

Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

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We remember our Founding President,
Linda Shepherd 1953-2017



WELCOME TO THE FIRST ISSUE FOR 2019

This issue is brought to you from the other side of the world during my travels in Australia. During this time, I have looked back at the 2018 issues of Touchlines and marvel at the successes across our CSF Association, clearly showing how hard every one of our dedicated volunteers work towards the smooth running of each individual Association, which increases and improves the support of those who seek our help and support.

The public persona of Cancer Support France is finally making a name for itself as an Association that can now be considered a professional organisation to be taken seriously by other agencies within the French healthcare system. With our links to our Partner, *la Ligue contre le cancer*, great strides have been made to fulfil our mission, 'To support English-speaking people touched by cancer in France.'

We must not forget how much time and effort has been put in by our National President, Penny Parkinson who has visited many of you throughout the year.

Margaret York - Editor

In partnership with:

En partenariat avec:



CSF now have full membership of this organisation

WORDS FROM THE NATIONAL PRESIDENT - Submitted by Penny Parkinson

As we approach the start of another new year, it is a chance to reflect on the past and consider future plans. The National Committee meeting, held in Toulouse in November, was an opportunity to do just that. With representatives from 11 of our 15 Associations, most of whom shared a very convivial dinner the evening before, we were able to discuss the challenges facing groups across France. We then moved on to consider how CSF could best continue to achieve its aims in a changing world. Since 2002, when the original CSF was founded, much has altered in our methods of communication and most people are internet friendly. CSF must move too and we are considering how we should adapt to the changing support needs of our clients and members.

The recently developed single page flyer in French, which explains CSF to medical practitioners and hospital teams, has been most successful. It has been decided to produce a larger, four page pamphlet giving more information about CSF in a wider context. Another leaflet, designed for the general public, is also in production. This describes the rôle of the Active Listener and will be of value to potential members and those wanting to understand what our trained members do. These should both be available in time for the AGM in March 2019.



Meeting Association friends again at the dinner held before the next day's business

Connexion magazine provides much support to CSF and I am pleased to report that their Healthcare Guide will again be available to our Active Listeners at a very reduced rate. CSF will also benefit from the sales of the Connexion Calendar for 2019 as one of their nominated charities.

After an amazingly successful Cycle for Life 2018, planning is well under way for 2019. This is the only event organised by the National Association specifically to fund the training events in November. This year, the ride will take place between **15th and 19th May**, crossing the **Haut Languedoc National Parc** before moving to the coast and ending in **Perpignan**. Do keep an eye on the website for up to date details on this.

Finally, I would like to thank the cross-Association teams who ensure that CSF National can indeed provide support to our local Associations. You know who you are!

By the time this arrives in your in-box, the Christmas festivities will be over. May I thank you all for your support during 2018 and wish you a happy and peaceful New Year.

ADVANCE NOTICE - CANCER SUPPORT FRANCE AGM

Date: Wednesday 13th March

**Time: Coffee from 09H45 for a 10H00 start.
We will aim to end at 15H00 to enable people to get home.**

Place: L'Hotel Terminus Cahors

The *Préfet du Lot* - Jérôme Filippini - has been invited to open the meeting with a few words.

Lunch with a fixed price menu will be available for attendees, further details to follow

TRAINING FOR TRAINERS

Rob Houghton (Active Listener and Trainer with Sud de France) led the review, development and delivery of a revised Training for Trainers programme over two days on 5th and 6th November.

Six trainers from six Associations attended. Day One of the programme gave them the opportunity to consider the skills and attributes that are essential for a CSF Trainer and to then deliver a presentation of their choice. The range of subjects was fascinating, from Procrastination to Genealogy and lots more. Despite being new (or newish) to training within CSF, the facilitators were impressed by the confidence, skill and humour with which the presentations were delivered.

Day Two was the chance to get under the skin of our National Initial Training Course (ITC) for Active Listeners and to have the opportunity to reflect on the challenges the trainer rôle might bring.

My thanks go to Rob for leading the two days, also to Heather Moorhead (President and Trainer with Dordogne Est & Lot) who stepped in at short notice to support Rob when yours truly had to pull out of Day Two... and no, I wasn't in IKEA!

Jenny Harris, Active Listener and Trainer, Sud de France.



Rob Houghton, Active Listener and Trainer, Sud de France.

