



## ***2017 - 10 YEARS OF CSF DORDOGNE EST & LOT - THE CELEBRATION***

### ***DORDOGNE EST & LOT - AGM***

Our Association will hold its **AGM** on **Thursday January 18<sup>th</sup> 2018 at Salviac**  
(Details to be circulated by end of the year / early New Year)

*Heather Moorhead : President*

### ***2017 DRAWS TO AN END***

Our Tenth Birthday Year seems to have flown by. We are most grateful to all the people who helped organise events and also to everyone who came to celebrate with us. It is good to have these social occasions so that members and supporters can meet and talk with association volunteers.

During the year our work has sadly continued with people who are, or have been, affected by cancer. We supported 22 clients, 10 of whom were new to us in 2017. We have 22 Active Listeners, 3 of whom trained early in the year with another 2 undergoing training in November.

After 10 years our Association has become known to many more people, although there are still parts of our region, as well as numerous people, who have not heard about us - ***so more promotion work for us to do in 2018.***

We thank you once again for your support and wish you a healthy and happy end to the year. With our very best wishes for 2018.

*Heather Moorhead: President*

### ***YOUR HELP AND ENCOURAGEMENT PLEASE***

In the first edition of the DELOT Newsletter we featured an article **MOVING FORWARD** by Denise, one of our Active Listeners. Information about this Social and Support Group is also on the [CSF National Website](#).

***This initiative is not just for people who have been left alone as a result of cancer.***

The aim is to enable contact to be made by anyone, who after sharing a life, finds themselves alone.

There are many things than become frustrating and challenging when left to one person but making contact to find out how others are managing is a good first step. Sharing, talking and even laughing about it all could help.

Moving Forward is necessary for all of us but having contacts and feeling supported can ease the way.

**Please, therefore, pass on this information to anyone you know for whom this support might be helpful and give them a gentle reminder from time to time as [the time to make this contact will arise at different times for people.](#)**

Below is the link to the Moving Forward on the Forum (copy and paste)

<http://forum.cancersupportfrance.org/viewforum.php?f=88&sid=6e542af86175f186fa154b4ce2ba8c57>

*Heather Moorhead : President*

## ON Y VA...

After 10 years, we are very pleased, and proud, to be able to share with you, how CSF Dordogne Est & Lot has developed since we were inaugurated in 2007. We started with great enthusiasm and that enthusiasm remains as strong as ever; perhaps even stronger, as we have the dedication and skills brought to us by those who wish to help. We cannot thank our Volunteers and Members enough for the tireless energy and support they share with us and our Clients.

During those early days, it was quite difficult to get our Association name across to the public but nowadays, we have become well-known throughout our extensive area of coverage across the Lot. We also interconnect with our neighbouring Associations and receive great support from our National Association. Under their umbrella, we have benefitted greatly from the continuously-developing Training programme for both our Active Listeners and their Trainers. Our own Pat Locket, as National and local Training/Active Listener Coordinator is heavily immersed in this aspect.

Heather Moorhead is our 4<sup>th</sup> President since 2007, preceded by Julia Hall (2012-2017); Margaret York (2009-2012) and the woman who started it all here in the Lot, Jenny Kain (2007-2009). It was Jenny who did battle with the French administration to establish us within the Volunteer network under the Law 1901. And of course, we must never forget the person who first brought CSF to the attention of the public and healthcare professionals in 2002 – Linda Shepherd. Sadly, Linda passed away this year after devoting 15 years to working within CSF.

As part of the crucial need to be available to those who need our support, we introduced our 24/7 Helpline telephone in 2008. It is quite something for a person to pick up their phone to speak to a complete stranger about something that is probably the most devastating event to ever hit them. *Tears for fears*, is more than a name for a pop band; it is the natural reaction to shed tears when there is a crisis of fear about the unknown. The call-handler is an Active Listener who has been well-trained in offering that calm support just by listening to the caller during that all-important first contact. Being non-judgmental is key during this primary contact and throughout the continuing support we offer to each Client. Since we began in 2007, we have had a total of 41 Active Listeners, 22 of whom are currently providing support. The other 19 have retired or returned to the UK. The total number of individual Clients that have received support during the same period is 62.

