



Touchlines

The Newsletter of Cancer Support France — Association N° W163000037

Patron: Prof. Alain Daban: parrainée par le Professeur Alain Daban, professeur émérite de la faculté de médecine de Poitiers" et "président d'honneur du Réseau Onco-Poitou-Charentes

La Présidente d'honneur: Mme Linda Shepherd

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NATIONAL AGM

19th March 2015

Held at L'Athéné, Place Saint-Christoly, Bordeaux

At this year's well-attended Annual General Meeting, the President Tony Benstead, thanked all those attending and appreciated the distances travelled by many of them. He said he had been privileged to have been our President over the past year; at times it has been difficult but we got through those periods and he feels that we are stronger for it. We were all particularly happy to see that our Honorary President, Linda Shepherd, was able to join us.

Going over the aims set for 2014, Tony was pleased to report that for the most part, they had been achieved, The aims set for the year were to: -

- ◆ Continue to develop links with *La Ligue* ✓
- ◆ Present a unified front/image? (Not quite but getting there)
- ◆ Continue to look at Cancer Transitions ✓
- ◆ Create a general glossary of terms for all Associations - (on-going)
- ◆ Revise statutes and internal regulations ✓
- ◆ Change voting procedures to accord with French norms
- ◆ Widen representation, giving all Associations an opportunity to be represented on the National Conseil ✓

Work on our website update is on-going and committees are being actively encouraged to adopt the new email address facility linking them directly to the site to help create a more cohesive presence.

The Forum goes from strength to strength and has become a very valuable tool within our Association with over 29,000 visits and more than 86,000 page loads being made.

CSF continues to strive for a presence in Paris; work towards this aim is on-going.

Editor

ADVANCE WARNING

Due to the Editor's holiday commitments, the July issue will not be ready for publication until July 10th.

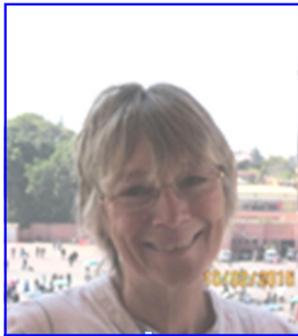
Editor



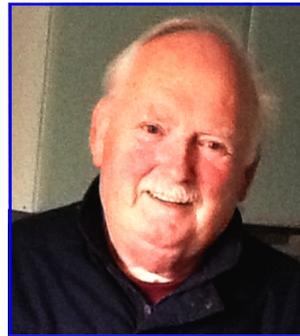
CANCER SUPPORT FRANCE NATIONAL CONSEIL 2015



Tony Benstead:
National President
President: Dordogne Sud



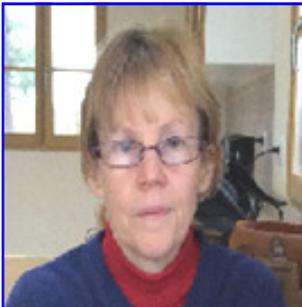
Penny Parkinson:
National Vice President
President: Sud de France



Richard Ware:
National Treasurer
Secretary: Haute-Vienne



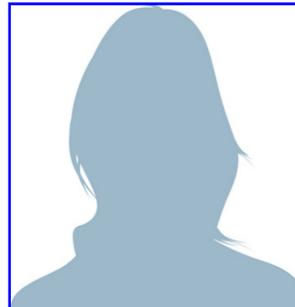
Marisa Raymond:
National Minutes Secretary
President: Bordeaux Region



Cathy Allen:
President:
Basse-Normandie



Carol Andrews:
Secretary:
Deux-Sèvres



Judith Curl:
President:
Bretagne-Ouest



Tim Forster:
President:
Languedoc



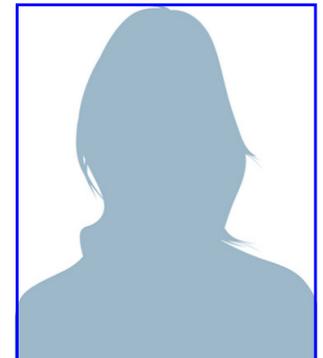
Julia Hall:
President:
Dordogne East & Lot



