



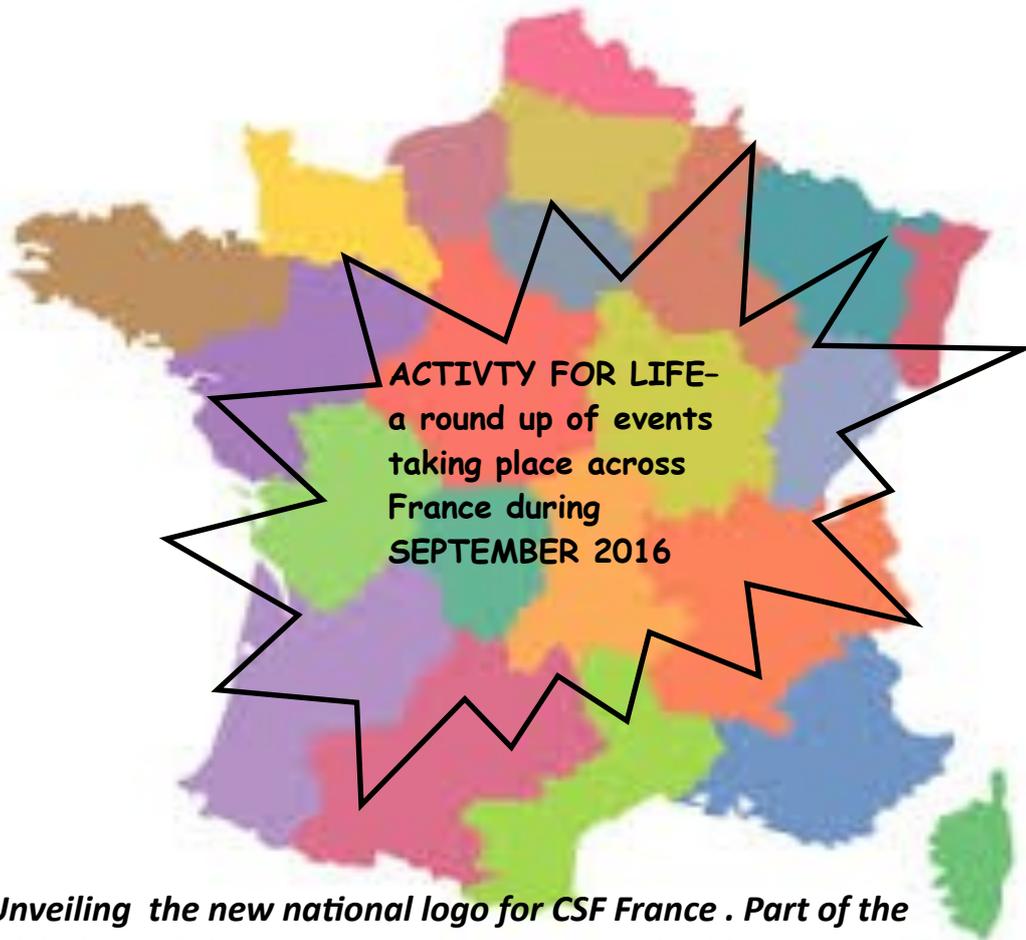
Touchlines

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

Volume 12 Issue 3

July 2016



ACTIVITY FOR LIFE-
a round up of events
taking place across
France during
SEPTEMBER 2016

Unveiling the new national logo for CSF France . Part of the initiative to bring a more nationally recognised image across the whole of France

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Welcome to the July edition of Touchlines with its new look front page to unveil the new National CSF logo.

National president Penny Parkinson has shared some of the exciting plans for CSF in the coming years in her letter to regional members. Thank you for all your interesting articles and Photos. This shows that across France CSF is busy spreading the word across the English speaking communities.

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

Have a wonderful summer. !

Editor : Peta Hamilton .



NEWS FROM THE NATIONAL CONSEIL



Letter from CSF National President : Penelope Parkinson

Outlining exciting new developments for CSF and her hopes for the future

Can you imagine how you would cope if you had to face the diagnosis of cancer whilst living in France? Would you understand what the doctors are telling you? Where would you go for the information you needed to manage your illness in a way that is best for you?

