



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 président d'honneur :Mme Linda Shepherd*

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**"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."
— [Henry James](#)**

CONTENTS

- 2 Pat Lockett's memories of Linda Shepherd
- 3.CSF Meeting with the UK Ambassador in Paris
- 4.CSF National News from CSF President
CSF Charente-Plus
- 5.CSF Dordogne Est & Lot
- 6.CSF Gascony
- 7.CSF Lauguedoc
- 8.CSF Sud de France

9. Poem by Teena Lyle
- 10.Dogs help in breast carcinoma research
Congratulations to Dr Cousins and baby
- 11.The Book Corner
- 12.CSF Regional Contact Information

Dear Readers,

The last few months since the previous edition of Touchlines has seen a rollercoaster of mixed events in The United Kingdom ,which have sent ripples across to us in France.

However in the midst of such turmoil there have been some positive developments for Cancer Support France ,which grows from strength to strength as we reach out to many more Anglophone communities here in France.

We can only hope that we continue to live our lives in this beautiful country and enjoy the support and friendship from friends and neighbours both English and French.

If any of you would like to send me articles or "good reads" that readers may find of interest please send them to csftouchlines@gmail.com

Editor : Peta Hamilton .



Personal memories of Linda Shepherd by Pat Lockett CSF National Trainer

Linda attended our first National Trainers Conference in November 2016, despite being unwell. I must admit to having been anxious about how Linda would view the conference, the revised Initial Training Course materials and the developments I had undertaken as National Training Coordinator.

I knew of course of the dedication, time and energy Linda had put into developing the training course originally, and was concerned we might have messed too much with what she described to me as "her baby".

Linda could not have been more generous in her welcome of the new training materials, and we were so grateful she was able to offer words of encouragement for the future of training within CSF to all the trainers present.

Pat Lockett
CSF National Training Coordinator



Cancer Support France represented at the UK Ambassador's Residence in Paris

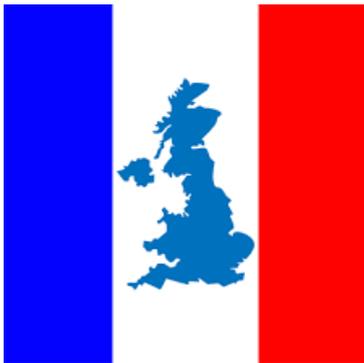
The British Community in France Committee is an umbrella body for all organisations playing a role for British people living in France. CSF has long been a member of BCFC and has recently been playing a more active role.

On 28 April, National Vice-President, Steve Nicklen was invited to give a presentation on CSF at the BCFC's AGM. This corresponded with the 70th anniversary of the BCFC and was held at the UK Ambassador's Residence in Paris and was followed by a reception, hosted by the Ambassador.



The Lord Llewellyn of Steep
Her Majesty's Ambassador to France

After giving a short summary of CSF's support for Anglophones affected by cancer in France in a number of ways and explaining that the number of local associations had recently grown to 15, with new associations in Paris, Lot et Garonne and in the Vienne during the last year alone, Steve went on to talk about CSF's ambitions to raise funds nationally over the next few years.



He said that, although all CSF members are volunteers, there are considerable expenses associated with training, both of new Active Listeners and in maintaining the skills of existing ones. These and other expenses, lead to an annual expenditure across CSF of around €125,000

He added that, to date, CSF has been funded entirely through local fundraising and individual donations. This will, of course, continue but we now want to raise additionally at least €250,000 over the next 5 years nationally from sponsors. The largest single item within this €50,000+ pa additional core funding will go to supporting training, and we also want funds to support new local associations and other activities. Over time, we have

ambitions to develop new services, such as subsidising Night Nurse Care, a huge challenge for carers in France as in other countries.

Steve finished by saying that he would also like to find one or more leading current Anglophone businessmen and women in France, who would be interested in personally helping us with our fundraising campaign.

Following invitations at the Reception, Steve has since sent briefing notes on CSF's fundraising ambitions to the Franco-British Chamber of Commerce, Institute of Directors and UK Deputy Ambassador, and will be following these up.

Submitted by National Vice-President, Steve Nicklen

CSF (National) News



These last few months have been most productive. First, you may recall that the Connexion magazine produced its own calendar last year, aiming to donate €500 each to CSF and the *Jardins Ouverts* project. I was very pleased to receive a call from their editor telling me that not only was a cheque for €500 on its way, but also that Connexion will be doing the same next year and hoping to donate a similar amount. This sum will be used towards the CSF training programme.

