



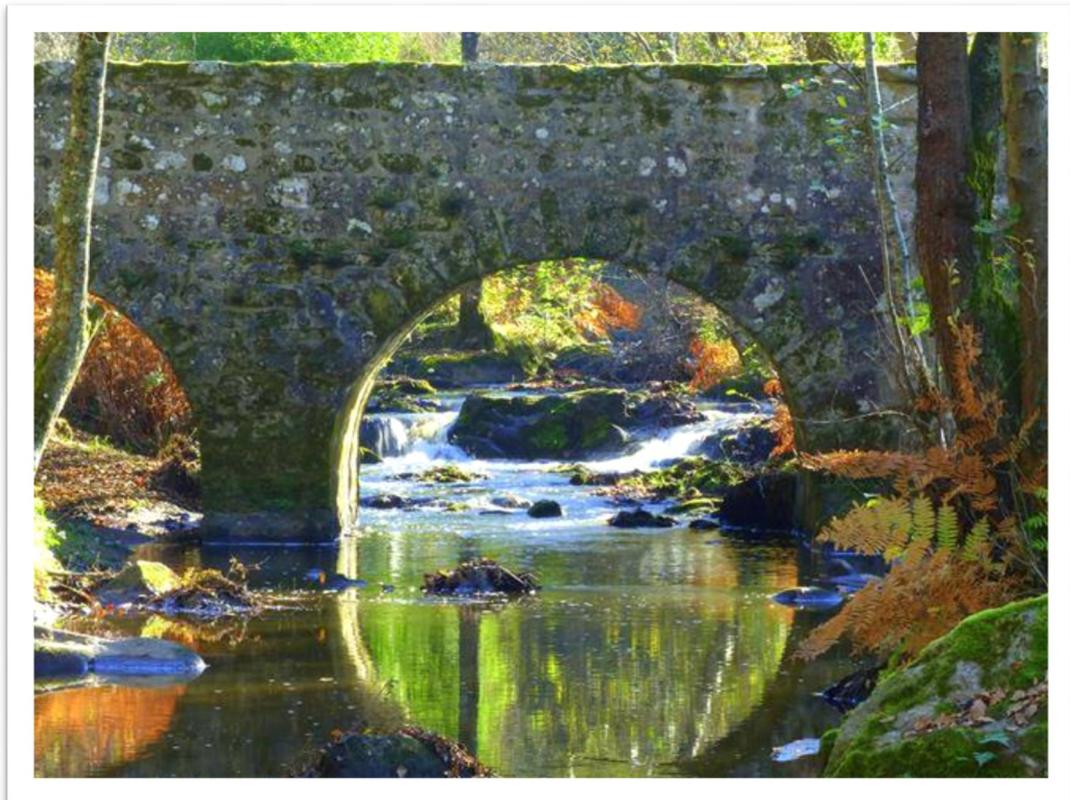
Touchlines

The Newsletter of Cancer Support France — Association N° W163000037

Patron: Prof. Alain Daban: parrainée par le Professeur Alain Daban, professeur émérite de la faculté de médecine de Poitiers" et "président d'honneur du Réseau Onco-Poitou-Charentes

Volume 12 Issue 4

October 2016



***In this issue , reflections of CSF regional summer events ,
press updates and book reviews***

Photo by Richard Moulson

CONTENTS

2 CSF National News

3."In the NEWS"

4.ACTIVITY FOR LIFE News and photos

5.CSF Charente-Plus

6.CSF Dordogne East and Lot ,

7.CSF Lauguedoc

8.CSF Sud-de-France

9.CSF Vienne , Nutrition and Wellness

10.Doctor's Notes: Skin Cancer

11.The Book Corner

12.CSF Regional Contact Information

This has been one of the longest and hottest summers for a long time ,however ,despite that , CSF regional groups have been busy at work with exciting awareness and fund raising events , including the National Activity for Life events across France .This edition includes early reports on those events.

We also welcome new CSF regional association for The Vienne and contributor Julia Sharrett, who writes on how nutrition can contribute towards our wellness.

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

Enjoy a happy and eventful winter season across France.

