



# Touchlines

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

The Newsletter of Cancer Support France — Association N° W163000037

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## **CSF PRESIDENT'S REPORT - submitted by Pat Lockett**

I hope that when you read this you are well. If, however, the COVID-19 virus has affected you or someone close to you, I hope symptoms are mild and recovery is as quick as possible.

We are certainly in challenging times. When you read this edition we will be through the first couple of weeks of isolation and I am sure that like Barry and me, you are missing being with friends and family. We are well provided with information from the UK and French governments however the measures revealed by President Macron on 16<sup>th</sup> March mean that many of us are in isolation, leaving home only under the agreed criteria contained in the *Attestation de Deplacement Derogatoire* form we must now complete and carry with us.

Please refer to the following French website in the coming weeks for up-to-date information: -

[www.gouvernement.fr/info-coronavirus](http://www.gouvernement.fr/info-coronavirus)

The National Association has, in the light of the current situation, been considering how we can best use the skills of our volunteers to help those in need of support. We will of course continue to support our clients by telephone and email but we can no longer meet with them unless in an emergency, nor can we hold meetings or events.

By the time this is published we will have released news of an extension to our service. We are now also offering to support, from a distance, any Anglophone in France who is elderly, vulnerable or isolated yet not necessarily touched by cancer. We know that people in these groups are in danger of increased anxiety and stress brought about by social distancing and self-imposed isolation and feel it is an opportunity to support the wider community.

Please inform those in your community who are in this group, that we are here to listen, chat and help with information where we can.

Our Helplines are ready to receive their calls and emails: -

[0800 240 200](tel:0800240200) or [helpline@cancersupportfrance.org](mailto:helpline@cancersupportfrance.org)

**SEE ALSO, PAGE 10 FOR AN EXCELLENT AND POSITIVE ARTICLE, 'ENRICHING LIFE IN LOCKDOWN'**

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		CONTENTS			
1	President's Report			11	Enriching Life in Lockdown; Cycle for Life
2	National AGM	6	Languedoc; Cat Hartley BEM	12	La Cadurcienne; Kilimanjaro
3	Initial Training Review; <b>Regional Round-up:</b> Charente Plus; Dordogne Est & Lot	7	Languedoc; Nord	13	Lisa's Army, Only one of Me; Immune Discovery, May Treat All Cancer
		8	Paris Île de France; Sud de France	14	Immune Discovery... cont...
4	Dordogne Est & Lot; Languedoc	9	Sud de France	15	Also Here to Help
5	Languedoc	10	Enriching Life in Lockdown	16	Useful Information

**NATIONAL ANNUAL GENERAL MEETING 2020**

The AGM took place on 11<sup>th</sup> March in Limoges and was attended by 24 representatives and volunteers from 13 Associations. Full minutes are available but in brief the following were re-elected to the National Bureau for 2020-21: -

President	Pat Lockett	(Dordogne Est et Lot)
Vice-President	Dick Smith	(Charente Maritime)
Treasurer	Jean Winter	(Nord)
Training Liaison	Carol Quinlan	(Lot et Garonne)
Public Relations	Dave Wilson	(Nord)
Communications	Steve Stevenson	(Dordogne Sud)

The following morning we met again under the banner of Moving Forward Together. This was an opportunity to celebrate our achievements, consider the challenges facing CSF Associations at the moment and explore some practical ideas that would help to address those challenges. Some exciting ideas came from our discussions and we are looking forward to taking them forwards when we can.

On the plus side, Spring is definitely here. From where I sit I can see our two rescue moggies basking in warm sunshine, eyeing up the birds on the feeders but too sleepy to do anything about them. Cowslips in the garden and blossom on the trees make us feel that life goes on even at a time when we are all having to get used to a new reality.

Look after yourselves and please keep in touch. Remember the CSF family is here to support you as well as our clients. We will come through this together.

Images from the recent National AGM held in Limoges



## ***INITIAL TRAINING COURSE REVIEW 2020 - submitted by Heather Moorhead, Trainer and AL support***

The ITC Review Team met in Limoges on March 11<sup>th</sup>, prior to the National AGM.

There was unanimous agreement that the current ITC materials had been excellently developed.

The rôle of the Review Team is to now take these materials on to another stage to meet the needs and concerns raised by Active Listeners and Trainers from experience of their use, since they were introduced.

The Review Team is really grateful to those Active Listeners and Trainers who responded with invaluable detail to the recent questionnaires sent to all Associations.

It was felt, however, that there may still be other Active Listeners, Trainers and Presidents who would like their views considered by the Team undertaking this Review. This would also provide the Team with a more comprehensive picture across all Associations.

If you are one of those we would very much like to hear from you.

Please contact Heather Moorhead for the relevant questionnaire: -

[delot-heathermoorhead@cancersupportfrance.org](mailto:delot-heathermoorhead@cancersupportfrance.org)

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## ***REGIONAL ROUND-UP***

### ***CHARENTE PLUS - submitted by Mo Woolner, PR and Media Coordinator***

**CHRISTMAS MEAL** - A great response to our CSF-Charente Plus Christmas meal. *Cafe Bar de la Terrasse*, Suris, you did us proud. Entertainment was provided by our Charity Shop volunteers, Janet and Sallyanne. Denise Bloom pictured thanking all our members and volunteers.