In addition, CSF has become a member of two associations - **the European Cancer Patient Coalition and the International Cancer Information Service Group**. The former enables the voice of patients to be heard and, as a result of our membership, I have taken part in two research studies to give the patient's viewpoint. Both studies will be available to the public in due course. The latter is an association which supports and assists bodies which operate helplines by bringing together best practice and sharing ideas and projects. In France, only *CSF, INCa and La Ligue contre le cancer* are members, raising our profile on a national level. This will also help with the renewal of our partnership agreement with *La Ligue* which is now underway.

Finally, may I thank all those who participated in the CSF Cycle Ride *from Carcassonne to Sète* in memory of our late Founder, Linda Shepherd. The cyclists, whether they cycled the whole length or just took part during one or two days, faced an enormous challenge in the extremely hot weather conditions. This also placed an added burden on the 'support teams'. There will be a full report on the Cycle Ride and the funds that it has raised in the next issue of Touchlines.

Penelope Parkinson

CSF Charente-Plus—submitted by Mo Woolmer



Meet our Bureau for CSF Charente -Plus

From left to right Mo Woolmer (PR & Media Co-Ordinator), Vanessa Whyte (President), Lynne Rees (Treasurer) and Denise Bloom (Secretary).

There are 5 Officers in total unfortunately Joan Hogan was not available for the photo on the day, Joan's role is Client Co-Ordinator

The Cancer Support France Charente Plus AGM was held on Tuesday 3rd April at The Mairie *Chabanais*.

Refreshments were available at the start of the morning giving CSF members the opportunity to informally meet the new officers of the Charente-Plus bureau and chat with other CSF colleagues.

The meeting was well attended and many topics came up for discussion.

Foremost of these was the CSF Charente Plus Charity Shop in *Chabanais*, opening date yet to be confirmed.

Barbara Sage stepped down as Secretary and CSF would like to take this opportunity to thank her for all her hard work and dedication.

Denise Bloom has since volunteered and filled the position.

Lots of exciting events are being planned in the next few months, including BBQ, Cycle Ride and Race for Life, so please keep an eye on our FB Page for details.

CSF Dordogne –Est & Lot-submitted by Jo Trainor

On June 7th we held an Awareness Raising Day at *Stade du Calvaire in Figeac*.

Once again we extend our appreciation to *La Ligue Contre le Cancer* who supported us in locating this venue, as well as many *Bénévoles* being present during the day. We were particularly grateful that Docteur Tricot, President, was able to spend the morning with us.

Nous voudrions dire un grand merci à La Ligue Contre le Cancer pour leur soutien et leur gentillesse.

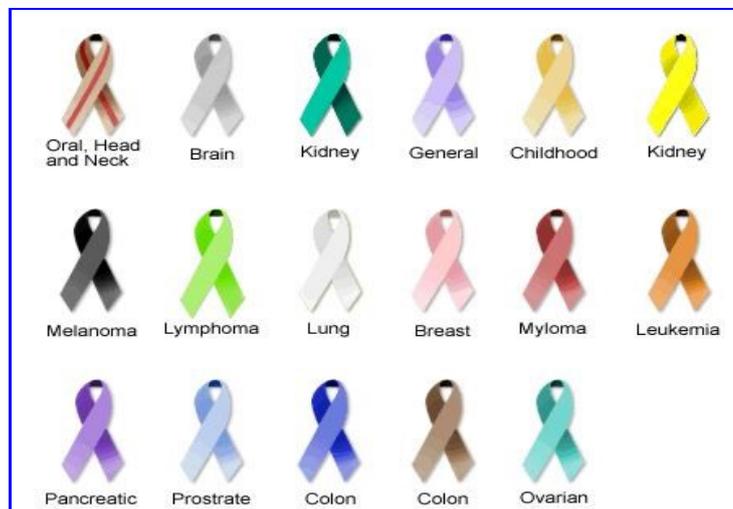
Our former President, Julia Hall, now our Liaison Link, with *La Ligue Contre le Cancer* organised this event with a small team from our Association. Our sincere thanks to them all as there was a lot to arrange in advance of the day. Medical Practitioners around the *Figeac* area have also been contacted by letter and email and as a result many more people know of the work of our Association.

We will continue to promote our Association in the *Figeac* area.

PLEASE help us with this by mentioning our Association to any friends or people you come across who live or have connections in the eastern part of our large Association territory.