NATIONAL TRAINERS' CONFERENCE

Jenny Harris (Active Listener and Trainer Sud de France) made a huge contribution to the planning of the programme for our third annual conference. Eighteen trainers attended who were led by Jenny through a varied programme which in the morning session included a review of the ITC Follow-up Day and presentations about our two current development projects: **The Active Listener Handbook and Living Well with Cancer**.

The afternoon session was an opportunity to showcase some great practices in other Associations: -

Rob Houghton (Sud de France) and Jon Clarke (Nord) spoke of their developments of Information Sessions for prospective volunteers.

Jayne Ray (Gascony) gave those attending, an understanding of how they have developed training for their Toulouse hospital visitors.

Nathalie Womack (Dordogne Est & Lot) took us through the Grief and Bereavement module she has developed for ongoing training in her Association.

IUCT Oncopole once again offered meeting rooms in their conference facility for our three days and we were as ever well-looked after.

My final thanks go to President, Penny Parkinson, who attended all three days and offered great support to Rob and Jenny.

- SAVE THE DATE -

CYCLE FOR LIFE 2019 WILL BE HELD DURING 15TH - 19TH MAY

REGIONAL ROUNDUP

CHARENTE PLUS - Submitted by Mo Woolner, Public Relations

A Coffee Morning raising 115€ was held by Denise Bloom on 18th October 2018. Diets went out the window that day ladies!

There is not a month goes by that Ron and Irene Thurlby do not make a donation to CSF raised by doing quiz nights. We, the Bureau, went along as a team of four, mainly to say thank you for your continuing support - we came fifth! (Could do better comes to mind). Ian, one of our CSF Charity Shop co-workers, and his team of four came first and is seen below with the winner's cup.

Ron and Irene Thurlby presented yet another donation to our CSF Charente Plus Treasurer Vivien Clarkson.

CSF Charente Plus would like to say a big well done and thank you to Grace McKeown of *Equilibre Naturellement* in Rochechouart. Grace ran a half Marathon and raised 30€ which she kindly donated to CSF.

Left and Right - Presenting donations, Grace to Vanessa Whyte and Ron and Irene to the Treasurer, Vivien. Below - Quiz Night; Ron with the winner's cup



DORDOGNE EST & LOT - Submitted by Heather Moorhead, President

Our Autumn Hallowe'en market held in October was a great success. We were very grateful that many of the Stallholders from our Spring Market came again and a number of people commented on the quality of the items for sale. Our CSF Tea/Coffee/Cake Stall and Books were once again a resounding success and we were very grateful for all the donated books and especially to those providing tombola and raffle prizes and to the stall holders. Dr. Tricot, President of the local *la Ligue contre le cancer* (Cahors) and colleagues were able to be with us for this event. And we were able to make a donation towards the recently renovated Drop-In Centre.

TRAINING IN TOULOUSE

Each November, CSF is fortunate to be able to hold, at very reasonable rates, training events at the Oncopole in Toulouse. Our local colleague and National Training Co-ordinator, Pat Lockett, with her planning team arranged, a two day Train the Trainer Course, a Trainer Conference and a National Meeting attended by presidents and representatives from most of the CSF Associations in France.

WHAT WE DO...?

On Thursday December 6th, we held a Meeting in Salviac to share and discuss the work of this Association. Pat Lockett, CSF National and local Trainer, led the session and was supported by Association President, Heather.

The audience participated with questions and gave their responses to the two aspects of Active Listening enacted by Anna and Philippe. The afternoon ended with seasonal refreshments and the opportunity to chat informally.



Anna and Philippe AL enactment



Lovely wares at the Autumn Market



Cheque presentation to *la Ligue contre le cancer*

LANGUEDOC - Submitted by Hilary Galea, Publicity

Autumn at CSF Languedoc has seen our regular events re-established after the summer break, as well as a couple of extra happenings that have both successfully raised funds and awareness for the Association.

Our monthly Drop-In days at Hameau Montplaisir near Béziers continue to be a regular highlight, offering a friendly welcome, a range of activities and therapies, a chance to chat with our Active Listeners and a light lunch. We regularly see around 50 attendees at this Drop-In which provides a great opportunity for newcomers to find out all about us.

Hannah's clothes sales are always popular and we are very grateful to Hannah, who has been running these sales for several years now. All proceeds from the sales go to CSF Languedoc and have a significant impact on our funding. Also keenly anticipated, are Ann's second-hand book sales, which take place at *Le Tourb'Art Café* in Tourbes, just outside Pezenas.

