

Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

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CSF (National) News - submitted by Penelope Parkinson, President Cancer Support France

The sun continues to shine here in the south of France as we move from a stiflingly hot summer into the softness of autumn. Activity at CSF (National) is limited through those hot months, however, we have not been idle!

We now have guidance in place for all CSF Associations on safeguarding, lone working and the dreaded *General Data Protection Regulations*. We have a team looking at the production of a generic *Active Listener Handbook* (something which has been on the back burner for some years) and another considering how we can better support those living with and after cancer. The latter is now a 'hot topic' with 'cancer survivors' recognised by the medical profession as needing additional support. May I thank everyone involved in these past and continuing projects.

On a personal note, I have started the autumn meeting with colleagues in Dordogne Sud and Dordogne Est & Lot. This was most enjoyable and culminated in a lovely day assisting at a Fashion Show, with funds being raised for the National Association.

We are now preparing for our November *Trainers' Conference* and *Train the Trainer* days. These will be

In partnership with:

En partenariat avec:



CSF now have full membership of this organisation

We remember our Founding President,
Linda Shepherd 1953-2017



CSF (National) News continued...

followed by our annual face to face National Committee meeting. Sharing with other Associations and learning from their experience highlights that we are all part of one Cancer Support France family. I am looking forward to that, it is a wonderful few days.

Finally, and with thanks to John Keats, may I wish you all 'a season of mists and mellow fruitfulness' and plenty of CSF activity.



Penny saying a few words about National before drawing the raffle with Julia



Penny with Julia, the Dordogne Est & Lot La Ligue co-ordinator and Cindy, the President of Lot-et-Garonne

REGIONAL ROUNDUPS

CHARENTE-MARITIME - Submitted by Dick Smith, President

Upcoming event for October



CSF
CANCER SUPPORT FRANCE

ENGLISH PUB QUIZ

Supporting CSF October Rose - Think Pink

Saturday 20 October - 19h30

Salle du Camélia, Ave des Jasmins, 17100 - Saintes

Bar & Raffle

Tickets - 10€ Including Hot Supper

Email reservations by 15 October
to dixmith17@gmail.com

CSF
CANCER SUPPORT FRANCE

You Need Never Face Cancer Alone
Free confidential support for English speaking people touched by cancer
Helpline: 0800 240 200

CHARENTE-PLUS - Submitted by Maureen Woolner, PR & Media Coordinator



Cindy Mobey seen here presenting the monies raised from her Charity Tea Party to CSF Charente Plus President Vanessa Whyte.

A Charity Tea Party was held at Cindy Mobey's and with help from friends, a fun day with lots of Cake and plenty of cups of Tea had by all, raising a total of 430€. Thank you, once again, to Cindy Mobey and all who helped out.

Our Annual CSF Charente Plus BBQ was held on Friday 29th June, what a night! we had fantastic support raising 1,039.00€.

Music on the night was donated by Chris Kern.

Thank you to all the helpers and supporters look forward to seeing you all next year.

Finally - A big Thank you to Sam who owns and runs *The Cafe Clemence Bar and Restaurant* in Chabanais for raising 158€ by holding a raffle with all proceeds coming to us Cancer Support France Charente Plus. Great Support. Thank you.

CHARENTE-PLUS - continued...

Due to recent storm damage the CSF Charity Shop in Chabanais was closed from Friday 6th July.

It reopened again after our summer break on Wednesday, 5th September. The Shop is now open on Tuesday and Wednesday between 10am and 4pm.

Some of the lovely things we have for sale in our Charity Shop. Handmade jewellery, 'Cosy Cottage' toiletries as well as a great selection of cards and clothes.



Just a small selection of photos taken at the BBQ held in June

DORDOGNE EST & LOT - Submitted by Heather Moorhead, President and Julie Danjean, Show co-organiser

Friday September 14th 2018 11.30am to 16.30
at Le Chapeau Melon, Le Port, Souillac 46200

Charity All proceeds in aid of Cancer Support France

FASHION SHOW

Clothing and accessories from 10€
Sale of preloved designer and high street brands

Something for every woman

Fabulous Clothing at Fabulous prices!
Come along and have fun, volunteers will be informally modelling designer clothing from 11.30 onwards throughout the afternoon.

