

Support for English-speaking people touched by cancer in France

The Newsletter of Cancer Support France — Association N° W163000037

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LET'S DO THIS!

*Outgoing President, Penny Parkinson -
"So what you do is..."*

*Incoming President, Pat Lockett -
"What... Is that all?"*

In partnership with:

En partenariat avec:



We remember our Founding President,
Linda Shepherd 1953-2017



REPORT OF THE CSF NATIONAL ANNUAL GENERAL MEETING 2019 - Submitted by Pat Lockett

The AGM for the National Association was held on Wednesday 13th March in Cahors for the second year running, hosted by the local Association, Dordogne Est & Lot.

It was held in the beautiful *L'Hotel Terminus* and was chaired by Heather Moorhead (President CSF Dordogne Est & Lot). Penny Parkinson reviewed the work of the National Association for 2018-19 by exploring our 5 Key Tasks, namely, Helping Clients, Partnering Other Organisations, Information and Guidance, Training Support and National Advertising.

Two additional items on the agenda saw the adoption of an Affiliation Agreement and the welcoming back of CS Haute-Vienne into the CSF family.

During the elections of officers, the following were appointed: -

National President	Patricia Lockett (CSF Dordogne Est & Lot)
National Vice-President	Richard Smith (CSF Charente Maritime)
National Treasurer	Jean Winter (CSF Nord)
National PR	David Wilson (CSF Nord)

Pat Lockett (newly elected National President) thanked Penny Parkinson (retiring President) and Stephen Hartley (retiring Treasurer) for their wonderful work on the National *Conseil* over the past three years and leaving gifts were presented.

Pat then went on to explore some of the tasks the National Association will address in 2019-2020. Full details will appear in the minutes.

During the afternoon, Dave Wilson (National PR) explored initial ideas for taking forwards advertising, publicity and sponsorship. Penny spoke about the *Cycle for Life 2019* and Chris Dowd's *Triple Cycle Challenge*.

WORDS FROM THE NATIONAL PRESIDENT - submitted by Pat Lockett

I was appointed to the role of National President at the recent AGM in Cahors and am both excited and honoured to hold this position.

The evening before the AGM, representatives from a number of CSF Associations joined Penny Parkinson (National President) and Stephen Hartley (National Treasurer) for a meal and the opportunity to informally catch up.

We were sorry to say goodbye to Penny and Stephen after three years of wonderful service and hope they will enjoy the little taste of the Lot Valley with which they were presented.

Thankfully, Penny will continue to support the National Association by organising the *CSF Cycle for Life 2019*, our main National fundraising event. Also, Penny is liaising with Chris Dowd who is undertaking a *Cycling Triple Challenge* also in aid of CSF National. More from Penny about both of these events later in this edition of Touchlines.

We have lots to get our teeth into this year and I am grateful that volunteers from other associations have offered to be involved in our development programmes. Current projects to see completed include the development of a new support programme for clients, Living Well with, and Beyond, Cancer. Also, to further support our Active Listeners, a National Handbook is underway and the potential to bring our ALs together at a National conference is being explored.

Our National Helplines continue to develop and have been brought together by the appointment of Julia Hall (CSF Lot-et-Garonne) as coordinator. We also have developments in Training, with Carol Quinlan (CSF Lot-et-Garonne) undertaking the key liaison role. We are very grateful that both have offered to look after both these important aspects.

We are living through unsettled times and representatives on the National Conseil are aware, as are local Associations, of the changes and challenges currently being faced both within France and beyond. We are continually looking at local trends to see how we can best plan for meeting the needs of those who come to us for support.

I hope to have the opportunity to visit as many Associations as possible this year; already the diary is beginning to fill! Later this year our National Vice-President, Richard Smith, will attend the annual *Congress of the European Cancer Patients Coalition*, an important partner to CSF. I plan to attend the AGM of the *British Community Council* in April, again a partner that supports the raising of awareness of our work.

Finally, I want to say a huge thank you to all our members; without your continued support we would not be able to, in turn, offer the high standard of support to clients facing cancer and those close to them, that they deserve.