Editor : Peta Hamilton .



CSF (National) News



When I became President in March I expressed the wish to visit all the CSF affiliated associations during my year. Although I have not yet visited them all, my travels have taken me from *Normandy to Bordeaux via Charente and Dordogne*. I have been warmly welcomed everywhere and have been thrilled to see associations at work. It has also reminded me that every association must adapt to fulfill the needs of its members and clients and these needs are not the same across the country.

The beauty of CSF is that the independence of the local associations allows them to respond appropriately within their area. As we build together a stronger National association, develop an image that is recognized across France and share our knowledge with each other, those at local level will be able to provide enhanced support to their members and clients. During the last few months, much progress has been made. Many associations have already adopted the new logo, a national leaflet has been approved and the new website should be launched at the end of September. We have also seen the birth of two new associations - *Lot & Garonne and Vienne*. These will provide support 'on the ground' and I know that they will themselves be supported by their neighbouring associations and nationally.

The hard work to bring the various and varied Activities for Life has come to end and we are looking forward to the first National Trainers' Conference in Toulouse in November. This will be a three day event, being preceded by a Train the Trainers day and followed by the National Conseil meeting. But first, may I extend my thanks to all of you who have contributed to the success of the Activities for Life, these have done much to raise awareness of CSF and also brought in the funds to cover the costs of these three days.

It is an exciting time for CSF, I am proud to be part of the team.

Penelope Parkinson



IN THE PRESS

CANCER PATIENTS ARE NOW TWICE AS LIKELY TO SURVIVE

More than 170,000 people diagnosed in the 1970s are still alive today. People are twice as likely to live at least 10 years after they have been given a cancer diagnosis, compared to the start of the 1970s, new research by **Macmillan Cancer Support** has shown. This is due to earlier diagnoses through screening programs, advances in diagnostic tools and more sophisticated treatment, combined with an ageing population, say the charity, acknowledging that there was still a huge variation in survival rates according to cancer type.

In a report called "**Cancer: Then and Now**" out today, Macmillan also revealed that more than 170,000 people are alive today despite being diagnosed with cancer more than 25 years ago. But the charity warned the consequences were increasing demand on the NHS, with people living for longer, with long-term side effects. The report acts as a stark reminder that cancer continues to be a devastating diagnosis - one that affects a person long after treatment has finished.



POST CANCER: REBUILDING YOUR CONFIDENCE

Macmillan revealed that those who survive many years after diagnosis do not necessarily have a good quality of life and estimates that there could be around 42,500 people who were diagnosed with cancer in the 1970s and 1980s who may be still dealing with long-term consequences. The Macmillan chief executive, Lynda Thomas, says:

'About one in four cancer patients will come out of cancer treatment with debilitating and very serious side effects, like incontinence, or experiencing serious sexual problems. Those are the things we tend not to talk about, but they can be the things that really result in people having a very poor life experience after their cancer diagnosis.'

However Jane Maher, chief medical officer at Macmillan Cancer Support, says that having the illness is no longer the death sentence it was.

'While it is not always life-ending it is life-changing and we need to ensure that people who have had the disease or who are living with it have a good quality of life and tailored, appropriate support.'

From The Good Housekeeping web team August 2016

NEWS UPDATE :

Just spotted that Cancer Buddies has merged with Macmillan, link here: <http://www.cancerbuddiesnetwork.org/>



**WE ARE
MACMILLAN.
CANCER SUPPORT**



ACTIVITY FOR LIFE SEPTEMBER 2016

1st day **CANCER SUPPORT FRANCE . Race for life bike ride** . . Hot hot hot—photos sent in by CSF Charente Plus member Joan Hardy



**EVENTS
ACROSS YOUR
REGIONS**

CSF CHARENTE—PLUS - submitted by Peta Hamilton

Since the last edition of Touchlines, Charente—Plus has had a busy summer of events raising awareness and funds .

Garden book sale at Grenord

In July we began with a book sale held in the garden of CSF Charente-Plus president Vanessa Whyte. It was a wonderful sunny day and thanks to all the energetic helpers; Kate, Diane , Linda and Sam, not forgetting Vanessa’s husband Scott, plus all our members and friends who supported the event .We raised €232 and 8 new members signed up ... so a great success.