At the end of October, a very well attended Volunteer Induction Course introduced 10 eager new volunteers to CSF Languedoc. We included a new approach of conducting one to one 'interviews' during the day to ensure that volunteers' interests were matched to CSF Languedoc needs. This proved to be very effective, and was well received.

On the weekend of 17th and 18th November, a very successful house clearance sale took place at the home of Peter, a CSF Languedoc supporter who is moving out of the region. The well-publicised sale was organised on Peter's behalf by our volunteers and an astounding 2,100€ was raised for CSF Languedoc. Huge thanks go to Peter for this generous donation.

The following weekend, the ever-popular Christmas Cracker Fair was held at the beautiful *Abbaye de Valmagne*. Once again, we were fortunate to be offered a stall by *Languedoc Living*, the fair organiser. A hard-working team of volunteers, headed by Josje Hunnisett, prepared the stall and organised a wonderful Christmas tombola, lucky dip and a novel marble guessing game which raised over 2,000€. This was also an excellent awareness-raising opportunity for CSF Languedoc.



LOT-et-GARONNE - Submitted by Kate Thompson, Vice President

We had a busy lead up to the end of 2018 with three events fairly close to each other. Our first, the annual *Marché de Noël*, was held on Sunday 18th November on a lovely sunny but cold day at Monteton. We had a good turnout despite '*les gilets-jaunes*'. There were over 30 stalls, so there was plenty for people to choose from - cakes, honey, wood-turning, jewellery, *objets d'arts* and, of course CSF cards and wrapping paper. For any children attending there was a Santa's Grotto, a stall with small gift items they could buy for family and friends. Face painting was an added attraction for children of all ages. Throughout the afternoon, Jane Pounds and her team in the kitchen, produced delicious sandwiches, cakes and mince pies which could be washed down with tea, coffee or mulled wine. During the day, our violinist, Mike Holland, regaled us with delightful Christmas music. We were also entertained by the '*Chant Allez Choir*' who sang a selection of Christmas songs with gusto and gave Mike a well-deserved break. It all added up to a very enjoyable day which raised 2000€ for CSF Lot-et-Garonne.

We continued with our fund-raising on Tuesday 4th December when Jenny Ayling, who is on our Fund-raising Committee, very kindly opened up her house to host an afternoon tea. Several of the CSF supporters in our area manned stalls with gifts, books, cards etc. This event proved to be very successful thanks to Jenny, the dream team in the kitchen led by Jayne Swift, cakes and scones provided by Cindy and all those who came along to support this event. It raised 535.20€ which will be a tremendous help with on-going expenses.

On Monday 10th December the last Carers' Day was held in our Drop-In centre in Montastruc. This was a Christmas craft afternoon, led by me, with my ex-primary school teacher's hat on. A group of eight ladies joined me to make Christmas pomanders. The results were excellent and we all enjoyed the afternoon, especially as Cindy had prepared mulled wine and a lovely cream tea. We plan to continue with our Carers' Days during 2019, starting in early February with a full day of pampering with massage, relaxation and beauty treatments. Other events are in the planning stages.

We at CSF Lot-et-Garonne would like to extend our very best wishes for 2019 to all our colleagues in CSF France.



Marché de Noël; Father Christmas and his helpers; Jenny, Felicity and Cindy ready to greet people



Introducing the afternoon tea dream team; welcome drink of mulled wine. Good results at the Carers' Day, Christmas Crafts

NORD - Submitted by David Wilson, Vice President

Cancer Support France Nord is making a virtue out of a necessity. With maintenance problems at their Day Centre in Notre Dame du Touchet, they have taken the hard decision to move out, and to use the opportunity to ensure that people are aware of support available, across the whole of their area.

President Cathy Allen explained; *"We have known for some time that we needed to explain our services to people throughout our very large patch – we cover the whole of Normandy, Brittany and the Mayenne but with a Day Centre to run, our efforts have necessarily, tended to be concentrated there. However, it became clear this year that the maintenance problems at the Centre were making it unsustainable. So we are now developing a network of Drop-In centres across our area."*

Notre Dame du Touchet would not be neglected; *"From January we will be running a Drop-In centre at the Salle Polyvalente in the village every Wednesday from 10.00 to 14.00. In addition, our partnership with la Ligue contre le cancer in Saint-Lo is going well and we run a Drop-In centre in their coffee room from 14.00 to 16.00 on the first Tuesday of each month. Over and above this, we are planning a series of coffee mornings across our area, as well as drop in mornings in local bars and cafés."*

The first two in the series of coffee mornings took place in November in the Coutances area, and in December in south Manche.

