



LA MAISON DES AIDANTS

Or, 'Home of the Helpers' in Gourdon is exactly that. Looking after someone on a daily basis is difficult... and, sometimes a cause of exhaustion and sometimes isolation.

The *Maison des Aidants* supports and accompanies close family members who are looking after persons suffering from neurodegenerative illnesses. Offering respite care in a friendly and warm environment, either with your family member affected or alone, giving the chance to perhaps interact or exchange with others in a similar situation. Free access, coffee mornings, even a luncheon where everyone gives a helping hand in the preparation and also themed workshops. These are just some of the things on offer. A psychologist is also on hand to offer advice/support to the carer and even point one in the right direction for other help available. Linked closely with the hospital in Gourdon, *La Ligue Contre le Cancer*, who work very closely with La Ligue and France Alzheimer are some of the other associations currently on board.

CSF are fortunate in having a good working relationship with *La Ligue* and as such, has benefitted with the new revamp of the building and a new shared office. As an Association, we are also able to avail ourselves of a small private meeting room as well. We maintain an 'open' office on Mondays between 14h – 16h; we also assist on Wednesdays at the same times. It should be noted that if someone wishes to come and talk to us outside of these hours, a private appointment can be made as well.

Philippe Mika



Outside *Maison D'Aidants* in Gourdon
Philippe - Active Listener
Co-ordinator, Heather - President,
Jo and Anna, Vice Presidents



STOP PRESS!!

Following the success of the Autumn / Hallowe'en Market on October 27th, CSF were able to present *La Ligue* with a cheque for 500€ on December 10th.

Cheque presentation Philippe and Heather from CSF, Dr Tricot, President with Eiane and Bernadette from *La Ligue*

AUTUMN / HALLOWE'EN MARKET IN PRAYSSAC SATURDAY 27TH OCTOBER



This event was a success raising 2400€. We were very grateful that many of the Stall Holders from our Spring Market came again and a number of people commented on the quality of the items for sale.



Our CSF Tea/Coffee/Cake Stall and Books were once again a resounding success.



Susan and Lesley had few takers for Face Painting although still managed to raise more than was the case in the Spring.



We had hoped to have had more children attend but there were numerous other Hallowe'en events taking place. Eva not only looked great in her Hallowe'en costume but she had that morning carved TWO pumpkins and consequently was a very deserving winner. *Mme Sigaud*, the *Maire* of Prayssac, judged and presented Eva with her prizes.

We were very grateful for all the donated books and especially to the following and to Stalls, Tombola or Raffle: - **Passedat Camay; Gamm Vert in Prayssac; Nursery in Thédirac; Quercy Savour' Le Caillau in Vire-sur-Lot; Le 14 in Prayssac; Pukeko in Prayssac; APL Fitness.**

A VERY BIG THANK YOU is owed to Janet, our Vice-President, and her small team who organised and managed this event.



Dr. Tricot, President of the local *La Ligue Contre le Cancer* and colleagues were able to be with us for this event.

A donation has now been made to La Ligue for their Drop-In Centre in Gourdon. This Centre has recently undergone some renovation and our *La Ligue* colleagues are kindly allocating space for our CSF Volunteers who are regularly there on Monday afternoons to support any English speakers who may call in. (*See further information in the article by Philippe Mika*)

A lot of work goes on behind the scenes and now having held two markets this year we have concluded that one market per year is enough. We are, therefore, planning a

Spring Market again at L'Ostal, Lavercanitère in 2019 with an Autumn Market, probably again in Prayssac in 2020. We also plan to hold a social event at another time each year.

All the events we organise are intended to raise awareness of CSF. Many events also raise funds which are important in enabling us to continue to support English-speakers affected by cancer.

Heather Moorhead

La LIGUE CONTRE LE CANCER 46 - Le CADUCIENNE 6 Km CAHORS

Over 3500 women participated this year, running, walking, mothers with babies and dog walkers.

Together with Shirley Kolman and Josyane Rubin, we joined the energetic ladies, and a couple of men in drag, for what was a friendly and fun morning

Total raised was 22,000€ - an amazing amount!



