



Touchlines

The Newsletter of Cancer Support France — Association N° W163000037

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La président d'honneur :Mme Linda Shepherd*

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HAPPY NEW YEAR TO ALL OUR READERS.

***In this edition - a photographic round up of CSF regional events for
ACTIVITY FOR LIFE during September 2016 ,plus local news updates and
new regional associations.***

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Dear Readers,

Owing to the amazing amount of events you have all been involved in , I have been unable to include full coverage in this edition. However wherever possible there are photos and captions giving us a taste of what CSF is doing across France.

I would like to wish you all a very Merry Christmas and Peace and Health to all of you.

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

Editor : Peta Hamilton .



CSF (National) News

Autumn saw much CSF activity stretching from Paris to Toulouse!



The World Cancer Congress, which takes place every 4 years, was held in Paris. Members from 7 associations attended, making many vital contacts and gaining new knowledge which is now being used to benefit us all. The CSF profile was raised enormously as Marisa (Bordeaux) was invited to present an 'abstract' on the work of CSF. You can download the Abstract, entitled 'Cancer Support France: A model for supporting expats touched by cancer', from the CSF Forum in the section called 'What IS CSF'.

And then came three days of exciting meetings in Toulouse! The Train the Trainers' Day introduced new trainers to the revised Initial Training Course and was followed by the first ever CSF Trainers' Conference, bringing trainers together from Nord to Sud. We were honoured to have our Founder, Linda Shepherd, with us - a huge bonus for us all. Finally, 13 representatives (from a possible 15) attended the National Conseil meeting, facilitating the sharing of ideas and providing support and encouragement across the CSF family.

In addition, our newest association, Paris & Île-de-France, had their first ALs trained in December. A presence in the capital will bring much benefit to CSF, supporting provincial groups, as well as the anglophone population.

By the time you read this, we will have said goodbye to 2016 and turned to a new year full of promise. I wish you all a very successful and peaceful 2017, knowing that CSF is becoming a stronger, nationally recognised organisation. The dedication and commitment of our volunteers is an inspiration.

I would like to take this opportunity to thank every one of you for your continued support, you are all important however large or small a role you feel you play within CSF. Without you, we could not exist. Thank you.

Penelope Parkinson
President Cancer Support France

ACTIVITY for Life across CSF regions September 2016



Knitathon
On 24th September, the
Sponsored Knit , held by
CSF NORD



**DATE FOR NEXT
YEAR 2017**



CSF Cycle for Life

*Thursday, June 22, 2017 -
10:00 to Sunday, June 25,
2017 - 17:00*

Full information at [http://
www.activityforlife.fr/](http://www.activityforlife.fr/)

Once again a cycle ride in glorious
countryside for a great cause!

Over 200 supporters joined CSF-Languedoc's Walk for Life 2016. CSF-Languedoc's sixth Walk for Life, held on Sunday, 18 September at Domaine de la Clapiere, Montagnac, was a resounding success. Over 200 supporters walked either five- or ten-kilometre routes and the event raised more than 8,000 Euros to support the work of Cancer Support France – both regionally and nationally.



**CSF Charente-Plus RACE FOR
LIFE , 18th September at the Plan
d'eau St Yrieix ,Angouleme.**



**ACTIVITY
FOR LIFE**

CSF Charente-Plus—submitted by Peta Hamilton

Charente-Plus has had a busy Winter season with a whole range of activities arranged and supported by our members .

Lorraine Wallace kindly arranged an 11km randonnée on 23rd October this year to raise funds for CSF Charente-Plus .The event was well attended and congratulations to all who did it. That is a long walk ! Thank you to all who participated and a massive thank-you to Lorraine for donating the sum of €120 to CSF Charente-Plus.

November saw the printing of our first CSF Charente-Plus calendar showing images from around the region. Sales of the calendar have gone very well . We have also had stalls at many of the local Christmas markets which have helped to spread awareness about the work done by Cancer Support France .



