



Aude & Ariège Newsletter



SAVE THE DATES



DIMANCHE 06 OCTOBRE

LAURE MINERVOIS
Au bord du lac

Fonds reversé au Centre Régional de Coordination des Diagnostiques des Cancers en Occitanie (CRCDC-OC)

LE MATIN
(SE) DÉPENSER POUR LUTTER CONTRE LE CANCER
3 nouveaux parcours balisés rando pédestre, trail ou VTT à vous de choisir !
inscriptions à partir de 8h - sans chrono
- 5.5km 1200+ participation 6€ (VTT, trail ou rando)
- 13.5km 3200+ participation 7€ (VTT, trail ou rando)
- 19km 460+ participation 8€ (VTT, trail)
départ VTT 9h - départ trail 9h15 - départ rando 9h30

À MIDI
REPAS : salade composée, salade à la rouille, glace La Belle Aude 13€ adultes - 8€ enfants (-de 12 ans)
Apportez les couverts
Repas préparé par l'Assiette des Gourmands
Inscriptions au repas avant le 02 octobre chez les commerçants ou au 06 83 03 07 32
Buvette - tapas - restauration rapide toute la journée

TOUTE LA JOURNÉE
MARCHÉ DU TERROR ET DE L'ARTISANAT
de 10h à 17h
Tarifs exposants : 10€ pour 4 mètres (2€ le mètre sup) Réservation : 06 30 88 67 20
INITIATION CANOË - KAYAK
de 11h à 17h
- canoë 2 places 6€ les 30 minutes
- kayak 1 place 4€ les 30 minutes
à partir de 7 ans
Par Eourizon (Puichéric)

17h clôture par un lâcher de ballons porteurs de messages
Tombola à 1€ en vente sur place et chez les commerçants

Christmas Quiz Night

Friday 6th December
Salle de l'Age d'Or
La Mairie
Argens-Minervois
6.30 for 7.00pm start
Sign up soon, limited numbers!
20€ per team of 4
Wine and seasonal nibbles available.
Raffle Prizes to make your Christmas special!

Please make a note in your diary.
If you already have a team, forward details and a cheque for 20€ made payable to CSF Sud de France to: Lesley Wisson 5 rue Thermidor, Montlegun 11000 (or come along on the night and find a team to join).



BOOKSALE

vente de livres

WEDNESDAY 16th October
mercredi 16 Octobre

10.00am -12.00 noon

in the
 SALLE DE FETE
CAILHAU(11240)

GOOD QUALITY, UP TO DATE PAPERBACKS IN GOOD CONDITION, PLEASE

*****NEW*****

Come and join us for coffee and cookies

AGM

Wednesday 29th January
2019

L'Oliveraie, Carcassonne.

More details to follow.

GHOST NOTES
Gospel Choir / Chorale

SAMEDI 19 OCTOBRE
20.00 PRECISES

La Relais du Ventenac
12 bis Avenue du Cabardès
Ventenac Cabardès 11 610

ATTENTION : cette représentation est gratuite mais les places sont distribuées uniquement sur place.

Followed by refreshments.
Bibi pour le peu d'amis!
Presenty : Donations welcome.
Dites prabla - Dites bonsoirs.



Le Vallée du Cougaing

A beautiful walk around Le
Vallée du Cougaing,
Wednesday 30th October

Our route will lead us around the beautiful Cougaing valley, meandering along the valley floor and climbing up to the ridges to marvel at the superb views, north and south. We will pass through the charming villages of La Digne d'Amont and Castelreng.

Date: Wednesday 30th October

Start time: 10h00

Starting point: La Digne d'Amont

Distance: 8km

Dénivelé: 350m

Duration: 3.5 - 4 hrs

Terrain: stone paths, wooded tracks, short tarmac sections

Map: IGN 2346 E, 2346 O

No dogs allowed

Lunch: please bring along food and drink for your lunch as we will take the opportunity to stop en-route, about 2/3rds of the way round, on top of one of the ridges

Parking: La Digne d'Amont is 6km west of Limoux off the D620. Parking is available at Place de la Mission which is just next to the bridge as you come through the village on the D30

Please note: walkers are responsible for their own safety and must ensure they are appropriately equipped for this walk. Please come prepared with appropriate footwear, clothing, batons (if used) and not forgetting liquids and food. If you are uncertain about your level of fitness for this walk, you should consult your doctor. CSF and the guides do not accept liability for personal injury, loss or damage.



