



## CSF AUDE AND ARIEGE NEWSLETTER SEPTEMBER 2021

### Introduction

It has been a very long time since the last issue and so much has changed in the world. However, CSF has started activities again! Please note that existing Government rules will apply, as at the date of each event.

### Reports

#### Aude West

All events have been held at Les Marguerites, Alet-les-Bains, where we could take advantage of the large garden and outside seating area. The now renamed 'Coffee Breaks' have been very well attended and have produced quite a few new members, whom we welcome. Although the August morning was held in heavy rain, it did not dampen peoples' enthusiasm. A successful evening meal, with popular musical entertainment, was held on 23<sup>rd</sup> July. A raffle held with prizes, kindly donated by local businesses, raised over €200.

Please note – A British Garden Fête, planned for 18<sup>th</sup> September, has had to be cancelled due to Covid restrictions imposed by the Préfecture.

#### Aude East

A Walk for Life is being planned towards the end of September, and details will follow. Unfortunately, our usual September event is not happening because we have been unable to find caterers to replace the previous ones, who have moved.

### Book Sales

Aude – a very popular book sale was held at Cailhau on the 11<sup>th</sup> August, when over 600 books were sold. The Mairie insisted on strict rules, but nobody complained about showing their 'Pass Sanitaire', or the lack of refreshments. The next Cailhau book sale will take place on Wednesday 10<sup>th</sup> November, from 10am to 12 noon.

Ariège – We were blessed with a lovely sunny morning for the book sale on 7<sup>th</sup> August, with each of us manning our own spot. Available table space was doubled, and it was well

attended. Regular sales are held on the first Saturday of the month, at the covered market at La Bastide-sur-l'Hers, from 11am to 1pm.

## Activity for Life

Two Sud members, Hazel Turner, and her partner Geoff Hunt, took part in this annual cycle ride, held along the Garonne, from the 2<sup>nd</sup> to the 5<sup>th</sup> September. This is the only event that directly raises funds for CSF National.

## Octobre Rose

In Aude, la Ligue contre le cancer is organising three walks, to raise awareness of breast cancer. CSF members are invited to support one or more of these; preferably wearing CSF t-shirts, caps, etc., to promote our Association.

- Sunday 3<sup>rd</sup> October, starting from La Dôme, Carcassonne, and followed by an aperitif (see poster)
- Saturday 9<sup>th</sup> October, at Villemoustaussou, starting at 2pm
- Saturday 16<sup>th</sup> October, at Alet-les-Bains, in the morning. More activities will follow in the afternoon, including a fashion parade, of underwear!

A small charge is made for attending these events, to raise funds for la Ligue.

**CARCASSONNE**  
**SE LIGUE CONTRE**  
**LE CANCER DU SEIN**

OCTOBRE  
**3**  
dimanche

**MARCHE SOLIDAIRE**  
Accueil et inscriptions : 9h  
Départ de la Marche: 10h  
Dôme Carcassonne

**5 EUROS**

- Dr Jacques PUYEO  
Président, présentera les actions menées par la Ligue Contre le Cancer
- Dr Elsa VIGNON  
Responsable du Site de Carcassonne présentera le dépistage organisé.
- Dr Nadège BABIN  
Chirurgien au Centre Hospitalier de Carcassonne fera une information autour de la reconstruction mammaire.

**Apéritif et assiette composée**  
à la salle du Dôme  
**3 EUROS**  
Nous serons accompagnés par le groupe  
**BOTAFOGO SAMBA**  
renseignements: 04.68.72.44.77  
cd11@ligue-cancer.net

le PASS SANITAIRE sera demandé

Venez nombreux pour soutenir la LIGUE CONTRE LE CANCER

LA LIGUE  
DÉPISTAGE DESCANCERS  
Centre de coordination  
L'Assurance Maladie  
CARCASSONNE PATRIMOINE MONDIAL

## Information Day

An Information Day is being planned, to inform anyone interested in CSF, and, particularly, those who would like to become active as a volunteer in any capacity. In the morning, we will talk about CSF, its history, aims, how we support those touched by cancer, etc. The afternoon session will be an introduction to active listening, to provide more details of what this role entails. It will be held on a Tuesday or a Thursday during the first two weeks of November, from 10am to 3pm, probably in Argens-Minervois. Anyone interested, both members and non members, should contact [sud-carolyn@cancersupportfrance.org](mailto:sud-carolyn@cancersupportfrance.org)

## Departement Representatives

Since the AGM in January, Mac MacEwan has re-accepted the role of departement representative for the Ariège – he can be contacted on [sud-ariege@cancersupportfrance.org](mailto:sud-ariege@cancersupportfrance.org)

Unfortunately, there has been no volunteer for the equivalent role in the Aude. If you are interested in taking on this role, and would like further information, please contact Lesley Wisson on [sud-aude@cancersupportfrance.org](mailto:sud-aude@cancersupportfrance.org)

## Bien-être Walk – Wednesday 20<sup>th</sup> October, Serres (near Couiza)

continued...

### Walking alongside Covid-19

A year has passed since our last “bien-être” walk in Lagrasse and Covid-19 is still with us but thankfully, we do have considerably more freedoms.

Taking our lead from the FFRandonnée guidelines, when walking in groups, individuals should provide proof of their vaccine status. As a result, please be prepared to show your pass sanitaire/certificate before we commence the walk. Masks will not be required.

When you register for the walk, either in advance or on the day, we will also ask for your phone number in case there is any need to “track and trace”.

Should this advice change between now and the 20<sup>th</sup> October, we will update you accordingly.

Walk details follow, on next page.....



## Sentier des Terres Rouges - Serres

A beautiful walk passing through interesting red terrain which, through erosion, has created little canyons

Wednesday 20<sup>th</sup> October

This circular walk starts from Serres, just to the east of Couiza and includes a variety of scenery: riverside, woodland, vineyards, bridges, red terrain, local villages and stunning views...all on good tracks.

**Date:** Wednesday 20<sup>th</sup> October

**Start time:** 10h00

**Starting point:** Serres

**Distance:** 9km

**Dénivelé:** 295m

**Duration:** approx 3.5 hrs

**Terrain:** stone tracks, a woodland path and a small amount of tarmac

**Map:** IGN 2347 OT

**No dogs please**

**Lunch:** please bring along food and drink for your lunch as we will take the opportunity to stop in the village of Peyrolles for a picnic

**Directions/Parking:** Take the D118 to Couiza and as you enter the village, at the traffic lights, take the D613 signposted to Serres and Coustaussa. Follow the road and after approx. 6 km you will enter Serres. Parking is immediately on the right as you enter the village.

**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 fluids to drink. 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.

There is no charge for this walk but we will be delighted to receive a donation to CSF.

In case we need to make a last minute cancellation due to bad weather, please register your interest in the walk at: [sud-carolyn@cancersupportfrance.org](mailto:sud-carolyn@cancersupportfrance.org)

## **Greetings Cards**

There is still a large stock of various Greetings and Christmas cards for sale. Prices are €1 for one card, €5 for a pack of 6 cards, €15 for 4 packs (24 cards), and €20 for 6 packs (36 cards). Anyone wishing to order their department representative, or Carolyn Bailey at [sud-carolyn@cancersupportfrance.org](mailto:sud-carolyn@cancersupportfrance.org)

Cancer Support France - Sud de France  
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