The Christmas season kicked off with an evening of Christmas carols from across Europe sung by the Carillion Choir. Guests were able to enjoy a glass of mulled wine and a home made mince pie while joining in with the singing. Thank you to the choir and all the people who enabled us to raise funds for the association.

On 2nd December CSF Charente-Plus held its annual Christmas lunch for members. This year it was hosted by Peta & Michael Hamilton, with Peta Hamilton and Fran Riddett cooking a three course meal. An enjoyable time was had by all.



Christmas Carols in the barn



CSF Charente-Plus members' Christmas lunch



The Bike Ride from Toulouse to Beziers

CSF Gascony created the 2015 Bike Ride from *Toulouse to Beziers* and again were very much involved in this year's **Activity for Life Ride from Bordeaux to Toulouse**. Our President Jayne Ray led the way with planning and encouraging others to get on their bikes both years and did an amazing job. Here is a story of one of our Committee members and a new member of our association who had an important reason to get involved, despite her medical difficulties.

Get on your bikes and ride!

A hink of an idea 24 months ago turned into a fantastic opportunity for a bunch of amateur cyclists. Taking the canal paths of SW France and raise money at the same time for a great charity helping English speaking sufferers of Cancer. Again this year they took to the beautiful canal routes starting in *Bordeaux* and ending in *Toulouse*.

Last year Karin popped her cycling shorts on and took to the route from *Toulouse* to the *Mediterranean* with gusto and nervousness, Karin, who is not a regular bike rider, did not find the 6 day route easy. "it was not easy for me but it was just the most fun thing I had done for a while .I just thought why not? I wasn't particularly keen...!So this year when it came to registering I wasn't so sure, but then my friend Tanya signed up"

Karin's friend Tanya had a special reason to take part and to make this year's ride special. It was in memory of Andy, Tanya's husband and Karin's much missed friend. Their training started!

Tanya said "The more people that know about CSF, the better. I did the bike ride so that the word gets around. Firstly, I do not want my Husband's death and pain to go without me being able to help someone else." Andy died of spine, throat and brain cancer and Tanya did the Bike Ride in the hope that her efforts would help raise money and awareness of a little known cancer that he had. For people to realise that there is help and support available in France for cancer sufferers and their families during the illness and after the death is important. I am lucky, Tanya is a good friend of Karin Davies who has been involved with Cancer Support France for many years.

Quote from Tanya "She was amazing with the help and support throughout the last six weeks of Andy's life. It is really helpful to have someone that just listens so that you can talk about it, someone who doesn't talk down to you and make you feel even lower than you already feel. All I felt like was hiding, going into a shell, but talking to Karin gave me hope and confidence to sort things out and carry on .This is why I did the bike ride!"

The Bike ride along the beautiful cycle paths of the *Canal de Garonne* will help others with the fund raising and getting the word out. Tanya feels that if one person sees that and it helps one more person, then her taking part would help achieve what she set out to do. Tanya suffers from arthritis, but that was not going to stop her she declared "I love challenges!"

CSF Dordogne East and Lot – submitted by Alexa Stace

Epic fundraising effort by Keith Charge



This is an English version of the article that appeared in *La Depech*.

Mr Keith Charge is seen presenting Mrs Lesley Blackman, Vice-President of CSF, with a cheque for 2361 euros – Cancel Support France is a national charity that supports English speakers whose lives have been affected by cancer.

Keith raised the funds with an epic sponsored 20km canoe trip followed by a 100 km cycle ride.

He started his journey on the river at *St Sozy* and canoed to *Souillac*. From there he cycled to *Praysac*, passing through *Gourdon*, *Salviac* and *Castelfranc* before finishing at *Chateau Fantou* at *Praysac*.

And all on the hottest day of the summer.

Well done Keith!