CSF Garden Party hosted by Pat Hyatt

In September Pat Hyatt kindly hosted a garden party ,what a success the party was . A massive thanks to Pat for organising it, Sybil for hosting it and all the other helpers who made it possible. We raised €492.30 on the day plus an extra €94 on book sales, thanks to Kate and Sam and all those who came and supported us.



Frairie du Canard de Grenord—The Grenord Fete



In early September we had an awareness stall at the annual Fete in *Grenord*. It was a wonderful afternoon with lots of local traditional events and music and during the time we spoke to many of the visitors and handed out the new national leaflets. As a result we were able to recruit 12 new members for CSF Charente-Plus.

CSF Dordogne East and Lot—submitted by Alexa Stace

The Sounds of Summer from Puy l'Eveque

Music was ringing out from the picturesque old town of *Puy l'Eveque* on Saturday evening, 6 August. It was all in aid of CSF, and what a great evening it was. There's no better way to spend a warm summer's evening than listening to live music of all kinds.



"The Deadwood Stage is coming on over the hill", the Cowgirls of Dordogne East and Lot !

The venue was just perfect – the *Theatre du Verdure*, with the old church as a backdrop. Proceedings started with a fantastic demonstration of line dancing, while we observers tucked into our picnics. If only I had brought my Stetson I would have been up on the floor too! Next up was Concordia. They ran through a medley of tunes on the accordion and percussion that really had the toes tapping. Then last but by no means least came the Harpwood trio. This really got us in the mood, with so many old favourites going back through the decades. Toes were tapping and hands clapping too. But then before we knew it, it was all over for another year, and we slowly made our way home with all those tunes running through our heads. The evening raised over €470 and included some wonderful raffle prizes. It was a splendid evening, and many thanks to the sponsors Brian and Lorraine Harpwood and Mike Gardner for their hard work and enthusiasm: they not only provided the music, but ensured a memorable evening for such a worthy cause.

CSF links up with La Ligue

We are all delighted that CSF Dordogne East and Lot has developed such a close relationship with *La Ligue*. So when *La Ligue* opened an *Espace Ligue (Drop-in Centre)* in Gourdon recently it seemed natural for us to offer our help to Eliane Renaudin, who runs the Centre. So there is now a CSF Active Listener available to English speakers on Monday afternoons from 14 – 16hrs.

The Espace is a friendly, welcoming place where cancer sufferers and their families can come to spend time with others in a similar situation. It offers a small oasis of calm and support in what can often be a stressful, overwhelming time in people's lives. There is always a *La Ligue* or CSF member who can refer them to specialised help with any problems, either social or professional.

It is located at *Rue Pomache, L'Oustal, Gourdon*, and is open Monday and Wednesday afternoons from 14- 16hrs, and on Mondays there is an Active Listener from CSF. This *Espace* is a wonderful support to cancer sufferers and their families, but as yet it is not well known. Please tell your friends and families about this wonderful resource, and why not pop in yourself for a cup of tea and a chat?

We are also looking for more English-speaking volunteers. So far Hazel Moultrie and Alexa Stace take it in turns to man the Centre on Monday afternoons, but obviously they can sometimes have problems of their own, so if anyone can spare a couple of hours on a Monday afternoon, we would be delighted to hear from

CSF Langudoc—submitted by Karen Powell

Drop-In-Days

In April of this year the monthly Drop-In Days changed location following 3 years at the lovely home of Alice and Paddy Doolan in *Pezenas*. Numbers attending had been steadily increasing, and it became apparent that larger premises were required.

We have been extremely fortunate to find the *Domaine 'Montplaisir'*, just outside *Beziers*, comprising a group of gites around a building which consists of a large Hall/Salle, large kitchen, and toilets. We have use of this building, plus use of one of the gites for our various therapies on offer. There is plenty of land, where one can stroll, sit under the olive trees, and admire the stunning views across the vineyards to *Beziers Cathedral*. We also use the outside areas for alfresco lunch seating, playing Scrabble, creating a 'boulodrome', and for private conversation.