Singers Janet Taylor and Sally Pratten



Thanking everyone, President, Denise Bloom



In line with what is happening regarding Coronavirus, CSF-Charente Plus have taken the decision to temporarily close our Charity Shop in Chabanais until further notice. We will let you know as soon as we are ready to re-open.

*Thank you, CSF-Charente Plus (Editor)*

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### ***DORDOGNE EST & LOT - submitted by Anna Shackelford, President***

After dynamically leading Dordogne Est & Lot for 3 years, Heather Moorhead stood down as President in January and at the AGM, I was pleased to be elected as her successor. I will be supported by newly-elected Vice-President Philippe Mika along with Co-Vice-President Jo Treanor. Also joining the bureau is Rachel Galloway, who, as Membership Secretary, will be forging closer links with our members and supporters.

Heather will not be resting on her laurels, as she is heading up a working party to review the Initial Training Course for National, and locally will be providing support to the Active Listeners of our Association.

Obviously, all our planned activities are on hold for the foreseeable future but during the Covid-19 crisis, we, as an Association, are pleased to be participating in National's initiative to provide emotional support to any Anglophone in France who is elderly, vulnerable, isolated or who has health problems.

## ***DORDOGNE EST & LOT - continued...***

**CSF AT THE CAFF** - As part of our ongoing work to raise awareness of CSF, this year we are piloting a 'CSF at the Caff' scheme, whereby we will be holding regular get-togethers in cafés to give people an opportunity to come and meet us, get to know about the work we do, or maybe discuss how we can help you, a family member or a friend.

Our first 3 venues will be in Cahors, Gourdon and Prayssac and will start next month as follows : -

Cahors - *Bistro de Lisa*, Boulevard Gambetta. Regular date: - First Wednesday of the month 10h00 - 11h30

Gourdon - *La Maison des Aidants*, L'Oustal, Avenue Cavignac. Regular date: - Second Monday of the month 14h30 - 16h00

Prayssac - *Ô Plaisir des Sens*, 50 Boulevard Aristide Briand. Regular date - Last Friday of the month 10h00 - 11h30.

You will easily find us as we will have one of our A4 posters on [our table at each venue](#). We are also planning to hold café meetings in Souillac, so look out for news of this.

If you would like us to arrange similar get-togethers in your area, do get in touch with us: –

[delot-president@cancersupportfrance.org](mailto:delot-president@cancersupportfrance.org)

Spread the word, and we look forward to seeing you at one of these venues!

**(EDITOR'S NOTE: DUE TO THE CORONAVIRUS, ALL EVENTS ARE CANCELLED UNTIL FURTHER NOTICE)**

**CUSTOMARY LUNCH** - We rounded off the year with our now customary CSF lunch, this time held at *La Chartreuse Hotel restaurant* in Cahors. A splendid meal, although we were a little worried about the rising level of the river Lot beyond the windows, as you can see!



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## ***LANGUEDOC - submitted by Hilary Galea, Publicity***

### **LANGUEDOC AGM**

At CSF-Languedoc's well-attended AGM on 18<sup>th</sup> February, reports on 2019 activities and 2020 plans were presented by the Association's President, Treasurer, Secretary, Client Support Team, Lead Trainer and the French healthcare awareness-raising representative.

2019 marked our 10<sup>th</sup> anniversary and saw the consolidation of the Association in all aspects of its services to members of the Anglophone community who have been affected by cancer. Particular highlights included, the strengthening of links with French healthcare professionals and associations, including the signing of a *Convention* with *La Ligue contre le cancer (Comité de l'Herault)* in April and an ongoing *Convention* with *ICM (Institut du Cancer de Montpellier)*.

The generosity of members and donors, as well as the hard work and dedication of many of our active volunteers, resulted in a very successful year of fund-raising, allowing us to continue to fund training for our Active Listeners and support for our clients.

The AGM also marked the end of outgoing President, Graham Luck's four-year term and the election of Jen Glayzer as our new President. Appreciation was warmly expressed to Graham, who assures us he will continue to remain closely involved with the Association and continues as our National Representative.

Jen joined CSF in 2016 having heard from a client what a difference CSF had made to her. She is an Active Listener and Co-Trainer and says of her new role, "*I shall endeavour to support the professionalism and commitment I have witnessed amongst CSF-Languedoc's members whilst, at the same time, responding to the changes in the treatment and care of cancer patients in our region, and liaising with other organisations working in this field.*"

## **WHO SUPPORTS CSF?**

*Responding to our Editor's call for stories about CSF volunteers whose regular support of their local Associations has made a big impact on the services we are able to offer to clients, we thought immediately of **Hannah Waters**, who has been a 'fundraiser extraordinaire' for CSF for many years through her hugely popular second-hand clothes sales. All proceeds from Hannah's sales go towards supporting the work of CSF-Languedoc.*

Below, we ask Hannah how this all came about and what makes her sales so successful: -

### **WHEN DID YOU FIRST BECOME INVOLVED IN CSF-LANGUEDOC?**

My husband and I moved to France permanently in May 2011, and settled in the village of Puissalicon, near Béziers. Soon after this, my English neighbour Alison, told me about CSF so I went along to the monthly Drop-In days and also attended the Active Listener training course.