Three course lunch €13.50 by reservation on 05 65 32 22 11 or e mail bienvenue@lechapeaumelon.com

Refreshments available.
Enquiries: prettyflamingo@orange.fr

Wow, what a wonderful day was had by all! The fashion show atmosphere was filled with jazz music by Angela and Victor while we waited for the show to begin. The lunch tables were decorated with pretty 'jam jar' posies on the table kindly donated by Rachel Cave.

The 'Wardrobe Chic', Shirley Kolman, had worked very hard choosing the best outfits and organised 4 sections, Day wear, Casual, Designer and Evening wear. One of the sections was outfits from designer Sara Pacini, which proved very successful.

The models started the cat-walk around the restaurant tables to specially chosen music and were photographed by Julie Danjean, 'Cake Club Chick'. People began to clap and cheer. The models of all ages were excellent (although most being very slim) suited the clothes we had been donated and really helped to sell them. Hair and makeup artist to the models, Cindy Sheppard (CSF Lot-et-Garonne), did a wonderful job in making them all look glamorous!

A mix of designer and high street labels proved to be a great idea - prices to suit all pockets! Janet Whyte, 'Cashier Chick', manned the cash desk and while having her lunch Jill Warne Cleave, 'Cake Club Chick', took over and both were extremely busy which is reflected in the amount collected in donations. Although it was her birthday, Janet had given up her day to help - but we didn't forget and she was presented with a cake home baked by Shirley, one of the Cake Club's sterling supporters. *Le Chapeau Melon* put on a pleasant 3 course lunch which was enjoyed in the afternoon sun. They also provided a buffet lunch for the models and served refreshments throughout the event.

It was time for declaring the fashion show raffle. We were pleased to have Penny Parkinson, President CSF National, who along with Julia Hall (who kindly volunteered to help us coordinate the event) drew the raffle. With quality prizes, it raised an additional 260.50€. Thanks go Anne Walsh for doing a grand job of selling the tickets. The top prize, a designer handbag, was won by one of the younger girls in the audience. All that was left to do was to congratulate ourselves and all those involved on a successful day and give a thank you to Brian, proprietor of *Le Chapeau Melon*, for hosting. It had been a delightful show and the audience had an enjoyable day with a total 1,814.37€ was raised for CSF National.

DORDOGNE EST & LOT - continued...

Last but not least a huge thank you to ALL those who gave their time to help raise funds - it brought people together, some directly affected and some indirectly affected by cancer and proved that we have solidarity to fight against and support people affected by cancer.

STOP PRESS!!

Halloween Autumn Market, Saturday, 27th October 10h-16h at L'Espace Maurice Faure, 46220 Prayssac -

'Carve a pumpkin' competition; arts and crafts; books; local produce; tombola; seasonal British goods and more. Donation will be made to *La Ligue Contre Le Cancer*.



'The Team' with Penny Parkinson - Anne, Cindy, Janet & Julia



Some of our models strutting their stuff on the 'cat walk'

LANGUEDOC - Submitted by Hilary Galea. Publicity, Recruitment & Awareness

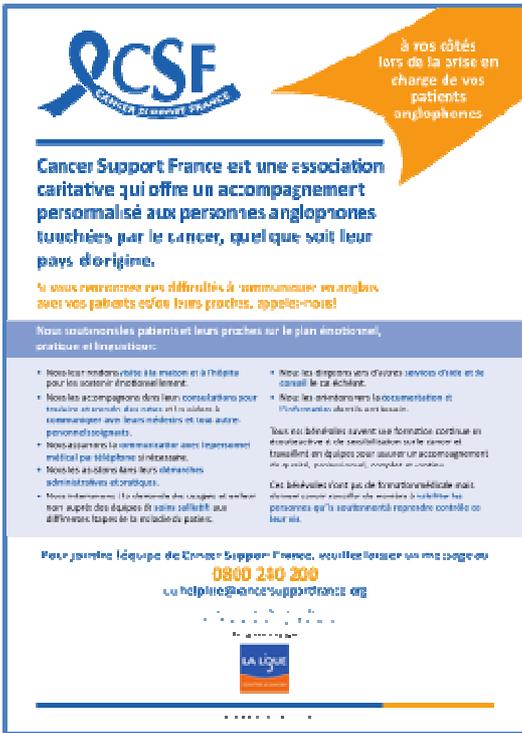
1500 Kilometres Walked for Life!

