

		
<b>CANCER</b>	<b>SUPPORT</b>	<b>FRANCE</b>
<i>ISSUE No. 2</i>		<i>SUMMER 2017</i>
<b>DORDOGNE EST &amp; LOT NEWS</b>		

We hope you enjoyed reading the first edition of DELOT News.

We are very grateful to our Editor, Margaret York, who is a former President of our Association, for undertaking this rôle for us. Margaret will be moving away from the Lot before too long but has kindly agreed to continue as our Editor. The wonders of our technological age make it possible for her to do this wherever she is travelling or living. Margaret was Editor of the CSF National Newsletter - TOUCHLINES - for many years and so we benefit from her area of expertise.

*Heather Moorhead: President*

**2017 - CELEBRATING 10 YEARS OF CSF DORDOGNE EST & LOT**

**MEMBERS  
OF  
OUR  
TEAM**



Taken at a recent training day

**WHY I BECAME AN ACTIVE LISTENER WITH CSF**



Not long after we arrived in France my husband and I were walking our dog when we met an elderly lady also walking her dog. She turned out to be an English lady and we subsequently became friends. At this time she was 90 years of age and was a member of CSF, but not actively involved. She had received the yearly subscription and had decided she could no longer attend the functions etc. but thought I might be interested. The first event I attended with a friend was a garden party where I met many of the members and clients. From that first meeting, I realised I may have found an opportunity to use my past experience as a nurse, where in recent years, I had gained a diploma in Palliative Care and nursed many patients undergoing hospice care.

I have enjoyed my association with CSF and feel I was able to contribute as an active listener, helped with research in palliative care in France for the handbook, and became part of the catering team. All very satisfying.

*Hazel Moultrie*

## WHY I BECAME AN ACTIVE LISTENER WITH CSF

My mother died of breast cancer in 1976. She was 58. I was living in Hong Kong when she became seriously ill and was unaware of the gravity of the situation until told by a close personal friend that if I wished to see my mother alive, I should return back to UK as soon as possible. This was not an easy thing to do; we had two young children, the youngest of whom was recently adopted but had no travel documents but we persevered and managed to get an 'Emergency Visa' for him and arrived in Britain in February to snow and dark nights and a very sick 'granny'.

My mother had never previously met her newest grandchild but had championed our goal to get him out of war-torn Vietnam far more than any of his other grandparents all of whom were unsure we were doing the right thing, so the actual hands-on for her was likely to be emotional under any circumstances; under the circumstances we all found ourselves in, the emotion was almost overwhelming. Ben and his big sister Abi did magic painting on either side of her bed and she and I talked and talked while she watched them and smiled at their efforts.

She knew she was dying but had not wanted to ask that we come home to see her, and my father did not want to admit the situation was so dire that I should be made aware of it. I feel so grateful to my friend for spelling things out to me. I feel so grateful I got to be with my Mum while she could still enjoy seeing her grandchildren, and they, Abi and Ben, feel so grateful that they know they had that little time with her, even if they can't remember it.

We have had a couple of cancer deaths in the family since then, and none of them were easy, but we have all, Abi, Ben and I learned that even at the end of a life there are positives to be found if you look for them. You just have to learn when and how to see them and, above all, to take your lead from the person at centre stage; in this case my lovely Mum. And so, Mum, if I can help anyone at all by listening to them as we listened to each other in February 1976, "I will do it thinking of you."

Judi Harding



## TRAINING TO BECOME AN ACTIVE LISTENER

During April a two day Active Listener Initial Training Course was run by our Trainer, Pat Locket, who is also the CSF National Training Co-ordinator and Rob Houghton who acted as Co-trainer from Sud de France Association. We were joined for this training by two people from the Vienne and Paris Associations which further ensured a variety of experience and expertise. We now have three newly trained Active Listeners joining our team who will complete their training with a follow-up day in June.