### **WHAT WERE YOUR REASONS FOR CHOOSING CLOTHES SALES AS A CSF FUND-RAISER?**

I had previously worked in charity shops in Essex; BLISS (for premature and sick babies) and Farleigh Hospice (providing care to people affected by life-limiting illnesses), so I felt it was something I could contribute to.

### **WHEN AND WHERE DID YOU HOLD YOUR FIRST CLOTHES SALE AND WHAT WERE THE RESULTS?**

The first sale, which raised 203€, was held at our home in September 2012. Eight years on, average takings are about 500€ a month, and the highest amount raised was 900€!

### **HOW REGULARLY DO YOU RUN THE SALES?**

I run the sales for 10 months of the year, taking a break in August and January. They are held on the first Monday of the month at my home, from 2-4pm.

### **WHO ARE YOUR MAIN CUSTOMERS AND DO YOU HAVE LOTS OF REGULARS?**

To start with, customers were mainly local English friends but now we have a real mix of nationalities, including French. Many people now travel much greater distances to attend the sales.

### **HOW DO YOU SOURCE THE CLOTHES FOR THE SALE AND DO YOU HAVE ANY SPECIFIC CRITERIA FOR DECIDING WHAT TO SELL?**

I make appeals for clothes on various Facebook groups and through CSF newsletters and to cover the widest possible area; other people kindly act as drop-off points throughout the region. I always request that clothes should be nearly new and in top condition and that shoes must be pristine. I don't accept underwear or nightwear.

### **WHAT ARE YOUR MOST POPULAR/BEST-SELLING ITEMS?**

I find jewellery sells well but trousers and shoes less so, although sandals do better. I receive a wide variety of clothing brands from around the world which make every sale different and interesting.

### **HOW DO YOU ADVERTISE THE SALES?**

Through local Facebook groups; posters (in French and English); regional printed and on-line English language magazines such as *Languedoc Sun* and *Languedoc Living*, plus the CSF-Languedoc newsletter and the CSF-Languedoc website: - [www.csflanguedoc.com/clothes-sales](http://www.csflanguedoc.com/clothes-sales) Finally, news of the sales gets circulated 'through the grapevine' too, of course!

### **DO YOU INVITE OTHERS TO SELL ITEMS AT YOUR SALES; IF SO, WHO AND WHAT DO THEY SELL?**

*Les Soeurs Delicieuses* regularly sell their homemade produce (jams, chutneys, cakes and pies) at the sales and provide refreshments. They donate a percentage of their profits to CSF. In the past, I've also had people selling English food, cards and jewellery.

### **WHAT TIPS CAN YOU GIVE TO OTHERS WANTING TO ORGANISE CLOTHES SALES?**

*Castorama's* portable hanging rails are ideal; they have a top and bottom rail as well as a rail for longer items. They work really well for displaying a lot of items.

Other tips would be: - Do not overprice (e.g. 3€ for tops, 4€ for skirts and trousers, 5€ for jackets and 5-7€ for dresses), although new/unworn items can command higher prices and remember to constantly refresh your rails. I display items by type, size and colour, which makes the rails look more professionally presented.

### **IS THERE ANY OTHER GENERAL ADVICE YOU CAN GIVE?**

A love of clothes and an interest in current fashion certainly helps and charity shop experience is a real bonus when it comes to knowing what sells and how to display everything.

*Thank you Hannah, for talking about your excellent fund-raising sales. Editor*



New President, Jen Glayzer



Presentation to out-going President, Graham Luck



Fund-raiser Extraordinaire, Hannah Waters

Supporting **CSF** CANCER SUPPORT FRANCE Languedoc

**Hannah's Clothes Sale**  
2pm to 4pm  
Every 1<sup>st</sup> Monday of the month  
(except August and January)

at 96 Avenue de Beziers, Puissalicon

**COME ALONG AND BROWSE!**  
Hannah's Clothes Sale is always well stocked with quality, pre-loved clothing and gorgeous accessories, and regularly features hand-crafted jewellery and delicious goodies from Les Soeurs Délicieuses

CLOTHES DONATIONS GRATEFULLY ACCEPTED (GOOD CONDITION ONLY PLEASE)

For event enquiries and donations call Hannah on 09 81 22 68 19

[www.csf-languedoc.com](http://www.csf-languedoc.com)

**Le vide dressing d'Hannah Waters**

Les clientes attendent de pied ferme l'ouverture du portillon.

Les vêtements sont mis en évidence pour attirer les clientes et ainsi participer à de bonnes ventes. Par exemple des T-shirts sont en vente pour la somme modeste de 2€, des bottes à 10€ et ainsi que quelques articles d'accessoire. Hannah offre son domicile pour permettre aux acheteuses d'essayer leurs vêtements. Françoise, de Magalas, trouve son petit bonheur.

En chemin, on trouve son petit bonheur.

Chaque tente de trouver la bonne taille.

De succulentes confiseries Suc'Altitaines.

mal que le professeur L.B. Du bois, soutient une conférence en anglais le mardi 25 juin 2019 des 14.30 h à l'auditorium T de Thésaur les Beziers.

