

## Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

Volume 15 Issue 4

October 2019

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### **THE FIRST PERSON TO SWIM THE CHANNEL FOUR TIMES IS A CANCER SURVIVOR**

For those of us watching the news or reading the papers earlier in September, the article about this amazing feat had many of us transfixed. Here we have a 37-year old American woman, Sarah Thomas, swimming across the English Channel during a gruelling 54 hours equating to crossing it four times and in excess of the expected 84 miles due to the tide!

Swimming became her means of coping after being diagnosed with an aggressive form of breast cancer in 2017.

We can all congratulate Sarah for getting through, not only the cancer, but also this monumental task.

It made me wonder what our readers have done or achieved that they may not have done if they had not had, and survived cancer. Write to the Editor in the usual way.

*Editor*



*Merry  
Christmas!*

*To all of our  
readers, we wish  
you a very Happy  
Christmas and  
New Year*

We remember our Founding President,  
Linda Shepherd 1953-2017



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En partenariat avec:



## **PRESIDENT'S PONDERINGS... a few words from Pat Lockett, National President**

I hope you have enjoyed a good summer and continue to enjoy the good weather we are fortunate to have as I write.

### **Donations**

In July, our admin officer Sasha Henderson and husband Darren, hosted a picnic in their garden with music from the excellent Free Drinks Band. The proceeds were divided between National and three local Associations. Thank you Sasha and Darren.

More recently Connexion newspaper made a donation to National from the sale of 2019 calendars. Huge thanks to Connexion for their on-going support.

### **Chris Dowd's Cycle Challenge**

Penny Parkinson will write in more detail about Chris' challenge in aid of CSF but I want to share with you the excitement of being at the Col de Tourmalet in the Pyrenees to witness Chris' final climb. Our grateful thanks go to Chris for his amazing achievement which has raised to date over **2500€**. Thank you also to the Associations that supported Chris en-route and to Penny for organising the support.



(Photo) - National President, Pat Lockett, Chris Dowd and Gascony President, Jayne Ray.

### **What Does the National Association Do?**

When you hear about people making donations to CSF, I am sure you may have wondered how we spend this money. So I thought I might mention some of the developments we are undertaking to support our 17 Associations.

Currently, we are coming to the final stages of a handbook for all Active Listeners and we have added to our leaflets by producing a four-page leaflet for French medical professionals to tell them more about what we do and how we do it.

We are looking at how we can offer targeted support for clients who have survived cancer but are dealing with long term effects from treatment or will be living with the disease. We hope this will result in a programme that will be of real value to our clients.

The majority of our income is directed towards training, this includes the training of new trainers, bringing our trainers together to support their professional development and contributing to the costs of training new Active Listeners.

But whatever we undertake, be assured. it will be of direct benefit to our clients.

### **Coming up...**

18<sup>th</sup> October is **Wear it Pink Day** as part of raising awareness of breast cancer throughout the month.

*Movember*, the month formerly known as November, is when men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health.

Please let us know if you are doing anything in support any of these initiatives and we will publicise them on the CSF website.

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## **'WHO SUPPORTS CSF'?**

I am still planning to run this item. So, if you would like to 'sing the praises' of those who support your Association by fund-raising, helping at events and those from outside of the CSF family who offer support, please let me know in the usual manner as shown on the back page of this newsletter. Many thanks in advance .

*Margaret York, Editor*

## **CHRIS DOWD TRIPLE CHALLENGE FOR CANCER SUPPORT FRANCE - Submitted by Penny Parkinson**

By the time Chris commenced his final challenge to raise funds for CSF on Friday 30<sup>th</sup> August, he had already completed the *Ardechoise*, a gruelling endurance cycle ride over three days, in June. During the course of his ride from *Paris* to the *Pyrénées*, he reached his second goal of cycling 15,000kms during 2019 and climbing a staggering 150,000m along the way.