Support was also developing in Brittany; *"We recently ran a training session in Brittany for Active Listeners and attended an Anglo-French business show in the region which brought in some more potential volunteers. So we will be able to give face-to-face help to more people than has been the case up to now."*

COFFEE MORNING AMBRIERES LES VALLEES, 3RD DECEMBER 2018.

As part of Cancer Support France Nord's series of coffee mornings, Richard and Carol Guedalla kindly opened their doors offering tea, coffee and cake. The weather on this particular morning was terrible. Thunder storms and a torrential downpour did not put off the hardy souls of the Mayenne and many cups of coffee were drunk. It was great to see some old friends mixing with new faces who had not heard of Cancer Support France before this event. Proof indeed that this series of coffee mornings being held all over the Nord region are very much needed.

NORD - Continued...



Photos from our November and December coffee mornings



PROVENCE GARD - Submitted by Jacques Vendenburg, Public Relations

A SUPERB FASHION SHOW IN AID OF CSF PROVENCE GARD

On 8th November CSF Provence Gard organised a well-attended fashion show in Saint Siffret near Uzès.

Star of the show was Verity, a blind paralympic horse rider, who, helped by her guide dog Luna, was a striking mannequin. Uzès boutiques BydeBo and Next Doors provided the clothes for ladies and gentlemen which were well appreciated by attendees.

A champagne tea served after the show contributed to the festive atmosphere. The entrance fee and the raffle tickets for quality prizes generated in excess of 1200€ for CSF Provence Gard. A successful afternoon with lots of good cheer all around.



Verity and Luna on the cat walk

SUD de FRANCE - Submitted by Ron Reid, Public Relations

Autumn 2018 has seen CSF Sud de France teeming with events, as well as, unfortunately, the rain. It started and ended with quiz nights - firstly in the Tarn: -

"The Tarn had a very successful Quiz evening Friday 5th December. It was good fun and there is already talk of the next one! There were 12 tables of 4 people each, creating plenty of laughter and intelligent answers. With beer and wine on sale plus a raffle, we ended up making 503€ with which we are delighted. The 'Mad Hatters' won a wonderful bottle of vintage champagne donated by our local village store after a tie-breaker with the 'Quizerables'."

Then, later in December at Argens Minervois in the Aude -

"We had a full house for the first CSF evening event held in the Mairie at Argens-Minervois, with little barracking of our resident quizmaster, Ron Reid. Together with a raffle offering excellent Christmas-related prizes, the Quiz Night raised around 390€, and two new members were recruited, bringing the number of new members in the Aude up to 17 this year! Just as importantly, everyone had a great time."

SUD de FRANCE - Continued...

There has also been a focus on joint activities with our volunteers in the Tarn and the Aude getting involved in several events for the October Rose month.

Meanwhile, in the Pyrénées-Orientales the Autumn Ball once again proved to be a winner. Taking place in Bages on October 13th, it was, as usual, a great success thanks to a very good team of Active Listeners and supporters. Music was once again given free by *Zircon*. Food, tapas style, was the best ever. Half of the proceeds from the tombola went to *la Ligue contre le cancer*, here in the Pyrénées-Orientales. On the night, we made 1500€.

In Perpignan on November 15th, it was the afternoon for the *ONCO-PO* conference '*Vaincre Le Cancer*' to open up to members of the public, to listen to Cancer specialists and afterwards, to ask questions relating to their specialism. This event is one where we have a stand to promote CSF.

Throughout the autumn, our regular Coffee Mornings and book sales proved to continue being a focus for our awareness-raising activities and excitingly, we have moved two of our coffee mornings in the Aude to new locations and introduced another new location - St-Jean-de-Verges, in the Ariège. Early signs are that these new locations will prove to be very successful for the future.

And so it is Christmas and a time to review of what have you done. Well, we held the hugely successful Christmas Market in St-Jean-Pla-de-Corts, which raises both awareness and funds and, over in Monestiés, the village crackled with Christmas cheer, for it's annual Christmas Fête, held on Sunday 9th December. The whole of this 15th century village was decked with boughs of holly and tinsel - the rain doing nothing to dampen the festive spirit, which prevailed throughout the day.