WHAT'S BEEN HAPPENING



CSF CURRY BY THE LAKE

Saturday 7th September saw the second of what is becoming an annual Curry Night. Catered beautifully, as usual by Chillis and Spice, over 65 people attended this year's event by Lac Jouarres in Homps.

Although we didn't have the spectacular sunset of the previous year everyone seemed to enjoy the ambiance, the company and the food.

We raised over 150€ for CSF funds. Thank you to all who came for your support.

PS. Look out for our next event Christmas Quiz Night!!!!

Lesley Wilson



I would like to thank all the stall holders who gave 100% to their task and made it a fun and special afternoon. I would like to thank **everyone** who contributed on Sunday to the **Fundraising Fun Day**.

All those who baked cakes, brought plants, donated items, helped out and also came along on the day risking the weather. Thankfully the rain arrived at the tail end of the afternoon.

Most of all, thank you all for joining in. The laughter from the games at the far end of the garden was infectious and thank goodness not too many welly boots went astray!

At the moment we have a profit of 1500€, half of which has been given to Cancer Support France and the remainder is to go to local charities. I will of course keep you updated when I have more information.

The hunt for new games and stalls for next year will now commence and any recommendations would be great!

Unclaimed Raffle Prize



Could the one person who has the yellow raffle ticket **131** come to my bookstall tomorrow. You have won a bottle of Pimm's.

I have the following items for collection:

A silver charger plate
Golf style black umbrella
Plastic drawer trays (Di Eccles)
Red bungee ties
Striped table Cloth

If you could collect at the bookstall on Wednesday morning between 10.00 am and noon.
(Let me know if you can't make it.)

The number of Jelly beans in the jar was **** (sorry I can't disclose this in case we do it again next year)

Best regards and thanks again.

Susan Midgley

BOOK SALE (Cailhau 11240)

Thank you so much to the volunteers who were able to help out this morning.

It was extremely busy and all hands were needed.

The tea and coffee and home made biscuits went down a treat with many people and €96.70 was raised through donations.

Thank you Anne for making your crispy biscuits.

The total amount raised was an amazing €422.61.

Just advance notice of the next Sale which will be on 16th October plan to provide coffee/tea and cookies to the general public who will, in return, be invited



Coffee and Cookies

Having trialed our Aude Book Sale in Cailhau with and without coffee/tea available, (as Akotee will no longer be opening on Wednesday mornings), we plan to provide coffee/tea and cookies to the general public who will, in return, be invited to make a donation to CSF. We hope this new venture will enhance the enjoyment and experience of our supporters who come to the sale, and take the opportunity to take time out to chat with friends over a cuppa.

A big thank you to all the volunteers who have offered to make cookies and cakes. Our next CSF Book Sale will be on Wednesday 16th October 2019 in Cailhau.

FIRST BIEN-ÊTRE DAY IN AUDE



After 6 months in the planning, frustrations, tears, people dropping out of planned events, loads of publicity, and shouting "I will never do this again", September 14th finally arrived - to grey skies and rain! What else could happen??

We arrived at Les Marguerites in Alet-les-Bains at 9am, just as the last Chambre d'hôtes guests were leaving. We started putting up the CSF tables, gazebo, books and all the information needed for the event, and then the therapists started to arrive. And the rain stopped too, by this time, but all the chairs and tables being used by 50 people for lunch needed drying.

Lots of people arrived at the opening time, and allocating them to the therapists was very difficult to manage. Nevertheless, over 70 people came and enjoyed the day

The sun came out, a wonderful healthy lunch was served, we had the Aude Shanty Men singing, and even some therapists working through lunch to cope with the demand. All in all, a fantastic day was had by all. It was a very successful awareness raising exercise for CSF Sud de France, with around half of the attendees being non-members. I said never again, but watch this space for 2020!

