



Newsletter - Spring 2023

New Logo

Our logo did not state clearly enough who we are. Considerable work was done behind the scenes by Ian Salvage, National PR Representative from CSF(Sud) and, after considerable consultation around all then CSF Associations, a new design was voted on and agreed. This is the logo above. We hope you like it.

Cancer Support France - Supporting English-speaking people who are affected by cancer

Helpline number: 04 67 44 87 06

If you, or someone you know, needs our help, please leave a message on our voicemail – you will receive a personal response as soon as possible, normally within 24 hours, or send us a message via our website on <https://csflanguedoc.com/how-we-can-help/>.

Forthcoming Events

Walk for Life 2023 - Sunday 21st May - at Domaine la Sarabande
Tea & Art - Monday 22nd May - Margon
Drop-In Day - Wednesday 31st May
Afternoon Tea - Monday 5th June - Capestang
Members' Meeting / BYO Picnic - Monday 12th June - Margon

**Don't forget to register for Walk for Life
Domaine La Sarabande
Route de Lentheric 136, 34480 Cabrerolles
Sunday 21st May 2023!**



This is CSF-L's biggest fundraising event of the year. Last year we raised just over €6,000 thanks to you, our supporters. This year we hope to increase this amount with your help and invite you to spread the word amongst family and friends, either to take part or to sponsor you. All proceeds go directly to allow us to support all those affected by cancer in Herault and Aveyron.

With a choice of 3 routes to suit your walking preferences, you can bring the whole family and enjoy lovely scenery, good company, fish and chips or hamburgers for lunch (or vegetarian option if you prefer) and artisanal wines curated by Paul and Isla.

Full information and registration on <https://csflanguedoc.com/event/walk-for-life-2023/> - only €10 entry fee (children under 14 free)

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Tea & Art

Monday 22 May 2023

2:30pm **ADMISSION FREE**



A selection of work created by the
CSF Languedoc Art Group will be displayed

Algeco

13 Chemin d'Abeilhan/Chemin de la Plaine
MARGON 34230

“Afternoon Tea”

Tea and coffee will be served

Everybody welcome! Bring a friend

Helpline 04 67 44 87 06

Cancer Support France offers confidential support to
anglophones touched by cancer, whatever their country of origin.
www.csf-languedoc.com

ART GROUP FOR CLIENTS

Art group is an opportunity to spend an afternoon painting, in a friendly relaxed atmosphere - being inspired and guided, regardless of whether you have experience of painting, or have never put paint to paper before; everyone is on the same level playing field. There is no competition, no judgement. “Enjoyable” is the key word.

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Drop-In Days

CHANGE OF DATE FOR MAY DROP-IN

The May Drop-In will not take place on the last Thursday in the month, as the venue is not available, so it will be on the following **WEDNESDAY, May 31st**.

If you would like to attend, please contact Alison at

alison.csflanguedoc@gmail.com

Our Drop-In Days, normally held on the last Thursday of the month, are offered to people affected by cancer, whether as a patient, a carer for someone with cancer, or someone who has lost a partner (or close one) from cancer. They provide a safe haven where one can come and relax in a friendly atmosphere, take advantage of the therapies and activities on offer, chat with one of our trained supporters, and enjoy a light lunch.



Join us for
**Afternoon
Tea**

3 to 5pm
Monday 5th June
at
Café Déco
11 place Ferrer
Capestang

Admission €2

Come and enjoy coffee, tea and cake, meet some of our local area members and find out all about Cancer Support France in Languedoc.

EVERYONE WELCOME!

Helpline **04 67 44 87 06**
www.csf-languedoc.com



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Book/DVD exchange

You may have noticed that Ann's book/DVD exchange, which moved on-line during the pandemic, has not yet started back up in the Tourb'art Café in Tourbes. That's because I've been too busy (with family stuff and with catching up on trips missed because of COVID).

I wonder if anyone would be interested in taking up the mantle? I'll be very happy to give what advice and help I can.

Like Hilary and Maria before me, I ran the book/DVD exchange to raise awareness about CSF-L and all proceeds were donated to CSF-L. However I must emphasise that it is not an official CSF-L event.