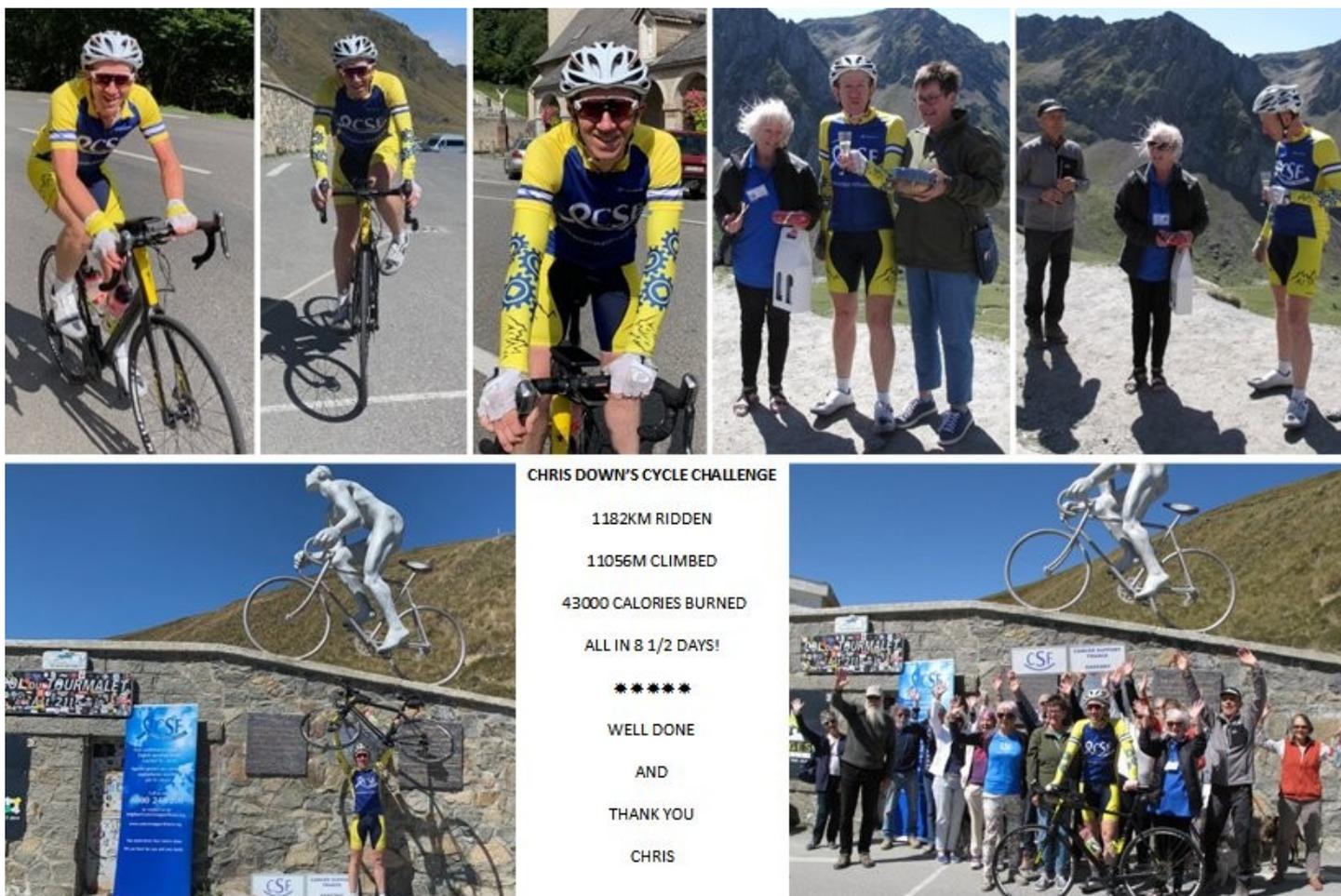
The main challenge, however, was the 8½-day ride from the *Eiffel Tower* to the *Col du Tourmalet* near the *Pic du Midi du Bigorre*, a well known *Col* on the *Tour de France*. Chris had to arrange his own route and he rode unsupported and alone for much of the way. Not only did he arrive triumphantly at the *Col* on Sunday 8<sup>th</sup> September, but he also surpassed his goal of raising **1500€** for CSF; the figure is over **2500€**. This money will go towards training the Active Listeners in the 17 CSF Associations across France.