Record-breaking numbers and record-breaking temperatures marked CSF-Languedoc's 8th *Walk for Life* held on Sunday, 23rd September. Over 200 participants (split roughly 50/50 between the 5km and 10km walks) walked a total of 1500km at this year's event; a figure made all the more impressive by the fact that they did it in scorching temperatures that ran to well over 30 degrees towards the end of the morning. According to *Meteo France*, it was the hottest autumn day on record for this time of year!



Our generous hosts at *Domaine de la Clapière* once again made their beautiful vineyards and premises available to us, and we enjoyed stunning scenery and blue skies throughout the walks, finishing at the *Domaine* for a well-earned lunch provided by *CC Fish & Chips* and *Chillis & Spice*, washed down with *Clapière's* excellent wines.

As well as donations and sponsorship money for the walks themselves, funds were raised from book, coffee and cake sales. A final figure is yet to be announced, but current estimates run to a fantastic 5,750€ to support CSF-Languedoc's services and training. Many thanks to all our supporters and to the hard-working *Walk for Life* organisers.



à nos côtés lors de la prise en charge de vos patients anglophones

Cancer Support France est une association caritative qui offre un accompagnement personnalisé aux personnes anglophones touchées par le cancer, quelque soit leur pays d'origine.

Si vous rencontrez des difficultés à communiquer en anglais avec vos patients et/ou leurs proches, appelez-nous!

Nous soutenons les patients et leurs proches sur le plan émotionnel, pratique et financier.

- Nous leur rendons visite à la maison et à l'hôpital pour les soutenir émotionnellement.
- Nous les accompagnons dans leur cheminement pour résoudre au mieux les soucis et les aider à communiquer avec les médecins et les autres professionnels soignants.
- Nous aidons la communication avec l'ensemble médical par téléphone et internet.
- Nous les aidons dans leurs démarches administratives et juridiques.
- Nous intervenons à la demande des proches et des patients auprès des équipes de soins palliatifs aux différents stades de la maladie grave.
- Nous les dirigeons vers d'autres services d'aide et de conseil le cas échéant.
- Nous les orientons vers la documentation et l'information officielle sur le cancer.

Tous ces bénévoles suivent une formation continue et individuelle à la sensibilisation sur le cancer et travaillent en équipes pour assurer un accompagnement au spirituel, professionnel, complexe et complet.

Ces bénévoles sont des volontaires médicaux, infirmiers, psychologues, assistants sociaux, etc. Ils sont tous bénévoles et travaillent bénévolement pour apporter une aide et un soutien aux personnes qui le souhaitent à travers notre association.

Pour joindre l'équipe de Cancer Support France, veuillez nous appeler au **0800 240 200** ou <http://www.csf-languedoc.org>

CSF Awareness Leaflet for French Healthcare Professionals

In September last year, CSF-Languedoc was invited to attend and exhibit at a conference organised by *Le Réseau de Cancérologie du Languedoc-Roussillon (ONCO-LR)*. Prompted by this event, we produced a leaflet written in French and aimed at informing hospital staff and other French healthcare professionals about CSFL and how we might be able to assist them with their Anglophone patients. The leaflet was well received and has subsequently been standardised by a team from Dordogne Est & Lot and Languedoc to make it suitable for use by all CSF Associations.

French GP attends Active Listeners training session

In June, CSF Languedoc’s ongoing training for Active Listeners included a Q&A session from a practicing *médecin généraliste* who has acted as *médecin traitant* to some CSF-L clients. The talk included a discussion about the GP’s role during palliative and end-of-life care. All our ALs found the shared information to be invaluable, answering many areas of confusion and offering a much clearer path to dealing with care at home, including end-of-life care. Trainers from other CSF Associations are welcome to contact Karen Powell at karen.csflanguedoc@gmail.com should they wish to receive more information.

Canal du Midi Cruise

July 17th was another hot, sunny day in the Languedoc – and a perfect day for a cruise on the *Canal du Midi* aboard the *Bateaux du Soleil’s* vessel, the *Santa Maria*. round 30 members and friends of CSF-Languedoc boarded this charming boat – German, built in 1904 now beautifully adapted for cruising the locks and shady waterways of the Canal - for a half-day trip through the impressive *Neuf Ecluses de Fonseranes* and on up to Colombiers and *Tunnel de Malpas*. Before turning to retrace our steps, we stopped for a picnic lunch and a gentle stroll along the banks.

