



Aude & Ariège Summer 2019 Newsletter

Welcome to the Summer Newsletter, with a slightly different format to previous newsletters, and perhaps a little less detail for you to digest all in one go. In future, we will start with some 'Save the Date' information, giving a brief description of the event, place, time, and who to contact for more information. Then, closer to the date, I'll send you further information, on an event-by-event basis. So, right now, get your diary and/or calendar out, and make a note of the events that might interest you.

SAVE THE DATES

The Car Treasure Hunt, next Sunday (**23rd June**), from Limoux to the Corbières, is fully booked, but you can check with Gail Jonwood (gpjonwood@gmail.com) for any last minute cancellations.

Olonzac Street Fair (34210), Saturday 6th July, from 16h to 23h. CSF will have a stall there, on behalf of CSF Sud de France, and our neighbouring Association, CSF Languedoc. Contact Pam Mercer (sud-aude@cancersupportfrance.org) for more information.

CSF bi-monthly Booksale, Cailhau (11240), Wednesday 21st August, from 10h to 12h. Contact Hilary Brown (dha.brown@googlemail.com)

Vide Grenier, Alaigne (11240), Saturday 24th August, early, until everyone's fed up. A CSF stall will be there. Contact Chris Barcock (chrisbarcock48@gmail.com)

CSF Fun Afternoon, Quillan (11500), Sunday 1st September, from 13h to 16h. Contact Gail Jonwood (gpjonwood@gmail.com)

CSF Curry evening, Lac de Jouarres, near Homps (11700), Saturday 7th September, starts at 19h. Contact Vicky Blackwell (vickyblackchess5794@yahoo.com)

CSF 'Living Well/Bien Etre' Day, Alet-les-Bains (11580), Saturday 14th September, 10h30 to 16h30. Contact Pam Mercer (sud-aude@cancersupportfrance.org)

CSF bi-monthly Booksale, Cailhau (11240), Wednesday 16th October, from 10h to 12h. Contact Hilary Brown (dha.brown@googlemail.com)

CSF Soirée Musicale, Ventenac-Cabardès (11610), Saturday 19th October, 20h to 22h. Contact Vicky North (vicky.2007carcassonne@yahoo.co.uk)

WHAT'S BEEN HAPPENING?

CSF Sud de France Spring Fayre

On the 13th April, Aude Est held its first Spring Fayre, in the Salle des Trois Copains, in the lovely canal side village of Argens-Minervois. The event was designed as an information giving day as much as a fund raiser. CSF goods and leaflets were available and a presentation about CSF Sud de France played on a loop throughout the day.



A dedicated team of volunteers worked hard to ensure its success. We managed to get a wide range of Artisan stalls and to book the famous CC Fish & Chip van. We were extremely lucky with the weather; the sun shone down on us, enabling those who had booked Fish & Chips to sit outside and enjoy the early spring warmth. We attracted a good number of people and both stall-holders and customers expressed their eagerness to come again next year.

Our Tombola was tremendously successful thanks to the wonderful donations by local businesses, the stall-holders, supporters and a local artist Patrick Bottelin, who painted us two original canvases for the Tombola stall. Overall it was a great way to promote the work of CSF, (we recruited several new members during the day) and to raise over €1200 for CSF.

Lesley Wisson

CSF Cycle for Life

The CSF Cycle for Life has become an annual event, the objective being to raise funds for CSF National for the Trainer's conference, the Train the Trainer programme and other National financial needs. 2019 saw the 5th Cycle for Life event, starting in Mazamet and ending in Perpignan, and this time we were able to participate. We were among 9 cyclists who completed the whole five-day ride of 220km, while other folk rode one or more stages depending on commitments. Two participants actually came over from New York to join us!

The first two days we cycled in glorious weather, with easy cycling on a 'Voie Verte' through beautiful scenery. We had frequent water and cake stops and generous buffet lunches, all well organised by Penny and volunteers from the Tarn. The ride on Day 2 ended in Bedarieux – transferring to Beziers by train was an interesting experience!

Day 3 started in Beziers and ended at Gruissan, some 50km away. The weather was DREADFUL – it rained heavily the whole way. At lunch time we found an empty café willing to take us in – all dripping wet, wanting hot chocolate and moules frites – a hot chocolate has never been so welcome! Day 4 was the longest day (62km), cycling from Gruissan to Le Barcarès. Following the previous day's rain, the morning's path was very wet, but the lunch stop was on a beach in



glorious sunshine. Several folk from the P.O. joined us in cycling the last leg to Perpignan on Day 5 where we arrived to a wonderful reception and celebratory buffet lunch in the grounds of the Palais de Congress, with huge fountains in the background!!

We had great fun participating in this event and we would certainly do it again. Penny's organisation of the event was superb (including booking great restaurants for meals every evening), and Bruce was a terrific ride leader. Our thanks to all the folk (too numerous to mention) who supported us by baking cakes, standing at drink and lunch stops, carrying baggage, sponsoring us (we raised 458€)and just being there to cheer us on.

Hazel Turner and Geoff Hunt

70th Birthday Sky Dive for CSF

A year ago, I sat chatting to a new member about what she could do to help CSF. "I am going to do a Sky Dive on my 70th birthday to raise money and awareness of CSF."

Roll forward a year to Friday May 24th, Margaret Peace's 70th birthday and it's all systems go. Except when Margaret contacted the airport at Pamiers at 9am, bad weather postponed the jump. Everyone was so disappointed, but none more so than Margaret, who had already spent time at the airport preparing for this huge event.