**BRITISH EMPIRE MEDAL FOR CAT HARTLEY**

A Cancer Support France volunteer has been awarded the British Empire Medal (BEM) in the New Year Honours List.

Cat Hartley was nominated by fellow volunteers, clients and their families, as well as a senior oncologist at the *Institut du Cancer de Montpellier (ICM)* hospital.

Mrs Hartley from Le Bosc, Languedoc, is French, has an English husband and worked in the UK for more than 35 years. She enjoyed a successful career in the retail industry, after which she retrained in the field of Complementary Medicine, gained several ITEC Diplomas and established her own successful practice in London.

After returning to France in 2007, she helped set up Cancer Support France Languedoc in 2009, became President in 2010 and held the position for five years. She has continued volunteering with CSF-Languedoc, especially in regard to client support. Cat has also contributed to the wider Cancer Support France network, in particular, her involvement with training where she helped draft and roll out the national training curriculum to both trainers and volunteers across France.



**CORONAVIRUS ACTIONS**

CSF-Languedoc Council's initial response to the Coronavirus epidemic was to determine how best to minimise risks to volunteers and clients, while maintaining essential support. In doing so, Council responded to national guidance and to local health service guidance, and continues to constantly review and update responses as the situation evolves.

**HOSPITAL WORK**

In response to a request from *CHU* and *ICM* hospitals in Montpellier in early March that volunteers should not come on-site in order to reduce risk, CSF-Languedoc reached an agreement with these hospitals that they could provide translation and support services by phone. In this way, clients attending medical appointments can still be fully informed. Anyone affected by the restrictions is being asked to speak with their Active Listener who can provide the appropriate information and guidance.

**CLIENT CONTACT**

At the same time, CSF-Languedoc volunteers have reduced face-to-face contact with clients and instead, are using phone, email, Skype and Facetime etc. to continue to provide practical and emotional support.

**INTERNAL AND EXTERNAL EVENTS AND ACTIVITIES**

Internal events for March and April, including Drop-In days and all training activities have been cancelled and will be run at a later date. Awareness and fund-raising events planned for the same period have also been cancelled.

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**NORD - submitted by Dave Wilson, National PR**

Life has been busy for CSF Nord, which covers Normandy, Brittany and the Mayenne. The very popular regular brunches and quizzes have continued. Nord had to give up their Drop-in centre early in 2019 because of maintenance issues, so these are now held in the *Salle Polyvalente* and the *Viking Bar*, both in Notre-Dame-du-Touchet. Also very successful were a the Christmas Fayre and a quiz night in January. Unfortunately, our upcoming Spring Fayre (9<sup>th</sup> May), the St. Georges lunch (18<sup>th</sup> April), the Easter Coffee morning (10<sup>th</sup> April) and (possibly) the Afternoon Tea Party (14<sup>th</sup> June) have had to be postponed due to the current crisis. Normal business will resume as soon as possible .

Nord were without a President for some time in 2019, as Cathy Allen had to step down for family reasons. Pat Lockett, National President, held the fort, but in January Jean Winter, Nord's former treasurer, was elected as President.

Efforts are now beginning to find a new venue to use as a Drop-in centre. New volunteers are being recruited to cover Brittany and northern Normandy. Additionally, the Association has had some success with organising for CSF adverts to be shown in local cinemas before showings of VO films in English.



The very well-attended January Quiz Night



The Christmas Concert held in the Church at Notre-Dame-du-Touchet



## PARIS & ÎLE DE FRANCE - submitted by Deborah Lillian, President

**MARCH 4<sup>TH</sup>** - It was a gloomy evening but we had a cosy and pleasant 'Happy Hour/s' together inside the lovely *Croco du Marais* café. Note, this was well before the confinement was even a rumor and thus, seems like ages ago. Although we'd planned the event to welcome our clients, our executive board met two new potential members/volunteers instead, making it a productive, as well as fun, time shared.

We had an Active Listener skill-sharing workshop scheduled for the end of the month and, at this time of writing, are planning on continuing this virtually. CSF Paris & Île-de-France wishes everyone good health!



## SUD DE FRANCE (ARIÈGE) - submitted by Pam Mercer

**OUR FIRST CSF CHARITY LOTO** - Mirepoix 28<sup>th</sup> February 2020, 25 people, both French and English, enjoyed a fun evening of a Charity Loto for CSF-Sud de France at the *Mad Hatter* in Mirepoix. The numbers were shouted out by our President, Phil Mercer in both French and English. "Needs to work on his pronunciation" murmured the French. After an hour and a half of concentration, we had a well-earned break. Sue, the owner of the *Mad Hatter* served us a yummy ploughman's dish, with drinks; tea and cakes were also served. Feeling much refreshed, we were off again. Prizes of wine, gift vouchers, plants and lots of lovely gifts generously donated, were shared by all our winners. A great evening enjoyed by all winners and losers. Hope to see you all soon.