Heather Moorhead: President



Our  
newest  
ALs



Follow-up  
Training  
day



## ***IT'S RAINING MEN - oh, how we wish!!!***

### **A CALL TO MEN**

We all know how stubborn you men can be especially when it comes to your own health; not wanting to undertake preventative tests or talk about symptoms or a diagnosis.

Unfortunately, men do become ill too and they experience the same concerns and fears as women. Many men have overcome all of this and others have been spared these anxieties.

However, men so often provide wonderful support to their other halves, especially during times of ill health.

Therefore, whatever your situation, a good number of you have an appreciation of health issues and possess the listening skills to support someone who is affected, in particular, by cancer.

**PLEASE** give some consideration to applying to become one of our Active Listeners and help to increase our Team.

If you would like to talk about what is involved, then please contact Heather Moorhead:

**05 65 31 75 99 or [delot-president@cancersupportfrance.org](mailto:delot-president@cancersupportfrance.org)**

### **JEAN LOADER AND FRIENDS - JAZZ EVENING**

Jean Loader was keen to organise a Jazz Evening and make a donation from the proceeds to our Association. Although Jean told me it was 'self indulgent', she, with her Friends, Musicians and Singers worked extremely hard to create a jazz nightclub atmosphere. The evening was well supported with around a hundred people filling the Salle des Fêtes to capacity. Our Association is very grateful to Jean and Friends, not only for the great music, but also for the very generous donation of €806.

*Heather Moorhead: President*



### **JEAN LOADER AND FRIENDS (PART DEUX)**

London, Paris, New York and Marminiac : Who needs the first three? Marminiac was jumping on the last Saturday evening of April!

A full house at the Salle des Fêtes was entertained in a backdrop of an American Jazz Club by Jean Loader and Friends. Completely professional, Jean and Friends treated the audience to an evening of all-time favourites with plenty of enthusiastic audience participation.

Backing Jean was Angela Christian playing guitar and singing, Rudolf Wouters playing saxophone, guitar and clarinet and Anka de Brujn anchoring, singing and playing the piano. The audience was also treated to the singing of Lyndsay Foster, Ralph Robbins, Anne Delmar and Egbert Brunnekreef.

The Vamps were vamping to very noisy audience applause. It should be noted that on a future occasion, emergency medical staff should be alerted in case of heart failure by any member of the audience with a dodgy ticker!

The evening was a massive success and hats off to Jean and Friends for the organisation and performances.

The final song (other than the encore) was The Beatles 'WITH A LITTLE HELP FROM MY FRIENDS'. Entirely appropriate!

Penny & Alan Burrett



## JAZZ TALENT

### **AWARENESS RAISING IN FIGEAC AREA - UN VILLAGE CONTRE LE CANCER**

On Saturday 13th May 2017, we were invited to join *La Ligue Contre Le cancer* (Figeac branch) to participate in a day of raising awareness at Camburat, a very small village some 8km from Figeac.

This initiative was started by a philanthropist who lived in Castlenau Montratier until his death as the result of cancer, some 4 years ago. Following this, his friends and family formed *L'Association PhilanThrope*. The objective is to raise funds and awareness to fight and find a cure for cancer. Since then, several villages have held a fund raising day each year. This was the second of its kind at Camburat. Members of the association support each village and help organise events. Emphasis is based on keeping fit, healthy eating and how cancer affects everyone; many different age groups took part. Participating sports ranged from snail races for toddlers to Nordic walking, Zumba, 5 and 10km walks, horse riding endurance for 130kms, motocross and we were even joined by the leather clad Easy Rider motorcyclists of The Lot who had completed a 200km route.

Entertainment during the afternoon was provided by several local musicians. A number of stands raising monies during the day included, hairdressing, sale of flowers, sale of cakes and even a 'Drone' stand!

All proceeds raised from events are donated to *L'oncopole de Toulouse*.

Our very own Alexa Stace and Hazel Moultrie participated, along with 150 other people in the sponsored walks. This was, I am very sad to say, Hazel's 'swan song' as she returns to live in UK very shortly. Huge thanks to both Alexa and Hazel for participating and representing CSF and to Cathy for her help during the morning.