Three indoor venues provided plenty of shelter from the inclement weather - the beautifully restored 500 year-old *Moulin* offered a variety of artisanal Christmas foods, art and decorations. The light, airy *Salle de Fête* held a collectors market of coins, post cards, books, Dinky toys and much more, whilst in the *Salon de Mairie*, we had a lovely patchwork sale and expo plus a sale of handmade goods from a village in Madagascar, which Monestiés supports throughout the year, and also has a penfriend scheme between the small school here in Monestiés and the village school in Madagascar.

A delicious choice of Christmas food was on offer by the P.T.A. association in the village. The CSF stall did a brisk trade in Christmas cards and other CSF merchandise and we even had a visit from Father Christmas!

We are immensely grateful for the support of all our members, supporters, volunteers and everyone who has helped us during 2018. A Happy New Year to everyone of you.



Top left and centre: The Tarn Quiz Night and the Quizerables winners

Top right: Monesties Christmas Market

Bottom left and right: The Aude Quiz Night

VIENNE - Submitted by Jacquie Kelly, President

September; unfortunately, due to illnesses, we had to cancel the Swing Dance but Stella and Phil kindly put on a fantastic cocktail party at their new home overlooking the river. Music was provided by a local jazz group and delicious canapés were made by Stella with sausage rolls from Monty Butcher and lots of lovely cocktails all helped to make it a fantastic evening.

In November, Clare Schmieder, one of our Active Listeners went to Toulouse to train as a Trainer for Vienne. This is great news and she is hoping to put on some training for our Active Listeners soon.

In November, Clare and I attended the opening of a fantastic new building at *CHU Poitiers, 'Vie la Santé'*, which is based on the *Maggie's Centre* model in the UK. It will be a venue for people with cancer or long-term conditions to meet, have counselling and various therapies - art, music and massage as well as provide information and support to patients and their families. Our leaflets and contact details are available in French and English for anyone who might need support from CSF Vienne

On January 25th, we are holding our first 'Burn's Night Supper' in Le Vigeant hosted by Fiona and Kevin from *Chez Keona B&B* with haggis supplied by Monty Butcher; should be a fun night.

PERSONAL STORIES - taken from our website www.cancersupportfrance.org (Ed.)

Big Boys Don't Cry - Or Do They? *I am a 72 year old man, had a good hard working life, played contact sports and kept myself fit. At the age of 67 I was told I had prostate cancer and after the operation I found I was unable to perform simple tasks to the standard I had always set for myself. I read about CSF and decided I needed someone to talk to, someone who would understand how I felt inside. It took 3 phone calls before I was able to talk about how I felt. Even writing this brings back painful memories. I found someone I could talk to, who was very understanding of my fears and feelings - being a man it took a lot of convincing to be able to discuss my problem with anyone. Thank you CSF for the help you gave me and my wife - I will always be grateful to the members who helped me. **GS***

Walk for Life - *CSF sensitively helped me with my father when he was struggling. Can't thank them enough. Sometimes it's difficult to ask for help as a carer but never did they make me feel awkward getting help. That was 3 years ago and although I don't need their support directly now, I'm still included in CSF activities. We've just done a walk for life which was such fun. A really good bunch of friendly people. **T***

When I received my diagnoses of thyroid cancer *I went into total shock. I just closed down, I did not know how I was going to get through this difficult time, I did not know how the French health care worked and I did not speak French. I telephoned Cancer Support France and asked so many questions; I was then given an 'active listener'.*

*On our first meeting, we discussed my needs, my fears and concerns. The amount of help that I received was invaluable; my new friend came to see me every week. She attended hospital appointments and translated for me. She arranged all my medical papers and correspondence. She also spoke and supported my family. She allowed me to open up and let out all my emotions, it was handled with great respect and privacy. I can honestly say that the help that I received was instrumental to my recovery. I cannot praise the association enough. **EW***

I approached CSF *some years ago when my husband's cancer returned. It was a great comfort to me to know that English speaking help was at the end of a telephone. I was assigned an active listener who was always there to support, helping with translations, information and accompanying me to hospital appointments when necessary. We became good friends and although my husband passed away at the beginning of 2016 our friendship has continued. I cannot thank CSF enough and think the work they are doing is to be commended, helping people during that is a very difficult and distressing time. **DM***

If you have a personal story to tell, whether you are the person who has/had cancer or a carer, please right in the Editor who will be happy to feature your story in Touchlines. With your permission, we could also add your story to our website as we find these are helpful for fund-raising when people are able to see that CSF has been useful.