Charity Loto in Mirepoix

### **SUD DE FRANCE - AUDE (ARGENS-MINERVOIS) - submitted by Lynda Stapleford**

We wanted to let everyone know that the CSF *Argens-Minervois Book Cafe* is thriving. We only started this monthly event just over a year ago and on 12<sup>th</sup> February, we saw a record number of participants. Early on, our French *Maire* and two of his committee enjoyed coffees and a chat with us. Several of our regulars turned up, bringing lots of new books for us to display. Quite a few new people arrived too, proving that the CSF good word is spreading. There were three varieties of homemade cakes on offer namely, squares of chocolate cake drizzled with fondant, moist Christmas cake and slices of lemon cake with poppy seeds. After two hours, hardly any cake was left; they were all so delicious and went down well with the coffees. There were so many visitors at one point that we spilled outside, so we placed a chair in the sunshine which several people took advantage of while continuing to chat. Many books changed hands and donations were given generously. The six CSF helpers were kept busy, giving practical advice, words of comfort and mingling to spread the word about our upcoming CSF Spring Fayre on 25th April to be held in Argens, a repeat of last years' first attempt of this very successful event.

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### **SUD DE FRANCE - AUDE (LIMOUX DROP-IN) - submitted by Pam Mercer**

The venue of the Drop-ins moved in December 2018 from a difficult to find, out of town location to *Coucou Limoux*, a crafts shop on the main thoroughfare into Limoux; now we are easy to find! The venue is bright and well-lit with a warm, welcoming atmosphere where people can comfortably browse. *Coucou* is a craft and retail premises offering several crafting workshops throughout the year and because of this can already give a therapeutic environment.

The Drop-ins take place on the first Wednesday of each month, public holidays permitting. CSF is allocated a large area towards the rear of the premises where discreet screening gives some privacy from the main retail area with a smaller screened area for anyone seeking individual support on the day.

The Drop-ins are advertised by CSF each month. There is also a signboard placed outside the shop to invite people in. Since the move to *Coucou*, attendance at the Drop-ins has greatly increased with sufferers and carers often receiving individual support. There is always at least one Active Listener present, and since the last Active Listener training, there are now usually at least two. Hand massage is also offered free of charge by a qualified volunteer. This is always popular and very much appreciated.

Also popular, are the second-hand books on sale, with people often returning books they have previously bought from CSF and read. Tea, coffee and cake or biscuits are also offered free of charge.



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### **SUD DE FRANCE - TARN ET GARONNE**

Following National guidelines and having in mind the safety of our CSF clients, volunteers and members we have decided to cancel Wednesday's Drop-in coffee morning at St. Antonin on the 18<sup>th</sup> March.

**STAYS SAFE  
AND STAY  
POSITIVE**

CSF members know the fragility of life and how quickly it can change, but few of us could have imagined, even a few weeks ago, that our lives would have been turned upside down by the outbreak of a virus on the other side of the world.

For many expats, life in France has become defined by social interaction – apéros with neighbours, enjoying social groups, or being involved in supporting others through associations like Cancer Support France. We're social creatures but now much of the time we'd usually spend with others is on hold and we risk losing ourselves in empty days.

We talk a good deal about freedom and about the need to have time to ourselves but too much time, and freedom from responsibility, can lead to days that lack shape and purpose; this can be very disorientating. In fact, human beings respond well to responsibility and limitation. From childhood, we've grown accustomed to boundaries which provide security as well as limits and as adults, days without focus, purpose and a commitment to things beyond us can be frightening. Loss of routine and everyday social interaction can give rise to depression and a host of other worries which undermine who we are. However, there are things we can do to minimise the threat which isolation poses to our sense of well-being.

**DISCIPLINE, ROUTINE AND RITUAL** are the things that keep people in confinement on an even keel, be they in prison or in monasteries. There are dozens of papers in respected periodicals like *The Lancet* and *The American Psychiatric Journal* which attest to the importance of routine and structure in the maintenance of good mental health. In prison, a change of routine is nearly always beneficial but no routine leads to fear and uncertainty on the part of inmates with all the consequent dangers to prisoners and staff. The reason why there aren't more murders in enclosed monastic communities is down to self-discipline and a rule which imposes a structure to the monk's or nun's day. We too can avoid many of the stresses of this newly imposed isolation by drawing up a framework for the day. To begin with, pick three fixed points for your day. I'd suggest: -

**GETTING UP** - Decide on a time to get up and stick to it, allowing yourself one day off for a lie-in. The thing that makes a lie-in a treat is its occasional nature. When you do get up, wash and dress to give the day a 'professional' tone and purpose. Your work may be unpaid but it's still work, so dress appropriately. Mornings spent in 'jimjams' can be a slippery slope; there's little dignity to be found passing the day in a leopard-print 'onesie'.

**LUNCHTIME** - Commit to the same time each day. Whether alone or with another, take time to prepare the food and enjoy the dishes you've taken care to prepare. Spend time at table eating consciously rather than on the run. Eating one meal a day in silence can add another dimension to this social activity, so that you appreciate your food and your companion in a different way. ('Companion' is a compound word from Latin and meaning the person with whom you break bread.) Setting time aside to enjoy company in a different way is the same ritualising of life as sitting down more formally to dinner. Ritual, paints parts of our day in unusual colours and lends interest to life.

**DINNERTIME** - Decide to dine at the same time each evening. (Most of us do this anyway.) Again, spend time over the preparation of your food. Dust off your cookbooks and expand your repertoire. Cooking new dishes requires us to think ahead and planning menus for the week also helps with shopping. Dress the table, light a candle, add flowers and make the moment a highlight of the day. While it's easier if there's two of you, a person eating alone can show themselves the same care; they are as worthy of special attention as someone eating in company. Make dinner an occasion.