**NATIONAL
AGM
PHOTOS**



Richard Smith presenting Steven with his gift



Just a few of the happy diners awaiting their excellent luncheon

REGIONAL ROUNDUP

CHARENTE MARITIME - Submitted by Richard Smith - President



Penny receiving her gifts from former President, Tony Benstead at the recent National AGM

DORDOGNE EST & LOT - Submitted by Heather Moorhead, President & Anna Shackelford, Vice-President

Our Association was once again honoured to host the CSF National AGM on Wednesday, March 13th, at the Hotel Terminus in Cahors.

We are immensely proud that our colleague Pat Lockett was elected as National President.

The AGM was well attended with delegates from many of the 15 Associations travelling from northern and southern France.

La Dépêche provided great coverage of this event – take a look on line at ladepeche.fr under the Cahors section.



Top left - Heather Moorhead hosting; Top right - members attending;
Bottom left - Retiring President, Penny Parkinson;
Bottom right - Incoming President, Patricia Lockett



General News from Dordogne Est & Lot

Use of money raised - In one of last year's Newsletters, and at the December Workshop, the use of money raised was explained but, as we are often asked this question, there follows an outline: -

Our Association Statutes preclude us from making donations without making this intention clear in advance.

CSF has a National Agreement with *La Ligue contre le cancer* which allows us to use their logo on our publications. We often make donations to *La Ligue* in support of the excellent work they undertake, especially in the field of research into cancer treatments, which benefits all those affected by cancer, living in France.

A CSF Association should ideally have sufficient funds to operate over a three-year period and be able to offer a range of support at any time, to a client, affected by cancer.

DORDOGNE EST & LOT - continued

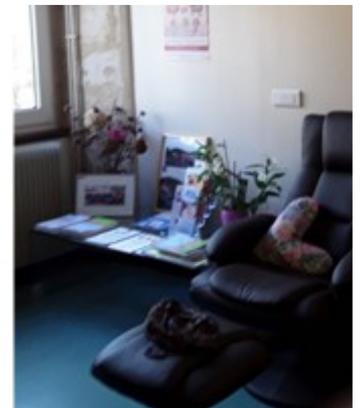
Liaison with La Ligue contre le cancer - An open afternoon was held at *La Maison Des Aidants* in Gourdon in late January when various medical professionals were invited and shown around the new-look building.

Heather, our President and Philippe, our Active Listener Coordinator made themselves available for this event in the office shared with *La Ligue*.

As well as *La Ligue* having a regular presence there to support people affected by cancer, a warm and friendly environment has been created to support persons suffering from neurodegenerative illnesses and for those caring for them. A psychologist is on hand to offer advice / support to the carer. Other professional support and advice may also be accessed. Pilates sessions are available, as are sessions the use the equipment in the photos in the *Salle du Sport*.

Our CSF Association is grateful to *La Ligue* for the use of a shared office where we maintain an 'open' office on Mondays between 14h – 16h and assist on Wednesdays at the same time at *La Maison Des Aidants* in Gourdon.

Please note that if someone wishes to come and talk with us outside these hours, a private appointment can be made by contacting: - delot-coordinator@cancersupportfrance.org



Spring Market at L'Oustal, Lavercantière Saturday April 27th 10h until 16h - We look forward to seeing many of our regular supporters again as well as new faces from our Lot and surrounding departments this year to support this popular ever event.

L'Ostal Lavercantière 46340
Saturday/samedi 27 April/avril 10.00 - 16.00

Marché de Printemps Spring Market

- * Artisanat Local/Local Crafts
- * Tombola
- * Plantes
- * Bouquins/Books
- * La Saucisserie
- * Cod en Bleu - fish & chips
- * CSF "Dream Team" thé, café, pâtisseries

Email: delot-vice-treasurer@cancersupportfrance.org

Marché de Printemps Spring Market

L'Ostal Lavercantière 46340
Saturday/samedi 27 April/avril 10.00 - 16.00

Venez nombreux pour nous aider à célébrer le Printemps en supportant notre association Cancer Support France (CSF). Nous soutenons les personnes anglophones vivants en France affectées par le cancer quelque soit leur pays d'origine.

Notre association fera un don des recettes à La Ligue Contre le Cancer.