Thanks go to Rose-Noëlle Perard for organising the trip and for her informative commentary along the way, explaining the history of the Canal and, in particular, the incredible accomplishments of the Canal’s master engineer, Pierre-paul Riquet. The *Canal du Midi* was constructed between 1666 and 1681, and is one of the oldest canals of Europe still in operation.



LOT-ET-GARONNE – submitted by Kate Thomson, Vice-President

Over the summer we have had two very successful fundraising events, both in July.

An Abba Night was held at the *Moulin*, Monhabus on the evening of the 7th. Barry and his daughter Karen provided an amazing buffet to celebrate the completion of Sylvie’s cancer treatment. It was a very well attended event and the entertainment was provided by Wally and Wendy Mardell. Once again, Wally sang Pennies from Heaven as the girls, Karen and Caroline, collected the pennies! The evening was greatly enjoyed by all and the dancing went on well into the night. Sadly, a small auction was held to sell off all remaining gift items from the *Moulin*, as this was to be the last entertainment evening held there. It has now closed to give Sylvie the time to recover after her 9 months of treatment. We all wish her a speedy recovery. It was very brave of her to instigate the organisation of this event which raised over 1,000€ for CSF Lot-et-Garonne. Thank you very much Sylvie.

A quiz night was held on a lovely sunny evening at Judy Chapman’s *Fayselles Gites*. Over a hundred people enjoyed a very well-organised quiz in a magnificent setting. Cindy started the evening by thanking the supporters of CSF Lot-et-Garonne in Beauville and the surrounding area. She then told them about the services that we can provide with the proceeds of their fund raising efforts. Charles Miskin, one of our main supporters in the area was there with a table-full of his friends. As can be seen from the pictures, it was enjoyed by all even if it required a considerable amount of concentration. The winning team, ‘The Supporters’, consisted of several of the CSF Lot-et-Garonne committee, partners and friends. They were presented with bottles of champagne making the concentration worth it! After the quiz, Cindy thanked Judy for being so generous with her time and for providing such a great venue and delicious buffet supper. Unfortunately, it will be the last time that the quiz will be held at *Fayselles* as Judy is moving soon. The evening raised an amazing 2000€. Thank you Judy.

On a hot Sunday afternoon at the beginning of September, Cindy provided a cream tea for the players at a match held at the *Eymet Cricket Club*. This was an awareness raising event to publicise CSF in our area. After the players had finished their tea at half-time, we provided a cream tea for 20 paying cricket supporters.

We are now looking forward to planning events leading up to Christmas. Where does the year go?



Thanking Sylvie



Cindy thanking Judy



Hungry cricketers



Dancing into the night to Abba



Charles with table of friends



Scrumptious tea

REMEMBER...

MAMOGRAPHING YOUR BOOBS IS MORE IMPORTANT THAN INSTAGRAMMING THEM!

IT workshops

CSF Nord have just launched a new venture which, whilst raising money for CSF, is also providing a useful community service. For those to whom the world of IT is a complete mystery, or who could, on occasions, quite happily throw the PC/ Laptop/ Tablet out of the window, IT workshops are being organised.

A series of informal sessions are being planned, designed to help the complete beginner or occasional user. This is not intended to be a forum for expert IT users. Each session will be approximately 2 hours on a specified topic. The first session, about email, took place on Wednesday, 22nd August, describing the different types of email client and the basic use of email functionality including, but not limited to, composing an email, replying, attaching documents, changing styles etc.

There will always be a question and answer session; in this case it threw light on some of those unexplained events that happen when sending or receiving an email. This is very much a workshop designed to take the frustration out of IT.

Partnership with La Ligue

We have some exciting news about our northern base. As from Tuesday, 4th September, Cancer Support France Nord have the use of a room at the Saint Lo offices of *La Ligue Contre le Cancer*. This is a really important and encouraging development for CSF Nord and demonstrates our commitment to developing closer ties with the local medical facilities and other cancer-related organisations, something which has been talked about for many years but is only now becoming a reality.

With this in mind, we are now holding monthly drop in sessions. The sessions will be on the first Tuesday of each month from 2 to 4pm. Call in for a chat, have a cup of tea or coffee, or swap a book or DVD. A trained volunteer will always be on hand if you would like a private discussion. The sessions will also be an opportunity to access the range of services provided by *La Ligue Contra le Cancer*, which include groups led by a psychologist, gym sessions, craft groups and Sophrologie technique.