These are the three points around which I build my day. You can pick whatever times suits you but the point of a routine is that you stick to those regular times. That leaves three blocks of wakefulness. What we used to do before to fill this time might no longer be possible during lockdown.

I find it useful to keep my daily activities varied, choosing each job to tie in with my energy levels. I'm slow in the early morning and not up to anything too physical, too intellectual, too creative, too ... well, anything really. I can Hoover, wash-up, clean the fire and set it again for later. I can walk the dog. Later in the morning, once properly awake, I enjoy physical work. I like to work off lunch with a little more manual labour. Creative stuff like writing, lesson planning, or preparing CSF training, generally form part of my late afternoons.

Leaving space for doing nothing can also be creative or recreational. Switching off phones, tablets and closing down our laptops provides space for our own creativity and originality to come forth. Sitting in silence in the garden can help us to reconnect to the world around us. With less traffic on roads, we might hear birdsong more clearly. With less vehicular pollution, flowers might smell sweeter.

## **ENRICHING LIFE IN LOCKDOWN - *continued...***

I use my day simply as an illustration. Do the things that suit your own rhythms. If you're a couple, do things together but ensure you have activities apart.

We've enjoyed some fine gardening weather of late, but if winter does return in April, earmark some projects in the house. Have a cull in the library by clearing bookshelf space. Box up the books for the Grand CSF Post-Corona Booksale! While the DIY shops are still open, get in 20 litres of Magnolia and set to work on those rooms in the house which need refreshing. Why not designate a room a week for a serious deep clean, the sort of clean that leaves a spring clean looking sloppy?

What I'm suggesting here, is not activity for its own sake, but rather, a creative and productive use of time which, in our pre-lockdown days, we didn't have. Having time on our hands over a sustained period can undermine our mental health unless it is given purpose. While conscious of the suffering of Covid-19 victims and their families, we who are confined, have an opportunity to understand ourselves better, to relate to one another in a new way and to reconnect with our world.

You may have heard that the Chinese character for 'crisis' is a combination of the characters for 'danger' and 'point at which change can happen'. I feel certain that this time might give us the opportunity to make change happen; to reset the clock. I read a report in The Guardian that the water in Venice's canals is now blue and clear and that ducks are nesting near the Rialto Bridge. Historically called '*La Serenissima*', Venice is finding her serenity once more.

Fish have taken the place of outboards and dolphins swim in the lagoon where a month ago, there were only mega-cruise ships. This sickness has made us press the 'pause' button. The elderly and vulnerable among us are paying a high price so now might be a good time for those of us who get through this to take stock. Confinement needn't be about killing time but could be a chance for us who remain well, to learn to live better.

Remember too that associations in France exist for their members. If you need support, contact your local CSF. In some associations, members are volunteering to offer such help.

**Rob is a long-time CSF member (Sud de France), a National Trainer, and psychotherapist.**

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### ***CYCLE FOR LIFE WEDNESDAY JUNE 3RD TO SUNDAY JUNE 7TH 2020***

#### ***POSTPONED AND FOR NOW***

### ***WEDNESDAY SEPTEMBER 23RD TO SATURDAY SEPTEMBER 26TH 2020 FOLLOWING LA FLOW VELO THROUGH THE CHARENTE***

With the uncertainty of the current coronavirus pandemic, it has been decided to postpone the Cycle for Life, **NOT** cancel it! After the enforced confinement of the spring, the new date should see us cycling through a glorious countryside with the misty mellow hues of Autumn. As it will be later in the year with shorter days, the ride will now take place over 4 rather than 5 days, ending in Angoulême.

The Participant's Pack will be available very shortly. This contains not only details of the route but also lunch and water stops, restaurants for evening meals, possible accommodation from campsites to hotels, as well as practical information on transport, bike safety and so on.

Do keep an eye on our CSF website for up to date information on the Cycle for Life here: -

<https://cancersupportfrance.org/cycle-life-2020-route-announced>

There, you will also find the link to our Facebook page which will be updated with progress. Publicity is in hand, the Connexion newspaper will be running an article, and we are hoping to attract new cyclists from this lovely area of France.

You will also find a link to the Alvarum page which makes collecting funds through sponsorship quite simple and has the advantage of giving French tax payers the appropriate tax receipt.

If you are interested in taking part, or have any queries, then do contact Sasha on: -

[admin@cancersupportfrance.org](mailto:admin@cancersupportfrance.org)

She will ensure that you are kept fully informed as planning progresses and answer any queries.

Penny Parkinson - [sud-penny@cancersupportfrance.org](mailto:sud-penny@cancersupportfrance.org)

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**LA CADURCIENNE. SUNDAY 13<sup>TH</sup> OCTOBER 2019 - submitted by Julia Hall, National Helpline email and telephone coordinator**

The streets of Cahors in the Lot Valley, were painted pink with T-shirts of more than 3,600 women participating in this annual event. A great fun atmosphere was all around whilst everyone was blessed with blue skies and October sunshine. Prompt at 10h00, following a warm-up session and in the presence of Jean-Marc Vayssouze-Faure (*Maire* of Cahors), the first ladies to depart were the runners. Walkers then followed, along the 6km route, which was enriched by medieval architecture of this most beautiful area of the Lot Valley. Handicapped ladies and their carers participated in this wave of solidarity and in addition, young mothers with babies and more mature ladies, some assisted by others completed the representation of women of all ages.