Cancer Support France offers support in many and varied ways to English-speaking people living in France who are touched by cancer. **CSF** supports not only cancer patients themselves, but also their carers, families and those closest to them. Over the past 13 years, **CSF** has made a real difference to the lives of nearly 2,000 of those people.

Today, our network has 13 affiliated, but independent, associations throughout France supports around 400 clients with linguistic and practical help, information and emotional support.

The new National Council, appointed recently, with representatives from all the **CSF** local associations, and with myself as the new National President, is moving to provide more coordinated support to all the local associations. We are in the process of setting up a new website and a National Training Programme to ensure consistency of support for clients.

We are launching later this year an ambitious development campaign to raise funds across the country to ensure we can provide long-term security for the important work **CSF** does and to develop new services, such as night nursing care and cancer transition programmes. Finally, I want National to support the establishment of new local associations in parts of France where **CSF** does not have a local association - Paris in particular. Only then will **CSF** truly provide support for all English-speakers touched by cancer in France.

World Cancer Congress 31st October to 3rd November 2016 in Paris



Mobilising
Action
Inspiring
Change



The Union for International Cancer Control (UICC) is a membership organisation that exists to help the global health community accelerate the fight against cancer. It was founded in 1933 and is based in Geneva. It has a growing membership of over 900 organisations across 155 countries, which include the world's major cancer organisations (Cancer Research UK and Macmillan included), ministries of health, research institutes and patient groups. Together with its members, key partners, the World Health Organization, World Economic Forum and others, UICC is tackling the growing cancer crisis on a global scale.

The World Cancer Congress is UICC's flagship event. The Congress brings together an exceptional, multisectoral community of 3,500 foremost cancer and health experts, political and business leaders, patient groups and public figures who share a real passion and engagement to reverse the course of cancer and other chronic diseases. They meet every two years in a different country to have meaningful exchanges on effective practical approaches and methods which can reduce the gap between what is known and what is practised in global cancer control and chronic conditions.

This year's Congress programme features a wide-range of multidisciplinary sessions, thought provoking debates and capacity building schemes covering the full spectrum of cancer, from prevention and early detection to treatment and palliative care. A number of sessions as well as an exhibition space in the Global Village will be especially dedicated to patient groups. The event should also garner a lot of local and international media attention, including from the Times, the FT, the BBC, the Lancet or le Monde.

With an emphasis this year on patient groups, **CSF** is sending a number of delegates.

Have a look at this youtube video showing the last Congress which was held in Australia in 2014.
<https://www.youtube.com/watch?v=5G1vyP6...e=youtu.be>

For more information on WCC look at the website:
<http://www.worldcancercongress.org>

or on UICC click here:
<http://www.uicc.org/about-uicc>

The first BBC News Survivors lunch Frank Gardener (shot), Andy Marr (stroke), George Alagiah (cancer) and me Frank Gardner(cancer) celebrated still being here & still broadcasting. Cheers!

Well done lads ! Editor





ACTIVITY FOR LIFE SEPTEMBER 2016

EVENTS HAPPENING ACROSS YOUR REGIONS

CSF-LANUEDOC

Walk for Life 2016

It seems hardly possible that the biggest single awareness and fund-raising event in CSF-Languedoc's calendar is almost upon us again! This year's Walk for Life will be held on Sunday, September 18, at the same popular venue as the last two years: Domaine de la Clapiere, Montagnac www.laclapiere.com.

As before, there will be the option of participating in a 5km or 10km walk, followed by well-earned refuelling with C&C Fish and Chips (including gluten free and veggie options) and Ken and Alison's famous brownies in the domaine's beautiful covered courtyard. La Clapiere wines will, of course, be available for tasting and purchase and the Soeurs Delice will be in attendance with their range of tasty products. There'll also be a large selection of second-hand books for sale.

CSF-CHARENTE PLUS

Race for Life 2016

18th September

Morning run or
walk round

Plan D'eau ,St Yriex Angouleme



Evening Concert by Cantique

followed by a wine and cheese reception in Champagne Mouton , Charente

Further details regarding these two events will be published on Charente-Plus Facebook page and in the local English speaking press

CSF -GASCONY

ACTIVITY FOR LIFE EVENT SUNDAY 11th SEPTEMBER

CSF Canal de Garonne Bike Ride, which we are helping to organise in conjunction with CSF National.