During the afternoon I met several very interesting people, one being Gilles Gard of 'Team Gard' - [www.teamgard.fr](http://www.teamgard.fr). Gilles has won the battle against cancer twice, and now works tirelessly to raise funds to purchase equipment to help those affected by cancer and to find a cure for all. He participates in rallies such as the *Paris-Dakar* and will, in October this year, join the *e-Rallye Monte Carlo en voiture électrique*. Next year he will be participating in the *Africa ECO Race 2018*.



It was lovely to spend some time with our *La Ligue* colleagues Marie Claire, Jacqueline and Claudine and we are extremely grateful to them for inviting CSF along.

**The sponsored walk which took place raised...**

**€14,000 for the Oncopole in Toulouse**

*Julia Hall: responsable de la liaison avec La Ligue Contre le Cancer*

## **AWARENESS RAISING IN FIGEAC AREA - continued**

On June 7th we held an Awareness Raising Day at Stade du Calvaire in Figeac. Once again, we extend our appreciation to *La Ligue Contre le Cancer* who supported us in locating this venue, as well as the many *bénévoles* being present during the day. We were particularly grateful that Docteur Tricot, President of *La Ligue*, was able to spend the morning with us.

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

Our former President, Julia Hall, now our Liaison Link, with *La Ligue Contre le Cancer* organised this event with a small team from our Association. Our sincere thanks to them all as there was a lot to arrange in advance of the day.

Medical Practitioners around the Figeac area have also been contacted by letter and email and, as a result, many more people now know of the work of our Association. We will continue to promote our Association in the Figeac area.

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

Thank you

*Heather Moorhead: President*



## ***BOOGIE IN LE BOULVÉ CONCERT / PICNIC -***

***€15 IN THE VILLAGE SQUARE ON FRIDAY, AUGUST 11th AT 20:00***

Come along bringing your own picnic – wine and water is provided as well as soft drinks for children.

There will be Karima & Olivier a duo playing a variety of styles; Rag Mama Rag, a great Country Blues act and Les Pattos with Country to Blues in a folk rock style.

Le Boulvé is half way between Montcuq and Prayssac and has played host to this concert / picnic for the last six years. The village square provides a great French setting to enjoy music you know and love on a summer's evening.

***All the proceeds are being donated to CSF Dordogne Est & Lot Association***

For reservations please contact **Mike Jones** before **9th August**:

**[mikejones46800@gmail.com](mailto:mikejones46800@gmail.com)**

**or**

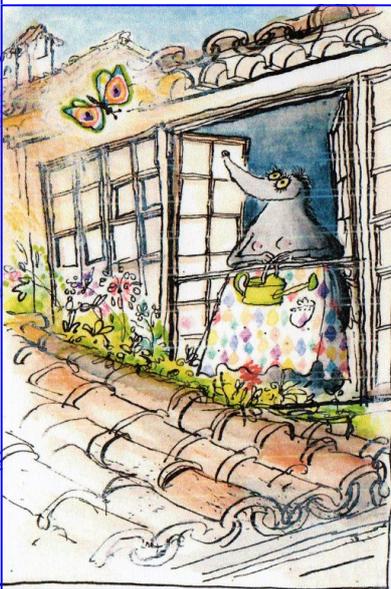
**leave a message on 05 65 22 71 64**

**TENTH BIRTHDAY APÉRO EVENING AT L'OSTAL LAVACANTIÈRE 46340  
SATURDAY 7th OCTOBER 17h:30 – 20h :00**

***A CELEBRATION OF LIVING IN THE LOT & EASTERN DORDOGNE***

Ending the year of our 10th birthday we would like to display a variety of photographs/paintings of our lovely region of France - **YOUR** favourite Lot & Dordogne views.

