

Hello Everyone

After a two week sabbatical, a cloudy sky allowed me to march off on my two-woods walk. Things look shaven and shorn, prepared no doubt for stray lit matches or cigarette butts carelessly thrown from car windows! The blackberries look tempting - but who would risk it I wonder.

There are still a few pretty grasses around though. Masses of tall, white wild oats line razed, stubbly fields. I was cheered the other day when I saw a fig tree, totally leafless but full of fruit. Cheered because my fig's leaves have started to turn yellow. It seems rather early to me.

Do you know those beautiful little flowers called pinks? Up until recently I had a garden full of them. Their scent is a gentle reminder of gardens in England. They have no place in the South of France, not really. They are flowers to be cut and put in vases - together with sweet peas, they make delightful little posies to put on dressing tables in guests' bedrooms. Sadly though, most of the year they lie untidily in my flower bed, begging for water and space to spread out. Eventually my husband's hay fever settled it for me - they've all gone!

As teatime turns into supper time, the sounds of the dirt bikes' popping exhausts and the absent neighbour's barking dogs fall away and we start to hear the gentle clink clink of ice cubes as they are dropped into a glass of pure pink rosé wine. Cheers!

Corinne Carroll is coming to a place near you! Click on this link if you want to order sausages for the summer. <https://corinnecarroll.com/delivery-schedule>

Come and spend a day with us and find out what CSF does and learn how you could become involved:

CSF Sud has decided to hold one or two **Information Days** in or around late September. These informal meetings will take the form of a morning and an afternoon session.

In the morning we will talk about CSF - history, aims, how it supports etc. There will be a bring and share lunch. Then in the afternoon there will be an **Introduction to Active Listening** for those who would like more detailed information about the role of an Active Listener.

You don't have to be a CSF member. This is a good opportunity for everyone to discover more about CSF and the support we give to English-speaking people in France who are touched by cancer and to find out how you can be involved.

Please contact Maggie (sud-maggie@cancersupportfrance.org) if you would like to join us. You can stay for the whole day or just for the morning session and of course all are welcome to bring and share lunch.

Unless anything changes, all the following events will be subject to the restrictions issued by the French Government this week.

The French parliament approved a bill that will require a health pass for access to restaurants, bars, trains and planes from the beginning of August.

If you need help acquiring the App or a vaccination certificate, please let me know.

May I also remind you that in the P-O mask wearing is mandatory outdoors except on beaches and in natural spaces.

Drop Ins

Wednesday 4 August Pablo's Bar - Céret 10.30

Do come along to Pablo's. They are happy to have us sitting outside at tables which is great news. We look forward to seeing you.

Monday 16 August - Laroque - 10.30-12

The Café des Artistes is a great venue for meeting up. There will be masses of books of course so bring your own paperbacks for exchange. You can buy a coffee and take two books. Come for a chat, meet friends or bring family.

Wednesday 18 August - Villa Lafabrègue Prades - 10.15-12

Please come and join us outside in the garden for coffee, tea and books. Please note, we start at 10.15. The address is 15 Avenue Louis Prat, 66500 Prades.

LOOKING AHEAD

Thursday 2nd Sept - Sunday 5th Sept Cycle for Life 2021 - Carbonne to Fronsac

We are travelling from Carbonne 31390 to Fronsac 31199 in the South West of France and this year we are including a walk as well as a bike ride.

The bike ride (otherwise known as the Garonne Challenge) will follow the Parcours Cyclable de la Garonne for virtually it's full length, from glimpses of the Pyrenees at Carbonne to ending up right in the mountains alongside the river at Fronsac, not very far from the Spanish border.

The Saturday cycle event is a circular tour taking in the lovely Neste Valley with **our lunch stop** (along with the walkers) being nestled below the UNESCO World Heritage site of Saint-Bertrand-de-Comminges (known locally as the Mont St Michel of the south).

The walkers have the opportunity of a circular tour starting and finishing at Valcabrère with its superb mosaics and visiting the historic and magnificent cathedral and town at Saint-Bertrand-de-Comminges.

Our Friday and Saturday night accommodation is at Montréjeau overlooking a lake and with the mountains behind. We have reserved 9 lovely wooden 2-bedroomed chalets on a 'first come, first reserved' basis.

On the Saturday late afternoon we are hoping to give those who want to the opportunity of **visiting the caves at the Grottes de Gargas** before organising a group meal at Le Paleo restaurant alongside.

There is something for everyone, from shorter flat cycle rides, to longer day rides, to the picturesque walk.

If you would like to register for the cycle ride and raise some money for a fantastic cause or volunteer to help us organise and man the event, please contact Sasha Hendersen admin@cancersupportfrance.org

You can also check out the Facebook page <https://www.facebook.com/activityforlife>

If you have already registered, you can start fundraising by going to www.alvarum.com/charity/2039/challenge/2226.

Thursday 9 September Walk for Life Prat de la Fargue - Maureillas

Our own **Activity for Life** event is the **Walk for Life**.

As every year, we have two walks planned. The longer one, of 8 kms, takes around 2.5 hours and climbs above Maureillas with some lovely views. The shorter one, around 1.5 hours, follows a similar route to previous years, again with lovely views, and is essentially flat.

There will be petanque for those who wish for something less energetic. At the moment, we cannot safely predict the Covid rules which will be in operation, but we anticipate that coffee will be available from 9am and cakes and savouries for lunch to supplement your picnics. And, of course, wine, beer and soft drinks.

There will be pre-loved books and CSF goods for sale as well as a lucky-dip stall. We are very lucky to again have **2 Partout** providing the music over lunch.

We appreciate that many of you will be wishing to visit friends and family as soon as travel is possible and planning ahead is hard. However, do save the date now and join us for this very enjoyable event if you can.

If you would like to participate in one of the sponsored walks, it's never too early to contact Penny Parkinson (sud-penny@cancersupportfrance.org)

Wednesday 13 October CSF Sud - Autumn Open Meeting - Perpignan

Our Open Meeting is held at Le Mas des Arcades Hotel in Perpignan in the area called Porte d'Espagne. We weren't able to have our meeting last year so we are hoping that this year it can go ahead.

We start with coffee, then a brief update on all the CSF news, followed by a talk from an invited speaker. This year we will have with us Charles Van Oudenhoove who is a doctor in the Palliative Care Mobile team in Perpignan Hospital where he has been working for the

last twenty years. He and his team go wherever they are called in the P-O, hospitals, clinics, retirement homes or to people's homes - helping doctors and nurses give the best palliative care possible.

The meeting will finish with a three-course lunch.

I know it's difficult to plan ahead at the moment but please do pencil this date in your diaries. I'm sure all the appropriate rules will be in place at the hotel and if by that time restrictions have been eased, it will be a great opportunity to meet up once again with our friends.

Please remember that if anyone is struggling or needing help, the CSF telephone and email helplines are always open. We are there for everyone needing assistance at this time as well as for those affected by cancer. There is also lots of information on our website: <https://cancersupportfrance.org>

Diana Eastaff