Venez découvrir nos stands: Artisanat local, livres d'occasion, plantes, pâtisseries, produits locaux et du terroir et Tombola avec une grande sélection de prix.

Venez déguster nos spécialités britanniques: Fish & Chips de la boutique Cod en Bleu, Pies, Sausage Rolls, Bacon et Saucisses de La Saucisserie. Restauration toute la journée.

L'Ostal est facile à trouver en sortant de Lavercantière sur la route de Salviac, sur la gauche, avec un grand parking.

Come and help us celebrate spring and at the same time support our CSF Association which provides help and support to English speaking people living in France touched by cancer.

A donation from this event will be made to La Ligue Contre le Cancer

There will be: Arts & Crafts; second hand books; plants & flowers; cakes; local produce; a Tombola with lots of quality prizes.

Refreshments will be available throughout the day, including fish and chips from Cod en Bleu and pies & sausage rolls as well as bacon, sausage etc from La Saucisserie.

From Catus on the D6 L'Ostal is a large modern building on the left at the turning to Rampoux.

From Dégagnac it is just before you enter the village of Lavercantière.

Ne pas payer sur la voie publique. Vitaprint.

LANGUEDOC - Submitted by Hilary Galea, Publicity and Graham Luck, President

AGM: This year's AGM, held at the beginning of February, saw over 30 CSF-Languedoc members gather in Pézenas to review the Association's previous 12 months' activity and look ahead to plans for 2019.

There were changes in the 2019 Bureau: after years of dedicated service as secretary, Jenny Guest passed the baton to Jackie Keefe. Jenny will still be actively involved with CSF-Languedoc and will also be working on an internet-based resource project 'Living Well with Cancer' with CSF National. Personally, Jenny is also undertaking an additional yoga teacher's qualification specifically aimed at those affected by cancer.

By the time she moved to France in May 2018, Jackie had already decided that she wanted to be involved with CSF-Languedoc. She commented that she was impressed by the professionalism of the organisation and the training that's provided to active volunteers, in particular the programme of training and mentoring given to Active Listeners.

Awareness-raising coffee morning: CSF-Languedoc is currently running a campaign to raise awareness of its services in the area around Lodeve, in the Hérault Department where it has very few members despite there being a significant Anglophone community. Information, in both paper and digital form, is being distributed at key Anglophone associations and hangouts, in addition to the usual healthcare surgeries and hospitals. A well-attended coffee morning held in early March at the home of Cat and Stephen Hartley saw faces new and old mingling with clients and volunteers. It also presented a valuable opportunity to involve *La Ligue*, who sent a strong delegation from their local *Escale Bien Etre*, which offers similar services to our monthly Drop-In, but is open every weekday.



Enjoying the awareness-raising coffee morning

2009 - 2019 This year, CSF-Languedoc is following in the footsteps of other long-established CSF Associations in reaching the milestone of having provided services for 10 years. Over the last decade, membership has grown to 150, and regular Drop-In days, as well as the provision of an increasing range of therapeutic services to support our clients have become established. We are planning a series of events to mark how far we have come from our humble origins. The first of these will be an (indoor!) picnic lunch for 100 people in March, with entertainment being provided from within the ranks of our membership. Our hospital liaison team reports that the fact that we have been operating for 10 years earns respect from healthcare professionals and so, we have adopted a simple 'stamp' to this effect on our literature.



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

We held our first *Carers' Day* of 2019 on Monday 4th February which coincided with *World Cancer Day*. Twelve ladies took part in a full day of pampering with massage, relaxation and beauty treatments. Olivia came from Tonneins to administer the pampering and Cindy provided more than adequate refreshments with participants enjoying morning coffee with cake, lunch, and afternoon tea. By all accounts, it was a very relaxing day where new friendships were made and everyone went home with a tiny plant for their garden and a little angel to put on a key ring to remind them that CSF is always there for them.



LOT-et-GARONNE - continued

Cindy and Steve attended an English-style tea prepared by the son of a client of Cindy's for his mother and their French neighbours. The tea was a thank you to CSF Lot-et-Garonne for the support given to his mother and father.

