



ESCA'S MONTHLY NEWSLETTER OCTOBER EVENTS

**Wednesday, 1st OCTOBER at 19h30: ESCA Monthly Support Meeting
at the YWCA House, 16 L'Ancienne Route, Grand Saconnex**

At our next meeting, we shall be hearing from two nurses at the Hôpital Universitaire de Genève about their work with cancer patients there. They are **Ginette Rosseel**, pelvic cancers coordinator nurse and **Laurence Morel**, breast cancer coordinator nurse. They will be talking about a "**Breast Cancer Care Plan and its benefits for women with pelvic cancers.**"

Even though these are female concerns, the evening is not exclusively female and you guys/chaps/blokes out there are welcome to come and find out what the females in your lives are concerned about. We'd be very happy to address male concerns at another meeting – let us know what these are!

The evening will be run by our clinical psychologist, Thea Marais, and there will be an opportunity to meet other ESCA members and friends, volunteers and committee members, and to share concerns and experiences. Just come along – directions are below, and there is no need to sign up.

DRAGONBOAT FESTIVAL

A huge thanks to all those who helped with and participated in the 2nd Annual ESCA Paddle for Cancer on September 7!! It was a huge success. Read all about it in the attached post-event press release!

We have no idea how much money was raised yet - bills are still being paid and donations are still coming in.

We're all still on a high, it went so well! Looking forward to next year's already - **Sunday, September 6th, 2009.**

**The photos have just been posted online so go take a look on www.espacephoto.ch (there is a link on ESCA's website too). They are available to purchase and all the proceeds will go to ESCA!*

The Union Internationale contre le cancer (UICC) hosted the World Cancer Congress in Geneva August 28-30.

Four members of your committee attended workshops during the congress, particularly those concerned with patient associations, where they made some good contacts and picked up some ideas. We also were given a set of pamphlets on various cancers by the British cancer concern Macmillan, which will shortly be available for consultation in the Drop-In Centre (as soon as we have sorted and classified them!)

The associated film festival on cancer experiences, **Reel Lives**, was well attended. ESCA has just purchased the film *Une année de sable / Run for life*, by Eric Grant, and will be organising a private showing for ESCA members only soon. The film is a moving metaphor of a young woman's courageous fight against Leukaemia, using the arduous Marathon des Sables, one of the toughest races in the world.

OCTOBER is BREAST CANCER AWARENESS MONTH

PINK RIBBON TRAIL: This is set for Sunday, October 5. At the time this newsletter went out we did not have all the details, so these will be sent in a later mailing.

Action de Prévention – Saturday 4th October, 8h00 – 12h00 at the Marché de Nyon. An awareness day organised by the Ligue Vaudoise, and ESCA will have a stand

*Meanwhile, check our website for updates and activities!

EXPAT EXPO: SUNDAY OCTOBER 12 AT PALEXPO

ESCA will have a stand at Expat Expo at the Palexpo on Sunday, October 12th from 11h-17h. Volunteers are needed so anyone interested should contact Megan at info@cancersupport.ch or call 022 791 6305.

WEIGHT LOSS AND NUTRITION COURSE run by our clinical psychologist, Thea Marais

This very successful course has already started but there is still time to join. You can also continue with the maintenance group until you have either reached your goal weight or ensured more healthy eating habits. Anyone interested should contact Thea Marais on thea.marais@orange.fr or call +33 450 407260.

ESCA OUTREACH COMMITTEE

The third Outreach meeting took place on Tuesday 26 August and was attended by seven volunteers. After taking a *tour de table* we discussed our various experiences and shared personal feedback with members present, stressing the importance now of follow-up and maintaining continuity. We then discussed how to evaluate our activities and keep track of how new clients hear about ESCA. The main way people currently hear about us is via the internet and through friends. It was suggested that we add a column to the database to record this information, and this has already been done. In fact, Sally has just told Outreach that someone recently contacted ESCA after being given a brochure from Genolier. This is exactly what we are hoping to build on, and we will redouble our efforts within the medical community. We then discussed a current initiative to reformulate a support group in Lausanne, and how we can help. Finally, some of the management committee who had recently attended the UICC World Cancer Congress, August 27-30, shared some very positive feedback. While the main focus of the Congress was on the rapid progress in cancer treatment, a strong theme running throughout the programme was also the importance of psycho-social support, strongly validating the work of groups such as ESCA and giving further incentive for ESCA to develop close ties with the medical community. (For other details on the conference, see item above.)