Further details can be found on page 8 of this edition of Touchlines

CHARENTE—PLUS - submitted by Peta Hamilton



New President for Charente-Plus

My name is Vanessa Whyte. I am married to Scott and we recently celebrated our 23rd wedding anniversary. We have two daughters and now have a new member of our family our first grandson Leo. We all live here in France, including my parents who also live close by. I moved over to France in 2007 and don't regret it for a minute. The whole family has benefited from living here and have adapted well to their new life-style with both girls going through the French education system. I am a fully qualified psychotherapist and have worked in the area of mental health, including working for The Priory back in the U.K.

Sadly I lost a good friend to cancer when she was only 40 years old, which then encouraged me to get involved with the charity helping those affected by cancer.

So, when I heard about **Cancer Support France**, I happily volunteered and have been a member for a number of years now. I then went further and trained as an Active Listener (A.L.), then went onto become an A.L.Trainer and am now delighted to become the next President of C.S.F. Charente- Plus.

I should like to give my special thanks to outgoing President Joan Hogan for all the hard work she has put in over the last few years in raising awareness and forging vital links within the French medical services and developing the Charente-Plus region to its current respected status.

I am looking forward to working with members and friends old and new of CSF Charente-Plus, to forge new links, support fundraising and spread the word about the valuable service that CSF provides for English speaking people touched by cancer

OPEN GARDEN EVENTS

It has been a busy start to the summer for Charente-Plus . We have had two successful open garden events

Thank you to Richard and Rhiannon Beech for sharing their beautiful garden last weekend to support CSF Charente-Plus. The sun came out and the flowers looked quite lovely. Thank you also to Kate Britten for her hard work organising the event to our members and supporters for contributing delicious homemade cakes for the garden tea terrace. The whole event ran very smoothly and raised €688 .Well done all .Gat team work.



Rhiannon and Richard with garden visitors

Training event for Active Listeners (A.L.)

On the 16th and 17th of May Charente-Plus held a training workshop for 4 potential new A.L.s . We currently have one new A.L. trained up and ready with the others following on soon.

Events to look out for in during the next few months :

- ◆ Sunday 11th September -we will have a stall at the Fete at the Frairie du Canard de Grenord , near Chabanais
- ◆ 18th September- a concert by Cantique with a wine and cheese reception at Champagne-Mouton , details to be confirmed.

CSF Dordogne East and Lot—submitted by Alexa Stace

Donation to the new Drop-in Centre for La Ligue in Gourdon on 23rd May

CSF members, led by President Julia Hall, were greeted by an impressive line-up of VIPs when they arrived at the new premises in *Gourdon* to hand over the cheque.

These included:

Dr Gluckler, the original founder of La Ligue, now President d'Honneur at Cahors

M Salerno, Directeur Adjoint, Gourdon Hospital

Dr Solignac, Administrator of La Ligue

Dr Penchenat, Directeur de Soins, Gourdon Hospital

M Carretier, Soins Palliatives, Gourdon Hospital

Mme Godissart, La Ligue, Cahors

Mme Ferrier, Secretary of La Ligue,

And of course Eliane Renaudin, who is now in charge of the Centre.

After introductions all round, Julia Hall presented the cheque for 250 € to the President, and we were then treated to a delightful afternoon tea. There was plenty to talk about, with so many experts on hand, and at the end a few of us, who live near *Gourdon*, offered to help out Eliane, who runs the Centre single-handed.



The Highly Successful Garden Party - Held in the beautiful garden of Linda and Paul on 27th May



Tim Giles described it all in an email:

“What a wonderful afternoon – we had over 150 visitors, took over 1500 euros, served countless cups of tea and munched through a mountain of cakes and goodies.

Beautiful crafts, delicious cakes to buy, plants of all descriptions, a library of donated books, cards, jewellery, beauty products and a enormous tombola – each of these stands adding to the welcome and interest of the afternoon – a great effort.

The weather was perfect, the garden absolutely magnificent (one garden expert said it was the best garden she had seen anywhere in this region).

And just in case you are wondering, Linda and Paul have offered their garden for another party next year – perhaps with a Hanging Gardens of Babylon corner!”