Richard Hartley:
President:
Charente Maritime



Barbara Kolthammer:
President:
Vendée



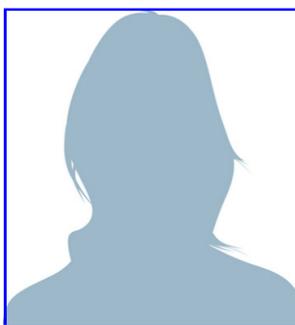
Meta Looij
President:
Alps Maritime



Steve Nicklen:
Bureau Member:
Charente Plus



Alex Overton:
Webmaster



Jayne Ray:
President:
Gascony



Annora Tiley:
President:
Dordogne-Ribérac

AROUND THE REGIONS

CSF Charente Maritime - as presented by Richard Hartley

At the National AGM on March 19th, Richard Hartley, President of Charente Maritime, presented 'Partnerships with local authorities', working with *Ville de Saintes*

Ville de Saintes - advantages:

- ◆ Adoption for registration purposes
- ◆ Advice/assistance regarding distribution of information
- ◆ Access to free/reduced rate services
- ◆ Networking opportunities

We approached the *City of Saintes* because it is centrally located within the department as well as being the secondary administrative centre. As a result of entering the Partnership, we became aware of *Les Enchanteuses*, a French group providing similar support to French-speaking people. Because we were adopted by *Saintes*, they felt confident to approach us with a view to working together. We have now been involved in a number of successful events together.

Ville de Saintes - conditions:

- ◆ Association must operate within the local and national regulatory framework
- ◆ Accounts must be fully compliant with French accounting practice and subject to external audit by *City of Saintes*

We have received a lot of practical help and guidance from both the auditors and our bankers. The fact that our accounts are liable to external scrutiny has enhanced our credibility.

Conseil Général Charente Maritime - research:

- ◆ To identify the key portfolio holder
- ◆ What are their concerns/objectives for community services?
- ◆ What can CSF offer to assist them in achieving these objectives?

Who holds the health and community services portfolio? To help us prepare our case and cross-refer to the department's objectives, we monitored the local press and Charente Maritime publications to identify the key issues.

Conseil Général Charente Maritime - beware:

- ◆ Of the gate-keepers
- ◆ Of making a direct approach

Conseil Général Charente Maritime - prepare:

- ◆ Arrange for CSF translator to attend. It demonstrates an element of the support we can provide. Don't expect the *Conseil* to supply one
- ◆ Decide what you want to achieve from the meeting and keep your presentation focussed. Their time is a precious commodity

Political Sponsor gives:

- ◆ Credibility to our Association
- ◆ Experience of the system to facilitate access
- ◆ A possible understanding of the latest situation regarding portfolio holder and/or progress towards objectives

Meetings are carefully time-managed so the presentation must be clearly focussed and devoid of 'waffle.' Make sure they know the benefits to them and highlight any potential savings either in real terms or opportunity costs.

CSF Basse-Normandie - news from the Editor

At their recent AGM in March, CSF Basse Normandie elected a new president, Cathy Allen, following the retirement of Jenny Luck. We wish you both well.

See page 10 for the final instalment of *Diana's Story*.

CSF Charente-Plus - submitted by Peta Hamilton

It has been a busy start to the New Year for CSF Charente-Plus with more than 10 new calls coming through, some for advice, some for translation and ALs. We can only feel positive that the message from CSF throughout France and regionally is getting out to where people need it.

Date for the AGM - The 2015 Charente-Plus AGM will take place on Tuesday 14th April at 10.00 for 10.30 in Mansle. Afterwards there will be a lunch, with other members of CSF Charente-Plus.