PARIS & ÎLE-DE-FRANCE - Submitted by - Deborah Lillian, President



London to Paris Charity Bike Ride

Tracey and I today at Claire Christian's gorgeous store in Victoria Street doing our cheque presentation with Stevie Christian who raised a fabulous £2,915.00 for our Charity. Stevie, a military veteran, along with 5 currently -serving Military Officers cycled from London to Paris. Collectively, the guys raised £6,000 for Charity! Thanks so much #BreastCancerIOM



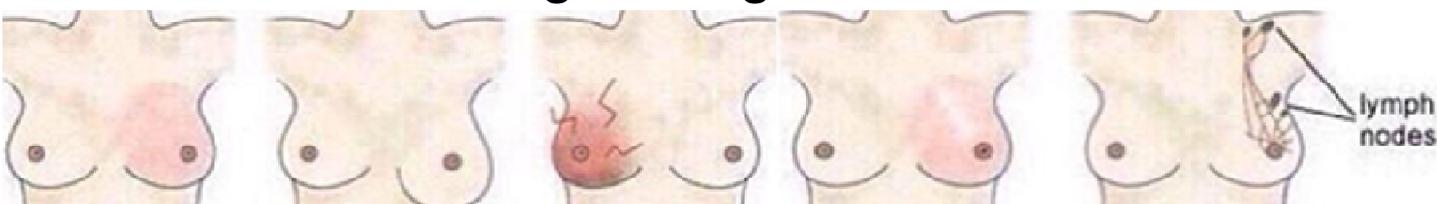
Sutherland Hospital Oncology (Australia) dietician based in Paris, gave us heaps of great advice last Wednesday (7th August) at our support group.

Here is the link with just some of the resources she used in her presentation with the links on each photo where relevant.: -

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

The full presentation will be attached to our Newsletter .

Breast cancer - sharing this might save someone's life...



1. Redness of the breast
2. Breast swelling or enlargement
3. Pain or itchiness of the breast
4. Thickening of the skin on the breast & ridged or dimpled skin texture (peau orange)
5. Swelling of the lymph nodes on the armpit or above/below the collarbone

SUD-DE-FRANCE - Submitted by - Denise Copley, CSF Tarn

Unhappily, last year it was my sad duty to have to inform you all of the demise of Gigi, our Tarn mascot donkey; this year, however, I have better news, her empty stable has been more than adequately filled by mother and son duo, Celine and Dexter.

Philippa Wolfe, retired CSF member, rescued the pair when their owner sadly died of cancer and his wife was no longer able to look after them; they are now very comfortably housed at 'Les Volets Bleu', Philippa's house, here in the Tarn. They made their first public appearance, as CSF mascots, at 'FETE DE L'AN' at Monesties in June where Celine behaved impeccably, setting a good example to her son and delighting all the children. Dexter behaved like the adolescent he is but he will learn! We look forward to a long and happy association with this delightful pair.

In addition to the usual coffee mornings, book sales and *vide greniers* that go on throughout the year, helping to raise awareness of CSF Sud-de-France as well as some much needed funds. September in particular has seen a number of fun events throughout the region. It almost seems that now that our summer visitors have returned to their own homes, those of us left behind to enjoy the autumn sun, have taken the opportunity to venture out and enjoy the beautiful place we call home, as well as each other's company.

On a beautiful balmy evening in July, more than sixty people turned up for an evening of music and song based on *Les Années Soixantes*, in the grounds of the lovely *Chateau De Caylus*. We were treated to music, ranging from Bob Dylan to the Beatles and from Simon and Garfunkel to Aretha Franklin. It evoked many memories of the Sixties; many reminiscences were shared, some wine was drunk and some dance moves were revived! It was a benefit concert given by the *Folk and Jazz Club*, with proceeds being shared between CSF and *IHM (Ici hospitalité migrants)*.

Sunny September dawned with a Charity Fun Day in Quillan, in the south of the Aude valley. As well as various craft stalls, visitors had the opportunity to try their hand at archery and quoits, to buy 'nearly new' clothes and books, and enjoy afternoon cakes, tea, coffee, and Pimms. With over 100 visitors, the event, on behalf of CSF Sud-de-France and *Macmillan Cancer Support (UK)*, raised over 1500€, shared equally between the two charities. Perhaps as important, the event significantly raised the profile of CSF amongst the Anglophones in and around Quillan. Huge thanks to Susan and Roy Midgley for their organisation and making their wonderful garden available for the Fun Day.