CSF-Languedoc—Contributed by Hilary Galea and Jenny Guest



CSF-Languedoc put their best foot forward at La Montpellier Reine



In actual fact, team CSF-Languedoc put an impressive 44 feet forward at this year's colourful 4.5km city walk held to raise awareness of breast cancer.

The *2016 Montpellier Reine* took place on May 29 – French Mother's Day. Final numbers are yet to be announced, but are expected to exceed last year's impressive total of over 7,000 participants.

Our 22-strong team, smartly kitted out in blue CSF-Languedoc tabards (thanks go to Kath Orsman), assembled on this sunny Sunday morning in Montpellier's *Jardins du Peyrou*, below the commanding figure of Louis XIV. The atmosphere was carnival-like – many in fancy dress; balloons floating above a sea of pink T-shirts; brass band playing; people cheering, dancing and warming up.

Even though the primary aim of this annual event is to raise awareness about breast cancer and the importance of screening, around 145,000 euros have been raised in donations and registration fees over the last 7 years. Funds raised from donations and registration fees, were divided between Montpellier's institutes and agencies working with breast cancer patients: *ICM (Institut Regional du Cancer* – with whom CSF-Languedoc has a convention of partnership); *Comité Féminin*, *MIS (Montpellier Institut de Sein)* and *CHU (Centre Hospitalier Universitaire Regional, Montpellier)*.

CSF-Languedoc—continued

New venue for CSF-Languedoc Drop-In days

From February 2013 until March 2016, our Drop-In days were held at the home of Alice and Paddy Doolan in *Pezenas*, and during this period attendance numbers grew to regularly reach over 40 people – a reflection of the great success of this warm and welcoming venue. Indeed, this very success has triggered the need for a move to a larger venue and so, at the end of April, Drop-In moved westwards to its new home at *Hameau Montplaisir, near Beziers*.

As well as offering a bright room with plenty of space to socialise and enjoy all the usual games, crafts and pampering activities, the new venue has a big kitchen for the preparation of coffee, snacks and lunch, plenty of parking and outdoor space, toilets with disabled access, and even a gîte available for us to use as a private therapy room. What's more, the views across the vineyards to Beziers cathedral are stunning!

As always the aim of Drop –In is to provide a friendly and supportive environment for those affected by cancer and we feel lucky to have found another venue of such warmth and character, and one that can meet our growing needs.

See the CSF-Languedoc [website](#) with details, dates and directions for our Drop-In days.

Picnic in the Park Pamper Day raises awareness and funds for CSF-Languedoc

On May 9, this year's VE Day national holiday, CSF-Languedoc had a wonderful opportunity to raise awareness about its activities at *le domaine de Pradines le Bas' Picnic* on the Park Pamper Day. The association was also the fortunate beneficiary of funds raised via a raffle and from donations by various practitioners and therapists at the event.

Le domaine de Pradines le Bas is an olive mill and art gallery housed in a stylishly renovated barn set in lovely surroundings near Beziers. Despite the inclement weather on May 9, there was a very warm, welcoming and calm atmosphere at the domaine. Visitors were able to enjoy a guided tour of the olive mill and sample the mill's products, taste wine, wander around the art exhibition, be pampered with Swedish massage, Reiki, breathing and relaxation techniques, hand massages, manicures and pedicures, and chat with friends over coffee, tea, nibbles and wine provided by the domaine. Everyone lingered for a long time chatting, which gave us the opportunity to explain all about our work to a younger group who only had a vague idea of what we do. Because of the wet weather, visitors spread their picnic rugs on the floor or sat at the long trestle tables and enjoyed their lunch together – probably in a much more sociable way than if they had been outside!

All were keen to go on our mailing list for the Walk for Life and one of the therapists has since joined CSF-Languedoc as a member and will hopefully soon be available to provide therapies for our clients.

Therapists and practitioners donated between 50% and 100% of revenue from the day to CSF-Languedoc, and all the proceeds from the raffle were given to us, raising a total of 344 euros. CSF-Languedoc's heartfelt thanks go to all those who so generously contributed and to the domaine for hosting such an enjoyable day.