The Domaine is owned by Mme de Clock, who is very sympathetic to our cause, reflected in the extra generosity she has shown us in what is in fact a business enterprise.



“Give me books, French wine, fruit, fine weather and a little music played out of doors by somebody I do not know.”

John Keats

CSF Sud -de-France submitted by Helene Barratt

For the second year running CSF Sud de France has benefitted from the enormous generosity of **FiFi (Friends in France International)** who are based in the Tarn et Garonne.

On a sunny afternoon in July CSF Sud's president Penny Parkinson received a cheque for €1008.30, the profit from **FiFi's** friperie sale. **FiFi** president Glynis Howgego presented the cheque in the company of members of both CSF Sud (Tarn) and **FiFi** who all enjoyed coffee and cakes supplied by the Tarn members at the *Café Gazpacho* in *St Antonin Noble Val* on July 18.

Last year **FiFi** donated an equally generous cheque to CSF Sud and the publicity that that generated not only also spread the CSF word in the Tarn et Garonne department which also resulted in five new members joining CSF Sud Tarn group and the setting up of a second CSF Tarn monthly drop-in morning at the *Café Gazpacho* on the third Wednesday of every month.



Penny Parkinson, president of CSF Sud (left) and Glynis Howgego, president of FiFi



Members of CSF Sud Tarn group and FiFi enjoying Coffee and cakes at the *Cafe Gazpacho*

CSF -Sud Tarn et Garonne (81)

The group, which has only been fully operational since the start of 2014, is developing apace and now has a strong presence in the *Tarn et Garonne* department next door.

Focussing on the south and east of the department, the *Tarn et Garonne* satellite holds a monthly drop-in session in the picturesque and ancient small town of *St Antonin Noble Val on the Aveyron*. It is held in the convivial setting of the *Gazpacho Café* in the centre of the town on the third Wednesday of every month.

CSF -Sud Tarn et Garonne (82)

Drop-in at the Gazpacho café in St Antonin Noble Val in the Tarn et Garonne department

The extension into this area of the *Tarn et Garonne* owes much to the continued generous support of **FiFi (Friends in France International)** and *TAGLines 82*, a much-read and highly informative internet blog.

The former has already presented CSF Sud with two cheques of over 1000€ each, and advertisers on the latter are continually sending donations which over the years have mounted up significantly. The blog also acts as a valuable source of publicity for all CSF events *in the Tarn and Tarn et Garonne*.

Six new members in the CSF *Tarn and Tarn et Garonne* group are in the process of finishing their AV training which will bring the total AV trained membership of CSF Sud 81 and 82 up to 19, pretty good going in less than three years.

The T&G satellite of the *Tarn* group proposes to cover the area around *St Antonin* and up to the A20 Autoroute and the new hospital in *Montauban*.

The *Tarn* group also continues to hold its monthly drop-ins at the *Café des Sports in Gaillac* on the second Wednesday of every month and it will also be having a stall at the *Marché de Noël* in the beautiful and ancient riverside village of *Monestiés* in the *Tarn* on December 4th.

Next stop *Aveyron* west?

For more information contact Helene on sud-tarn@cancersupportfrance.org

<http://www.fififrance.com/>

<http://tag-on-line.blogspot.fr/>

CSF Vienne -submitted by Jacqui Kelly

We are now a registered association Cancer Support France - Vienne. Our main aim for our first year is to raise awareness of CSF in the Vienne. We have 3 new active listeners who have completed their training and alongside our Co-ordinator Anne Codling are all set to provide support .

Garden Party on 24th July in Civray.



We had a successful first event, Julie and Jeremy Skinner kindly loaned their beautiful garden for the event. We raised 500 euros and recruited 7 new members. Mary Bradshaw from *Mauprevoir* told us that her aunt in the UK had breast cancer and had been given a "comfort cushion", which was great for sleeping etc. As they are not available at every hospital, her aunt (aged 85) now makes them for other folks. She has given us the pattern and we would like to make 50- 100 "Give a Heart "cushions(that is the approx. number of new breast cancer patients at Poitiers Hospital each year).