Fund-raising News - Christmas Market



On the 16th November 2014 we held our annual Christmas Market at *Les Adjouts* and would like to thank everyone who supported us by baking delicious Christmas goodies and buying cakes, local crafts and gifts.



The Cloud Quest - CSF Charente-Plus has agreed for The Cloud Quest to support our branch. The Cloud Quest is an on-line quiz site where participants sign up for a small fee to join an adventure to help two characters who 'travel' from The UK, across France to New Zealand on a quest to gain their rightful inheritance. If you are able to solve the puzzles you can win cash prizes. The Cloud Quest are supporting three charities, of which we are one, the more people that subscribe the more money it will make for our charity. The other two charities are CLIC and Diabetes Youth New Zealand. The Cloud Quest is non-profit making and proceeds after costs will be divided between the three charities. www.thecloudquest.com

Treasure Hunt

Towards the end of last year we held another car treasure hunt. This time, the course covered around 50 kilometres in the Champagne Mouton area, finishing with drinks and nibbles at the home of Judy and Peter Hemsworth. Although primarily a social event, the small entrance fee enabled us to add to the CSF coffers.



Events coming up in 2015

ARE YOU READY? Time to start practising. *RACE FOR LIFE* is coming soon. We will be holding ours again this year in Angouleme in partnership with *La Ligue*. Date to follow soon.

Douche au Lit - We are delighted to say that due to all the hard work of fund-raising by our members we have been able to raise €4,000, the amount required to purchase and kit out a *Douche au Lit Aqualit 25* to be used at the Girac Hospital in Angouleme. Joan Hogan, President of The CSF Charente-Plus, will be attending an official ceremony to hand over the cheque on behalf of CSF. A huge thanks to all our members for their support and fund raising activities of the last year.

CSF Charente Plus - continued

Rendezvous aux Jardins - Rhiannon and Richard Beech will be opening their garden at 16450 Beaulieu-sur-Sonnette for the next *Rendezvous aux Jardins*. The dates are Saturday, 6th June and Sunday 7th June from 9am - 12 noon and 2pm - 6pm. As well as a chance to look round the beautiful gardens, there will be plant stalls; teas; a cake stall and a book stall. Funds raised by this event will go towards CSF and The Chaplaincy. We look forward to the usual generous donations of books, plants and cakes by friends and members of CSF which all go towards making this one of the highlight weekends of the Summer.

Charity Fun Day at Le Soleil Couchant, Verneuil - CSF Charente-Plus are joining forces with 3 other charities to organise a family day out during the summer holidays. This will be a marvellous opportunity for us to reach a different audience and vice-versa for the other participants. The date is Sunday 9th August 2015 from 12 noon - 5pm. Venue: Le Soleil Couchant, Plan d'eau, 16310 Verneuil.

Charities also supported including CSF will be: -



The Laminitis Site: www.thelaminitissite.org and www.facebook.com/TheLaminitisSite

Elephant Haven: www.elephanthaven.org and www.facebook.com/ElephantHaven

Twilight: <http://www.twilightchiens.com> and www.facebook.com/Twilightdogshome

Attractions

Bar and bar food; teas; CSF cake, produce stall and information centre; live music; hobby horse racing; many stalls; games; raffle; dog agility (to be confirmed) and much more! We will be posting more information on the website within the next month to let people know how to get involved with our stall on that day.

CSF - Deux-Sèvres - report from June Searchfield (President)

Just a short report from our group this time around.

- ◆ Our AGM was held on 2nd February 2015 at our *Salle des Fêtes* in Saint Germier. Attendance was excellent - just one absentee who was on holiday in South Africa
- ◆ The bureau remains the same: -
June Searchfield - President; Denise Langford - Vice-President; Carol Andrews - Secretary; Judith Lord - Treasurer

We are looking forward to another interesting year! After the meeting, the team departed to Menigoute to the local Auberge for an excellent meal.