Whilst we in *Dordogne Est & Lot* are continuously working at developing our group for the benefit of those we support, we also rely on the work of CSF (National).

In 2010, CSF (National) developed a comprehensive training programme aimed at bringing cohesion to our Associations throughout France. We, at Dordogne Est & Lot embraced this programme, now known as the Initial Training Course, and have also been involved in its' enhancement to the very professional standard that it is today.

The Train the Trainers programme was rolled out and this is proving to be essential to providing our Trainers with the necessary tools to train our Active Listeners and support them in their continuous personal development after their Initial Training. With a lot of work, this programme is continuously enhanced. We currently have 3 Trainers within our group and after their observational training, we will have a 4<sup>th</sup>.

CSF has always strived to bring our Association to the attention of the French agencies involved with cancer. After a great deal of hard work, CSF finally received our Partnership with *La Ligue Contre Le Cancer*. This gave us the opportunity to work on our translation project involving the translation of certain publications by *La Ligue Contre Le Cancer*. Our third President, Julia Hall is now the person *responsable de la liaison avec La Ligue contre le Cancer*. Julia also continues to work hard in extending our covering in the Lot and working with *La Ligue contre le Cancer* in the eastern area of Figeac.

Through National, we are also certified by the HONcode (*Health on the Net Foundation*) which tells those looking for information about health on the internet that we are trustworthy. Following on from our representation at the November 2016 Paris conference, we now have full membership of the *International Cancer Information Service Group (ICISG)*. We are also certified by the Privacy Shield Framework. And last but not least, we are Associate Member of the *European Cancer Patients Coalition*, the largest European patients' umbrella organisation. Although organised by CSF National, each of our local Associations benefit from CSF being recognised as a trustworthy Association within the world of cancer.

Our membership and supporters are also key to our success and we have seen it grow over the years. We currently have 53 memberships of which 26 are Active Listeners and Conseil Volunteers. Our supporters now number 176. We are most grateful to all those who give their support and time whether it is once or, as is often the case, on a regular basis.

There have been so many memorable events throughout our first 10 years and, no doubt, there will be many more to come in the years ahead. So, it's *on y va...*

*Editor*

This 10<sup>th</sup> Birthday Year has been quite a busy year for all of our team and consequently, we are not holding a *Marché de Noël* at the end of this year but we hope to ring the changes by having a **Marché de printemps** (*probably mid-April*) and a **Marché d'automne** (*probably mid-October*).  
*Heather Moorhead: President*

## TENTH BIRTHDAY APÉRO EVENING AT L'OSTAL LAVACANTIÈRE SATURDAY OCTOBER 7<sup>TH</sup>

The late summer/early autumn afternoon sunshine enhanced the setting for this event with a glorious sunset sky when people later departed.

We were kindly loaned a variety of paintings and photographs of the region which were displayed to create a gallery effect, allowing space for people to mill around, looking, talking and partaking of regional refreshment also on offer. The ambiance was further enhanced by the background music kindly provided, free of charge, by Ray Dron and Brian Plews.



We were also given three paintings which were raffled during the evening and, together with money kindly donated into the available collecting tins, €334.48 was raised.

Our intention for this evening was to invite members, supporters and clients past and present for a social evening to celebrate the ten years of the Association. We were delighted when our National President, Penny Parkinson, was able to join us for this event and to say a few words about CSF and its' work throughout France.



We hope to produce a book containing many of the paintings and photographs as something for clients to have while undergoing treatment as a cheerful reminder of the lovely area in which we live.

Our thanks to the following for their contributions :

Belinda Berry  
Judy Evans  
Maggie Hatton  
Eunice Hobbs  
Susie Homes

Ros Marchant  
Bridget Megarry  
Mark and Mo Newman  
Maggie & Brian Walker  
Judy Walsh

Karina Knight-Spencer

*Heather Moorhead: President*

## CSF DORDOGNE EST & LOT ARCHIVES



Margaret York, Editor of our DELOT Newsletter, and soon to take on once again the Editor rôle for the CSF National Newsletter, TOUCHLINES, has collated ten years worth of information about our Association into an Archive Book - a summary is available and Cathy Ratcliffe, our Secretary will send out a link for those who wish to be able to access this.