Pam Mercer



LINKS WITH LA LIGUE CONTRE LE CANCER AND OTHER FRENCH ORGANISATIONS



Over the last year links have been established with La Ligue in Narbonne in parallel with Carolyn Bailey's links in Carcassonne. There are hopes that an autumn concert (October 19th in Ventenac Cabardes) by Ghostnotes, organised by CSF but in aid of both CSF and La Ligue might forge a closer relationship than has been possible so far where events are concerned.

In Narbonne Jan Fornachon has attended monthly committee meetings and CSF also now has an official monthly presence (1st Tuesday) at La Maison de la Santé, a new city initiative near Les Halles, set up specifically to raise awareness of health issues for all age groups and organising talks and workshops to this effect.

We also link in where possible with events organised by La Ligue, most recently at Montplaisir, a magnificent château and park complex just outside Narbonne. A standard format for these events is a walk and or run plus pétanque followed by a group meal. Such events are invariably well supported by the local population. Not surprising as La Ligue celebrated its 100th anniversary last year!

CSF has also had a presence at Mars Bleu and Octobre Rose events ---other organisations involved--- the former an awareness campaign for colo-rectal cancer and the latter for breast cancer.

Le Ligue's main focuses are fundraising for cancer research (sometimes also providing financial support for individuals), prevention (aided by a vast range of creative nationally produced posters and pamphlets), and outreach to the young population with workshops etc on smoking or drugs. Awareness around prevention and what screening is provided here in France is perhaps something CSF needs to consider. Until now traditionally CSF has concentrated on accompanying the individual or family members of cancer patients. As ever, everything depends on how much volunteers, often too few in number, can offer.

All in all we feel it important to maintain links with French organisations in order for there to be a greater awareness within the French system of what we do. If you have good French language skills and would like to contribute to furthering our work in this respect, please make contact via this newlink.

Jan Fornachon and Carolyn Bailey



COFFEE, CAKE & CONVERSATION



ARIÈGE BOOKSALES 2019

First Saturday of every month - 1100 au/until 1400
 Le Rendez-Vous Café and Restaurant, 09600 Lèran
 Always a vegetarian option on the menu
 English, French and Dutch, and often other language books,
 also CDs & DVDs for Adults and Children
 Only 50 centimes each or 3 books for €1
 Also Cards at €5 for 6 cards and envelopes
 If you wish to donate any books, we will collect.
 Call Mac on 05 61 64 95 11
 (Ansaphone/Répondeur, if I'm out)
 or email me on:
mac.at.fontestorbes@gmail.com



REGULAR MONTHLY EVENTS IN THE AUDE

Every 1st Wednesday of the month (*)

CSF COFFEE MORNING, 10H to 12H

Coucou Atelier Boutique
 47 Rue Jean Jaurès, 11300 LIMOUX

Every 2nd Wednesday of the month (*)

CSF BOOK CAFÉ, 10H to 12H

Salle des Associations, La Mairie,
 11200, ARGENS-MINERVOIS

Learn about CSF and what we can offer
 An Active Listener is always available

(*) - Subject to change, e.g. for Public Holidays
 Check CSF Sud Facebook page for latest info

Cancer Support France - Sud de France
 Association 50 181200014
www.cancer-support-france.org
 Téléphone: 0800 240 240
help@csf-cancer-support-france.org

TARN

Meets in the Café de Sports in Gaillac on the second Wednesday of each month, 10.00am - 11.30am. This is for coffee (first time arrivals get a free 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. 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, but everyone welcome

ILLE SUR TÊT

Meets every third Wednesday of the month, 10am -12pm. 2 AVs each time. Private accommodation loaned to us, so coffee and cake supplied to attendees. Often has speakers on things from holidays to mindfulness to art therapy. Bereavement councillor available, if required. Attended mainly by members, usually those touched by cancer, but everyone welcome.

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! 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. Everyone welcome.