CSF - Dordogne East & Lot - submissions from Tim Giles; Julia Hall; Margaret York

Soirée Musicale - For the second year running CSF Supporters, Brian and Lorraine Harpwood together with friend Mick Gardiner, staged another extremely successful '*Soirée Musicale*' in support of CSF Dordogne East & Lot. A complete sell-out, the event - held on 7th March in Puy L'Eveque - gave us a memorable evening of fifties and sixties music by 'Harpwood' that had everyone in good spirits and even a few dancers.

With over a 110 attending, the event strengthened the awareness of CSF's activities in both the English and French communities and raised significant funds for the Association, greatly assisted by a very generous donation from Brian, Lorraine and Mick. Lorraine and friends provided supper and there was huge support for the raffle.

CSF - Dordogne East & Lot - continued



La Ligue presentation - from Julia Hall

Our Association recently raised and contributed funds to our local *La Ligue contre le Cancer* association in Cahors.

In this photo is our President, Julia Hall, presenting a cheque in January 2015 for €200 to Dr Tricot, President, *La Ligue contre le Cancer*, Cahors, along with our Vice-President Heather Moorhead.

World Cancer Day, February 4th 2015 - produced by Tim Giles



Our 2015 Wall of Remembrance for those we have loved, and lost to Cancer

Active Listener Handbook - by Julia Hall

Upon being elected President in 2012, one objective was to produce a Handbook for our Active Listeners. Prior to retiring here in France I had worked for an international children's charity, with the responsibility for recruiting specialist childcare volunteers. During this time I prepared handbooks for these volunteers and they became a priceless tool.

Our handbook and its contents have been researched extensively by Hazel Moultrie, Heather Moorhead and Margaret York. It is meant to be an *"aide memoir"* to Active Listeners and it can be updated as the need arises. It has been prepared specifically for our Association and geographical area, with hospitals, maps, information and details of local contacts. In addition, other information which we, as an Association, feel is appropriate.

Some branches have shown interest in purchasing this handbook, all enquiries should be made to Howard Baker, Printcom, info@printcom.co.uk.

CSF - Dordogne East & Lot - continued



Retiring but not shy! By Margaret York

A lovely photo of Tim and Sue Giles taken at the 2014 *Marché de Noël* in Souillac. Sue has been our Secretary since 2012 (prior to which she was joint Membership Secretary with husband Tim) but has decided to step down to fulfil family commitments. Sue has done a fantastic job during her tenure so a huge thanks to her from Julia and the rest of the team. She remains as an Active Listener. Sue was also our Tombola Queen extraordinaire!

Replacing Sue, our new Secretary is Debs Bennett who we are sure will be as conscientious as Sue. Welcome Debs.

Other news in Dordogne East & Lot - we held our AGM in January with Julia Hall being retained as President; Debs Bennett our new Secretary; Heather Moorhead retains the Vice-Presidency and continues as Client/Active Listener Coordinator along with Jane Montandon; Suzy Manning continues as our Treasurer and, last but not least, Tim Giles, as our Membership Secretary.

Our newly-formed training team, Pat Lockett and Margaret York, presented their first two-day Initial Training Course for new Active Listeners and look forward to producing specific training workshops in the future.

CSF Dordogne Ribérac - by Valerie Wareham

Four years ago we asked the *Mayor of Ribérac* for the use of a room in the *Palais de Justice* that we could use once a month as a Drop-in Centre for people who would like to ask questions or talk about cancer. He kindly gave us permission and since then, on the fourth Friday of every month, we have met there from 9.30am to mid-day. Friday in Ribérac is market day and so there are many people around the market place where the *Palais de Justice* is situated. We have a CSF banner outside announcing our presence there and it has been very successful.

We have leaflets and books about cancer support, plus a good selection of second-hand books. We always ensure that there are two Active Listeners available should people want to talk generally or in private about any cancer concerns. We have gained several new members from these mornings as well as clients seeking support.