CSF Associations played a big part in helping Chris feel supported, notably Paris - Île-de-France, who saw him on his way at the beginning and Gascony, who arranged a welcome party at the end.

Chris kept CSF up to date with his progress and you can find his daily report with photos on the CSF website. Do have a look, some of the photos are stunning but, more importantly, it gives a real flavour of what it was like for Chris: -

[www.cancersupportfrance.org/chris-dowd-cycling-challenge-progress-so-far](http://www.cancersupportfrance.org/chris-dowd-cycling-challenge-progress-so-far)

A truly amazing effort. Thank you Chris.



A selection of photos from Chris's epic journey for CSF

**REGIONAL ROUNDUP**

**CHARENTE MARITIME - Submitted by Dick Smith, President**

A couple of events taking place in the Charente Maritime Association area during October.

**CHARENTE PLUS - Submitted by Maureen Woolner, PR and Media Coordinator**

**Afternoon Tea**

A massive thank you to Grace McKeown of *Equilibre Naturellement* in Rochechouart for opening up her lovely garden to host a 'Cream Tea and Prosecco' afternoon and to Susan Boyd Monaghan for organising the event through *Les Trois Coins*, a Ladies group in the Charente. All proceeds was given to CSF Charente Plus.



Lots of lovely cake and plenty of Fizz was had by all. Grace seen presenting a cheque to our CSF President Denise Bloom (last photo on the right),



Just some of the lovely items we have in our Chabanais Charity Shop open Tuesday and Wednesday 10am-4pm and don't forget ALL our Summer Stock is only 1€ per item!

Our shop can be found at: - **3 rue Nationale, 16150 Chabanais**

**Sophrology (*Sophrologie*) - this may be of interest to some of our readers**

***“Sophrology, a popular self-help method in continental Europe, uniquely combines Western science and Eastern wisdom to help you manage stress, sleep better and discover mindful living.”***

*Sophrology* is a self-development method and practice using body and mind allowing each individual to create more balance and harmony in themselves and the world around them.

The word *Sophrology* comes from Ancient Greek *σῶς* / SOS (‘harmony’), *φρήν* / PHREN (‘mind’), and *-λογία* / LOGOS (‘study/science’), is the study of the consciousness in harmony.

This method was developed in the 1960s by *Professor Alfonso Caycedo*, a Colombian neuro-psychiatrist, to support his patient to find more serenity in daily life. In 1970, at the first *International Sophrology Conference*, he said that *Sophrology* was born from his studies on human consciousness. *Sophrology* is both philosophy and a way of life, as well as a therapy and a personal development technique. He later said: *“Sophrology is learning to live.”*

It’s Western routes were developed by *Professor Caycedo* who created the *12 Sophrology Degrees* from 1960 whilst practicing medicine at a hospital in Madrid, Spain. He originally set out to find a way of healing depressed and traumatised clients by leading them to health and happiness with the least possible use of drugs and psychiatric treatments.

He also wanted to study human consciousness and the means of varying its states and levels. He started looking into clinical hypnosis, phenomenology (the philosophical study of the structures of experience and consciousness) and Western relaxation techniques, such as Jacobson’s progressive relaxation and Schultz’s autogenic training (a desensitisation-relaxation technique).

From Jacobson, he mainly kept the idea of differential relaxation: use only the minimum muscle tension necessary to do something as well as the ability to reduce anxiety by relaxing muscular tension. No suggestion or psychotherapy, just muscular relaxation for mental peace. With Schultz, which is a more ‘mental’ method, he was inspired by our ability to get relaxed by imagining it, by visualising it. In October 1960, he created the word ‘Sophrology and opened the first department of clinical *Sophrology* in the Santa Isabel Hospital in Madrid.