The next meeting is scheduled for early November, date to be announced. If you are interested in helping on the Outreach Committee, do come along to the meeting, and contact Andrea or Karin to let us know you will be there, andrea.smith@free.fr (+33 450 203058) or karin@delamarter.ch (022 784 1172)

BRUNCHES at La Médiante

For those of you who speak French, La Médiante, 4 rue Micheli-du-Crest, 1205 Genève (the Drop-In Centre of the Ligue genevoise contre le cancer), invites you to their brunch-lectures. Please sign up directly: 022 322 1333 or by email: mr.antille@mediane.ch

Conférence-brunch : **LUNDI 6 OCTOBRE 2008 de 12h à 14h « Des plantes pour la femme : prévention et traitement des cancers gynécologiques »**

• *Professeur Kurt Hostettmann, Laboratoire de Pharmacognosie et Phytochimie, Ecole de Pharmacie Genève-Lausanne, Université de GE*

Conférence-brunch : **LUNDI 13 OCTOBRE 2008 de 12h à 14h**

« L'ostéoporose... une fatalité ? »

• *Docteur Bertrand Buchs, médecin rhumatologue et vice-président de la Ligue genevoise contre le rhumatisme, Genève*

More information on www.lgc.ch

VOLUNTEERS FOR DROP-IN CENTRE

Volunteers are reminded to sign up to man the Drop-In Centre – we need you there – regularly! Go to the following link: <http://www.doodle.ch/xrdbyresm8r6hfgm> and follow the instructions or phone during office hours 022 791 6305. If everyone who has followed the training programme signed up for one day a month we could be sure to have 2 volunteers on duty at a time and offer the service we have promised to the local community.

Dates for your diary:

- **Sunday 21st September:** 1ère Course Four Seasons de l'Espoir organised by the Ligue genevoise
 - **Saturday 4th October:** Action de Prévention - 8h00 - 12h00 at the Marché de Nyon
 - **Sunday 5th October:** Pink Ribbon Trail
 - **Sunday 12th October:** EXPAT EXPO
 - **Wednesday 5th November:** Next ESCA Support Meeting
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ESCA's Drop-In Centre, rooms 309 and 310, Lac wing in the Ecumenical Centre, 150 rte de Ferney in Grand Saconnex, is open Tuesdays and Thursdays, 10h-14h. Please feel free to drop in during those hours to borrow books from our lending library, to read some of the pamphlets there or just to have a coffee and a chat with the volunteer on duty. Appointments can also be made for a session with one of our counsellors in the Quiet Room.

We encourage those of you who are not yet members of our Association to consider joining. Your contribution will help to buy books and tapes for our free lending library as well as to organise seminars and speakers. Membership forms are available at the Wednesday monthly meetings or on our website: www.cancersupport.ch <<http://www.cancersupport.ch>>

And please do remember to return books! Any suggestions for additions to the library are gratefully received.

DIRECTIONS TO THE YWCA FOR THE MONTHLY MEETING

By bus: no. 5 direction Palexpo. Two stops after the Intercontinental, walk back to crossroads and turn left. At the bend in the road turn left again and the YWCA is on your right.

By car: from motorway, exit at Grand Saconnex. After 5th traffic light turn left (sharp almost-doubling-back turn), continue past few shops on right until after bump in road. Turn right after school and Mairie into l'Ancienne Route and continue up and straight over at top of hill. Continue until almost at T-junction. The YWCA entrance is on the left and you can park in the grounds.

By car: from Geneva direction, pass UN and the Intercontinental and continue along route de Ferney to traffic lights at crossroads. Turn right and, at bend in road, turn left. YWCA is first entrance on right and you can park in the grounds.

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