On Monday 4th March Cindy gave a presentation about CSF Lot-et-Garonne to the local English-speaking ladies' group, *LEGGIES* (www.47leggies.com) in which she outlined the work that our association does in this area of France and what help is available for those in need. As a result, they are having a cake sale at their next meeting, the proceeds of which will be donated to CSF Lot-et-Garonne. Some of the ladies also expressed an interest in helping and took away leaflets to leave in doctors' surgeries etc.

Cindy and Kate attended the CSF National AGM in Cahors where it was good to meet with the representatives of the other regions and to hear what the National body has planned for the coming year.



A very special Thank You Tea

In our area we have several events at the planning stage, including our next Carers' Day on Monday 25th March when Eve Warner Howard will be leading a 'Happiness' day; this we are sure will prove to be very interesting. We will also be supporting the *Bon Coeur* Book Sale at Beauville on 1st May and we will also be using this as an opportunity to raise awareness of CSF Lot-et-Garonne in that part of our department. Other activities in the planning are a sponsored walk and picnic, a CSF stand at Peter and Pat Aldous' Open Gardens, a possible sponsored bike ride and a Grand Sale at Montastruc.

SUD de FRANCE - Submitted by Phil Mercer

The ups and downs of a Cancer Support France Drop-In - We've always seen an active and accessible Drop-in capability as an essential service here in the Aude and, as part of CSF Sud de France, other departmental representatives deliver the service differently.

Here in the Aude, we started many years ago with one Drop-In in Limoux in the south west of the department on the first floor above a cafe in the centre of the town. Even though the Drop-In was staffed by enthusiastic, active volunteers, we soon encountered our first problem – no lift! Nevertheless, we pushed on, offering Art Therapy, Reiki, tea and cake, and confidential support. Then we discovered another, bigger negative - people didn't like to walk through the cafe, in case they were recognised and people knew where they were going. So, we decided to move locations, but staying pretty central in Limoux. At the same time, it was decided that, as the Aude is such a big department, maybe another Drop-In, east of Carcassonne, would be a good idea.

The first venue for the east was offered by the *Mairie* at Trèbes, who gave us a room, or maybe it was a hall!!! A couple of tables were erected in one corner, with books and Information on one, and the other table was for tea, cake and conversation. During our time at Trèbes, the Drop-In changed slowly into a social club, and less so for its original purpose of providing confidential support. Furthermore, as attendance was dropping at both locations, it was decided to look for new venues.

Our early experiences and learning, told us that these new venues ideally needed to:

- Be in a central location, with easy, close, parking
- Have an easily accessible room
- A private space for confidential one-to-one support
- Light and airy, and warm and welcoming

Active volunteers were always available and continued to offer friendly, confidential support, so the premises needed to be right. It was decided to drop all the therapies offered in Limoux and concentrate on more personal interaction.

So, in Limoux, the old police station (next to the Tourist Office) was offered by the *Mairie* as our new venue. There was a toilet, parking, a warm room, but it was significantly lacking in ambience - for example, there were bars on the windows, and a corridor of old cells next to the toilet!!

At the same time, our Drop-In at Trèbes moved also, to the English-Speaking church in Homps further east along the *Canal du Midi*. However, the environment at both locations wasn't ideal – a religious location doesn't suit everyone, and neither does a former police station. So, another two venues were sought and, at the same time, a major revamp of the two Drop-ins was planned.

SUD de FRANCE - continued

Today, in the east, we've moved even further along the *Canal du Midi* and now have a successful 'Book Café' in the *Mairie* at Argens-Minervois, with an accessible and welcoming space for all to meet. In the west, the equally successful 'Coffee Morning' remains in Limoux, but in a brand-new venue. The 'Coucou Atelier Boutique' is an Anglophone-run craft and gifts-based shop, with future plans to provide craft-based therapies to CSF members. Both venues are ideal for people who need support from CSF and, as important, they continue to support the increasing number of people who walk through their doors.

The moral of this story? If at first you don't succeed, learn from your mistakes, and continue to move forward. We got there in the end!



A busy time at the Limoux Drop-In during March

VIENNE - Submitted by Jacquie Kelley, President

In November Clare Schmieder, one of our Active Listeners, went to Toulouse to train as a Trainer for Vienne. This was great news and she put on her first training day in February for our Active Listeners. It was a very informative and enjoyable day enabling us to refresh our skills and get together as a group. It was so enjoyable we are holding another day in October. A huge thank you to Clare.