The evening will be based upon a book entitled '*Les Très Riches Heures de Mrs Mole*' by Ronald Searle. While living in Paris in 1969, Monica was diagnosed with cancer. They had bought a decrepit house in the south of France to convert and restore. Searle produced a *Mrs Mole* drawing to cheer up his wife whilst she underwent chemotherapy and evoke the future ahead. Originally, these drawings were never intended for publication but were private messages depicting a romantic saga of a *Mrs Mole* pottering about in a dream house. They eventually decided to put the illustrations into a book but unfortunately, Monica died before publication. She had, however, lived forty years after her initial diagnosis – giving her six months to live! ***A moving testimony to the power of love.***

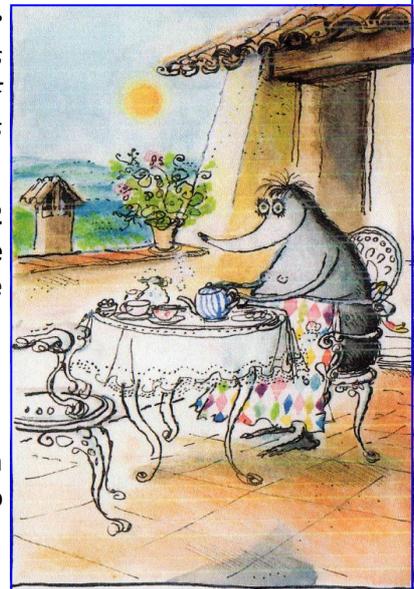


*We hope it might be possible (if we are able to keep or copy some items displayed), to produce our own CSF booklet which could be given to clients undergoing treatment.*

Please support us with this and **send 2 or 3 photographs or paintings with the name of the place captured on the back.**

Size can be A4 -  
20 x 25 cm; 13 x 20 cm or 10 x 15 cm

Send to: Heather Moorhead La  
Rêverie, Rivère Basse, 46140 Albas **no  
later than Friday September 22nd**



**If you want these returned then please also list your name and address.**

Please come along and enjoy ***some light refreshments particular to our region*** whilst looking at the variety of photographs and paintings on display of our lovely region of France.

***You will also have the opportunity to meet our CSF National President, Penny Parkinson, who has kindly agreed to attend this celebration.***

**To help the team with catering**

PLEASE let us know if you are coming with NAME(S) and NUMBERS by September 22nd to either: -

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

or

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

Lavacantière is underlined in red in centre of the map on the D6.

The map is shown on the back page of this publication.

Leaving the village towards Dégagnac, l'Ostal, which is a large modern building, is on the left.

There is plenty of parking.

## ACTIVITY FOR LIFE

The National Conseil of CSF agreed to hold once again, the September 'Activity for Life' events in each of its' local associations.

The purpose of these events is to raise awareness of CSF across the country in a co-ordinated way and to raise funds for National, as well as for the local associations themselves.

The reporter and novelist Martin Walker, author of the 'Inspector Bruno' books has given his support to CSF.

We do not want to ask too much of our members and supporters with 2017 being our 10th birthday year and so consequently we propose that if you belong to a small group/organisation (*i.e. gymnastics, pilates, yoga, swimming, walking, golf etc*) you might like to arrange a small sponsored event for CSF.

*Heather Moorhead: President*

### Reminder:

We have an interesting Web Page within the CSF National Website with information, articles and forthcoming events specific to our Association.