CSF-Languedoc - submitted by Hilary Galea

2016 was a year of growth and evolution for CSF-Languedoc, and the last few months were particularly action-packed. A well-attended members meeting held on 29 November reviewed key events and developments.

Client support

We are delighted to now have 23 Active Listeners among our members – 13 of whom are bi-lingual. This has allowed CSF-Languedoc to support 51 clients in the *Herault* and *Aveyron* departments this year. We've also expanded our links with external organisations, including *La Ligue*, *ICM (L'Institut du Cancer de Montpellier)* and *Onco-LR (Le Réseau de Cancérologie du Languedoc-Roussillon)*.

Drop-In days have gone from strength to strength. Since moving to *Hameau Montplaisir* near *Beziers* in April, this highlight in the CSF-Languedoc calendar welcomes around 50 people each month. The new venue offers plenty of space for everyone to enjoy a great range of craft activities and therapies, catch up with friends, meet new ones or just discover more about CSF.

Awareness-raising and collaboration

CSF-Languedoc's Secretary, Jenny Guest, was among the 10 CSF representatives attending the World Cancer Conference in Paris recently, at which 3200 delegates from over 140 countries convened to "exchange best practices in cancer control in a collaborative and inspiring environment". We are now looking at ways in which to address key messages and transfer learning from this important conference into the workings of our Association.

The new CSF logo has been incorporated into the [CSF-Languedoc website](#) and is gradually being applied to all our literature and stationery, reflecting the fresh new image driven by CSF National.

Events

Hannah's clothes sale continues to provide huge support for CSF-Languedoc. Raising awareness and funds for the Association, this monthly event has become an essential fixture in the diaries of many ladies in the region!

The last half of 2016 has also seen a change of venue for the English book sale run by a volunteer in support of CSF. A perfect combination of book browsing, coffee, tea and chat is proving to be a winner. Thanks go to *Restaurant La Maison* at *Tourbes* for hosting this monthly event, which is raising funds and awareness for CSF-Languedoc.

More funds were raised for CSF-Languedoc at a coffee morning in November hosted by member Laura Thompson as part of Macmillan Cancer Support's "World's Biggest Coffee Morning".

On a Sunday morning in mid-September, over 200 people gathered at *Domaine de la Clapiere, Montagnac*, for this year's CSF-Languedoc Walk-for-Life, one of several 'Activity for Life' events organised by CSF Associations across France. Attracting more participants every year, the 2016 walk raised over 8,000 Euros to support the work of Cancer Support France – both regionally and nationally.

Cassan Cracker Fair

This year's Cracker Fair, held on 26 and 27 November at the splendid *Chateau-Abbaye de Cassan*, proved to be one of the most successful yet for CSF-Languedoc in terms of awareness raising and fundraising.

Always a highlight on the calendar during the run up to Christmas, the fair draws a huge number of visitors and is the perfect venue for CSF to reach an interested and often previously unaware crowd of both French- and English-speaking visitors. This year saw coach parties arriving from as far afield as Nimes and Orange, and with visits from members of CSF Provence Gard and CSF Sud de France, the fair was also a great opportunity for cross-border CSF team building.

Many visitors came to browse at the CSF-Languedoc stall but stayed to find out more about the organisation and chat with Active Listeners. CSF-Languedoc President, Graham Luck, commented that it was surprising how many French visitors came to the stall to learn more about the Association and find out how it fitted into the healthcare system.

Offering a chance to win one of over 50 fantastic prizes donated by supporters of CSF-Languedoc, raffle tickets were in great demand, and the lucky dip had several younger visitors trying their luck with many repeat 'dips'. The net result of the efforts of all involved was a total of €1,660 raised for CSF-Languedoc; the highest sum achieved so far at this event.

Coming up

CSF-Languedoc's AGM will be held on 24 January in the village of *Nebian, near Clermont l'Herault*. All members are welcome.



The Cassan Cracker Fair

Lot et Garonne is open and ready to help!

