

Dear CSF Members, Friends and Supporters,

Welcome to our January Newsletter! We bid farewell to a difficult year and say "Meilleurs Voeux" as we enter 2021 hopefully it will be a much better one!

The New Year starts with the CSF Sud de France Annual General Meeting.

Our President, Phil Mercer, informs us that in view of the current Covid-19 epidemic, instead of using the usual venue in Carcassonne, the meeting will be going ahead by Zoom video conferencing.

For anyone interested, the meeting will be held on **Wednesday 27th. January at 10:00 am.**

Lots of information about the meeting, including registering your proxy vote , has been circulated via email by Cathy Pugh, our Membership Secretary.

There is a dedicated email address for queries which is:- sud-agm@cancersupportfrance.org

Penny Parkinson will be contacting all members about joining the AGM zoom meeting in the next few days.

For Information:-

The Tarn/Tarn et Garonne Report written for the AGM Zoom Meeting, by Denise Copley.

"2020 has been a difficult year for all of us, Its impact on CSF and its members has been significant, and continues to be so. Now, with the roll-out of the vaccines, and a strict adherence to the Government guidelines, there is light at the end of this long tunnel.

Our "Drop-in Coffee Morning" in St Antonin Noble Val, was able to continue until November, when the cold weather made it impossible to hold socially distanced meetings outdoors. Due to Covid the "Drop In" at Gaillac, was forced to a halt , with the closure of "Cafe des Sports" in October. Despite these setbacks, some of our members began supporting each other with weekly phone calls and e-mails.

Sadly, the weekly support visits to English speaking patients in Oncopole at Toulouse were halted in September, when Oncopole banned all visitors.

The Covid crisis has not impacted on our ability to continue to give telephone and on-line support to our Cancer clients, and, like the other departments , we have widened our remit to include support for problems other than Cancer, for example, loneliness and stress problems caused by isolation.

Here in the Tarn, in 2020, we held our usual training days, these were a challenge, requiring us to observe social distancing, so we did one as a Go 2 meeting at the height of the first wave, the second one we managed to conduct as a face to face meeting, during a dip in the severity of the virus, all at the required distance.

2020, saw us sign up 5 new members, two of whom live in the southern most tip of the Tarn, where previously we have had no representation, and we see that as a very positive opportunity to raise awareness of CSF in that area.

We kept everyone updated and in touch ,throughout this difficult year, with monthly news letters, for which we have to thank Sheila Barcroft , who does a wonderful job, and with regular posts on our CSF website.

When we look at future events in this new year 2021, we have, of course to take into account the restrictions imposed by COVID 19, which we can only hope will ease as we begin to beat this virus. So with that in mind, and a burning desire to get back to "Normal" as soon as possible, there are plans to hold another Quiz Night in the summer; a "Ceilidh" in October; re-open our Coffee Mornings and re-establish our presence in Oncopole at Toulouse."

Thank you very much Denise for your interesting and comprehensive report.

We are delighted to learn that we have welcomed **five new members** in a very difficult year (a remarkable achievement for the association) and, along with lots of new events and the return of the Drop-Ins we have lots to look forward to in the "New Normal" days ahead.

In the meantime, stay strong, keep safe, hold lots of positive thoughts and try to make the most of the Covid situation. It's been nine long months since the pandemic outbreak started and it's tough, but we are now entering into a new phase with the vaccination roll-out - something to help keep our spirits up!!

TOUCHLINES

The January 2021 quarterly national newsletter is available now to download.
www;cancersupportfrance.org.

With very best wishes

Sheila Barcroft
for CSF Tarn, Tarn et Garonne Regions

"Our Mission" is to support English speaking people living in France who are affected by Cancer and also to support people feeling vulnerable or isolated during the current health emergency. Assistance also offered to UK Nationals concerned about establishing rights to residency in France before the 30th June 2021. Please share this newsletter if you know of anyone needing our support. Helpline No: 0800 240 200 or Email: helpline@cancersupportfrance.org.