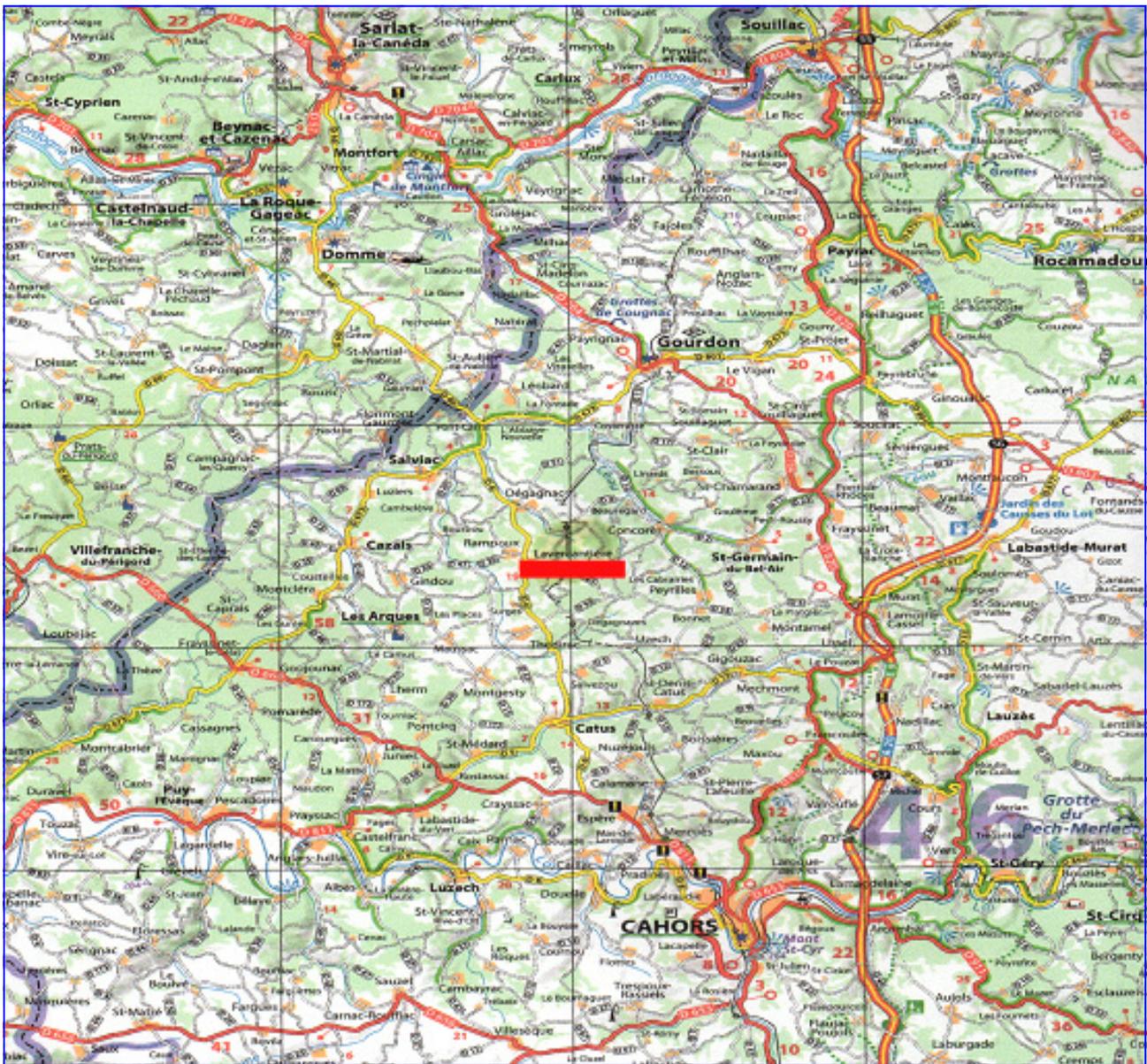
We are developing a section - **THOUGHTS** and **REFLECTIONS** - with articles kindly sent to us by people in our area who are, or have been, affected by cancer.

We are most grateful to these people for putting into words their experiences as the writing of their experience would, undoubtedly, have been emotional.

We would appreciate receiving further such articles.



**L'Ostal, Lavercantière**  
**the venue for our**  
**10th Birthday celebrations**



To see Lavercantière in more detail, scroll up to enlarge this map image or click on the + in this PDF document

**Contacting  
CSF DORDOGNE EST & LOT**

**LOCAL 24 HOUR HELPLINE NUMBER:**

**06 35 90 03 41**

**Email:**

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

**National website:**

**[www.cancersupportfrance.org](http://www.cancersupportfrance.org)**

**The Forum -  
Follow the link to the Forum  
via the National website**

Created and edited for and on behalf of CSF Dordogne Est & Lot by Margaret York: Editor