The recent Carducienne run:

Left:

A general view of the numbers

Centre:

Josyane Rubin and Shirley Kolman

Right:

A very smart canine participant

Julia Hall

NEW ACTIVE LISTENER

We are delighted to welcome, Zoe, to our team of Active Listeners. She completed her training recently in Toulouse.

TRAINING IN TOULOUSE

Each November, CSF is fortunate to be able to hold, at very reasonable rates, training events at the *Oncopole* in Toulouse. Our local colleague and National Training Co-ordinator, Pat Lockett, with her planning team arranged, a two day Train the Trainer Course, a Trainer Conference and a National Meeting attended by presidents and representatives from most of the CSF Association in France.

PUTTING YOUR HOUSE IN ORDER - DECEMBER 2017

A number of you came along last year when we discussed collating information at home so that within the family unit it was clear who should be contacted, when and for what.

The importance of phone numbers, email addresses and passwords was highlighted as well as where relevant documents were stored.

As a consequence of this session, I re-organised all of our own personal systems noting numbers and addresses etc. and felt most satisfied - job done!! *Especially pleased when organising paperwork for Carte de Séjour application.*

HOWEVER during the course of this year I have been amazed at what I had omitted and also what has changed and / or been added , even in that short time. **SO**...

PLEASE try early in 2019 to review all that you did in **Putting Your House in Order**

Heather Moorhead

LIFE IS SHORT

I have been reflecting on the above statement and please forgive me if this article appears dismal but as we all know only too well the two inevitables in this life are - paying tax and dying!

Death is a subject many English-speakers shy away from as this is something that happens to other people and we do not want to face up to the reality that it means US too. However, for the family left behind addressing this is so important.

For some people death comes very suddenly and if arrangements are not in place this can cause extreme distress to family members. For other people they, and their family, have time to prepare for death. It would, therefore, seem sensible to ensure that everything is well in place and known by the family.

In our work with CSF we are often made aware of family members who, at a sad and distressing time, find they have so many things to deal with and are unaware where to find the relevant documents, addresses etc, etc.

I would urge you, for your's and your family's peace of mind, to discuss who needs to be informed, where things can be located and your overall wishes when death should come. Once this has been done you can then get on with the business of Living Life.

WHAT WE DO...?

On Thursday December 6th we held a Meeting in Salviac to share and discuss the work of this Association. Pat Lockett, CSF National and local Trainer, led the session and was supported by Association President, Heather.

The audience participated with questions and gave their responses to the two aspects of Active Listening enacted by Anna and Philippe.

The afternoon ended with seasonal refreshments and the opportunity to chat informally.



AND FINALLY...

Greetings from your Editor, Margaret York who is currently travelling in Australia and having a wonderful time. However, she and her husband Ernie have not been without a couple of health issues which have required them to come into contact with the Australian health service. Don't worry, they are both ok.

Hello, we got off to a poor start during our flight and arrival at Melbourne airport. Despite bringing a 3-month supply of our normal medications and their attendant prescription to get us through Customs, they were subsequently added to; for me as I was ill for the first 3 days and was confined to quarters in our motor home. Fortunately, there was a walk-in centre across the road from the camp site. The doctor there prescribed some medication which worked within 24 hours - not bad considering I could barely stand up. Later, Ernie went down with a chest infection so we visited a lovely cottage hospital where he was checked over and prescribed some medication that helped clear that up quickly.

Overall, we found the system here to be very good although not cheap and we have been particularly impressed with the pharmacies and the pharmacists who have been more than understanding and extremely helpful for other minor medical needs.

Let's hope the remaining 2 months do not bring about any more illness.

Margaret York

PROPOSED EVENTS FOR 2019

Spring Market at Lavercanitère Saturday 27th April

Later in the year

Gentle Randonnée Gourmande near cultural site

Cabaret Evening

The Annual General Meeting for CSF Dordogne Est & Lot Association will be held on :

Thursday 17th at 10h :00 in the Salle Basse Maire 46340 Salviac

**We all wish you a very enjoyable Festive Season
and Best Wishes for a Healthy 2019**

Contacting
CSF DORDOGNE EST & LOT

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National website:

www.cancersupportfrance.org

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