Photo shows from left to right: Marie Claire Rembault, La Ligue : Heather Moorhead, President Dordogne Est & Lot : Dr. Tricot, President La Ligue and other members of both CSF and La Ligue Contre Le Cancer



CSF Gascony—submitted by Kate Goddard

Wellbeing Day

As spring arrived with all its welcoming cheer, CSF Gascony sprung into action with the first wellbeing day of the year. Our host was Razia Coleman who let us use her beautiful garden at *Mont-de-Marrast*. The day started with coffee and was followed by massage and Reiki sessions, hairdressing and meditation. There was a shared lunch with delicious food and desserts. All topped off with a good dose of sunshine (free vitamin D!). These days are certainly relaxing and we look forward to more of them in the coming months.



CSF members relaxing at the Well being day'

Open gardens event

More recently we've been lucky enough to benefit from an Open Garden Weekend at *Jardin Antin* near *Trie-sur-Baise*. Gertrud and Hannes Reimers' garden is full of beautiful plants and stunning pieces of art. Their open garden event featured artisan craft stalls as well as offering lunch and teas with homemade cakes - a great combination for a grand day out! CSF Gascony were there to raise funds and awareness in the local area.

Activity for life bike ride

Now that summer is here, it's time for the annual CSF Activity For Life bike ride. On 22nd June the plucky bunch of cyclists will set off on their ride along the beautiful banks of the *Canal du Midi*. This time, they'll be starting at the magical city of Carcassonne and finishing up three days later at the seaside town of *Sete*, famous for its oyster and mussel fields. There will be plenty of good pit stops along the way where the cyclists can eat and rest and maybe try a cheeky glass of something local. Thanks to all the great organisation behind these events, it's sure to run like a well-oiled bike chain. It's a great way to raise the spirits, funds and CSF awareness, as it has done very successfully in previous years.

Oncopole Toulouse

Finally, during the last few months the CSF Gascony team has been busy liaising with staff at *Oncopole*, the large cancer hospital in Toulouse. This follows our plan to provide English speaking patients with an on the spot contact within the hospital on a regular basis. The team have visited most of the hospital units and talked with reception and nursing staff and associations connected with the hospital. These contacts are all interested in the idea of CSF and what it offers, and have been very supportive and welcoming.

At our next General meeting at the end of June, our members will have the opportunity to have a tour around the hospital and will see for themselves what an impressive place it is. We will be providing one day training for new CSF volunteers who will then be able to help at the hospital. This means that this exciting project may well be up and running very soon.



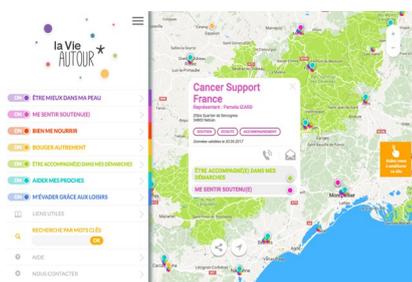
CSF Languedoc submission for Touchlines – Summer 2017

As well as all our regular activities and on-going client support, there’s been lots of focus on extending and strengthening awareness of CSF within the region during the last few months. Here are some of the highlights:

Étincelle

It was a great boost for CSF-Languedoc to be featured in Issue 6 of SecondLife magazine back in March. This glossy quarterly magazine is edited by Étincelle (Languedoc Roussillon), a French charity who run a wide range of activities to support women who have had or are recovering from cancer. Étincelle’s strapline is ‘rester femme avec un cancer’ (stay feminine with cancer). The article was published in French, but an English version is posted is available. CSF-Languedoc was subsequently invited to attend Étincelle’s summer soiree at La Paillote Bambou in La Grande Motte on 23rd May. Pam Izard and Jenny Guest went along to the event, which celebrated Étincelle’s 10th anniversary as well as raising funds for the association and providing an opportunity for members to socialise. Generous Étincelle sponsors supplied food and drink. Jenny and Pam chatted with several members of the Étincelle team, including an art therapist, with discussions about how she could introduce the benefits of art therapy to CSF-Languedoc.

La Vie Autour



At the end of May we were delighted to receive confirmation from La Vie Autour that CSF-Languedoc is now featured on their comprehensive interactive online guide. The guide, which is in map form, shows recognised associations across France that provide (non-medical) support for cancer patients. La Vie Autour is a collaboration between AFSOS Association Francophone pour les Soins Oncologiques de Support and the pharmaceutical company, Pfizer. Thanks go to Pam Izard for her work in getting us listed!