Recently, Steve Ellis, a Shiatsu Practitioner, has joined us and he has given visitors free, fifteen minute sessions, which has been very well received. We have seen stiff shoulders become flexible, and aching necks and knees feel easier.

The success of the Drop-in mornings in Ribérac has prompted members of our *Conseil* to open a second Drop-In Centre in Chalais 16210 on a Monday at the *Perroquet Vert*, which is situated on the square near the fountain just along from the *Mairie*, between 1.30pm and 4.30pm. It is open to anyone who would like to have a chat about any issues that they may or may not have in a friendly atmosphere. We observe complete confidentiality.

Tea, coffee and biscuits or cakes are served at both of our Drop-in Centres if anyone feels in need of refreshment.

If you live in our area and would like more information about our Drop-in mornings or our Active Listener Support our Helpline number is [06 43 67 86 11](tel:0643678611)

CSF Gascony - submitted by Jackie Clarke

Well, a busy time for us in the Gascony region. We have taken our lead from Bordeaux & Region and reinstated our Drop-in service on the first Tuesday of every month in Trie sur Baiise. This is market day with many English-speakers out and about who can use the Drop-in Centre to have a confidential chat in the *Loft Hotel*. This is proving successful and we hope to be able to continue, with our members and Active Listeners taking it in turn to be there.

Spring has sprung in our region and despite the snow still capping the mountains in the distance, our thoughts turn to flowers and vegetable patches. The *Tillac Floralties* is held annually on the first Sunday of April, so we will

CSF Gascony - continued

be there with our stand selling homemade cakes and biscuits and offering leaflets and information on the Charity. This has been popular in the past years and we have been able to help new clients and increase our membership from people visiting the stand; we hope to have a good turn out and good weather again this year.



Finally, the planning of the stages of **CSF Canal du Midi Bike Ride** in June is well under way. The ride for members and family in support of CSF will set off from *Les Ponts des Jumeaux* at 10am on the Sunday 7th. We welcome anyone from the Charity who would like to join us. Each day, we will meet mid-way on the stage for lunch and supper. Anyone who just wants to meet for this rather than ride would be most welcome too!

We are about to go live on a website specifically for the ride to keep everyone up to date with relevant information including suggested accommodation en-route and the methods for transporting bags etc between stages.

- Day 1: Toulouse to Avignonet-Lauragais 50km (total 50km)
- Day 2: Avignonet-Lauragais – Carcassonne 55km (total 105km)
- Day 3: Carcassonne – Homps 42km (total 147km)
- Day 4: Homps – Bezier 60km (total 207km)
- Day 5: Bezier – Marseillan 33km (total 240km)

We hope for a great turn out. The website will be www.csfcanaldumidi.org Please keep in touch for more information about taking part.

CSF Haute-Vienne - by Sue Ware (President)

The beginning of the year for CSF Haute-Vienne has proved very beneficial. Linda Shepherd has become our official Trainer. She ran, assisted by Lesley and Judith, Trainers from Deux Sevres, an Initial Training Course for us in February which went extremely well. We now have three more Active Listeners one of whom will also be a translator for us.

Two language students from *Limoges University* have also offered their services helping with translation work. We are hoping to be able to use them if the need arises and Linda and Richard (Ware) are looking at creating a shortened training course aimed specifically at translators.



We supported a research project at the *Medical Faculty of Limoges University*. A request went out for a freezer from a research team looking at markers to predict lung cancer. This project is being run in conjunction with the *Roy Castle Institute* at Liverpool University and they desperately need a freezer to house their samples. We had received a very generous donation last year at a fund-raising event where the man on the mike kept saying “cancer research”, so it was felt appropriate to fund this purchase. The only proviso was that we were shown around their laboratories and that we could leave our leaflets with them to pass to their colleagues. We had a very interesting morning meeting their team, being introduced to their Director and seeing some of the research they are doing. We also

admired the freezer which had been installed and was full of samples. Pictured is the freezer behind Dr Cornelia Wilson and Sue Ware, President CSF Haute-Vienne.