Another week later, another Friday, the weather is fantastic, Margaret is ready, and friends, family and CSF members are there to see her jump from the airplane, land safely, and raise at least 700 euros for CSF – we're still counting!



Pam Mercer

Relationship with La Ligue contre le cancer

In an effort to become better known across the Aude département, CSF volunteers have been present at two recent events organised by La Ligue contre le cancer.

Firstly, at Caunes Minervois on 28 April for la Journée du Souvenir et de l'Espoir where we manned a stand all day. Although I had been informed that there were a lot of English-speaking people living in the area, no-one made themselves known to us, although we were told that at least 20 English people were present at the meal. However, we chatted to a few French people who were interested in our association. We were also informed of a café where there is a regular coffee morning of English speakers.

Secondly a few of our members attended the Randonnée pédestre en Haute-Vallée on 12 May at Espéraza, proudly wearing CSF t-shirts. We manned a stall during the inscriptions and our publicity was available alongside that of La Ligue's during the lunch afterwards. The CSF logo was printed on the poster and flyers advertising this event and might have attracted some of the English-speakers as this language was heard quite a lot during the walk.



It is difficult to assess how much these events promote CSF, but it can only add to awareness of our association.

Carolyn Bailey

P.A.S.S. Temps (A welcome programme of treatments and support)

This innovative programme is for all cancer patients who have had their treatment either at the Polyclinic Le Languedoc, Narbonne, or any other institution, and who want to improve their quality of life. The PASS Temps team welcomes you every Tuesday to Friday at the Oncology dept., 9H30 to 16H00, for supportive care and proposed activities.

Proposed activities include:

- Massage
- Beauty workshops
- Aromatherapy
- Hairdresser
- Plant réflexologie
- Foot massage
- Nutrition advice
- Physiotherapist
- Yoga
- And chatting!

The very motivated professionals will work with you individually or in small groups depending on the activity. A minimum of 3 consultations or activities are proposed for the day and you decide which day you come, whether weekly or monthly. A member of the team will always be there to construct a programme adapted to you.

Appointments can also be made for doctor, social welfare, psychologist etc on your day. They can then evaluate and adapt precisely to your needs.

The cost? Absolutely zero as it is paid by the Polyclinic Le Languedoc, that is "prise en charge".

I cannot speak too highly of this association. It has helped me tremendously to cope with my

cancer when it returned and the feeling of well-being (polished nails, coiffed hair and massage etc.) as I leave at the end of the day does wonder for the morale! Don't worry about language as you don't need French to be pampered and many of the staff speak some English.

If you would like to hear more, please feel free to contact me:

paticiahale1940@gmail.com

04 68 33 63 75 or 06 84 36 67 22

or. Cecile Moulin, Co-ordinatrice, 04 68 65 33 60

or passtemp@polyclinique-lelanguedoc.fr

Patricia Hale

A Plea! Anyone driving to the UK and back before Christmas, willing to bring Christmas 'goodies' for our Aude East Christmas Quiz, please contact Lesley Wisson, lesley.wisson375@orange.fr



The poster is divided into several sections. At the top, a dark blue background features the title 'Dementia Carers Support Group' in large white letters, with the French translation 'Groupe de soutien pour les familles de personnes atteintes de démence' below it. To the right is a white graphic of a human head profile filled with a tree-like structure. Below this, the poster is split into two columns. The left column has an orange background and lists the purpose of the group: 'Meet others in a similar situation for:' followed by a bulleted list: 'mutual support', 'exchange useful information and experiences', 'share practical advice and ideas', and 'have a chat and a cup of tea'. Below this is a white section with the French equivalent: 'Rencontrer d'autres personnes dans la même situation pour:' followed by a bulleted list: 's'aider mutuellement', 'échange d'information et d'expériences', 'donner et recevoir conseils et idées', and 'parler dans un cadre convivial'. The right column has a light blue background and contains text in both English and French: 'Support for English speakers around Limoux (11300)' and 'Soutien aux anglophones autour de Limoux (11300)'. Below this is 'For more information' and 'Pour plus d'informations'. At the bottom of this column is the contact information: 'Contact: Vicky McLean 06 26 80 72 06' and the email 'vickymclean0@gmail.com'. At the very bottom of the poster is a photograph of a diverse group of people smiling and talking.

Vickymclean0@gmail.com

COFFEE, CAKE & CONVERSATION

Aude

Monthly coffee mornings are held monthly on the first (Limoux) and second (Argens-Minervois) Wednesdays of each month, between 10h00 and 12h00, at the following locations:

Limoux – Coucou Atelier Boutique, 47, Rue Jean Jaurès, 11300 Limoux

Argens-Minervois – La Mairie, 11200 Argens-Minervois

An Active Listener is always available at these coffee mornings

In addition, an Active Listener is also present at LFN's Book Exchange, held on the last Thursday morning of each month at McDonald's, 11200 Lézignan-Corbières

Ariège

Our monthly booksale is:

First Saturday of every month, from 11h to 14h, at

Le Rendez-Vous Café and Restaurant, Lèran (09600)

There's always a vegetarian option for lunch

English, French and Dutch, and, often, other language books,

also CDs & DVDs for Adults and Children

Mac will collect donated books, if required – 05 61 64 95 11, or mac.at.fontestorbes@gmail.com

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.