THANK YOU TO ALL WHO HAVE SHARED

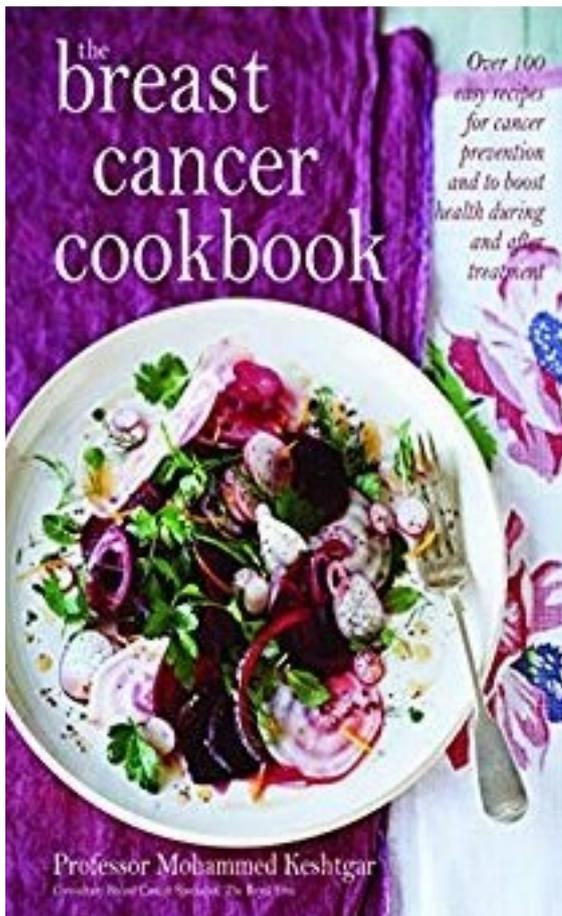
THE BREAST CANCER COOKBOOK - Submitted by Mike Wrigley (authored by Mike Lucas)

The Breast Cancer Cookbook by Professor Mohammed Keshtgar

When my wife was recently diagnosed with breast cancer, one of the most important things was for her to continue to eat well, with an appetising, nourishing and varied diet to boost her immune system during the long haul of cancer treatment.

I am the cook in our house and prepare most of our meals. So I went on the hunt for inspiration to help me produce some really seductive dishes.

With a bit of research online, I discovered **The Breast Cancer Cookbook** by **Professor Mohammed Keshtgar**, a consultant at the Royal Free Hospital in London. Published by Quadrille, this is not just a cookbook but provides an explanation of what is involved when you have been diagnosed with breast cancer, and deals comprehensively with treatments, diet and lifestyle influences.



Keshtgar suggests the best foods to eat in order to ensure a healthy diet during and after treatment, as well as foods to eat in moderation and those to avoid. Those of us who live in France, however, may not wish to follow his advice against drinking alcohol!

The book offers over 100 easy, inviting recipes, many illustrated with lovely photos. They have been analysed for their calorie, total fat, saturated fat, sugar and salt contents per 100g and per portion to make them appropriate for inclusion in a healthy, balanced diet. They cover meals for all times of day, from breakfast to dinner, including vegetarian recipes, plus desserts and treats, and even suggestions for (non-alcoholic) drinks.

We've already sampled a few, including the coconut and lime roasted chicken and the courgette, pea and feta fritters, which were delicious. We are looking forward to trying more of the appetising recipes, such as apple and cinnamon porridge, celeriac soup, butternut squash and pearl barley salad, fish pie, lamb's liver with sage and wild mushrooms, and Earl Grey poached pears.