The month of October... is to remind us all to book that all-important mammogram and Pink... is for remembering lost loved-ones as well as Pink... for those celebrating recovery and life.

This annual awareness and fund-raiser for breast cancer celebrated its 17<sup>th</sup> year. Could it really be that long ago since the ladies of *Extrapedestres Cahors* organised the first event? Each year it just gets bigger and bigger!

Funds are donated to *La Ligue contre le cancer* and are used to assist research into breast cancer. The lead up to the event is promoted in many ways with the famous *Pont Valentré* in Cahors, like the Eiffel Tower, is illuminated pink.



With the beautiful backdrop of the Pont Valentré, Cahors (left), Shirley Kolman and Josyane Rubin joined Julia Hall (centre) along with a great number of participants (above right).

Photos courtesy of Michel Siro



Below left the beautifully illuminated historic bridge, the Pont Valentré astride the Lot River, the focal point of La Cadurcienne.

Stock photo



**KILIMANJARO CLIMB UPDATE - CONGRATULATIONS JULIE**

We are delighted to announce that Julie Jarvis successfully reached the summit of Kilimanjaro on 29th February! She descended safely back down again a few days later. She commented, "It was pretty tough, and I confess I struggled every step of the way but fortunately, the weather was kind and determination won through."

Everyone at Cancer Support France is extremely grateful to Julie for tackling this for the benefit of cancer sufferers.

## **LISA'S ARMY - Only One of Me - submitted by Margaret York, Editor**

Over the last two years, I have been following the journey of a young woman, Lisa Wells, after she was diagnosed with terminal bowel and liver cancer in 2017. Sadly, last year, she passed away leaving a husband and young children. During her illness, Lisa, along with winning children's author, Michelle Robinson and the *Only One of Me* team wrote two books, *Only One of Me, a Love Letter from Mummy* and *Only One of Me, a Love Letter from Daddy*.

Here are some of the reviews along with a description of what these books are written for: -

The **Only One of Me** project grew from Lisa's determination to leave a lasting legacy for her daughters and her desire to help other families rally against the difficulties of loss. Her activities have raised thousands for charity and huge public support through JustGiving has enabled the publication of these beautiful books.

### **CHARITIES**

All author and illustrator royalties will be donated to the charities **Mummy's Star**, which supports women and their families affected by cancer during pregnancy, and **We Hear You (WHY)**, which provides free professional counselling to anyone affected or bereaved by cancer or other life threatening conditions.

'**Only One of Me** is a beautiful book written to help families prepare for the death of a parent. It is the creation of Lisa Wells, a young mother who has been told that she has only a few months to live. The book is warm and positive and full of love, not at all despondent or gloomy. It's an ideal way into what must be a horrendously difficult conversation to have with young children.' **Pictures and Conversations**

'An extraordinary picture book, filled with love, comforting words in simple, poetic verse, this is such a moving and comforting book. The illustrations are charming and inclusive. They bring life and reality while they also bring comfort and the strength of the parent/child bond that will survive even death. I can't think of a better book to help families facing all the challenges that bereavement brings, it is timeless, evocative, moving and flowing with positivity and reassurance.' **Fallen Star Stories**

'This is the most beautiful book in so many ways: I don't think it's possible to read it without crying. [...] It's a celebration of love and how we can be there for each other. It recognises that grief can take many forms and shows the family looking ahead while remembering Mum/Dad.' **Juno Magazine**

'The illustrations (by *Catalina Echeverri - Editor*) for this picture book are outstandingly sensitive and beautiful, reflecting the love between father and son – happy times as well as sad... People often write books about their experiences of cancer but it is unusual to find one written by a mum for her own children, and very welcome it is. Both books will be important additions to this most difficult subject.' **5 Stars, Books for Keeps**

'Originally a crowd-funded project, **Only One of Me** has already become a valuable addition to the canon of literature that helps children deal with grief.' **Imogen Russell Williams, Times Literary Supplement**

The book can be bought here: -

[www.graffeg.com/only-one-of-me](http://www.graffeg.com/only-one-of-me)

It is also available from Amazon

More can be found about Lisa on the Lisa's Army Facebook page: - [www.facebook.com/LisasArmyUK](http://www.facebook.com/LisasArmyUK)



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## **IMMUNE DISCOVERY 'MAY TREAT ALL CANCER' -**

**an article by James Gallagher, Health and science correspondent, BBC News**

**A newly-discovered part of our immune system could be harnessed to treat all cancers, say scientists.**

The Cardiff University team discovered a method of killing prostate, breast, lung and other cancers in lab tests.

**THE FINDINGS, PUBLISHED IN NATURE IMMUNOLOGY**, have not been tested in patients, but the researchers say they have "enormous potential." Experts said that although the work was still at an early stage, it was very exciting.

**WHAT HAVE THEY FOUND?** Our immune system is our body's natural defence against infection, but it also attacks cancerous cells. The scientists were looking for 'unconventional' and previously undiscovered ways the immune system naturally attacks tumours.