Caption: Cancer Support France listing on La Vie Autour’s interactive guide.

The Centre Hospitalier Universitaire de Montpellier (CHU) Journée des Associations

On 13th June CSF-Languedoc took part in CHU’s inaugural ‘Journées des Associations des Patients’. The event was spread through the gardens of the five Montpellier hospitals under the CHU umbrella and CSF-Languedoc was one of 12 associations who set up in the gardens of the Hôpital St Eloi. In total, approximately 50 associations (covering a variety of conditions) participated across all five venues.

The goal of the ‘Journées des Associations’ is to raise awareness among hospital staff, patients and visitors of the many associations offering support to patients. Three CSFL volunteers manned the CSFL stand, which was conveniently located in a shady spot on this – one of the hottest days of the year so far. As well as distributing CSF information leaflets and our bi-lingual mission statement, it was a great opportunity to network with the other support groups, and some useful contacts were made.



Caption: CSF-Languedoc members, Caroline Grasset and Margaret Jones, manning our stand at the CMU-organised Journées des Associations des Patients on 13th June. Thanks to Theo Platings for taking the photo.

Vivre Comme Avant



A local craft group, many of whose members are also members of CSF-Languedoc, spent many hours over the winter knitting ‘knockers’ for patients who have undergone breast surgery. The knockers are made in a range of colours and sizes out of soft cotton that hasn’t been treated with chemicals. Forty knitted knockers have been delivered to the Vivre Comme Avant team at the Institut Du Cancer De Montpellier (ICM) for distribution to patients. The pattern for the ‘knitted knockers’ used by the craft group is available from CSF Languedoc.

Caption: Craft group members knitting ‘knockers’ for distribution to patients at ICM.

CSF Sud de France—submitted by Ron Reid

CSF Sud de France

As spring turns to summer everything starts to settle down, the flowers are now fully in bloom, the Cherries are ripening nicely on the trees and the blossom is just a distant memory.

So too at Sud where since our first open meeting on 22nd March ; several meetings, much thinking, talking, reviewing and planning has been taking place. Our initial aim was to look at how effective and efficient we were in managing our resources, how to develop on that and how to get the word out regarding what CSF looks to provide.

We are now working towards a much more inclusive and cohesive association, where more people feel involved and where each individual can find his or her place.

Our own branded vehicle



There are many advertising benefits to owning a branded vehicle, and thanks to Aude Co-ordinator Andy Paton, CSF Sud is now taking advantage of all those benefits. Andy has turned his iconic 1973 registered 2cv Camion into a permanent mobile hoarding for CSF Sud, and we think it looks magnificent. If you're in the region this summer keep an eye open for Andy and give him a wave.

CSF Visit to Oncopole

On a glorious spring day at the end of March, five members of CSF Sud Tarn met up with 3 members of CSF Gascony for a tour around Oncopole in Toulouse, or more accurately the *University Cancer Institute of Toulouse in Oncopole*, *IUCT Oncopole* for short.



Oncopole itself is just huge, a 220 hectare campus including two major pharmaceutical manufacturers, a biopark, research groups including the Institute Claudius Regaud, hotels and the institute itself with 306 beds, in- and out-

patient surgical facilities, its own pharmacy, etc.



Alexandre from the communications department gave us the detailed tour of the building. Alexandre is justifiably proud of the institute and though he is at pains to explain that IUCT Oncopole may not be the biggest in France, he assures us it is certainly the best and the most innovative.

For example IUCT Oncopole not only has nuclear imagery facilities, described as the next generation of PET scan, and offers nuclear medicine and brachytherapy but is also trialling hypnotherapy as an alternative to anaesthesia.

To recount the whole of our tour would take thousands of words. A detailed picture of the entire development can be found on www.iuct-oncopole.fr

From a personal point of view I can only say that if I develop cancer again I couldn't be living in a better part of the world and if anyone can send the little beast packing it is the small (well not so small) anti-cancer army in Toulouse.