(We are not sending out this summary unless we receive a request as often people do not wish to receive too many mailings).

A **HUGE** Thank You to Margaret for producing all of this and as a consequence, becoming our official CSF Dordogne Est & Lot Association Archivist.

*Heather Moorhead: President*

## LE BOOGIE IN LE BOULVÉ

*Le Boogie in le Boulevé* this year, took place on Friday 11th August.

After being guided to parking places, people were greeted and escorted to their tables. Around 240 people enjoyed their picnic and listened to three different groups during the evening with many venturing up and dancing, especially as the evening grew increasingly chilly.

This event is held annually in Le Boulevé and organised by Mike Jones and a lovely group of willing helpers.

Our Association is most grateful to Mike and his team as this year, they very kindly donated €1805 to CSF Dordogne Est & Lot.

We are also very grateful to all the people who attended and who gave so generously to the raffle.



Mike Jones presenting Heather Moorhead with the cheque

*Heather Moorhead: President*

## THE BOOK SALE AT THE SALLE DES FÊTES, SAINT-PANTALÉON SATURDAY 21<sup>ST</sup> OCTOBER

Once again, a good turnout and thanks go to the great team who, not only organise the books to entice you to buy, but provide tea /coffee and cake as well as a delicious lunch.

As usual those who attended were generous in their purchases and donations and our CSF Association is really grateful to receive a donation from the proceeds.

*Heather Moorhead: President*



## CONNEXION CALENDAR 2018

Once again, the Connexion Newspaper has made Cancer Support France National one of its' 3 chosen charities for 2018. For every calendar sold, CSF will receive €3.

Please consider buying, not only for yourself, but for family and friends who may not have the opportunity to enjoy French scenery every day.

*Heather Moorhead: President*

## PUTTING YOUR HOUSE IN ORDER

On Thursday, November 16<sup>th</sup> at the Salle Basse, Salviac, around 30 Members and Supporters came together to discuss and list essential household priorities, their location, accessibility and things like password storage.

The aim of this Workshop was to ensure, each spouse / partner, other family member or specific friend, was aware of where to find , access and implement these priorities.

It is intended to circulate the final suggested list with a month by month proforma, so that Members and Supporters can, if they wish, make their own list and allocate annually, renewable items to the calendar.



Prior to the workshop commencing Julie Danjean and Jill Warne-Cleave from the Facebook group 'A Lot of Baking in the Lot' presented the President, Heather Moorhead, with a cheque for €1161,50 This group of ladies meet monthly to share their cakes and recipes. They now plan to collect their recipes into a book, the proceeds from which will be donated to CSF Dordogne Est & Lot. They also hold online auctions that raise funds for our Association. Thank you ladies.



Following this presentation the 10<sup>th</sup> Birthday cake, provided by the Ladies, was cut by the President and later in the afternoon enjoyed by all with a cup of tea.



Heather Moorhead: President

## LES ACTIONS POUR OCTOBRE ROSE À CAHORS



Sunday 15<sup>th</sup> October was a superb sunny day, perfect for the 15<sup>th</sup> *Carducienne Walk/run* in Cahors. The event is organised each year by *La Ligue contre le Cancer*, in order to raise funds and awareness to help the fight against breast cancer. More than 4,400 women participated, each wearing pink T-shirts.

The morning started off with a warm up session in *le place François Mitterrand*. Women of all ages gathered, some with children, babies in pushchairs and some with dogs. It was a fantastic atmosphere. Runners were off first, followed by the walkers. We followed the route, which was marked by pink balloons and controlled by male volunteers. Many roads in the town were closed. The route took us through the Gambetta and then along a number of small roads and alleys, which enabled us to enjoy the beautiful architecture along the way. A trail of pink encircled Cahors, as we followed the route of 6.5 kms.

