

Hello Everyone

I've never lived in or anywhere near Berkeley Square in London so until I moved here I'd never heard the sweet song of the nightingale. Our seasons are defined by the sights, sounds and smells of what goes on around us. Canigou with her melting snow, the blackbird belting out his tune, the redness of the poppies, the yellowness of the broom - I went away for a week and when I came back I was amazed to see the lush greenness of everything.

The **Drop Ins** this month

Wednesday 2 May - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso. Come and join us for coffee and browse through the books.

Monday 21 May - Laroque - 10.30-12

At the Café des Artistes there's always a good turn-over of paperbacks, English and French. Also CDs and DVDs. You can buy a coffee and take two books.

THERE WILL BE NO DROP IN AT ILLE SUR TÊT THIS MONTH

On Wednesday 4 April we held our **Open Meeting** at the hotel Mas des Arcades in Perpignan. Penny Parkinson opened the morning by giving everyone an update on CSF matters. Our speaker was Dr Rita Jordan, Emeritus Professor in Autism Studies at the University of Birmingham, who talked about 'The coming era of patient-centred medicine'. She explained the different variants of autism and then went on to speak about individual analysis. She made the point that with both autism and cancer, treatment should be personalised and each patient treated as an individual case. The meeting was followed by an excellent lunch.

Hazel Turner has sent out the latest edition of **Touchlines** which as you know is Cancer Support France's Newsletter. When you have a moment, do have a look. As well as some interesting articles, there is news of CSF events throughout France.

Sunday 13 May 2018

Vide Grenier

St Cyprien Plage

CSF have a couple of tables at this large all-day Vide Grenier which is held every year in St Cyprien and is very well-attended. We'll have books and DVDs of course. We also need other things we can sell. If you have anything which is in good condition, please bring it along on the day. (Let me know if you can't be there and I will try and organise a collection from you.) All will be very gratefully received.

19 - 31 May 2018 CYCLE FOR LIFE 2018 Entre Deux Mers

After a hugely enjoyable **Cycle For Life** in 2017, 2018 sees the biggest challenge yet - a 650km ride from the Atlantic seaside resort of Royan to the sunny beaches of the Mediterranean at Marseillan Plage over a period of two weeks.

Penny Parkinson will be cycling the 21km on the last day! She has sent out an email giving **FULL DETAILS OF THIS Cycle for Life EVENT**. Please do have a look at it, it's attached to this newsletter.

It is not a race and everyone can do as few or as many days as they like, taking it at their own pace. It is all low-level, following the canals and using cycle routes where possible, and is suitable for novice cyclists and families. There are two planned rest days in beautiful Bordeaux (22nd May) and medieval Carcassonne (29th May).

LOOKING AHEAD

Our Walk for Life event will be on Thursday 6 September in Maureillas

The arrangements for this year's event are going well with a couple of great walks in mind. The **shorter walk, about 5kms**, will be a gentle walk through our lovely countryside, with the **longer walk, about 9-10kms**, making an interesting challenge for others.

There'll be activities, including pètanque, for everyone during the morning so bring friends or family and pack a picnic or some sausages for a BBQ.

There will be more details later but in the meantime if **you would like to join in, whether as a walker or helping with the bar, cake sale, BBQ etc, please send an email to Lynn (lynnrhall66@gmail.com) who will keep you informed.**

On **Saturday 13 October** we will once again be holding our **Annual Autumn Ball in Bages**.

This is always a very relaxed evening, sitting with friends, joining in the fun and winning some prizes. There's live music & dancing, an auction & a tombola stall, a tapas style meal with wine and a bar selling beer and soft drinks. Make a note in your diary and watch this space for more details.

Diana Eastaff