A fuller version of this article can be found at <http://sud-de-france.cancersupportfrance.org/csf-visit-oncopole>

MIRROR MIRROR by Teena Lyle 24 April 2017

(Tina is a client with CSF Languedoc and here she poignantly expresses her experiences with breast cancer)

**Mirror mirror on the wall
Tell me lies blind to each flaw
Take me back to that last fall
When I knew nothing of it all**

**A flick of silken shining locks
Not yet aware of that which knocks
Upon my door to take away
My youthful smile and joyful days**

**Where once my gentle rounded breast
Had comforted and given rest
To weeping friends and loved ones dear
Now butchered angles they come not near**

**I see her looking back at me
Cry mirror mirror why could He
Have left me wondering how long it will be
Till I can once again feel Free**

**The mirror whispers come close now
For woman this will be my vow
To be your eyes and reunite
You with your glorious inner light**

**I looked once more and there she stood
A goddess shining fair and good
I swear I saw mountains where an eagle flies
Then I knew my Mirror never lies**

**I've had my youthful playful ways
My healthy glow my halcyon days
The monster tried to take it's toll
But my mirror held fast to my soul**

**The spirit of the goddess will never be broken
Now that the truth my mirror has spoken
Search not for beauty with your eye alone
But with your heart new seeds of hope are sewn**





[Dogs help in breast carcinoma research](#)

Cancer is one of the most frequent diseases not only in people, but in pets as well. Like people, dogs can also suffer from cancer of the mammary glands (mammary tumors). Dog mammary tumors are very similar to breast carcinoma in humans, and much more so than those of rats or mice, for example. For this reason, research on canine mammary tumors is important for human medicine as well. A study performed at the University of Zurich has now shown how similar mammary tumors are in both people and dogs.

[Cancerous cells reprogram healthy cells](#)

For the development of tumors and the progression of a carcinoma, not only the characteristics of the cancer cells themselves are decisive, but also the cells surrounding the tumor play a major role in this. Many tumors even have the capability to reprogram healthy cells in the tumor environment in a way that they start to support the growth of the cancerous cells. This mechanism plays an essential role in human breast carcinoma -- but is it the same for dogs? The similarity of breast carcinoma in dogs and humans has been known for a long time. "But whether these tumor cells also influence the surrounding tissue in dogs the same way they do in humans was unknown until now," explains Enni Markkanen of the Institute of Pharmacology and Toxicology of the Vetsuisse Faculty of the University of Zurich.

[Archived tissues are of great value to the research](#)

The researchers analyzed the surrounding tissue of canine mammary tumors using molecular biology and immunohistological methods. To do this, they could access the tissue archive of the Institute of Veterinary Pathology located at the Animal Hospital. "With the permission of our patient's owners, we conduct pathological tests to better understand diseases," says animal pathologist Alexandra Malbon. "In the process, we archive samples of various organs and tissues as these samples can be of great value to answer future research questions."

[Dogs suffering from cancer aid cancer research for humans](#)

In the archived samples of mammary tumors from dog patients, Enni Markkanen and her team were able to prove that some cells in the vicinity of tumors behave the same way as the corresponding cells in humans: In the healthy tissue surrounding the tumor, substances are produced that promote tumor growth. "Simply speaking, the tumor enslaves its environment: It forces the surrounding cells to work for its benefit," Markkanen adds. This mechanism works the same in both humans and dogs. For research on breast carcinoma, tumor tissue of dogs is therefore, among other reasons, much better suitable than tissue from rats or cells cultivated in the laboratory. "Importantly, however, we don't view our dog patients as test subjects for cancer research," Markkanen says. "But they can help us to better understand breast carcinoma in both dogs and humans and fight it more effectively."

Source : University of Zurich

Date :June 6th ,2017

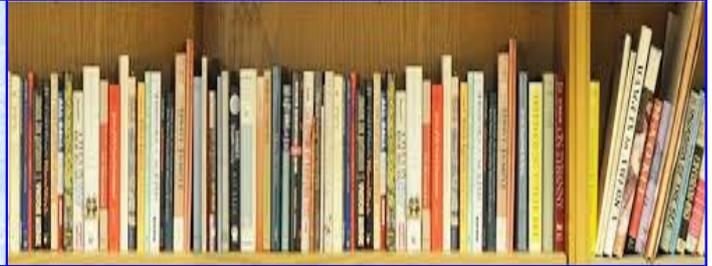
DOCTOR'S NOTES

The regular feature in Touchlines where our resident General Practitioner , Dr Sarah Cousins will be writing on a variety of topics around the subject of cancer, which she hopes that our readers will find interesting and helpful. Editor Dr Sarah Cousins is a GP in the West Midlands with an interest in cancer care and palliative care. Within her practice she is the cancer and palliative care lead and has previously worked in various hospitals including at a chemotherapy unit. She lives in Worcestershire with her husband.

