

About CSF Basse Normandie

CSF-Basse Normandie is a voluntary, not for profit organisation and registered charity, founded in 2008 and is part of the Cancer Support France network of affiliated non-profit associations.

Its mission is to support English speaking people, their friends and families that have been affected in some way by cancer. The commitment of all our volunteers is to provide information, translation, emotional and practical support to enhance the quality of life for the cancer patient and their families. We provide training for our volunteers and encourage an environment where all individuals feel valued and respected.

We hold 'Raising Awareness ' events throughout the year to let people know that we are here.

How did the Basse Normandie Association begin?

The Basse Normandie group grew out of a small group of like-minded people with a variety of experiences, a nurse, someone who had lost their husband to cancer and some who were suffering or recovering from cancer.

Their aim was to help people through what can be an isolating, confusing and painful experience particularly when living in a foreign country. Following a number of meetings and various paper filling sessions the group was ready to launch.

The Basse Normandie Branch was launched in Ducey in March 2008 with a coffee Morning. We cover departments 50, 14, and 61. Although we started with a small handful of people we now currently e mail 250 members throughout the regions.

We are really fortunate to have a variety of people with different skills in the group and now have 12 trained Active Listeners to provide support to individuals that need that type of support. We also have several French and English people who support the group with translation and a mountain of volunteers to make tea/coffee in the day centre.

What services do we provide?

- Opportunities to meet like-minded people in safe and friendly social environments
- A telephone number to call for help and advice.
- Providing those affected by cancer with volunteers who act as listeners and supporters.
- Holding informal social/group meetings for wider support.

- Maintaining English language resources pertaining to different types of cancer and the different ways that they may be treated.
- Hold a current list of English and French services and organisations which may be of help
- Advertise the Branch's activities to the local medical community.
- Translation services during medical appointments if necessary.
- Translation of appropriate medical documents.
- Produce a monthly magazine full of interesting and informative articles on cancer related subjects

The CSF Basse Normandie Day Centre

The Day Centre based in Buais was launched in December 2010 and is now open every Monday to provide respite services for anyone who needs it.

- Drop-in for information
- Read leaflets in English about all types of cancer
- Access to the internet to find out more information

...and of course the kettle is always on if someone needs a cuppa and a chat.

Please understand that we are there for you whether you'd like to talk about your personal situation and illness or if you'd just like the opportunity to get out of the house and forget about it, even for an hour.

Of course there is absolutely no obligation to talk about yourself if you don't want to. We appreciate that sometimes to chat or to participate in a totally unrelated activity does the world of good.

We are a friendly team who are there for you and if we were ever ask a question that you don't feel like answering, just tell us.

How you can help and support CSF Basse Normandie

There are many ways in which you can help us support those affect by cancer living in France

Come along to our events

We have many awareness and fundraising events throughout the year. Have a look and see what's coming up soon in your area. All our events are organised by us, a friendly group of volunteers who look to create enjoyable events with lots to see, do and buy all with the aim of raising funds to help and support those affected by cancer.

We have events such as: Quiz nights, Christmas fayres, craft sessions and Garden Parties.

Become a volunteer

If you are interested in becoming a volunteer please get in touch. We provide full training. Volunteering can be very rewarding.

Create a fundraising event

How about hosting a fundraising event? Do you have an idea that you'd like to develop with our support. It could be a 'sponsored' event, a table top sale, garden party, a cake sale or a party. The list is endless

All the members of CSF Basse Normandie all give their time voluntarily to support those affected by cancer and appreciate all the help that they receive.

To contact CSF Basse Normandie to seek help, become a volunteer; be put on our mailing list or to come along to an event please contact Jenny Luck 02.33.60.27.82, csfbassenormandie@gmail.com or drop into the Day Centre any Monday!

I'd like to thank all of you who take your time to help us provide the services that we do. I'd also like to thank all of you who come along to our events. We couldn't do it without your support. Thank you"

CSF Basse Normandie President - Jenny Luck