AGM - The AGM on the 22nd March was well supported with 17 members attending. We now have collection boxes available for members to put in strategic places to raise awareness and raise funds. A big thank you to Rob for sourcing these. Phil suggested that we have a CSF Vienne ride cycle on the morning of 19th May in Moussac followed by a bring and share picnic. The route will follow the river to Goux so fingers crossed for good weather. The main aim for this year is to raise awareness across the north of the Vienne.

Burns Night, 25th January 2019 - After a huge amount of time and effort on the part of Fiona and Kevin Lapworth, owners of *Chez Keona* in Le Vigeant, we celebrated Burns Night in the *Salle des Fêtes* in Le Vigeant. *Chez Keona* (www.chezkeona.com) generously sponsored the event, and the haggis was provided by *Monty Butcher* (www.montybutcher.fr). Both businesses were happy to help, knowing that all profits would be donated to Cancer Support Vienne.



Advertising was not necessary, as there were nearly 90 people signed up within days of announcing the event. We are very lucky to have so many French villagers who are happy to experience events in the British-style; roughly half of the revellers were French!

Music and sono was generously provided by Matt Ditchburn for the evening, piping in the 'wee beastie', and dancing later on, which was led by local dancers Susan and Gary.

The 'address tae the haggis' was given by local Scotsman Calum Dickson, translations of which were printed in both French and English. Our members helped with preparations for the evening, serving of the food, and clearing up afterwards. For some of *les britanniques* and all of *les français*, it was their first experience of haggis... I am happy to report that most people loved it!



All in all it was a very enjoyable and successful evening, raising about 1,200€ for CSF-Vienne. The good news is that Fi and Kev have already agreed to do it all again next year.



After the huge success of the *Cycle for Life* in 2018, this year sees CSF and its cyclists back in the Languedoc-Roussillon for 5 days of rather more gentle exercise. The scenic route, organised for us by Bruce and Denise of *Vie et Velo*, is separated into two halves. This means that people who can only commit to a short period can easily sign up and join in the fun.

The first stage, 15th and 16th, from Mazamet to Bedarieux, takes you through the beautiful *Haut Languedoc National Park*. Cycling is along an old railway line (not many hills there then!) with an overnight stop at St-Pons-de-Thomières. Arriving at Bedarieux, there is a conveniently-timed train into Beziers for those who wish to continue the adventure.

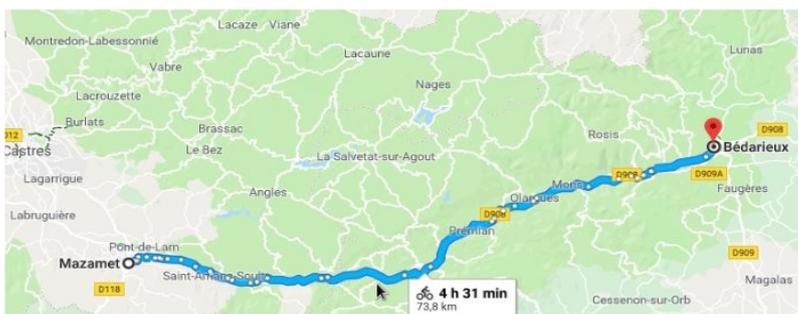
The second stage starts from Beziers on the morning of the 17th, ending in medieval Perpignan with a celebration at lunchtime on Sunday 19th. Cyclists and friends will be able to set off on their homeward journey, stop on and enjoy the delights of this old town or even have a couple of days on the Mediterranean.