The *Sophrologue* who currently works with *La Ligue* at our ‘drop-in’ centre at ***La Maison des Aidants*** in **GOURDON** speaks some English, so communicating is not a problem. The *Sophrologue*, who works with *La Ligue*, offers support to a patient during their illness and treatment after, and accompanies them afterwards.

- The *Sophrologue* sometimes uses yoga and hypnosis in an effort to teach the individual *“ME FIRST”*. By this, one means to be able to help someone accept their illness and control their emotions. To help in this process, she advises the individual to concentrate on an image or ‘happy’ souvenir or thought
- The objectives are to learn to say *“NO”*; in order to learn to let go of everyday pressure
- Some ‘*Mutuelles*’ pay towards the cost of private sessions under the guise of ‘*Bien-Être*’
- *La Ligue* currently pays for 5 sessions with the *Sophrologue*. Each session lasts approximately 90 minutes.

If you feel you would like to try and ‘give it a go’ as they say, then please feel free to call our **CSF Helpline number: - 06 35 90 03 41** and we can put you in touch.

## ***DORDOGNE RIBÉRAC - Submitted by Andrew Fry, President***

### **Paula Barker - an obituary**

It is with great sadness that I have to announce the death, last Tuesday night (16<sup>th</sup> July, of Paula Barker, in hospital in the UK).

Paula was for many years the 'bedrock' and the face of CSF Ribérac. Her work, whether in direct client support, Active Listener training, fundraising or administration enabled the Association to survive and flourish.

Paula had returned to live in the UK and had been admitted to hospital for a knee operation. Sadly, it seems, she succumbed to sepsis and died whilst still in hospital. She will be sorely missed by friends and colleagues alike.

The continued operation of Cancer Support France, Ribérac, is, and will be, a lasting tribute to her and all those who have supported or benefited from the Association's work.

*"Paula and I first met at a Train the Trainers day. She had such a pleasant way about her and although we only did a couple of CSF things together, I never forgot her. She was a great asset to Dordogne-Ribérac."*

Paula is 3rd from the left in this photo which was taken in 2014.

*Editor*



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## ***HAUTE-VIENNE - Submitted by Sue Ware, President***

Cancer Support France Haute-Vienne is pleased to announce that we are joining many of the other CSF Associations in using National's Helpline number. It now appears on all our publicity, web site, Facebook page, and National's web site.

At the beginning of June, we had one of our new Active Listeners trained in the Dordogne Est & Lot, which proved extremely successful, and she already has a client. We are sending two further candidates to the training in Toulouse at the beginning of October.

We had a very enjoyable second breakfast with Chris Dowd on his way through the Haute-Vienne on his fund-raising cycle ride for National. Eight of us joined him for coffee and buns on our terrace.

For Awareness Week this coming weekend, one of our members is holding a 'posh' tea party for CSFH-V and *La Ligue contre le cancer* 87. Photographs to follow in the next issue.



Breakfast with Chris Dowd

## LANGUEDOC - Submitted by Karen Powell and Graham Luck

CSF-Languedoc's summer calendar featured two noteworthy events alongside our regular Drop-In days, book and clothes sales, both of which are reported below.

Very unfortunately, after months of non-stop sunshine, our main awareness and fund-raising event, the *Walk for Life*, which was due to take place on 22<sup>nd</sup> September, had to be cancelled at the last minute because of severe weather. The hard-working team of undaunted organisers are already working on dates to re-schedule this annual highlight next year.

### Advances in Cancer Cure and Care

On 25<sup>th</sup> June, over 85 people attended a fascinating presentation by radiation oncologist *Professor Jean-Bernard Dubois* about *Advances in Cancer Cure and Care*. The event was arranged by CSF-Languedoc, supported by *La Ligue contre le cancer's* delegation in Thézan-lès-Béziers, Hérault. Representatives from CSF Sud de France and CSF Provence-Gard were also present.