'Forget me not walk' in Millac.

Participants had the choice of either completing a 5km circular walk around the village, taking in the breath taking views of the *Vienne* on route or a 1km tour of the village. The tour was led by locals and real discoveries were made about the pretty little village's history. Both walks started and finished at *Millac's Salle de fetes* where participants joined, Martine and Didier from (L'adventure) who organised a BBQ and bar and Sheila and David who provided a fantastic Tombola and jewellery stall with all proceeds going directly to Cancer Support France, Vienne. This was a fun and very enjoyable event had over 70 participants for the walk and BBQ and included members from the walking group in *Availles Limousine*. The mayor of *Millac* has been very supportive and we are very grateful for her giving us the *salle de fete* free of charge for the event.



Potiers Hospital meeting

We met with Sylvie Aubert at the *Espace de recontres et d'information* , the cancer centre at *Poitiers Hospital* and from November will be providing a drop- in session one afternoon a month for English speaking patients and carers supported by active listeners and members, offering advice and support.

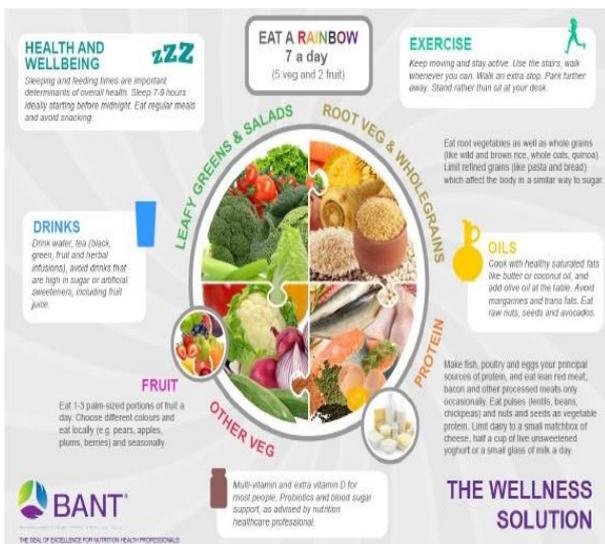
We have had tremendous support from Ian and Jeanne at the *Bar des Tilleuls in Champniers* and Edwina who organises a monthly raffle. We hope to continue this great relationship and have a Christmas Fayre planned for 13th October with them.



NUTRITION and WELLNESS—EAT A RAINBOW

My name is Julia, Sharrett and I have a Masters degree in Nutritional Therapy. I have been interested in nutrition for many years .I decided I wanted to take my passion for nutrition one step further and help other people get to grips with it too.

Nutritional therapy is a complimentary medicine that focuses on therapeutic uses of food and supplements to benefit illness and disease. Although this type of therapy is most effective on a one to one basis, taking in to account each person's lifestyle, preferences, symptoms and any GP diagnoses, there is an unquestionable pattern in almost every client I've met with....they need to eat more vegetables! There are very few illnesses in our current, Western society that can't be benefitted or prevented from good dietary choices. And I really do mean very few .



I find the easiest place to start when trying to create better diet choices is adding more vegetables in (rather than focusing on removing certain foods). If there are more vegetables on the plate there's guaranteed to be more nutrients and less room for foods with no nutritional value (think beige, oven food). A diet containing a variety of vegetables will inherently supply a large proportion of the vitamins and minerals we need to support our immune system for everyday health as well as disease prevention. What's more, fruit and vegetables contain nutrients called phytochemicals or phytonutrients. These are highest in vegetables with the most vibrant colours (tomatoes, beetroots, sweet potatoes, kale and berries are all in season at the moment and are some great sources). These phytonutrients have been proven to have strong therapeutic properties that have beneficial affects on numerous illnesses and diseases including cancer, osteoporosis, diabetes and hypertension. It is also noted that they work best in combination with each other, another argument for us to be consuming a

variety of vegetables. The nutritional therapy governing body (**BANT**) created a Wellness Plate in early 2016 that is based on a huge body of research regarding the nation's health after a decade of processed carbohydrate based diets. The plate suggests trying to make half of each meal vegetables, a quarter lean protein and a quarter starchy vegetables (potato) or whole grains.