Do consider joining as a cyclist! It is a superb way to take exercise as well as share in what can only be described as a very enjoyable event, one full of laughter and sore bottoms! And if you cannot participate, then do remember that the *Cycle for Life* is the only fund raiser for CSF (National). Please consider supporting a cyclist through sponsorship or coming along to cheer along the way. CSF is a charity recognised by *Alvarum* and sponsorship through them enables French tax payers to also benefit from tax relief on any donation – here:

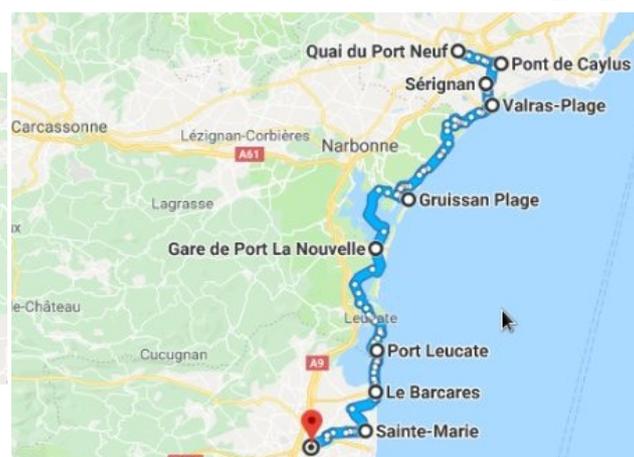
<http://www.alvarum.com/charity/2039/challenge/2065>

The dedicated website – csfcycleforlife.org - has full details together with the *Participant's Pack* which can be downloaded or contact Sasha on: admin@cancersupportfrance.org

Béziers to Perpignan route 



 Mazamet to Bedarieux route





These blue T-shirts are available in a light breathable fabric and available in a variety of sizes from S through to XXL . Order direct from Decathlon 16€ incl. p&p.

Follow the link for full instructions:

csfcycleforlife.org/t-shirts



Cycle for Life is an annual event raising funds and awareness for Cancer Support France

CSF Cycle for Life 2019 Sponsors



A MESSAGE BY CHRIS DOWD FROM HIS FUNDRAISING PAGE ON ALVARUM.COM



**CHRIS DOWD'S
2019 CYCLE TRIPLE CHALLENGE**



15,000km in 2019 +
150,000m climbed

Eiffel Tower to
Col du Tourmalet -
1,000km solo

Ardechoise.com -
640km + 10,500m
in 4 days

**Please give generously at
www.alvarum.com/chrisdowd**

www.cancersupportfrance.org

"Cancer Support France is a network of independent Associations throughout France that provides support for English-speaking people of any nationality who have been touched by cancer. Please check out their website at cancersupportfrance.org for more information.

Throughout 2019 I am taking on a solo cycling triple challenge to raise as much money as possible for CSF as I can. One challenge is not enough! So I will: -

- 1) Cycle 15,000km in 2019, climbing 150,000m along the way*
- 2) Take part in the Ardechoise.com in June, cycling 640km in 4 days, climbing 10,500m*
- 3) Cycle 1,000km from Paris (Tour Eiffel) to Les Pyrénées (Col de Tourmalet) in September*

Please give as much as you can to support me in these challenges, and so make all the effort (and pain!) worthwhile.

Thank you, Chris"

Chris Dowd

GOOD NEWS FROM CANCER SUPPORT HAUTE-VIENNE - Submitted by Sue Ware, President

Cancer Support Haute-Vienne is delighted to announce that they have re-affiliated the Association with Cancer Support France. During our absence, CSH-V has thrived, boasting 14 trained ALs and have developed close links with the hospitals and clinics in Limoges as well as with the local committee of the *La Ligue contre le cancer*. We have undertaken a considerable amount of translation of documentation which we have, through the years made available to CSF National and our treasurer has been a moderator on the Forum throughout this period. We have also maintained other links with National, which has enabled the transition back into the fold to be very straightforward. We look forward to working closely with the other Associations in the future.

Further contact details are as follows: address: 51 Saint Gervais, 87600 Videix.

Direct phone contact with Sue Ware is: 05.55.00.31.15. The **Helpline** number on the back page will remain the same.

BBC RADIO 5 live

You, Me and the Big C: Putting the can in cancer

The coolest club you never want to be a part of...

The women of the *You, Me & the Big C Podcast* are your BFF's, your sisters, daughters and mothers. They are you... but with dodgier cells and they're too busy living to worry about dying.

A candid look at cancer, with ****Rachael Bland**, Deborah James and Lauren Mahon.

