



Aude, Ariège, Pyrénées Orientales,
Tarn with Tarn et Garonne

Hallo Everyone

Pyrénées Orientales June 2026 Newsletter

I think it is fairly safe to say that summer has arrived. Up here in the hills we still have a hosepipe ban (not called les Aspres for nothing), but the gardens and nature have greatly benefited from all that rain.

DROP-INS this month

Wednesday 3rd June Bar le Pablo Céret 10.30

Come along for a coffee and a chat. There will be some paperbacks to exchange and friendly faces in our usual venue in the centre of town.

Tuesday 16th June Café des Artistes Laroque 10.30

Come and browse our every-changing selection of paperbacks, and enjoy a coffee on the terrace. Any paperback books you contribute will be gratefully received, but we cannot take hardbacks or non-fiction.

- N.B the Laroque book exchange has moved to the new day of Tuesday each month, as the Café des Artistes will be closed on Mondays.

Wednesday 17th June Villa Lafabrègue Prades 10.15

Come and have coffee with us at this lovely venue, and bring a paperback or two to exchange.

DURING JUNE

This June, take a Step into June to support English speaking people of any nationality touched by cancer here in France.

Step Into June is a month-long campaign from Cancer Support France, inviting people across France to move in their own way throughout June, to raise awareness of the work that we do.

Walk, swim, cycle, dance, garden - however you choose to move, every step helps!

There's no pressure, no competition, and no set distance. Just a shared month of awareness raising, support, compassion and connection.

And if you want to raise some funds/collect some donations for our work, that would be very welcome!

You can find out more and join us here: <https://cancersupportfrance.org/step-into-june/>

RECENT EVENTS

La Ligue contre le Cancer held their annual vide-grenier in St Cyprien on Sunday 20th May. CSF were there beside them, despite the threat of wind and rain. As it happened - it was a lovely sunny day and the crowds were there hunting for bargains.

Many thanks to Phil O'Neal and her team of Shonie, Frank, Jacqui and Maggie for all their hard work on the day, and for strengthening the CSF bond with La Ligue in the PO. (Sorry about those bins Phil!)



LOOKING AHEAD

Activity for Life will be back on Thursday 17th September in Caixas. A day to look forward to - both for the choice of walks in this beautiful area, a gentle game of pétanque - or indeed the brilliant choice of home-made cakes! Do make a diary note as we hope to see you there.

A plant event is planned for the autumn at the Prades October 21st drop-in.

As well as a choice of home-grown plants, there will be cakes, books and other attractions, available in exchange for a donation. Perhaps the green-fingered could think about potting up specimens from their gardens to donate? I've already started to prepare a few pots.

The popular CSF Quiz with afternoon tea is scheduled for November 2nd in Thuir.

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. Your name and email address will be removed from our mailing list.