## IMMUNE DISCOVERY 'MAY TREAT ALL CANCER' - continued...

What they found was a T-cell inside people's blood. This is an immune cell that can scan the body to assess whether there is a threat that needs to be eliminated. The difference is, this one could attack a wide range of cancers.

"There's a chance here to treat every patient," researcher Prof Andrew Sewell told the BBC. He added: "Previously nobody believed this could be possible". "It raises the prospect of a 'one-size-fits-all' cancer treatment, a single type of T-cell that could be capable of destroying many different types of cancers across the population."

**HOW DOES IT WORK?** T-cells have 'receptors' on their surface that allow them to 'see' at a chemical level.

The Cardiff team discovered a T-cell and its receptor that could find and kill a wide range of cancerous cells in the lab including lung, skin, blood, colon, breast, bone, prostate, ovarian, kidney and cervical cancer cells. Crucially, it left normal tissues untouched. Exactly how it does this is still being explored.

This particular T-cell receptor interacts with a molecule called MR1, which is on the surface of every cell in the human body. It is thought MR1 is flagging the distorted metabolism going on inside a cancerous cell to the immune system. "We are the first to describe a T-cell that finds MR1 in cancer cells - that hasn't been done before, this is the first of its kind," research fellow Garry Dolton told the BBC.

**WHY IS THIS SIGNIFICANT?** T-cell cancer therapies already exist and the development of cancer immunotherapy has been one of the most exciting advances in the field. The most famous example is CAR-T (chimeric antigen receptor) made by genetically engineering a patient's T-cells to seek out and destroy cancer.

CAR-T can have dramatic results that transform some patients from being terminally ill to being in complete remission. However, the approach is highly specific and works in only a limited number of cancers where there is a clear target to train the T-cells to spot. And it has struggled to have any success in 'solid cancers' - those that form tumours rather than blood cancers, such as leukaemia. The researchers say their T-cell receptor could lead to a 'universal' cancer treatment.

**SO HOW WOULD IT WORK IN PRACTICE?** The idea is that a blood sample would be taken from a cancer patient. Their T-cells would be extracted and then genetically modified so they were reprogrammed to make the cancer-finding receptor. The upgraded cells would be grown in vast quantities in the laboratory and then put back into the patient. It is the same process used to make CAR-T therapies.

However, the research has been tested only in animals and on cells in the laboratory, and more safety checks would be needed before human trials could start.

**WHAT DO THE EXPERTS SAY?** Lucia Mori and Gennaro De Libero, from University of Basel in Switzerland, said the research had "great potential" but was at too early a stage to say it would work in all cancers.

"We are very excited about the immunological functions of this new T-cell population and the potential use of their TCRs in tumour cell therapy," they said.

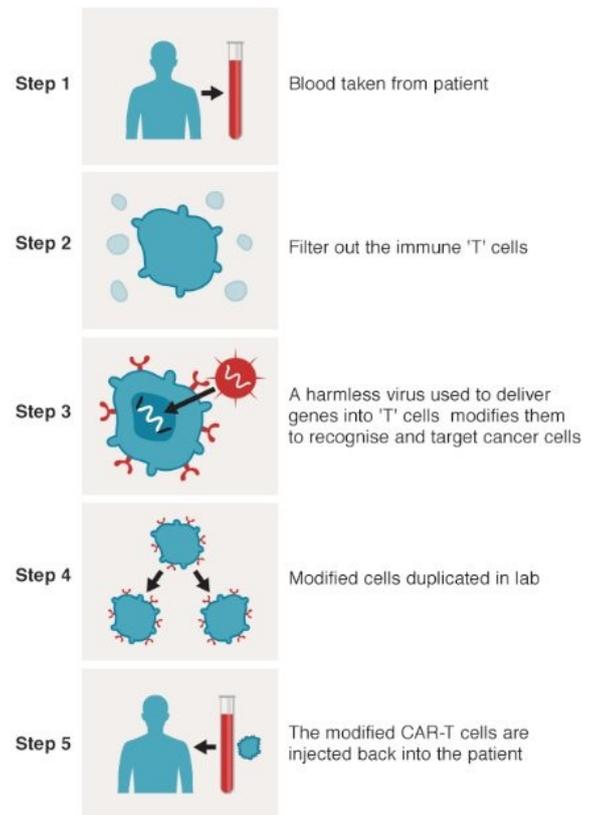
Daniel Davis, a professor of immunology at the University of Manchester, said: "At the moment, this is very basic research and not close to actual medicines for patients. There is no question that it's a very exciting discovery, both for advancing our basic knowledge about the immune system and for the possibility of future new medicines."

The following headings can be read by following this link: -

<https://www.bbc.co.uk/news/health-51182451>

- **Cancer treatment trial: Chemotherapy 'could become more effective'**
- **'Cancer treatment broke my heart, but I've survived'**
- **New cancer treatment to tackle drug resistance**

### How CAR-T therapy works



Source: BBC research

BBC



We remember our  
Founding President,  
Linda Shepherd  
1953-2017

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

Cancer Support France are proud to be in partnership, affiliated to or supported by the following associations and groups: -

In partnership with:

*En partenariat avec:*



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



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



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



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



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



[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

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### **Touchlines**

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

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