The following week the English-Speaking Church in *Alet-les-Bains*, Aude, held their first Autumn Fayre. Another successful event featuring, in addition to the CSF stands, a variety of others including hand-made jewellery; cakes, coffee and tea; bric-a-brac and lots of books. They very generously donated over 250€; half of their takings, to CSF-Sud-de-France.



Mother and son duo, Celine and Dexter



It's all about the music, Folks!



Having a fund day at the Fun Day!

Activity for Life 2018 at Maureillas Las Illas in the Pyrenees-Orientales

After a night of storms and thudding rain, the day was bright and sunny - perfect for our two walks and petanque games. Twenty people took on the challenge of the long, 9km walk which climbed up into the Low Pyrénées and a further 19 sauntered at a leisurely pace across the flat Plaine of Roussillon. Meanwhile our gallant *Petanquistes* enjoyed some less strenuous *boules*. Everyone met for a picnic lunch with quiches and cake on sale, sausages from the BBQ, and wine, beer and soft drinks to aid relaxation. The lovely, happy ambiance was further enhanced with super music from Mary and Peter. As well as the warmth generated from sharing activities, we also made a healthy profit through sponsorship, sales and through *Maureillas sans Frontières* who very kindly ran a bottle stall for us. We shared the registration fees with our local *La Ligue Contre le Cancer* who promote and support CSF. Many thanks to Lynn who spent much time planning the event and to all the helpers who manned registration, ran the bar and food, led the walks and petanque, sang for us, sold books, and, of course, the walkers and players and, as the black clouds were gathering for another downpour, we were clearing up and plotting next year! A great day.

A beautiful autumn evening saw the first Aude East Curry Night beside the beautiful *Lac de Jouarres* in Homps. *Chillis and Spice* provided the curry, Ken provided the musical entertainment and the 74 diners provided the wine and convivial conversation. A delightful evening was rounded off with a stunning sunset behind the lake, provided by Mother Nature; a very relaxing and enjoyable evening. Plans are already in place for the next event and you are all welcome to join us. However, we can't guarantee such a stunning sunset! And the fun doesn't stop there. October will see the return of our Autumn Ball, the 'event of the season', relaxed evening, sitting with friends and joining in the fun. Music from the band *Zircon* will accompany us throughout, and beyond. There's a tapas-style meal, a dessert plus a glass of wine. More wine, beer and soft drinks will be on sale at the bar. If that isn't enough, we are also holding a Quiz night in the Tarn. Enter a team and you could win a bottle of excellent *Champagne*. Our heartfelt thanks go to all our volunteers and supporters who make these events happen and make them such a joy to be involved in. Without you, we couldn't do it.



Left to right top - walkers *en-route* and the final, happy, smiling group.



Left to right bottom - Petanque participants. The curry night and it's memorable sunset.



Fundraising Event for Cancer Support France

Save these dates – Friday 5th and Saturday 6th October (TBC)

We're organising a fun filled evening to share with friends and family

- Book your table of four @ €20 per table
- Starts at 19.00 for 19.30
- Raffle
- More details and date confirmation to follow soon...

Location – Les Cabannes
RSVP – book early
To reserve contact – irena-marie@focus-wellbeing.com



Band concert

Saturday 9th June saw our second Brass Band Concert in Le Vigeant with *Just Brass 79* from Limalonges and the *Brass Band de la Vienne*. We had a number of sleepless nights worrying about the predicted thunderstorms during the week but luckily, on the day, the weather was fine. The thunderstorm hit after the concert about 20:45 with great force.

Both bands played a varied programme which was much appreciated by the audience who gave generous donations. We raised 150€ which was split between CSF Vienne and *La Ligue Contra le Cancer*.

We appreciated very much the support from the bands, who gave their time for free; the *Comité de Fête*, who organised a tivolì and seating; and the Mayor who supported the event and allowed us to use the Salle de Fête gratuit for apéros after the concert.



'APOEMTOINSPIRE' - PAUL WHYMANT

During the recent CSF (National) *Cycle for Life*, two of the people who cycled from Royan to Agde were mother and son, Debbie and Rowan Whymant. The husband and father, Paul, drove their support car. It transpired that he had had bladder cancer. As a cancer survivor, he wrote a poetry book called '*ApoemtoInspire*' entitled '*Red Leather, Yellow Feather*'.



