from Europe. It is continuing to extend its free confidential practical and emotional support services for any UK National Currently resident in France and Monaco, whether or not affected by Cancer. Call 0800 240 200.

Cancer Support France - National

Extension to normal service.

A new service advising on Brexit related issues which will start from 1st October.

Christmas Cards

We have a big selection of Christmas Cards and Notelets available and these may be purchased at our Coffee Mornings.

October Rose

October is Breast Cancer Awareness Month. As you know, this is an annual campaign to increase awareness of the disease and a variety of events around the world are organised. October has been designated as the Pink Month so (Think Pink) everyone!! Look around and you will see pretty displays of 'Parapluies Rose' around the region!

The Ville d'Albi in the Tarn has wonderful displays of pink umbrellas hanging in the rues and animations have been arranged in the Place du Vigan on **Saturday 10th October 14.00-17.00hrs**. Denise Copley visited 'La Ligue Contre le Cancer' in Albi last week to distribute 'CSF Information' leaflets and to enquire about CSF participation. However, this was sadly refused. We need to establish a better understanding with their management and we remain more hopeful for next year.

CSF "Walk For Life"

Denise Copley and Peter Waldekker offered their assistance on the day! Bravo both of you! Denise has produced a report (below) and this will be included in the next "Touchlines" publication.

"WALK FOR LIFE ACTIVITY HELD THURSDAY 10TH SEPTEMBER 2020, AT MAUREILLAS LAS LLLAS, PO".

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. 21 participants completed this 11km walk, leaving 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 a Mauriellas", who kindly paid their SACEM fee of 48 Euros for us as a donation to CSF! We were also treated to music by Rosie and Maurice, who played guitar and keyboard. Mack 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 Euros for the venue. The event raised 1400 Euros. It was a great social and financial success and we were happy to make a donation to "La Ligue".

Your latest "TOUCHLINES" (Cancer Support France Regular Quarterly Newsletter) is now available to download from this link.
www.cancersupportfrance.org

We will keep everyone informed of our activities. Meantime stay strong, stay safe, stay positive.

Very best wishes.

Sheila Barcroft
for CSF Tarn, Tarn et Garonne Regions

"Mission" to support English speaking people living in France who are affected by Cancer.