



President's Report on 2023

Many people have been asking what we have been up to over the last 12 months. Let me give you an update, and I look forward to your questions and suggestions for improvement.

We have been very active over the past year in

- bringing the association into compliance on various fronts
- fundraising
- outreach
- training
- sharing best practice
- and of course, most importantly, serving our clients

We have established General Data Protection procedures that protect both your data and that of our clients. We have had our accounts reviewed by French accounting experts. And we have updated our statutes as you know from the EGM.

In 2023, we raised a record amount in funds from the marathon, with a record number of runners and a client participating in an all-terrain wheelchair. Cogs for Cancer also handsomely supported us last year. At Roots in Valbonne, our friends and supporters included Johnny and Emmet O'Sullivan, Hannah French, and many quiz participants. Clare Harding ran another quiz at Cafe Brun in Biot, and the list goes on and includes the Velo Valbonne Social Club and our friend John Cotter, who introduced us to them. Next are our good friends Mimosa Matters, who have supported us financially over many years, and did so last year by giving us the funds they raised at their autumn clothes sale.

Thanks to all these efforts and contributions, we now feel financially secure for the year to come.

On increasing our presence in the region, we participated in two events hosted by Mimosa Matters and three Association fairs in the region, one in Cannes, one in Grasse, and one in Opio. We also established relationships with the new Institut Mozart in Nice, with Grasse hospital, and with the British Association; and we maintained our good relations with Mimosa Matters, the Centre Antoine Lacassagne in Nice, La Ligue, and the Centre Azuréen de Cancérologie at the Hôpital Privé Arnault Tzanck. Jane Gover made a presentation to the IWCR and other kind volunteers have helped distribute our flyers at doctors' offices, and we thank you all. We are also now a member of a collective of associations in Grasse and Cannes and have made contact with Mutualité Française, which organises events focused on health and prevention. And we have significantly updated our website and our flyers.

Our thanks go also to the Sunnybank Association for allowing us the use of the Grange, free of charge, and for the donation they gave us as well.

We have run two training sessions for Active Listeners: a refresher course in October and an updated two-day training course just ten days ago, which will be completed by a third day in April. This means we are on the way to welcoming a dozen or so new volunteers to



the association, about two thirds of whom will be Active Listeners. We have added 25 clients over the past year and supported 35 clients in total. We have run 16 drop-ins, and in September we relaunched the Onward grief and bereavement group, which meets every month on Zoom. We have also added to the practitioners who are in partnership with us, and several have provided tasters for our clients at drop-ins.

We have been teaming with Cancerwise, a UK cancer support group, to share best practice and learn from their experience. David Lee and I had the opportunity to meet Keith Mitchelson, one of their Trustees, when he was in the region.

In the coming year, we expect to

- Expand our outreach programme, with Robert Baracz bringing his expertise in PR and marketing to the Board.
- Expand our drop-ins, adding a Friday morning drop-in in Antibes where La Ligue have offered us use of their space, and continuing to provide tasters by practitioners, for example in Art Therapy.
- Continue to nurture our relationships with other organisations and spread the word that we are here to help people on their cancer journey when the need arises.
- Work on building community with our Active Listeners through attendance at the drop-ins, further training, and other activities. For example, we may have a bbq or picnic on the terrace at the Grange, at Gourdon, or in Antibes.
- And – it goes without saying – first and foremost, we will continue to serve our clients.

I would like to thank Shasha Balfour, Debbie Frost, Clare Harding, Eli Cookson and David Lee, who are standing again for election to the Board of Directors, providing continuity. I would like to welcome Robert Baracz and Jill Nealon as potential new Board members, and to thank outgoing members Angela Anderson for all her support of CSG06 over the years and Alli Munroe, now in Canada, for all the work she has done in making our website and outreach materials look so good.

Our thanks go also to Anke Heinzelmann in Germany, who contributed her professional graphic design skills, and to Jane Hunt, Privacy Counsel in the U.K., who gave us free professional advice on the GDPR.

Special thanks to Clare Harding for holding the fort on the admin front in the last 12 months, and a hearty welcome to Lisa Chisholm, who has just taken on the role of admin.

And finally, thank you to all of our amazing volunteers. Without you, our work would not be possible.

Brian Woolf
President