

## Hallo Everyone

Well it is high summer now - and it's certainly a hot one. It's the time to keep as cool as you can - and still enjoy this lovely region

Sunday 6th July CSF will have a stand at the Vide-Grenier in Ponteilla. Look for some bargains and say hallo to our sterling helpers.

OR - Volunteers needed! Please contact Phil

philomeneoneill@gmail.com if you can spare a few hours.

## DROP-INS this month -

Wednesday 2nd July      Bar le Pablo      Céret      10.30

Come along for a coffee and a chat. There will be paperbacks to exchange and some friendly faces on the terrace in the shade.

Wednesday 16th July      Villa Lafabrègue Prades      10.15

Come and have coffee with us at this lovely venue, admire the garden, and bring a paperback or two to exchange. (N.B. there will be no Drop-in during August but see 'Looking Ahead for September').

Monday 21st July      Café des Artistes Laroque      10.30

Come and have a browse through our large selection of paperbacks. Any books you bring along for exchange will be gratefully received. Sorry, but we cannot take hardbacks or non-fiction. Bring a friend and stay for a coffee.

## LOOKING AHEAD

On Wednesday 17th September CSF PO will be holding a get-together in the Villa Lafabrègue in Prades for all members and friends in the PO. Everyone welcome for cake, coffee, chat - and a pre-loved jewellery sale. Costume jewellery - or otherwise. (diamonds are a girls best friend?)

For more info contact: Jill Merriam : sud-po@cancersupportfrance.org

The Quiz will now take place in November.

**AND - FOR SALE** - CSF have been given a nearly-new adjustable reclining chair in perfect condition. It is available for a reasonable donation to Cancer Support France Sud de France and would need to be collected from Banyuls sur Mer. (New this would cost 500€). Photo available.

If you are interested, please contact Penny Parkinson on [sud-penny@cancersupportfrance.org](mailto:sud-penny@cancersupportfrance.org)

### **AL Supporters needed**

All our Active Listeners have a supporter who provides a balance of encouragement and challenge. Meeting every six weeks or so, usually by telephone, they allow the AL to share any concerns about their client work and to practise their listening skills. Supporters are either experienced ALs or others from a relevant professional background with a good grounding in what CSF is about. They support their colleagues, helping them to achieve the best they can for CSF clients.

If you would like to know more then please contact Penny at [sud-penny@cancersupportfrance.org](mailto:sud-penny@cancersupportfrance.org)

## **Lynn**

Please remember that if anyone is struggling or needing help, the CSF telephone (0800 240 200) and email helplines are always open. We are there for everyone needing assistance at this time, as well as those affected by cancer. There is also a lot of information on our website : <https://cancersupportfrance.org>

If you no longer wish to receive this Newsletter, please contact: [sud-po@cancersupportfrance.org](mailto:sud-po@cancersupportfrance.org). Your name and email address will be removed from our mailing list.