Beginning on May 1st 2017, Paul took the poem and its message to hospitals and cancer centres all around the UK, on his bike, peddling 1,000 miles for *MacMillan* with two aims:-

- *"To inspire cancer patients to be strong, overcome the odds, live today and look forward to tomorrow."*
- *"To inspire all those touched by cancer, family, friends, patients themselves, to put their hearts onto paper, write a poem, submit it to this website. I have now published the book of poems alongside the story of my journey."*

The book can be purchased for £12 including p&p (UK) through Paul's website :- <http://apoemtoinspire.co.uk/shop.html> with all proceeds to Macmillan Cancer Support.

*"Every cancer diagnosis is a shock.
It is horrible. Each of us is faced with our own personal mountain to climb.
And we are all happy to throw each other the rope."*

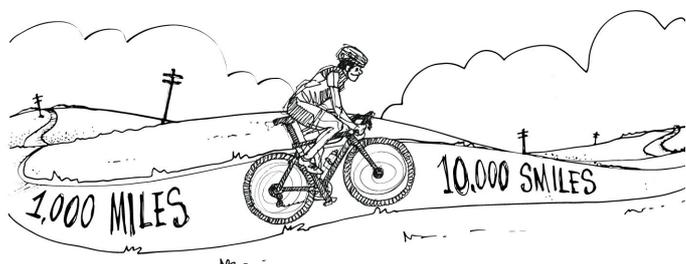
P is for Paul - After three years of cancer treatment I've come through the tunnel. So many people helped me along the way, so many people were walking through the same tunnel with me. Some never came out. This is my chance to give a bit back.

P is for People - A hotelier all my working life, people are central to my world. Empathy is a big word for me. I love to be part of the mix, but then I have to be alone sometimes too, on my bike perhaps, or walking along a windy cliff top, perfectly happy writing a few lines in front of a log fire on a winter's evening.

P is for Poetry - A lover of words, a lover of rhythm, fascinated how just a few lines can create a mood, a sound, stir the imagination, transmit a message, inspire – poetry in its simplest form, pure relaxation.

P is for Pedal - Fresh air in the lungs, tension in the muscles, colour in the cheeks (!), my bike is my freedom, my love of the countryside, my challenge.

P is for Privileged - Privileged to be alive - Privileged that treatment was available for me - Privileged that the NHS, despite its problems and pressures, was so positive. And free - Privileged that Macmillan cares, a real 'people' organisation that deserves our support - Privileged to meet so many great people on the journey.

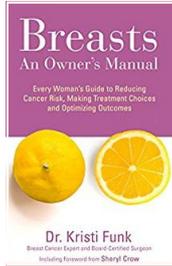


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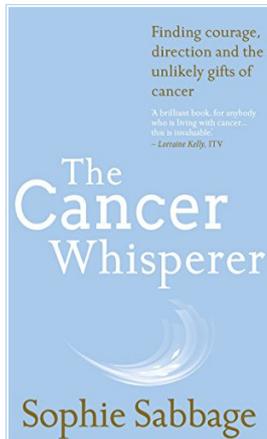
Editor

BOOK CORNER

The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books featured are available on Amazon.



Dr Kristi Funk, the surgeon who operated on Angelina Jolie, has released a very interesting article on Breast Cancer prevention. He has a new book - *Breasts: An Owner's Manual*. The book explores the idea that 90% of the risk factors that determine optimal breast health lie entirely in our hands. Most women believe that family history determines who gets breast cancer, but for most, it doesn't. It explores why diet is so important - Being overweight or obese is the **SINGLE MOST PREVENTABLE CONTRIBUTION** to breast cancer. 'Lose the Fat, Slash your Risk' - it's that simple!



"I have cancer. Cancer does not have me."

At 48 years old, happily married and with a 4 year old daughter, Sophie Sabbage was diagnosed with late stage 'incurable' lung cancer in October 2014. Since that day - when doctors told Sophie that her prognosis was poor - she has been on a remarkable journey of healing and transformation that has reshaped her vocation as well as changed her life for the better.

The Cancer Whisperer chronicles Sophie's extraordinary relationship with cancer and the methods that she has used for dealing with fear, anger, denial and grief. The essence of 'cancer whispering' was born of Sophie's determination to take cancer off the battlefield and into the classroom. Instead of going to war with it, Sophie has chosen to listen to it, learn from it and choose her own response to it.

