

Hello Everyone

Well, you know how it is - you're walking along a quiet woodland track and you hear the sound of a golden oriole. Squinting up into the trees you try and spot him but, like the nightingale, he always plays hard to get.

On the sandy paths, lines of ants bring me up short and....talking of ants, sitting in the crook of my favourite oak tree, these industrious powerhouses belt up and down the tree trunk, hell bent on something - finishing before the clock strikes twelve maybe!

A vast red rash of poppies caught my eye the other day. Where's a box of paints and a canvas on an easel when you need them. I'm no Monet but I bet I could take a stab at it.

We are still searching the P-O for two people to fill our vacancies

At the CSF Sud P-O AGM January 2023, in accordance with CSF statutes, Maggie Longworth will be standing down as P-O Representative. She has had 10 enjoyable and satisfactory years on the Sud CSF Conseil.

We are therefore looking for two people to share the role of Representative. Briefly the role involves co-ordinating events and activities across the P-O and participating in the general organisation of CSF Sud.

Perhaps you know someone outside CSF who might be interested in applying?

If you do or if you would like more information about the vacancies or about the existing teamwork in the P-O please give Maggie a ring or email her. Her number is 0680386596 or email sud-maggie@cancersupportfrance.org

Two Success Stories

Our *Vide Grenier* took place on Sunday 15 May in St Cyprien.

A huge thank you to everyone who helped us on our stall - you were all amazing, great fun, master sales people and superb organisers!

The grand total taken was €202.76.

At our *Quiz Night in Eus* on Wednesday 18 May there were 50 of us! It was a great success. A lot of people said they had enjoyed the evening and would come back next year. Jan West was the quiz master and Lizzie Smith prepared the cold buffet. We made €260 on the Tombola, which we share with the Croix Rouge, plus €235 made in profit for CSF Sud. A big thank you to all involved, not only on the day but also during the preparation in the months beforehand.

THIS MONTH

Drop Ins

Wednesday 1 June Pablo's Bar Céret 10.30

Come along for coffee and chat. There will also be books. Céret is a great place to meet up with friends.

Wednesday 15 June Fuilla 10.15 - 12

The village of Fuilla is a small village situated south of Villefranche de Conflent. [Come and visit Greg Jamison's garden and buy some plants](#). He is opening up his garden to members and all profits will go to CSF. The address is 18 Ancien chemin de Villefranch, Milieu, Fuilla 66820.

Monday 20 June Café des Artistes Laroque 10.30

Do come along, browse the books and have a coffee. Bring your paperbacks to exchange, French and English. Children's books too.

*Thursday 9 June Les Printemps de la Cancérologie 1pm
Palais des Congrès - Perpignan*

This conference used to be called Vaincre le cancer. The name may have changed but the objective remains the same. It aims to present to the general public the various preventive measures, the latest therapeutic advances and the support offered to patients and their relatives throughout the course of care.

CSF have a stand again this year, as do many others, so why not come along and have a good look round.

The conference itself starts with an introduction at 2pm after which you are invited to attend talks given by specialist professionals and after each talk, there will be an opportunity to ask questions. You can attend one or several of these but you're under no obligation to do so or to stay the whole afternoon.

The conference is completely free of charge. Attached is a pdf giving more details. Contact Penny if you would like more information (sud-penny@cancersupportfrance.org)

Tuesday 14 June An Awareness Day 10 - 3.30

Get to Know Us - this is a day when we open up about CSF - its history and its functions. We are holding the meeting in the [Monastère de Prouilhe](#) which is in [Fanjeaux](#), a small, medieval town in the Aude, not far from Carcassonne. Between 1206 and 1215, Fanjeaux was the home of Saint Dominic, the founder of the Dominican Order.

I've attached a poster (pdf) which tells you all you need to know about the day. The main information session will be in the morning, followed by a light lunch.

In the afternoon we'll be talking about the role of an Active Listener and we are calling it an optional session but everyone is very welcome to attend.

Please email [Ian Salvage sud-comms@cancersupportfrance.org](mailto:Ian_Salvage_sud-comms@cancersupportfrance.org) or phone him 04 68 21 04 83 if you would like to join us.

LOOKING AHEAD

Thursday 8 September Activity for Life Maureillas

Our **Walk for Life** will be at La Farga again this year.

This is always a very well-supported event with two walks to choose from - an easy one and a not so easy one. At the moment I can tell you that the long walk will be 8.5kms and will take around 2 hours.

It's a fun day for all ages! There will be a game of pétanque, various stalls and a Tombola and music from 2 Partout: Rosie and Maurice playing jazz sax and piano.

We walk in the morning and then enjoy a picnic lunch together. More details to come but, please, make a note of the date!

Thursday 13 October Sud-P-O Open Meeting 9.30 - 2pm

Our Autumn Open Meeting is a chance to get together with other members and friends.

We will be at the same hotel as usual in Perpignan, the name has changed, it is now a Holiday Inn. We will bring you up to date with CSF matters but the main event on the agenda is a **talk from our invited speaker who this year will be a lady called Gillie Steele-Bodger who is working with the Restaurants du Coeur**. The morning will end with a three-course lunch. I do hope you will join us.

I'll be sending you a menu for lunch very soon but until then please put the date in your diary.

Wednesday 16 November

Bien-Être - Prades 10.15 - 3.30
Villa Lafabrègue

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors.

We are very excited about our **Bien-Être** event which will bring together practitioners in various fields of well-being who offer inspiring, innovative, exciting and practical tools for a balanced mind and a healthy body.

The **Villa Lafabrègue** is a house of great character and charm. Built in 1873, it's set in beautiful gardens with a magnificent view of Mt Canigou, a perfect venue for an event such as this.

Visitors will have a choice of four or five experts who will each present their speciality at specific times. Everyone is free to choose or just free to come and look round.

Tea and coffee will be free and for €10 you can have a light lunch.

We are exploring all avenues of mind and body therapies and once we have our team of wellness experts lined up, we will let you know.

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

Pdf Awareness Day
pdf Vaincre