Prof Dubois was the Director General of the *Institut du Cancer de Montpellier (ICM)* for 15 years and is now President of *La Ligue contre le cancer (Comité de l'Hérault)*. His presentation, which was delivered in English, began with two key facts: -

1. In the last 10 years the incidence of cancer has increased by 33%
2. The mortality rate from cancer in France has reduced by 150,000 men and women per year

Improvements in diagnosis, treatment, research and prevention underlie those facts, with key advances including: -

- **Diagnosis:** - which now includes the infra-clinical stage i.e: - before identifiable symptoms are present, and the use of mass or selective screening, including PAP smears, PSA tests, hemocult tests etc.
- **Surgery:** - now delivered using keyhole and robotic methods and recovery time is much shortened
- **Radiotherapy:** - now much more accurate in terms of targeting and dosage
- **Chemotherapy:** - new drugs, some of which can limit or halt cell growth and/or division, and use of combination delivery systems means therapy can be much more targeted
- **Immunotherapy:** - allows for more targeted chemotherapy and radiation therapy and, in some instances, uses the option to genetically modify and re-introduce cells as 'killer cells'
- **Research:** - including all disciplines of diagnosis, treatment and prevention (including genetics, virology, etc.) with greater focus on ensuring that research responds to clinical need
- **Prevention:** - work has broadened to avoidable factors, eg. nutrition

The impressive event venue was provided free of charge by the *Mairie* of Thézan-lès-Béziers. The *Mairie* also organised guided tours of the village during the morning, before the presentation. The event was widely publicised by the English-language online news site, *Languedoc Living*, reaching people outside CSF-Languedoc's existing membership.

Detailed notes of the presentation are available by emailing Jenny Guest at [ccc.csflanguedoc@gmail.com](mailto:ccc.csflanguedoc@gmail.com)

From left to right: Graham Luck, President, CSF-Languedoc; Prof Jean-Bernard Dubois, President, *La Ligue contre le cancer (Comité de l'Hérault)*; Carole Lavergne, CSF-Languedoc; Manuelle Rodriguez, *La Ligue contre le cancer* - Thézan-lès-Béziers.



### All aboard 'Le Capitan'

Under bright blue skies on July 17<sup>th</sup>, a happy bunch of over 30 CSF-Languedoc members and friends gathered at the quayside at Agde. We were welcomed aboard *Le Capitan* by our very own Rose-Noelle and the cheerful crew from *Bateaux Soleil*.

## LANGUEDOC - continued...

The trip started with the excitement of entering the round lock. This unique feature on the *Canal du Midi* was built from volcanic stone under the supervision of Paul Riquet in 1676, and was designed as a three-way junction to connect the *Canal du Midi* with a smaller canal leading into the river Hérault, thus giving access to the sea but our route was straight ahead to the *Étang de Thau*.

Picnics soon began to appear, while others enjoyed freshly prepared paella and shellfish, washed down with locally produced *Noilly Prat*. As we motored between the high banks of the canal, the sight of bare tree stumps were evidence of the ravages of the fungal disease which had wiped out so many of the iconic plane trees, now replaced with new saplings.

All too quickly, we reached the lighthouse signalling the entrance into the *étang*, and it was time to turn around and head for home. This proved a good time to chat with friends in the cool of the cabin, or for those braver souls to catch some rays on deck. Thanks went out to Rose-Noelle and the crew for organising a really fun day out.



*Le Capitan on the Canal du Midi*

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## NORD - Submitted by Pat Lockett

The CSF Nord committee have had a busy few months organising a twice-monthly brunch, a monthly coffee morning and quiz nights; all continue to attract good numbers and prove to be successful.

CSF Nord is sorry to say goodbye to President Cathy Allen who has had to resign due to family reasons from the end of August. Cathy was however able to support the Chris Dowd Cycle Challenge by meeting up with Chris for a picnic lunch.

Pat Lockett was elected to the role of President in early September and on behalf of the committee, members and supporters, I want to thank Cathy for all the time, energy and enthusiasm she has brought to the task of leading CSF Nord for almost three years.

A full calendar of events are planned for the autumn; please look at our page on the CSF website for details.