Mike Lucas

Note from the Editor: Royal Marsden Cook Book is also by Professor Keshtgar. Both are available on Amazon.co.uk

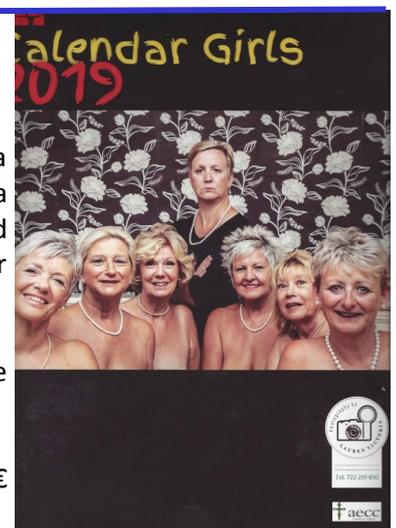
Editor

AND, FINALLY FROM SPAIN - Submitted by Margaret York, Editor

Almost in the back of beyond in a small village on the Costa Blanca, there is a wonderful little theatre, the *Cardenal Belluga Theatre*, in San Fulgencio on the Costa Blanca, where in October there was a production of *Calendar Girls* which was enjoyed by those who attended the performances which raised a good amount of money for local charities.

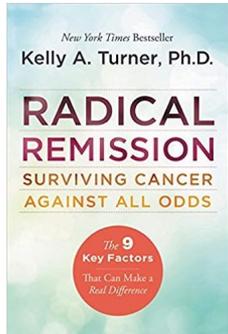
The play is based on the *Calendar Girls* film about the death from cancer of one of the girls husbands which led to the original *Calendar Girls* calendar.

This is the calendar produced to help with the fund-raising and well-worth it at 5€ each. All the ladies were in this production and eyes dabbed!

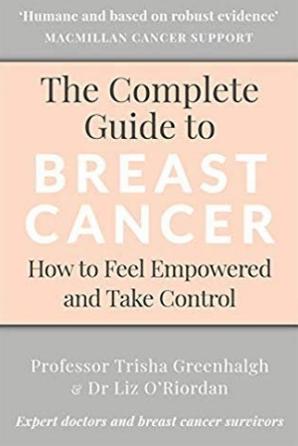


BOOK CORNER

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. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer - even after conventional medicine has failed. While getting her Ph.D. at the University of California, Berkley, Dr. Turner, a researcher, lecturer, and counsellor in integrative oncology, was shocked to discover that no one was studying episodes of radical (or unexpected) remission - when people recover against all odds without the help of conventional medicine, or after conventional medicine has failed.”



“The Complete Guide to Breast Cancer brings together all the knowledge they have gathered as patients and as doctors to give you and your family a trusted, thorough and up-to-date source of information.

Designed to empower you during your breast cancer treatment, it covers:

- ◆ Simple explanations of every breast cancer treatment
- ◆ Coping with the emotional burden of breast cancer
- ◆ Frank advice about sex and relationships
- ◆ Staying healthy during and after treatment
- ◆ Dealing with the fear of recurrence
- ◆ Living with secondary breast cancer

Packed full of all the things the authors wished they'd known when they were diagnosed, and tips on how to cope with surgery, radiotherapy, chemotherapy and beyond, this is the only book you need to read to guide you through your breast cancer diagnosis.”

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	Gynaecological 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.cancerresearchuk.org



www.be.macmillan.org.uk



www.pancreaticcancer.org.uk



Beating blood cancer since 1960

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
Bordeaux & Region (33)	Marissa Raymond	06.52.67.94.50	bordeaux.csf@gmail.com
Charente-Maritime (17)	Richard Smith	06.79.16.60.83	csfcharentemaritime@gmail.com
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
Dordogne Ribérac (16; 24)	Andrew Fry (Mobile)	05.53.90.99.11 06.43.67.86.11	csfriberac@gmail.com
Dordogne Sud (24; 33)	Bob Kennedy	05.53.57.43.30	dordsud-treas@cancersupportfrance.org
Gascony (31; 32; 65)	Jayne Ray (mobile)	05.62.31.63.40 06.27.69.62.28	csf.gascony@gmail.com
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
Nord (14; 22; 27; 29; 37; 50; 53; 56; 61; 76)	Cathy Allen	0800 240 200	Nord-president@cancersupportfrance.org
Paris & Ile-de-France (75; 77; 78; 91; 95)	Deborah Lillian	0800 240 200	paris-idf-president@cancersupportfrance.org
Provence Gard (13; 30; 84)	Tim Forster	04.66.81.18.58	csf.provencegard@gmail.com
Sud de France (09; 11; 66; 81; 82)	Penny Parkinson	0800 240 200	sud-president@cancersupportfrance.org
Vienne (86)	Jacquie Kelley	0800 240 200	vienne-president@cancersupportfrance.org

Touchlines

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