(** See Book Corner on page 10). To listen to the You, Me & the Big C Podcast, go to:

<https://www.bbc.co.uk/programmes/p0608649/episodes/downloads>

Editor

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

C's Personal Story - I received a lot of help and support from you (CSF) in the Ariège and Toulouse whilst my husband was sick with leukaemia! Sadly, he passed away in May 2016. CSF was a lifeline for me and made a horrendous time more bearable. **C.**

The Cancer helpline was extremely helpful, my gosh! I got to speak to two women who were sooooo helpful. Have to get back to them . **Anon**

THANK YOU TO ALL THOSE WHO HAVE SHARED

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

Editor

FRANCE

Ligue nationale contre le cancer

In partnership with:

En partenariat avec:



Institut National du Cancer



Cancer Support France



LIST OF MEMBER ORGANISATIONS

From Argentina to the USA, France shows three Member Organisations and, as you can see, **Cancer Support France** is one of those three.

We have come a long way since our early days in 2002 when our Founding President, Linda Shepherd, set our her vision for an English-speaking cancer support group.

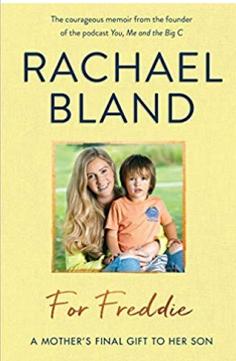
We are proud to be where we are today and of all the effort put in by our dedicated teams of volunteers.

Editor

BOOK CORNER

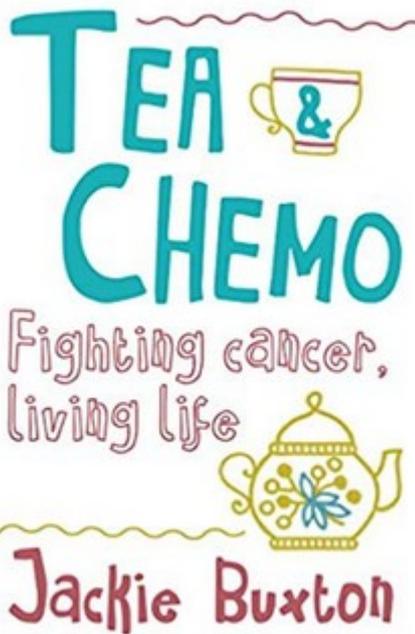


The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books featured are available on Amazon.



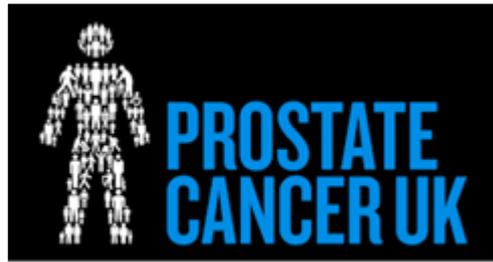
The inspirational memoir from the founder of the *You, Me and the Big C* podcast, Rachael Bland. Courageous and life-affirming, this is a mother's final gift to her son. It will pull at your heartstrings but is something that all children could benefit from later in life when they have those all important questions that need answering.

Editor



At the age of 45, 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. Never known for her scientific prowess, she nonetheless became a 'bit of an expert' - at least in the field of hair loss, water retention and biscuits - and decided to use her writing to share experiences. Laughter and tears...

Also Here to Help...



www.prostatecanceruk.org



www.cancerresearchuk.org



www.be.macmillan.org.uk



www.pancreaticcancer.org.uk



Beating blood cancer since 1960

www.bloodwise.org.uk



www.breastcancersupport.org.uk



www.targetovariancancer.org.uk



www.thebraintumourcharity.org



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 Help-line

Telephone: 0800 240 200 (free from a landline)

(Your call is taken on an answerphone and is free from a landline - there is a short message in English - we will reply to you as soon as possible and normally within 24 hours)

Useful Contacts

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

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

E-mail: helpline@cancersupportfrance.org

Website: www.cancersupportfrance.org

forum.cancersupportfrance.org

CSF FORUM - Visit the CSF website and take a look at the FORUM, packed full of information and interesting conversations - maybe even meet new friends...

REGIONAL GROUPS

Alpes-Maritimes (06; 83)	Angela Anderson (Mobile)	07.68.38.74.70 06.48.50.36.46	cancersupport06@gmail.com
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