Cathy Allen with Chris Dowd and Christine Fox



**Successful Summer Garden Party**

To celebrate the beginning of what turned out to be an exceptionally hot summer, CSF Provence Gard organised a Garden Party which took place on 23<sup>rd</sup> June in the magnificent gardens of their President, Tim Forster and his wife Pippa, their Client Support Coordinator.

Despite the heat, the event was very well attended and everyone had a great time. Tim Broadbent, the internationally acclaimed folk singer and guitarist, who lives in Pont Saint Esprit, had graciously offered to perform. Tim did an outstanding job entertaining everyone.

A tasty BBQ, various stalls and a raffle did the rest to complete a very successful event. No wonder in excess of **2,300€** was generated on the day!

Tim Broadbent offered to perform again for CSF Provence Gard on 6<sup>th</sup> September in a special concert. His talent and skills at entertaining an audience were again much appreciated by all.



## 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.

# TEA & CHEMO

Fighting cancer,  
living life



## Jackie Buxton

At the age of 45, wife and mother Jackie Buxton was diagnosed with breast cancer. Lurching between the crippling fear that the cancer had spread, and the great comfort of knowing she was one of the lucky ones who could be treated, she did what she always does when life presents her with a challenge: she wrote it down.

Tea & Chemo is full of laughter, tears, honesty and hope, and offers inspirational words to everyone facing the life challenges that cancer inevitably brings.

All proceeds from the sales of Tea & Chemo will go to three incredibly important charities, whose compassionate care and professionalism make the difference to so many lives: The Haven, Breast Cancer Now and The Robert Ogden Macmillan Centre, Harrogate.

If you have read a book relating to cancer and think our readers might enjoy it too, please send the relevant information to the Editor as shown on the back page of this issue. Thank you.

*Editor*

Also [Here](#) to Help...



[www.prostatecanceruk.org](http://www.prostatecanceruk.org)



[www.cancerresearchuk.org](http://www.cancerresearchuk.org)



[www.be.macmillan.org.uk](http://www.be.macmillan.org.uk)



[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)



Beating blood cancer since 1960

[www.bloodwise.org.uk](http://www.bloodwise.org.uk)



[www.breastcancersupport.org.uk](http://www.breastcancersupport.org.uk)



[www.targetovariancancer.org.uk](http://www.targetovariancancer.org.uk)



[www.thebraintumourcharity.org](http://www.thebraintumourcharity.org)



[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

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 HELPLINE**

**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: Patricia Lockett  
president@cancersupportfrance.org**

**Treasurer: Jean Winter  
treasurer@cancersupportfrance.org**

**E-mail: helpline@cancersupportfrance.org**

**Website: [www.cancersupportfrance.org](http://www.cancersupportfrance.org)**

**[forum.cancersupportfrance.org](http://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	0800 240 200	bdx-helpline@cancersupportfrance.org
Charente-Maritime (17)	Richard Smith	06.79.16.60.83	csfcharentemaritime@gmail.com
Charente Plus (16)	Denise Bloom	06.45.35.32.30	csf.charenteplus@gmail.com
Deux-Sèvres (79)	Denise Langford	06.40.77.27.35	deux-sevres-president@cancersupportfrance.org
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	gascony-contact@cancersupportfrance.org
Haute-Vienne (87; 23; 19; 36)	Sue Ware	0800 240 200	helpline@cshautevienne.org
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)	Patricia Lockett	0800 240 200	nord-president@cancersupportfrance.org
Paris & Ile-de-France (75, 77, 78, 91, 92, 93, 94, 95 )	Deborah Lillian	0800 240 200	paris-idfpresident@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)	Phil Mercer	07.80.38.00.65	sud-president@cancersupportfrance.org
Vienne (86)	Jacque Kelly	0800 240 200	vienne-president@cancersupportfrance.org

### **Touchlines**

**Copy Date is: 15<sup>th</sup> of month BEFORE publication**

***Published quarterly on the 1<sup>st</sup> of the month in January, April, July and October***

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

**[touchlines@cancersupportfrance.org](mailto:touchlines@cancersupportfrance.org)**

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