We are proud and delighted to announce the opening of a new CSF regional Association within the Lot et Garonne. Cindy Sheppard took on the arduous task of creating a new branch after realising that the Dordogne Association, to which she belonged, was significantly restricted by its huge geographical spread.

Armed with her enthusiasm and motivation, whilst ably supported by Ivan Langley, an established Active Listener from the Dordogne branch, they were finally ready for business in June 2016.

Although they began with only 3 trained Active Listeners, their Membership has already grown to 40 and they have secured a new Secretary, Caroline Edmonds and Vice President, Caroline Mason, to work with Ivan, the Treasurer.

Cindy, the President has now registered the new branch in *Montastruc Mairie* and has a clear vision for the future. "My plan is quite ambitious but I would like to create a dedicated "drop in" centre for clients, carers, families and friends who are keen to gain some respite from their own homes, seek comfort and support from an Active Listener or simply enjoy a cup of coffee in a friendly and comfortable environment." She added, "The "ACORN" centre will be situated in the old cinema in *Montrastruc* and requires considerable renovation work to convert the space into a safe and bespoke area." Cindy hopes that the centre will provide a haven for future clients to enjoy the library of books donated by a previous grateful client as well as benefit from a variety of wellness treatments including massage, manicures, makeovers etc provided by qualified practitioners.

The fundraising programme has already begun with a cream tea organised by Jenny Ayling in *St Livrade* in November which raised a massive 500 €, which was then closely followed by a Christmas Fayre that took place on November 20th in the *Salle des Fetes in Monteton*. This event was supported by 30 stall-holders selling high quality products including jewellery, gifts, painted glass-wear, produce and wine and the kitchen did a roaring business selling turkey, pork & cheese sandwiches and a feast of home-made cakes, mince pies with accompanying festive mulled wine.

The Fayre was attended by at least 400 visitors who were also entertained by the local "Mirabelles" who sang a medley of festive songs and a local branch of Cornish Morris dancers added a colourful visual display to the afternoon. The bustling seasonal event successfully raised approximately €3000.

The next key fundraiser will take place in the spring with a splendid 2 day "Spring Clean" offering Objets d'Art for sale following an abundance of donations arriving at Cindy's doorstep. There will also be a concert by The Mirabelles followed by a 1940's themed tea dance in April to raise more awareness of CSF and funds too!

A key objective for this branch is to raise awareness of CSF within the community. The first 2-day Induction training for newly enlisted Active Listeners took place in early December, which will enable more clients to be supported in the near future. A further training for new recruits will take place in March 2017.

It is hoped that the current members will perform the role of ambassadors to help spread the word of CSF and ensure that Cindy's vision can be realised with a grand opening of the "ACORN" centre in September 2017.

Further update on the progress of the "ACORN" drop in centre will feature in future Touchlines publications but in the meantime information can be found from

CSF – Lot et Garonne Tel: 06 70 64 68 62 or email cindysheppard51@icloud.com



The Marche Noël



The "Best Stall"

A tribute to Val Wareham

It is a very sad time for CSF Dordogne Ribérac as in October, Valerie Wareham, our first President and one of the original members died peacefully at home with her family after her battle with cancer.

Many of you will remember Val, not only as our President but she was also our contributor to Touchlines for many years and also helped in the set up of the *Bordeaux* association along with Teresa, Annora and Richard.