CANCER AWARENESS COLOURS

Appendix Cancer AMBER	Bladder Cancer GOLD/BLUE/PURPLE	Bone Cancer YELLOW	Brain Cancer GREY	Breast Cancer PINK	Cervical Cancer TEAL/WHITE	Childhood Cancer GOLD	Colorectal Cancer DARK BLUE	Esophageal Cancer PERIWINKLE	Gallbladder/ Bile Duct Cancer KELLY GREEN	Gynecological Cancers LAVENDER
Head and Neck Cancer BURGUNDY/IVORY	Hodgkin's Disease ORCHID	Kidney Cancer ORANGE	Leiomyosarcoma PURPLE	Leukemia ORANGE	Liver Cancer GREEN	Lung Cancer CLEAR/WHITE	Lymphoma LIME	Melanoma BLACK	Multiple Myeloma BURGUNDY	Oral Cancer BEIGE
Ovarian Cancer TEAL	Pancreatic Cancer PURPLE	Prostate Cancer LIGHT BLUE	Sarcoma YELLOW	Stomach Cancer PURPLE	Testicular Cancer ORCHID	Thyroid Cancer TEAL/PINK/BLUE	Uterine Cancer PEACH	Cancer Survivorship YELLOW	General Cancer Awareness LAVENDER	

HISTORY OF AWARENESS RIBBONS

Awareness ribbons go all the way back to 1917 when the Yellow Awareness Ribbon, which was used to show support for American Military serving aboard, was written into a marching song that was sung by the Military. In 1970 that same colour ribbon was introduced into another song, 'Tie a Yellow Ribbon Round the Ole Oak Tree'. This song was about a woman whose husband was taken hostage in Iran. In 1986 the AIDS Faith Alliance, later known as Christian Action on AIDS, held a conference and the rainbow ribbon was introduced. In the 1990s this colour was changed to red, the colour of passion. Since then ribbon colours have been used for a variety of causes and are used to symbolise various concerns depending on the colour and pattern; e.g. pink, immediately recognised as representing breast cancer.

Also Here to Help...



www.prostatecanceruk.org



www.be.macmillan.org.uk



www.cancerresearchuk.org



www.pancreaticcancer.org.uk



www.bloodwise.org.uk



www.bowelcanceruk.org

If you have been affected by any of the issues raised in this newsletter, please don't hesitate to contact your regional CSF branch. All telephone numbers and email addresses can be found on the back page of TOUCHLINES. *Ed.*

USEFUL INFORMATION

Association Siège Social

**Mairie
Le Bourg
16350 BENEST**

**National Help-line
Telephone: 0800 240 200 (free from a landline)**

(Your call is taken on an answerphone and is free from a landline - there is a short message in English - we will reply to you as soon as possible and normally within 24 hours)

Useful Contacts

**President: Penelope Parkinson
president@cancersupportfrance.org**

**Treasurer: Stephen Hartley
treasurer@cancersupportfrance.org**

E-mail: helpline@cancersupportfrance.org

Website: www.cancersupportfrance.org

forum.cancersupportfrance.org

CSF FORUM - Visit the CSF website and take a look at the FORUM, packed full of information and interesting conversations - maybe even meet new friends...

REGIONAL GROUPS

Alpes-Maritimes (06; 83)	Angela Anderson (Mobile)	07.68.38.74.70 06.48.50.36.46	cancersupport06@gmail.com
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Charente-Plus (16)	Vanessa Whyte	06.45.35.32.30	csf.charenteplus@gmail.com
Dordogne Est & Lot (24Est; 46)	Heather Moorhead (24h Helpline)	05.65.31.75.99 06.35.90.03.41	delot-president@cancersupportfrance.org
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Dordogne Sud (24; 33)	Bob Kennedy	05.53.57.43.30	dordsud-treas@cancersupportfrance.org
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Languedoc (12; 34)	Graham Luck	04.67.44.87.06	csf.languedoc@gmail.com
Lot-et-Garonne (47)	Cindy Sheppard	06.70.64.68.82	helpline@cancersupportfrance.org
Lyon (69)	CONTACT NATIONAL	0800 240 200	helpline@cancersupportfrance.org
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Touchlines

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Items for inclusion should be sent to the Editor: Margaret York - email:

touchlines@cancersupportfrance.org

Please send photographs as separate JPG files - NOT embedded in your editorial. Thank you.