For more information about *le domaine de Pradines le Bas* see their website at www.pradineslebas.com



Cassan Christmas Cracker Fair 2016

The 10th *Cassan Christmas Cracker Fair* will be happening on November 26 and 27. As well as being the best Christmas fair in the region, overflowing with fabulous festive fare and gorgeous gift ideas, this event is always a great awareness raiser for CSF-Languedoc. *Mark your diaries!*

CSF GASCONY - submitted by Jackie Clarke

After a quiet few months we are now full steam ahead into our Summer plans. We had a very well attended AGM, despite the fact that we cover a very large area, and were thrilled so many of our members travelled to join in. We had a very successful 2015 and surpassed our budgeted fund raising considerably, mainly due to the CSF Canal du Midi Bike Ride. At the end of the AGM we were lucky to have a guest speaker, Alistair Smith, a Haematologist and Clinical Director from Southampton who gave an excellent speech on Cancer Survivorship.

He discussed how many patients feel, when they are signed off from treatment, they are not 'done', that there is a sense of loss from the comfort zone that regular contact with the Oncologist and nursing team and treatment creates and that there is often a sense of loss. He said that after treatment there is often a feeling of uncertainty of survivorship with no one to help or a knowledge of where to go for help and that there is a definite need for a forward plan, post treatment, which includes pastoral care and that the focus should be on recovery, health and well being.

It was a very helpful talk for all of us.

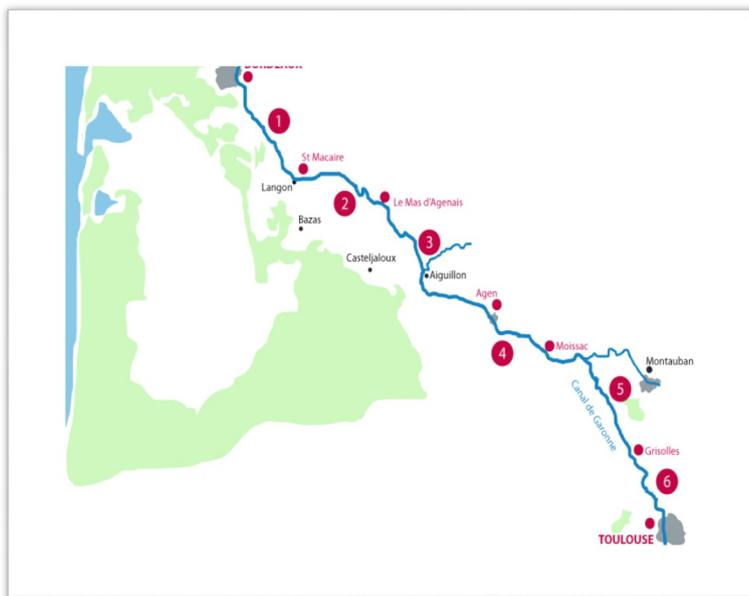
Here at CSF Gascony we have a good schedule of events coming up both before and after publication of Touchlines Starting with an open garden on 4/5th June where we have a stall to create awareness.

On 18th June, the local English speaking Layman and his wife who is a member, are hosting a lunch in support of CSF and *Restaurants des Coeurs*. We will be running the tombola and have our stand their too and manning the bar!

We also have a walk and lunch planned in early July at a popular location - *The Teapot* and hope many will attend both members, clients and friends and family.

ACTIVITY FOR LIFE EVENT SUNDAY 11th SEPTEMBER

Our biggest event, which requires hours of planning, is the **Activity for Life event - CSF Canal de Garonne Bike Ride**, which we are helping to organise in conjunction with CSF National.



The ride starts on the 11th September, covering a beautiful 300km of cycle ways that run alongside the *Canal des Deux Mers*. The route starts in the impressive *UNESCO heritage site of Bordeaux* ending in the pink city of *Toulouse*. On Sunday, 11th September the ride crosses the magnificent *Garonne river* via the *St Jean Bridge* leading the intrepid riders into the welcoming *Entre Deux Mers* vineyards and onward. This ride carries on the momentum that was created by last year's event and we hope for as many if not more entrants this year. The relationships created between different divisions of CSF last year will extend this year to *Bordeaux* at the start and onward through the *Lot and Garonne into Gascony*.

For more information or to register to ride - please contact us through the Facebook page or by email:

CSF Activity for Life (Facebook)

csf.gascony@gmail.com



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 may 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 hospital hosts including at a chemotherapy unit. She lives in Worcestershire with her husband.