If you are interested or have questions, please email me at:

annpmaher@gmail.com

Thank you!

Ann Maher

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News and Features

Telling Us About Your Volunteering Choices

You are currently being asked to renew your membershipY of CSF-Languedoc by a personalised email as a year has already gone by since we changed our renewal process to a yearly and more efficient one.

Whether you have joined us as a Friend or an Active Volunteer your membership is very important to us. Without it we simply would not be here, so we kindly invite you to renew promptly.

Your renewal is also an opportunity to update your membership status and your volunteering choices if you wish to be an active volunteer. Personal circumstances change from year to year and our yearly membership renewal enables you to let us know if you wish to change your type of membership from Friend to active volunteer or the other way round, and to tell us about your skills and volunteering preferences.

This will enable us to update our records, address training needs and most importantly to find a volunteering role that works for you and CSFL. In the past year we have encouraged our new volunteers to use a personal boundaries checklist document to help them identify which volunteering role would be best for them according to their existing commitments and lifestyle. We would like to share this checklist with you here as you might find it useful to review or identify your own volunteering role.

As Active Volunteer Coordinator I am available to discuss with you your volunteering expectations and choices and to make sure you are supported in the role you have chosen. Please do get in touch if you have any queries or questions or simply want a chat about being involved with us.

Our mission depends entirely on your help and support so thank you for being a member and volunteer of CSFL for another year.

Best wishes.

Cat Hartley

Email: cat.csflanguedoc@gmail.com

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Self-assessment: Personal Boundaries

Association Boundaries

In the CSF Guide, the issue of boundaries is addressed.

Like any association, CSF-Languedoc has a constitution, policies, procedures and guidance, which provide organizational boundaries.

We are a membership organisation, offering services to that membership, but with a core purpose of supporting English speakers in our region who are affected by cancer.

We are not a medical or care services organisation, and our training and insurances reflect that.

We do offer a wide range of practical and emotional support services, but we do this in a volunteer led and run association.

Volunteers and Personal Boundaries

We have to consider not just our organisational boundaries, but also the personal boundaries of those providing our services – both client-facing (e.g. Active Listening, driving, front-of house Drop-In and other events), and other roles (e.g. administration, minute-writing, events organisation, document translation).

Your Self-assessment

The following questions aim to support you in identifying your own personal boundaries prior to discussing this in our interactive session. Please keep your self-assessment for reference.

Self-assessment Questions

Things to consider (This list is indicative – feel free to ignore items that don't apply or add your own)	What are my concerns? (This could include your own health, work / life balance, other family members / pets / friends, other paid or voluntary work etc)	What boundaries will help me manage? (Consider: how far / how long you are willing to travel; what hours you could take phone calls & on what phone; what space and resources you have to undertake work [confidential when appropriate]; what days / times / activities are important to you etc)
How you feel about driving (e.g. distance, where – including if there are towns or cities you don't drive in)		
Other commitments you have to yourself (e.g. your own healthcare and wellbeing activities, paid work, other volunteering)		
Commitments you have to others (e.g. sharing your home, having a partner, or having caring responsibilities)		
Keeping CSF-L information confidential when appropriate around other aspects of your life (e.g. shared spaces or equipment, social circles)		
Maintaining your own physical and mental wellbeing (e.g. how to review and assess your involvement levels and boundaries on an ongoing basis)		
Things that are a no-go (e.g. Active Listening, visiting hospitals, speaking or writing in French)		

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**Report from Cancer Support France National Council and AGM
Cahors, 29 and 30 March 2023**

1- After consultation with all Cancer Support France groups, the new logo has been decided. The aim has been to make Cancer Support France more visible with a new more attractive logo to stress the aims of our work.



2- The National website is also being updated, the new Cancer Support France Languedoc website was praised by the National Council members with thanks to Graham Luck and his team for all their hard work.

3- Sue Smith, in her President's report, thanked all volunteers for their commitment during the past year. While Active members have been decreasing, the number of new clients has been increasing, particularly through the Helplines and email contacts. She reported on the Active Listener conference in March and the forthcoming President's conference to be held at the British Embassy in May.