“The Old Guard”

This group are the reason we exist today. The initial meeting of this group was held in *Villetoureix, near Ribérac*, on 22nd January 2008. 18 people attended and 17 agreed to support the new branch. On Monday 4th February a further meeting was held to agree our name, elect Officers and a Conseil, with 19 people attending. A Conseil of 9 people, including a Bureau of 3, was elected. The Conseil got busy completing the process of the start up and planning the Active Listener training for 12 members. In her younger days Val was a talented dancer and she has shown me many photos of herself in her glad rags!!! She continued this interest with her involvement with Variations, and was part of many productions and shows. Among the many initiatives undertaken for CSF, with Val’s leadership, were Quiz nights, curry nights, Marche de la Vie, liaison with the hospitals of *Angouleme and Perigueux*, and many other events. We are all very familiar with Val’s cake making and she produced some superb cakes for the various events including the two Garden Parties held at my house. Valerie and Paul, her husband, were both Active Listeners and frequently hosted the trainers who came to *Ribérac* to train others. Val resigned as President to hand over to Annora but she never stopped working for us and her contribution to the committee was invaluable. We would like to extend our condolences once again to Paul and the family. There is to be a memorial service for Val in January.

Sadly we are also now saying Goodbye to Annora as she is off to pastures new and the association is indebted to her for her contribution especially in her work with the hospitals, *Francheville and Centre Hospitalier* in particular. Many of you will know Annora as she was representative on the National committee for a long time and she guided us to a much closer association with National and supported and encouraged all the Active Listeners in their role. She worked tirelessly and with such commitment and so many clients and members have benefited greatly from her support and friendship. During Annora’s time as president we also said farewell to both Teresa and Richard who moved back to the UK.

This old guard has now all moved on but they can all feel very proud and satisfied with what was their desire, to help people touched by cancer, and they can be assured that what they started back in 2008 still supports the people of our area very well and we hope this continues for many years to come.

Cancer Support France Nord—submitted by Cathy Allen

As part of the National initiative "Activity for Life" Cancer Support France Nord held two events:

BBQ

24 people enjoyed a B.B.Q. on Saturday the 17th of September at the home of Peter Dickie in Geffosses [North of Coutances]. They had a selection of meats together with salad & vegetables and some very nice desserts [the desserts were not suitable for people who restricted calorie intake], copious amounts of wine were drunk and the event seemed to be enjoyed by everyone. The event was organised and helped to spread the word about Cancer Support France. Also, the “weather gods” were kind to us, even though the attendees were seated inside in case of heavy rain which did not materialise.

Peter was disappointed that because of limited space many people were not able to attend; advertising had to be halted early. It shows the awareness of Cancer Support France in the area. Many people who attended had had cancer and are keen to assist others.

Knitathon

On 24th September, the Sponsored Knit took place, kindly hosted by Stephanie of La Maison des Beaux Cadeaux in Gorrion. During the day, a number of knitters came in and knitted for a time, assisted by supplies of coffee and cake. The Cancer Support France awareness stand was set up outside the shop, to allow the knitters inside maximum space. Those manning the stand saw it as an opportunity to take part, so were sat outside knitting, much to the amusement of passing traffic! People who were unable to take part on the day collected wool and were knitting at home. The French also entered into the spirit of the event and took part, either at home or came along on the day. So far, approx. 150 squares have been knitted and some already made into a blanket.

CLIENT STORIES—This is a new an occasional feature where CSF members bravely and honestly share their “real-life” experiences with and around cancer .



Angie’s story

Colin and I moved to *Pezenas* in the *Languedoc* in 2003 following Colin’s retirement. Less than a year later, on a trip back to the UK, Colin suffered a severe stroke and was hospitalized for five months. He had lost his power of speech and was paralysed down one side of his body. But we wanted to return to our French home and, having done so, were hugely impressed by the support we received from the French healthcare system. Unlimited speech therapy and physio were just some of the treatments Colin received over the next several years.

I became a 24-hour-a-day carer, but with the support of a large circle of friends, life went on. Then, in 2010, Colin was diagnosed with prostate cancer. I knew that things were about to become very hard to deal with alone and, at this point, I contacted *Cancer Support France -Languedoc*.

Colin was scanned prior to chemotherapy treatment for prostate cancer, but during the scan secondary tumours were discovered in his liver, as well as a primary tumour in his colon. After three years of difficult chemotherapy, that set Colin back to where he had been immediately after his stroke, as well as monoclonal antibody therapy, we met with the specialist. Having ascertained that we were both very realistic in our outlook, he advised us that further intervention was unlikely to be effective and that our best course of action may be to “go home and make the best of what you have left.” Which is just what we did.