Do you think you could aim to eat this way and see if you notice a difference in your general wellbeing?



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.

I thought this time we would look at skin cancer. Especially as hopefully you've all had a warm and pleasant summer.

There are 3 main types of skin cancer

- malignant melanoma
- squamous cell carcinoma
- basal cell carcinoma

The different names are given for the different skin cells that are affected

Many skin cancers are more common with increased age and with increased sun exposure.

Basal cell carcinoma

- the most common, especially in those over 75
- increased by sun exposure especially in those with paler skins
- a pink or pale lump appears and slowly grows over months
- sometimes it has raised edges and a depressed 'crater' in the centre
- this type of skin cancer doesn't spread to other parts of the body
- however they need to be treated, as they can spread to nearby structures and cause local damage

Squamous cell carcinoma

- the second most common, especially in those over 75
- a red or pink crusted area develops and slowly grows over weeks or months
- it may bleed, ulcerate, or the crust may fall off, but it just doesn't seem to heal
- this type of skin cancer can rarely spread to other parts of the body, but like basal cell carcinomas it is more likely to affect local structures

Malignant melanoma

- this is what most people think of when 'skin cancer' is mentioned
- it is the least common, but the most serious type
- it can affect any age
- it starts from an existing or a new mole which then undergoes changes
- these changes can be remembered as ABCDE

Asymmetry- uneven, unlike a normal mole

Border- the edges are irregular

Colour- not a uniform colour

Diameter- grows in size

Evolving- carries on changing

- there may also be symptoms such as itching, oozing or crusting
- this skin cancer can spread to other parts of the body

Treatment for non melanoma skin cancer is to remove the tumour, and in the vast majority of cases that is all that is required . Any skin lesion that is removed will be sent to be examined. This allows confirmation of what type of skin tumour and to check that it has all been removed.

For malignant melanoma as well as the removal of the skin tumour other treatment may be needed such as chemotherapy or radiotherapy. This is dependent on if the cancer has spread, and how far, and this is determined by scans and results for the tumour when it analysed.

Prevention of skin cancer is especially important:

- limiting sun exposure , especially between 11 and 3
- covering up and wearing a wide brimmed hat
- applying at least factor 15 sun cream
- not using sun beds

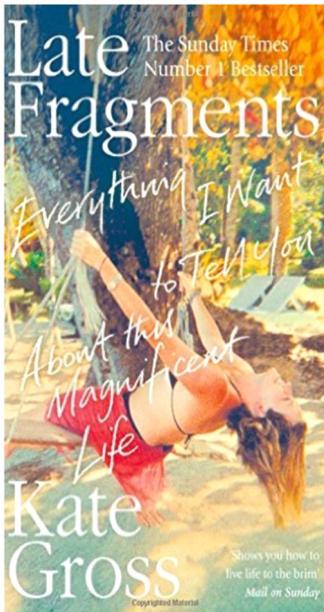
If you develop any new or changing skin then seek review with your doctor.

If you have any concerns about your health please see your doctor, this article is for information only and not to replace consulting your own doctor.

THE BOOK CORNER

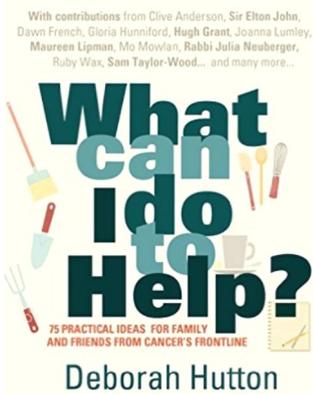


The purpose of the Book Corner feature is to identify books that could be supportive to those affected by cancer. It is not intended as a review and in no way constitutes any endorsement by CSF. Most books are available on Amazon.co.uk.



What are the things we live for? What matters most in life when your time is short? This brave, frank and heart-breaking book shows what it means to die before your time; how to take charge of your life and fill it with wonder, hope and joy even in the face of tragedy.