Our AGM was held at the beginning of March. We had an Active Listener follow-up training in the morning and the subject was ‘*Human Doing or Human Being, which are you?*’ Linda ran a very interesting and thought-provoking session from which we all gained a lot. In the afternoon we had a talk from Grace at *Equilibre Naturellement in Rochechouart* on natural products in make up and everyday life. Mary Hughes from *Elizabeth Finn Care* also talked about the Charity and some of the changes which are about to take place. The business dealt with, the meeting ended at 4.30 pm with tea and cakes.

CSF Haute-Vienne - continued

CSF Haute-Vienne has been invited to a cancer conference run by the AACCC (*L'association des Amis du Centre de Cancérologie Chénieux*) at the *Clinique Chénieux* in Limoges on 9th April. Four of us will be attending waving the flag for CSF. We feel at last that we are really getting through at the hospitals and clinics, as we now have had clients who have been given our leaflet or card by their Oncologist. A great break through.

We are looking forward to a busy summer with a presence at *La Ligue's* big event at the end of May; Race for Life; our fund-raising lunch on 14th June; a classical fund-raising concert for four hands in Cussac on 11th July and a rock concert, as last year, at *Route 66* on 8th August.

CSF Languedoc - by Jenny Guest

There have been some personnel changes at CSF Languedoc with the following new people in post as follows: -

- ◆ President - Tim Forster
- ◆ Treasurer - Stephen Hartley
- ◆ Secretary - Jenny Guest

Cat Hartley continues her hard work and is now focusing her time on Client Support as our Client Support Coordinator.

CSF Sud de France - by Penny Parkinson



Sud de France new President, Penny Parkinson, takes to the microphone



The new Bureau - President; Treasurer; Secretary and Vice-President



Tarn members at our AGM—Sud de France support the Tarn area

Following their recent AGM, Penny Parkinson is now the new President for Sud de France. Penny also continues to be involved with the *National Conseil*.



Thousands of swimmers across the UK are training hard for the *Marie Curie Swimathon 2015* taking place over the weekend of 17th -19th April.

Participants have the option to take part in the 5k, 2.5k or 1.5k challenges that can be taken on as individual or as a team.

Since 1986, there have been 600,000 swimmers that have taken part in Swimathon since 1986

Although this is a UK charity event, many of us have experienced the excellent care given to our loved ones during their time of need, especially in their own home. If you know someone who is participating, why not sponsor them by visiting: -

www.swimathon.org/page.php?page=Sponsor_a_swimmer

Marie Curie is the leading charity providing care and support to over 40,000 people with a terminal illness and their families across the UK

A £5 donation will pay for 20 bereavement booklets for young people who've lost someone close to them and £35 will pay for a slide sheet, used by Marie Curie Nurses to move terminally ill people safely in bed

Diana's Story: Part 2 - submitted by CSF Basse Normandie

It was the second day after the chemo that the nausea and dizziness started. It was almost like being pregnant. I had drunk coffee for most of my life but now I couldn't stand the smell of it let alone drink it. Water didn't do anything for me and yet anything fizzy was great. Also I was so hungry all the time. Eat little and often the nurse had told me but I'm sure she didn't mean ten times a day or more! Again I found myself "going off things" and craving things I wouldn't usually eat. My husband told me it was like living with two wives (lucky him!) as suddenly, I would burst into tears for no reason or I would get really angry at some trivial thing that I would normally laugh at!

I knew it was going to happen ... I thought I was prepared for it, but no, the shock of the first handful of hair falling out is tremendous. I sobbed like a child. The days between the chemotherapy sessions flew by. It was at the next one that I was given leaflets about wigs and scarves. So I got in touch with a very nice lady who came to my home to see me about a wig as I didn't fancy the idea of wearing scarves all the time. She had a brochure with lots of different colours and styles all of which looked really good. I was asked to choose four, then she would get them and bring them to my home and I could try them on. It would only take a week.