Throughout all this time, *CSF-Languedoc* was at our side, providing practical and emotional support. We felt very protected, and all the people we dealt with were wonderful – they really cared. Whatever we were going through at the time, we knew we could talk to CSF who would listen to and support us. I can’t stress enough what this all-encompassing care meant to us both, and how much difference it made.

In 2013, at the age of 76, Colin died of cancer of the liver. I don’t know how I would have got through that last three years of Colin’s illness without CSF’s help. They were here as much for me as they were for Colin. On the day he died, throughout the period immediately after his death, and for the three years since then, I have continued to receive support from the Association.

Angie has been a regular at *CSF-Languedoc’s* monthly Drop-In days, where she helps provide craft sessions, and is attending the next Volunteer Induction Training Day, which explains the many roles available to CSF volunteers. She is keen to give back to CSF in any way that she can.

Summarising the extent of her experience with CSF, Angie reflected: “It’s not just the translating and going to the doctor with you, it’s the love and care you get in between all that. It’s something I will never forget.”

If you have been affected by any of the issues raised in this article please don't hesitate to contact your regional CSF branch. All telephone numbers and email addresses can be found on the back page of TOUCHLINES

Editor.



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 will 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 hospitals including at a chemotherapy unit. She lives in Worcestershire with her husband.

Breast cancer

I thought we would discuss breast cancer in this quarter's newsletter. Breast cancer is the most common cancer in females in Europe and indeed in the world. However it is important to remember that small numbers of men are also affected.

Risk factors for breast cancer are:

- being over 50
- family history (especially if it was a close relative under the age of 50)
- never having children
- starting periods at a young age
- having menopause at a late age
- not having breast fed
- excess alcohol
- possibly taking continuous combined HRT for over 10 years (over the age of 50)

Symptoms:

- a painless breast lump (but there are also many non-cancerous causes of breast lumps)
- changes in the shape or size of the breast
- changes in the skin such as dimpling
- the nipple turning in
- rash around the nipple
- discharge from the nipple (which could be blood stained)
- lumps in the arm pit, which could suggest the cancer has spread to the lymph glands

Investigations:

- mammogram, ultrasound or in younger women MRI of the breast area used to assess the breast
- a tissue sample may be taken from a lump and examined under a microscope to look for cancerous cells and define the type of cancer
- other scans such as CT scan of the chest and abdomen, bone scan or blood tests are used to see if the cancer has spread

Types:

- cancer can be confined to the milk duct where it started (ductal carcinoma in situ), this can usually be treated more easily
- cancer can become invasive and spread to the surrounding breast tissue
- cancer can spread to the glands, lungs, liver, bone and brain
- some cancers have receptors for the female sex hormones oestrogen and progesterone
- some cancers have receptors for a growth factor, HER2 which can also be targeted with a specific treatment

Treatments:

- this depends on the type, spread and receptor status of the cancer. It also depends on the age and health of the affected person
 - it is often a combination of surgery, chemotherapy, radiotherapy and hormone therapy
- Surgery:* may just remove the lump, or removal of the whole breast (mastectomy) may be needed. Breast reconstruction can usually take place, but this may be delayed until treatment is completed.
- Radiotherapy:* this is often combined with surgery, it aims to stop cancerous cells multiplying.
- Chemotherapy:* this may be used after surgery, before surgery to shrink a tumour or as a sole treatment for when cancer has spread to other parts of the body.
- Hormone treatments:* some cancers are affected by oestrogen and progesterone (the two female sex hormones), therefore reducing the levels of these hormones can reduce the progression of the cancer. These include oestrogen blockers like *Tamoxifen* and aromatase inhibitors like *Anastrozole*. Younger women who have not yet had their menopause may choose to have their ovaries removed.
- Other treatments:* *Herceptin* can be used in certain cancer if a particular reception is present.