4- Training of new Active Listeners is being maintained by Carol Quinlan and many thanks were expressed to Karen Powell and Cancer Support France Languedoc for their participation, particularly in the production of on-line training videos.

5- National finances are stable and a recent legacy has been ring-fenced for the 20th anniversary events.

6- The bureau was elected with Sue Smith (President), Jane Ray (Vice-president), Jean Winter (Treasurer) and Karen Blewett (Secretary).

From Kate Le Mestre

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Did you know that....



May is Skin Cancer Awareness Month

<https://www.euromelanoma.eu/fr-fr/about-euromelanoma/our-campaigns/2023-campaign>



May is Bladder Cancer Awareness Month

<https://worldbladdercancer.org/awareness-month/>



May 18th is European Cancer Nursing Day

<https://cancernurse.eu/ecnd23/>



May 25th-31st is European Week Against Cancer

<https://www.cancer.eu/european-week-against-cancer-2023/>



May 31st is World No Tobacco Day – Grow food, not tobacco

<https://www.who.int/campaigns/world-no-tobacco-day/2023>

What's New in the World of Cancer Research?



Compiled by Ann Maher

Click on the link in order to read more.

Equitable cancer care at any age

“ ... Ageism has particular relevance to cancer care, because most people with cancer are older adults, and cancer incidences are expected to increase globally as populations age. Older people can face barriers to treatment, including medical, social, and technological impediments, and support to overcome these barriers is often absent. However, even without these barriers, ageism, whether intentional or not, can affect clinical decision making, such that older people might not receive the highest quality care. ...”

Editorial in The Lancet Oncology (April 2023)

Revitalising cancer trials post-pandemic: time for reform

The COVID-19 pandemic posed significant risk to the health of cancer patients, compromised standard cancer care and interrupted clinical cancer trials, prompting dramatic streamlining of services. From this health crisis has emerged the opportunity to carry forward an unexpected legacy of positive reforms to clinical cancer research, where conventionally convoluted approvals processes, inefficient trial design, procedures and data gathering could benefit from the lessons in rationalisation learned during the pandemic. British Journal of Cancer (2023)

Nanotechnology in Cancer Diagnosis and Treatment

Many drugs are presented or coated with nanoparticles for the direct targeting of tumours without harming normal tissues. Nanoparticles have been reported to inhibit the growth of tumors. Nanoparticles can also facilitate the controlled release of drugs and increase drug release efficiency with fewer side effects. This review discusses the various types of nanoparticles that are commonly used in cancer diagnosis and treatment.”

Study of Nanoparticles for Photodynamic Therapy and Imaging (2023)

Algorithm offers new way to spot patients likely to respond to immunotherapy

Scientists have developed a new way of using cancers' DNA to spot cancer patients who may benefit from immunotherapy. Researchers developed a computer algorithm to tell the difference between two different strategies that tumours use to hide from the immune system - one of which is better at dodging the effects of immunotherapy than the other. A team led by scientists at The Institute of Cancer Research, London and the Human Technopole in Milan found that the algorithm could help guide treatment by predicting whether immunotherapy is likely to work. It also tells us more about the evolutionary arms race between cancer and the immune system, potentially supporting efforts to diagnosis and treat cancers earlier.

The Institute of Cancer Research, London [Back to top](#)

Equipment

Someone has very kindly offered some equipment – free-of-charge – to CSF-L: a mobility scooter, a hoist for helping someone into a swimming pool, a wheelchair and a walking frame with wheels. Everything works perfectly but the scooter needs a new battery (about 80 euros). If you are interested, please send an email to csf.languedoc@gmail.com.



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Emergency numbers in France

15 SAMU (Medical emergency)

17 Police

18 Pompiers (Fire/accident)

112 European emergency phone number, available everywhere in the EU, free of charge

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CSF-Languedoc is on Facebook

We have a Facebook Page. Please go to your Facebook page and put 'csflanguedoc' in the search box (top left) and "Like" our page, then click "Share" to spread the word about CSF – Languedoc. Thank you!

The Newsletter team is:

Ann Maher (Contributions Editor,
Researcher and Writer)
Steve Tomashefsky (Production Editor)
Maxine Tomashefsky (Proof Reader)
Denis Anthony (Editor)

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