Meanwhile my hair continued to come out in handfuls. It was getting really upsetting now as there was hair everywhere. My husband, bless him, came up with a solution. He would shave my head for me.....better than have all the hair all over the place, so I agreed. Why is it that bald-headed men look fine yet women look awful? I admit, I didn't want anyone to see me like this so didn't go far. Then the lady came for a wig fashion show and I found the one for me! It made such a difference to me; I actually felt like a woman again. The adage, 'a woman's hair is her crowning glory' is true. The chemo continued, as did the sickness and awful mood swings and now all I wanted was to give up. I had had enough and at that point I was only half way through the course.

These were my darkest days; I just didn't want to do anything or go anywhere. My family tried to talk to me but I just didn't want to know. After all I thought, it's my decision, my body they were putting these awful drugs into.

I really don't know what changed my mind - I had a lot of help from friends and family, the wonderful people of Cancer Support France and before long it seemed, the six sessions were finally over and I said goodbye to the lovely nurses at the clinic.

Next came more blood tests and scans and a visit with my doctor. She recommended that I now had a course of radiotherapy, just to be sure. This involved 33 treatments every weekday. She was very reassuring and told me not to worry as the treatment only takes minutes and is nothing like chemotherapy. I would actually have a few weeks with no treatment before this started. Oh joy!

When the time came for the first radiotherapy session, I was very nervous as you can imagine. However, the nurses at once put me at ease, explaining what they were doing and not to be afraid of the machine, it would only take a few minutes.

Before I knew what was happening, I was back in the taxi on my way home! No pain, no sickness, nothing; 30 times later, a bit of a different story. I had noticed I was getting very sore and was bleeding a little from under my breast so I mentioned it to the nurse. He got the doctor and he advised that the treatment stop until the wound had healed. I was so upset, only three more to go and I begged him to let me finish the course, but he said "no." He also sent me to see a skin specialist. It took a week with a nurse coming to my home and dressing the wound until I could finally finish the course but I did it, all done!!

A few days later I saw my doctor again and I have to take one tablet a day for the next five years; I haven't had the all clear yet, but it's looking promising.

I've come through this with the help of some very good, new-found friends that I made along the way, and the love of my wonderful family, all to whom I shall always be grateful, thank you all.....

Editor's notes: Diana Legg, member/client of Basse Normandie, has agreed to put down, in her own words, her experiences of facing cancer in a foreign country. She expresses herself and her feelings in a beautiful way. This 2nd piece concludes Diana's story so far.

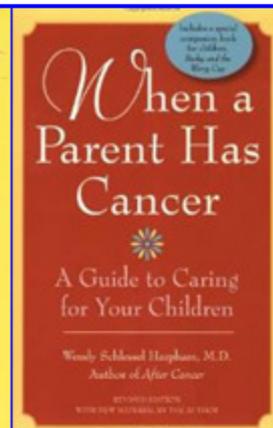
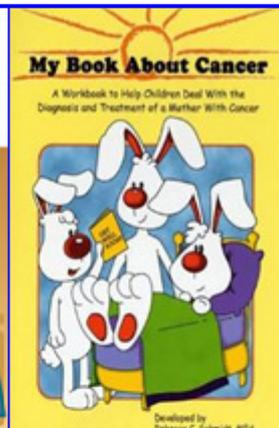
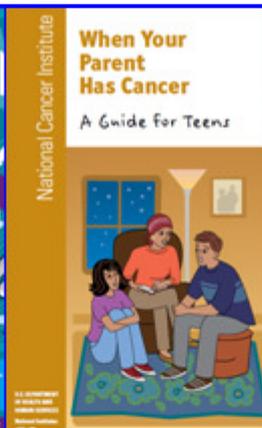
THE BOOKSHELF