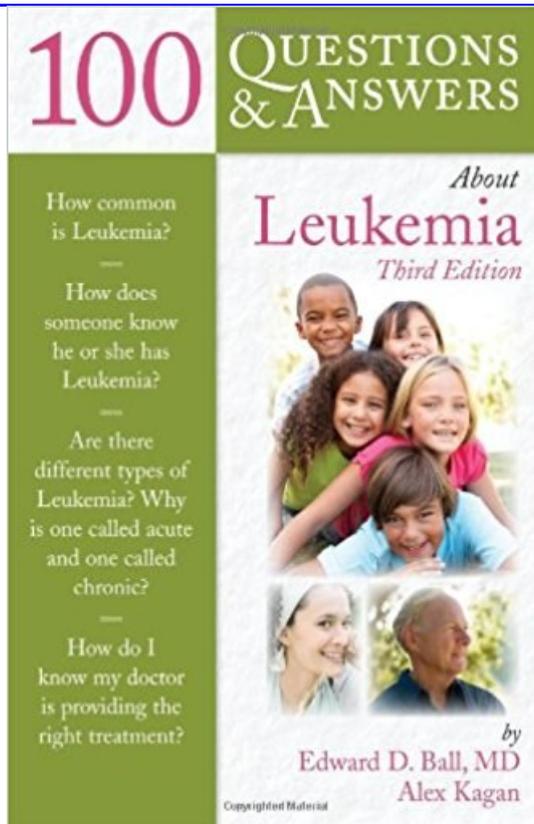
Congratulations to Dr Cousins and her husband Matt on the safe delivery of baby Harriet Beatrice McHugh born on the 22nd March weighing 5lb 1oz. Now 4 months old and doing well . We look forward to reading Dr Cousins informative articles in the near future.



THE BOOK CORNER



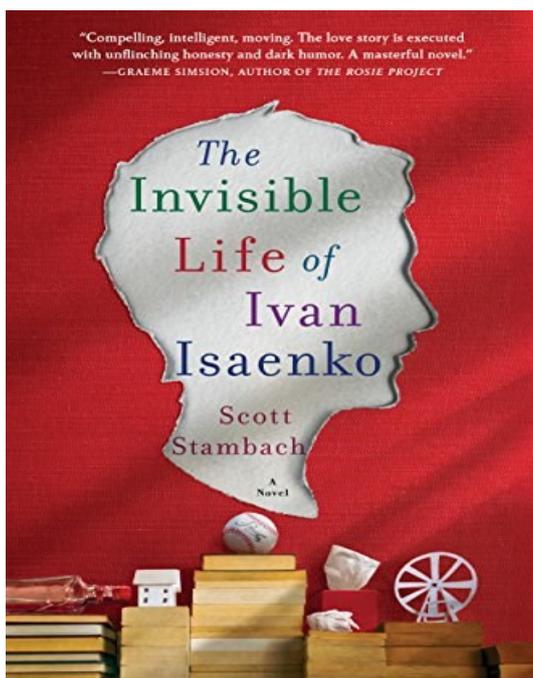
The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books are available on Amazon.co.uk.



Whether you're a newly diagnosed patient, survivor, or a friend, relative or caregiver, 100 Questions & Answers About Leukemia offers support and guidance.

Now in its third edition, 100 Questions & Answers About Leukemia continues the successful doctor-patient collaboration, providing authoritative, practical answers to your questions regarding diagnostic testing, treatment options, clinical trials and much more. Written by a leukemia survivor and a prominent physician specializing in treatment of leukemia, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.

Author Edward D Ball MD



Seventeen-year-old Ivan Isaenko is a life-long resident of the

Mazyr Hospital for Gravely Ill Children in Belarus. For the most part, every day is exactly the same for Ivan, which is why he turns everything into a game, manipulating people and events around him for his own amusement.

Until Polina arrives.

She steals his books. She challenges his routine. The nurses like her.

She is exquisite. Soon, he cannot help being drawn to her and the two forge a romance that is tenuous and beautiful and everything they never dared dream of. Before, he survived by being utterly detached from things and people. Now, Ivan wants something more: Ivan wants Polina to live.

USEFUL INFORMATION

Association Siège Social

Mairie
Le Bourg
16350 BENEST

National Help-line
Telephone: 0800 240 200 (*local call cost*)

(your call is taken on an answerphone and is free - 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

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Website: www.cancersupportfrance.org
Internet Forum: <http://csf-forum.org>

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Touchlines

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