For anyone interested in participating next year, it's very easy to register. You can do this at the *Office de Tourisme* on the Gambetta in Cahors, online or on the day. The cost for everyone to participate is €8. You also receive a T-shirt. Runners must have medical certificates, which walkers do not require.

Josyane and I had a great time, why not join us in 2018!

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



Some lovely photos from the 15<sup>th</sup> *Carducienne Walk/run*.

Well done Julia and Josyane for participating and completing this annual event.

Editor

## **NATIONAL EMAIL RESPONSE TEAM**

Having been an active Committee member of CSF Dordogne Est & Lot since 2009, I have seen the immense progress and changes locally and Nationally. I have always been an advocate of a 'National Brand'. Although each Association of CSF is autonomous and operates within individual statutes, our objective is identical... 'to *Support English speakers living in France affected by cancer*'. As a former President of this Association, I was very active in ensuring cohesion with our National team.

Since stepping down, I am now a member of the *National Email Helpline Response Team*. The rôle, until recently was always undertaken by the National President. We are currently a team of three. We have two new recruits and shortly, we shall be five.

All email enquiries received directly from the National Website come into the Helpline. My objective is to respond to the enquirer within 24 hours. Many enquiries come directly from people affected by cancer who are looking for support. They could be asking for language and / or emotional support and they may also be looking for further information concerning treatment and a cancer type. One recent enquiry was from a black lady, born in USA, searching for a wig after hair loss had commenced due to chemotherapy.

My aim is to locate an Association who can provide support or make the enquiries. We have a total of 15 Associations throughout France. Not all departments are covered by CSF... however, many Associations offer to provide support outside of their area, which is of great help when an enquiry is received from somewhere without any volunteers.

Contact can be received from concerned family members and loved ones, from around the world. Australia seems to be fairly common... with U.K. being the more frequent.

Our response team works alongside the *National Telephone Helpline Team*, communicating each contact, in order to prevent duplication should the enquirer have made contact by phone and email.

We never say "no"; if the enquiry is not something we can help with, we do our utmost to find a solution and locate support.

*Julia Hall: National Email Response Team*

**Joyeux Noël - Happy Christmas - Bonne Année - Happy New Year**

## **THE ROLE OF THE DORDOGNE EST & LOT NATIONAL REPRESENTATIVE AND NATIONAL TRAINING COORDINATOR FOR CSF**

There are 15 CSF Associations across France affiliated to the National Association, whose Council comprises a representative from each one. In 2015 I became the representative for CSF Dordogne Est & Lot. In this capacity I attend internet conferences where we discuss the strategies that will help Associations to be as effective as possible in providing support to those touched by cancer in their own areas. For example, we explore partnership agreements and public relations activities that will raise awareness about CSF in the hope of being as visible as possible to the people who may need us.

In 2016, our new National President, Penny Parkinson, decided that a unified training programme was needed, so I was invited to be the National Training Coordinator. This gave me the responsibility for coordinating the training of new trainers across all Associations and also working with established trainers to support their delivery of the Initial Training Course for Active Listeners. Currently, I am organising conferences that will bring together all of our trainers from across France. This will give us the opportunity to share good practice and to develop quality assurance strategies to ensure training is of a consistently high standard across all Associations.



November meeting with Associations at the Oncopole in Toulouse

*Pat Lockett: National Representative (Dordogne Est & Lot) and National Training Coordinator*

## TRIBUTE TO ANDY SHEPHERD



We were saddened to learn earlier this month of the loss of Andy Shepherd, the husband of our late Founder, Linda, who died in March. Andy had been in poor health, not helped by the burden of losing Linda, but this news came unexpectedly, bringing a double sadness to CSF in 2017. Despite retiring as Treasurer in 2014, Andy continued to give support to us all at CSF (National). His wisdom, quiet humour and positive advice was always welcome.

*Ed.*

*Andy seated to the left of Linda at the 2011 AGM in Benest.*

## 10<sup>TH</sup> BIRTHDAY PHOTOCALL AT LAVERCANTIERE 7<sup>TH</sup> OCTOBER 2017



**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**