When children need to understand cancer

This month's Bookshelf focuses on what books are available to help young children understand cancer when a significant adult in their lives has been diagnosed with cancer. From experience, I know how difficult that can be when a 7-year old loses her mother to breast cancer. Perhaps there is someone you know who has a child helping with their day to day care; Macmillan have a publication for this - 'Let's Talk About You', (see below). A selection of other books available on Amazon apart from the 5 featured below :-

The Hare Who Lost Her Hair - by Amy V. Leonard
 The Secret C: Straight Talking About Cancer - by Julie Stokes
 Beamer Learns about Cancer: The Beamer Book Series - by Cindy Chambers



Aimed at 12-18 year olds, this downloadable pdf covers what cancer is and what is meant by 'a young carer.' It deals with feelings and relationships as well as what to do about school, work and money. It's important for young carers to look after themselves, know how to talk to doctors and nurses and finally coping with death and life after cancer. Glossary included. (Macmillan)

Published by BUPA in pdf format, Life at Home is written with the advice of those who specialise in cancer, families affected by cancer and other healthcare professionals. This publication looks at all aspects of how to deal with cancer where it affects young people as they try to understand what it's all about. It affords ideas of how to manage their time, care and the changes that are bound to happen.

Another easily downloadable pdf format published by the National Institute of Cancer (US Department of Health). Some of the items discussed cover how to deal with having learned a parent has cancer; how the parent might be feeling and how to help them; learning about cancer and it's treatment and the side effects that can occur with changes within the family.

A workbook to help children deal with the diagnosis and treatment of a mother with cancer which gives children an effective emotional outlet as they cope with their parent's disease. By creating and discussing their own book of experiences with parents, grandparents and other adult loved ones, children can share their emotions and concerns as the family progresses through diagnosis & treatment.

Based on her own experiences with cancer, the author offers insightful, compassionate and sound advice to parents. Most books on this subject talk about how to break the news to children and deal with their initial reaction. This book goes beyond that, dealing with the issues that arise during the long months of treatment. (American)

Marie Curie has substantial on-line Information to help adults deal with talking to children when a significant adult has cancer: - www.mariecurie.org.uk/help/terminal-illness/family-friends/children

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|-------------------------------|--------------------------------------|--------------------------|
| Who should tell children? | Telling a child's teacher | Books for adults |
| When should I tell children? | Visiting you if you become very ill | Books for older children |
| Where should I tell children? | Telling children you're going to die | External websites |
| What should I tell them? | Books for younger children | How should I start? |

The purpose of the Bookshelf 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 are available on Amazon.co.uk.



For the blind and partially-sited, don't forget listening books can be sent to France via Calibre Audio Library: www.calibre.org.uk

USEFUL INFORMATION

Association Siège Social

Mairie
Le Bourg
16350 BENEST

National Help-line
Telephone: 0810 240 200 (*local call cost*)

(your call is taken on an answerphone and is charged at local rates - at first there is a short message in French but wait for the English message that follows - we will reply to you as soon as possible and normally within 24 hours)

Useful Contacts

President: Tony Benstead 05 53 08 20 53
presidentcsf@gmail.com

Treasurer: Richard Ware 05 55 00 31 15
nat.treas@cancersupportfrance.org

E-mail: helpline@cancersupportfrance.org
Website: www.cancersupportfrance.org
Internet Forum: <http://csf-forum.org>

REGIONAL GROUPS

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Charente-Plus (16, 86, 87)	Joan Hogan	06 45 35 32 30	csf.charenteplus@gmail.com
Cœur-de-France (03, 18, 58)	National Helpline	0810 240 200	helpline@cancersupportfrance.org
Deux-Sèvres (79)	June Searchfield	05 49 64 59 96	junesearchfield@gmail.com
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Touchlines

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*Please send photographs as separate JPG files—not embedded in your editorial.
Please remember to keep me updated on changes to your contact details. Thank you — Ed.*