Ambitious and talented, Kate Gross worked at Number 10 Downing Street for two British Prime Ministers whilst only in her twenties. At thirty, she was CEO of a charity working with fragile democracies in Africa. She had married 'the best looking man I've ever kissed' – and given birth to twin boys in 2008. The future was bright. But aged 34, Kate was diagnosed with advanced colon cancer. After a two-year battle with the disease, Kate died peacefully at home on Christmas morning, just ten minutes before her sons awoke to open their stockings. She began to write as a gift to herself, a reminder that she could create even as her body began to self-destruct. Written for those she loves, her book is not a conventional cancer memoir; nor is it filled with medical jargon or misery. Instead, it is Kate's powerful attempt to make sense of the woman who emerged in the strange, lucid final chunk of her life. Her book aspires to give hope and purpose to the lives of her readers even as her own life drew to its close.



Deborah Hutton's discovery that the niggling cough which had been troubling her for a couple of months was actually an aggressive lung cancer marked the beginning of a brand-new learning curve - a personal odyssey that taught her to let go of her super-competent I-can-handle-it-myself persona and gratefully accept the huge amount of help beamed at her by her close-knit family and "world class" network of friends and neighbours.

From her own experience and out of her conversations with fellow members of the "Cancer Club" comes this anthology of supremely practical examples of ways in which friends and family, often themselves reeling from the shock of the diagnosis and feeling just as helpless and at a loss to know what to do, can make a real, substantial difference.

"What can I do to help?" you ask. Well, stand by, because the answer is "Plenty".



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
Internet Forum: <http://csf-forum.org>

REGIONAL GROUPS

| | | | |
|-------------------------------|------------------------------------|----------------------------------|---|
| Alps Maritime (06, 83) | Angela Anderson | 07 68 38 74 70 | cancersupport06@gmail.com |
| Basse-Normandie (14, 50, 61) | Cathy Allen | 02 33 69 01 05 | csfbassenormandie@gmail.com |
| Bordeaux & Region (33) | Marisa Raymond | 06 52 67 94 50 | bordeaux.csf@gmail.com |
| Bretagne-Ouest (29W, 22W) | Judith Curl | 02 96 45 76 20 | curl_judith@yahoo.co.uk |
| Charente-Maritime (17) | Richard Smith | 06 79 16 60 83 | csfcharentemaritime@gmail.com |
| Charente-Plus (16, 86) | Vanessa Whyte | 06 45 35 32 30 | csf.charenteplus@gmail.com |
| Cœur-de-France (03, 18, 58) | National Helpline | 0800 240 200 | helpline@cancersupportfrance.org |
| Dordogne East & Lot (24E, 46) | Julia Hall (President) Helpline | 09 64 13 66 68 06 35 90 03 41 | csfdordognelot@yahoo.com |
| Dordogne-Ribérac (16 ,24) | Michael Joyce | 0553609469 | csfriberac@gmail.com |
| Dordogne Sud (33, 47) | Bob Kennedy | 05 53 54 46 67 | csf.dordognesud@gmail.com |
| Gascony (31, 32, 65) | Jayne Ray (Mobile) | 05 62 31 63 40 06 27 69 62 28 | csf.gascony@gmail.com |
| Languedoc (12, 34,) | Graham Luck | 04 67 44 87 06 | csf.languedoc@gmail.com |
| Lyon (69) | Contact National | 0800 240 200 | helpline@cancersupportfrance.org |
| Provence -Gard (13, 30, 84) | Tim Forster | 04 66 81 18 58 | csfprovencegard.com |
| Sud-de-France(09,11,66,81,82) | Penny Parkinson | 04 68 69 01 37 | sud-president@cancersupportfrance.org |
| Vendée (85) | Contact National | 0800 240 200 | helpline@cancersupportfrance.org |
| Vienne (86) | Jacqui Kelly | 0800 240 200 | vienne-president@cancer supportfrance.org |

Touchlines

Copy Date is: 15th of month BEFORE publication

Published quarterly on the 1st of the month in January, April, July and October
Items for inclusion should be sent to the Editor: Peta Hamilton E-mail: csftouchlines@gmail.com

Please send photographs as separate JPG files—not embedded in your editorial.