Bowel cancer

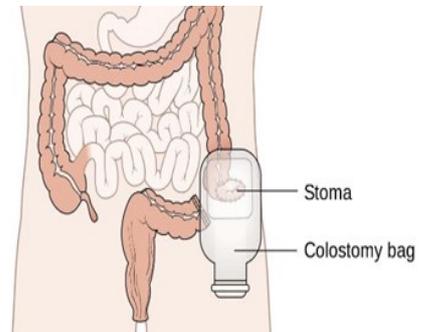
Bowel cancer is the 3rd most common cancer in the world, and cases continue to rise. It includes cancer of the large bowel and rectum.

Risk factors for bowel cancer are:

- being older
 - family history (including of some rare inherited conditions)
 - having inflammatory bowel disease (Crohn's disease or ulcerative colitis)
 - being obese
 - lifestyle factors namely doing little exercise, drinking a lot of alcohol, having a diet poor in fruit and vegetables
- Symptoms of bowel cancer largely depend in where in the bowel the cancer is but include:
- blood or mucus mixed in with the stool
 - change in bowel habit with diarrhoea or constipation
 - pain in the abdomen
 - feeling of not completely emptying the bowel
 - anaemia, which may be found on a routine blood test
 - weight loss
 - large tumours could cause blockage of the bowel (with severe pain and vomiting), or make a hole in the bowel (with severe pain and becoming very unwell)

Tests that may be performed:

- rectal examination
- camera tests to look at the bowel- colonoscopy or sigmoidoscopy (which looks at only the lower bowel), and a biopsy sample may be taken
- CT scans
- barium enema which uses a liquid inserted into the bowel which shows up on X-rays



Treatment depends on how well a person is and if the cancer has spread. If the cancer is only in the bowel surgery and chemotherapy or radiotherapy may aim to cure. If there is spread the aim may be to prolong life or alleviate blockages in the bowel.

Many operations on the bowel will involve the creation of a stoma. This is when the bowel is brought to the surface and the contents collect into a bag, this may be permanent or it may be reversed at a later date.

In some countries screening programs are run for bowel cancer, with the aim of picking up early changes that could become cancer. These are polyps which can over 5 to 15 years develop into cancer. The screening tests may be a bowel cancer test or analysis of samples of stool for blood.

If you have any concerns about your health please see your doctor, this article is for information only and not to replace consulting your own doctor.

Inspirational story about Jane Devonshire who won the 2016 Master Chef Competition on the BBC



by Robert Mendick, Chief reporter TELEGRAPH
7 MAY 2016

The winner of Masterchef kept secret from the programme's judges her 10-year battle with cancer because she wanted to win the television cookery competition on her own merits.

Jane Devonshire said yesterday she did not want the sympathy of the judges – John Torode and Gregg Wallace – to influence their decisions through the course of the series.

Mrs Devonshire, 50, a mother-of-four, from Hampshire, triumphed in the final, screened on BBC One on Friday night, beating her two younger male rivals with three faultless dishes.

I wanted to be judged only on the cooking. Gregg and John didn't know. I didn't want any sympathy for the cancer.

At the start of the hour-long finale, the programme offered a glimpse into the finalists' private lives and disclosed to a tearful television audience of almost six million viewers that Mrs Devonshire had come close to death before being told three years ago she was in remission. Wallace and Torode were kept in the dark throughout the filming. The producers were only informed when the finalists were flown to Mexico City for filming and Mrs Devonshire felt obliged to disclose her medical history for insurance purposes.

"I wanted to be judged only on the cooking," Mrs Devonshire told The Telegraph on Saturday, "Gregg and John didn't know. I didn't want any sympathy for the cancer. It wasn't relevant.

"Surviving it has been a huge part of my life but at the same time I didn't want it to be anything that anybody on the show would know about. There are so many people going through this but you are more than that. It is not who you are."

Mrs Devonshire was diagnosed with breast cancer a decade ago and underwent chemotherapy and radiotherapy. But then four years ago, she was diagnosed with secondary cancer which had spread to the liver.

"That was a really dreadful time; a really dark time for the family," she said. The prognosis was not good but after successful surgery at her local hospital in Basingstoke, Hampshire, Mrs Devonshire has been in remission for three years.

It was the springboard for her application to enter Masterchef, which seeks each year to find the country's best amateur cook.