Screening:

- in many countries a screening programme runs for breast cancer with the aim of detecting cancers at an earlier stage, therefore making them easier to treat
- this is when women without symptoms have mammograms performed to look for cancerous changes
- speak with your doctor to see if you are eligible for screening
- some women or men with a strong family history of breast cancer may also be tested from an early age

Prevention:

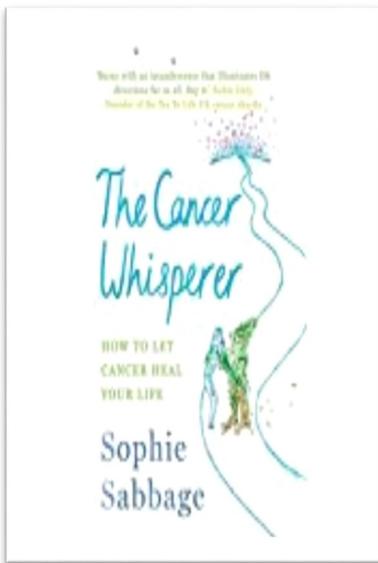
- it is a good idea to be aware of what your breasts are like normally, and to see advice if you notice any changes
- regular exercise and keeping a healthy weight may help reduce breast cancer developing
- some women with a strong family history of breast cancer, who are found to carry abnormal genes may have mastectomy surgery or be on hormone treatment to reduce their chance of getting breast cancer.

The information contained in this article is not intended to replace seeing your health care provider. If you have any symptoms or concerns please seek advice.

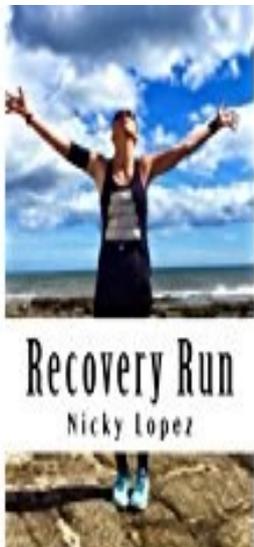
THE BOOK CORNER



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 available on Amazon.co.uk.



This book does not offer a cure for cancer. It offers a cure for your fear of cancer. Sophie Sabbage's breakthrough book combines practical advice with a new approach that turns traditional attitudes to cancer on their head. Sophie Sabbage was diagnosed with late stage 'incurable' lung cancer in October 2014. She was 48 years old, happily married with a 4-year-old daughter. Since that day - when doctors told Sophie that her prognosis was poor - she has been on a remarkable journey of healing and transformation that has reshaped her vocation as well as changed her life for the better. *The Cancer Whisperer* chronicles Sophie's extraordinary relationship with cancer and the methods that she has used for dealing with fear, anger, denial and grief. The essence of 'cancer whispering' was born of Sophie's determination to take cancer off the battlefield and into the classroom. Instead of going to war with it, Sophie has chosen to listen to it, learn from it and choose her own response to it. Sophie offers a radically different way of relating to this disease both mentally and practically: she shares the research she has done, the treatments she has chosen, the diet she follows and the resources that she feels have made the biggest differences in the hope that they will help others cut through the mass of information out there.



Recovery Run will make you laugh out loud and make your eyes leak.

It's the story of the girl who, along with her partner in crime, Marc and daughter Cleo, totally bitch slapped cancer to oblivion! A hilarious and heart-warming recollection of how, against the odds, her love affair with running saw her through her darkest days and gave her the fighting spirit to conquer 3 London Marathons and umpteen Half Marathons.

Imagine Bridget Jones takes up running and hallucinogenic drugs and you're on the right track, except this Bridget is real, has already found her Mr Darcy and there's a happy ending!



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
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REGIONAL GROUPS

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