"My youngest child Ben had been on at me for ages to enter so last summer we sat down in front of the computer and entered the contest online.

"I didn't think anything of it until I got a phone call from the programme's makers saying: 'Can we talk to you about your cooking?'"

Mrs Devonshire, in winning the competition, was the first to do so while offering menus that were almost entirely gluten-free.

The exception was one slice of toast served up in the final to accompany a dish of winkles and cockles. Her son Ben, 13, is a coeliac and Mrs Devonshire's home cooking is gluten-free to accommodate his illness.

She would try out her recipes on her family, including husband Mark, before preparing them for the television judges. She is grateful that her children – her oldest is 23 – had adventurous tastes.

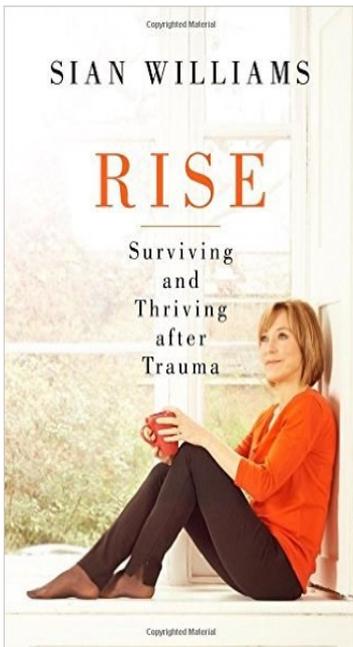
The winner is considering what to do next. "I am going to go home and enjoy the victory and just see what happens," she said. "I am just looking forward to the next bit of my life. I will keep on doing what I love and maybe at the age of 50 I can start again and make cooking my career."



THE BOOK CORNER

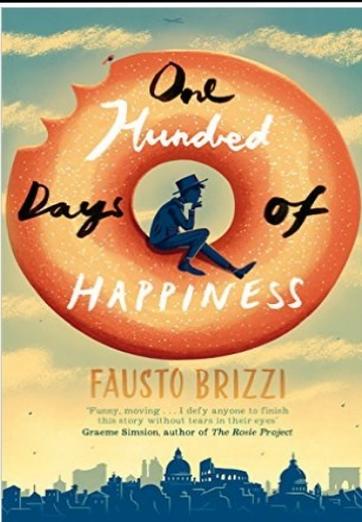


The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books are



What makes some people get back up when the most difficult and challenging life events, knocks them down? Are some more resilient than others and if so, what can we learn from them?

Renowned as a highly-respected journalist and broadcaster with thirty years' experience, Sian Williams is also a trained trauma assessor, and spent two years investigating psychological stress as part of a Master's thesis. In RISE, Sian explores the science of resilience and growth after trauma, hears tips from the experts and learns from those who have emerged from horrific experiences, feeling changed yet stronger, with a new perspective on their life, their relationships and their work. She also documents her own path through a recent and sudden life-changing event, with candid and refreshing honesty. Her own story provides a narrative thread through a book designed to help others navigate through tough times.



Lucio Battistini knows the three most important days of his life: the day he was conceived, the day his wife agreed to marry him, and the day he died. But wait. Let's go back a bit: to the day Lucio discovers he only has three months left to live, the day he realizes it's time to turn his life around. Because so far he hasn't been getting it right. In fact he's been thrown out by his wife and is sleeping in the stock room of his father-in-law's bakery. From now on things have to change, and every moment counts. This is Lucio's story of the last one hundred days of his life. Vowing to also make them the happiest, he sets out with his family on a journey across Italy, determined to win back his wife, to create the best possible memories for his children and ultimately to become the man he was always meant to be.


Bowel cancer screening could save your life.
Take the test.
bowelcanceruk.org.uk/screening



 **Calibre audio library**
the freedom to read

For the blind and partially-sited, don't forget listening books can be sent to France via Calibre Audio Library: www.calibre.org.uk

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

E-mail: helpline@cancersupportfrance.org
Website: www.cancersupportfrance.org
Internet Forum: <http://csf-forum.org>

REGIONAL GROUPS

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Touchlines

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*Please send photographs as separate JPG files—not embedded in your editorial.
Please remember to keep me updated on changes to your contact details. Thank you — Ed.*