

Newsletter December 2025

N° 2025 - 10



Anglo American Group of Provence

Published by the AAGP / Editor : Sharon LIGHTOWLERS
Distributed only to AAGP Members.

Letter from the Board - December 2025

As we reach the end of 2025 you should all have received a bright green Members Directory for 2026. This document really represents the AAGP “bible”, enabling you to contact members. It’s strictly for AAGP members and should not be circulated to outside bodies. It also holds lots of essential information on how to use the OneList and how to access the members section of the website - using the all-important Username and password (see page two). The members’ section gives you access to the invaluable Recommendation List, which should be your very first reflex when you need a service or specialist.

Compiling, updating and dispatching the Directory each year represents a huge amount of work, and we thank Lish Goergen and her team who make the Directory possible.

November was a great month. We rounded off the “Année Cezanne” with a talk by eminent scholar and AAGP member William Adams, who presented his work on Château Noir, Cezanne’s fascination with this estate in Le Tholonet and how this special place has gone on to influence other artists and creatives. The talk, held at the AAGP library in Pont de l’Arc, was incredibly well attended with over 30 members present, several artists among them, and one, Jill Steenhuis, who had trained at Château Noir.

This was followed a few days later by our Folk Evening hosted by the AAGP trio Elaine Blanc, Michel Parisot and Rod Macleod. As ever, it was a packed house, with plenty of newcomers, including some recent members. As the year ends, we can start to plan for 2026. We still need your photos or images for the Newsletter’s front cover. If you have something to share a

The Board 2025/2026 :

President : **Julie WRIGHT**, Vice President and Small Groups Coordinator : **Jane STORR**, Treasurer : **Kathleen-Carmel KING**, Secretary : **Patricia BURKHARDT**, Newsletter Editor : **Michel PARISOT**, Social Events Coordinator : **Jean Louis MORGENTHALER**, Membership Secretary : **Elizabeth GOERGEN**, New Member Welcome and Special Projects : **Elaine BLANC**, PR and Website : **Jane WILLIAMS**,

Associate Members

Library: **Sue BOUTIER**, Newsletter: **Sharon LIGHTOWLERS**, Social Events: **Cheryl WRIGHT**, Marseille : **Brigitte KRAUS**.

piece of artwork you created, something that caught your attention while you were visiting something in Provence, a group event you attended, etc., please send it to me at julieprovence13@gmail.com. Each month we choose one of the images for our front cover, and a small prize is awarded at the Summer Picnic for the cover page which receives the most votes from members.

This month's image features a painting by Christine Chang. It's a street scene in Aix. Christine created the painting from a photo she took but never noted the name of the street. Can you help her remember where this is?

Looking ahead we have the Carol Drinkwater talk over lunch in central Aix on Tuesday 16th December (bookings are open and places are limited now), an "Open Mic" evening at the O'Shelby's Pub in Luynes on Sunday the 11th January and then our Burns Night in Trets on the 24th of January. So, dust down your kilt over the Christmas holidays in preparation!!

Finally, and on behalf of the Board, I would like to welcome Patricia Burkhardt, our new secretary and Jean-Louis Morgenthaler, our new events coordinator, to the Board. We thank them for stepping up into these roles and look forward to working with them in 2026.

We wish all members a very Merry Christmas and a peaceful and healthy New Year. *Joyeuses Fêtes à tous!!*

Happy Holidays and see you in the New Year!!

Julie Wright, President on behalf of the Board



Introducing New Board Members

Patricia Burkhardt

My husband and I moved from Frankfurt to Paris in 1992 for an assignment of 4 years. Determined that our children speak French, we put them in the Lycée International in St Germain. I now have 3 trilingual children living and working in three different countries and 35 years later I am still here in France and since October 2024 in Aix. I was warned by my French friends that it would be very difficult to make friends in Aix. But that certainly wasn't the case! Why? Because the Belgian boss of the removal company I used personally phoned up Lish Goergen (board member for memberships) and introduced me to the AAGP. This kind thought proved to be a lifeline for me. I went to the coffee mornings and evening apéros, joined the book club and ciné club and found wonderful new friends. Luck in life is sometimes just a chance encounter and mine was my kind removal guy.....and of course the AAGP.



Jean-Louis Morgenthaler

I was born in Lorraine. After a PhD in sociology, I was a researcher for a few years before starting a career as a civil servant, working in different administrations - Jeunesse et Sports, Tourisme, Commerce et Artisanat - in Nancy, Metz, Caen and Paris. After about seven years in the French Construction Industry Federation, I started a small business as a stained-glass maker.

On leaving the Ile-de-France region last year, I settled in Aix with my partner Claudia, and soon became an AAGP member, offering to restart our bi-monthly French Conversation, taking over from Pierre Falconnier.

I have three children and four grandchildren and a keen interest in the English language, outdoors activities as well as the rich cultural life Aix-en-Provence is renowned for.



What's on in December 2025

Important : All activities will be organised to comply with the health regulations applicable on the day. Participants are required to comply with the regulations at all times.

Cancellation policy for paid events: Any cancellation **after** the specified deadline date will **NOT** be reimbursed unless a suitable replacement has been found.

1 - Monday 14:30

PLAY READING GROUP



Our December reading will start at 2.30 pm on Monday 1st December; information on script and venue will be sent to readers nearer the date.

Please email marcdympna@gmail.com if you would like to sign up.

Dympna Donnelly

6 - Saturday 14:00 –16:00

CHRISTMAS FAIR

Venue : All Saints Church, 6 rue de Belloi, 13006 Marseille Join us for some fun pétanque. No skills required.



Lots of marmalades, jams, cakes, biscuits, mince pies, mulled wine etc. Also, a large “brocante” and book stall, Christmas cards, crackers, decorations stall.

A list of all available products will go out on the OneList later. Pre-order if possible.

Stay on for the carol service 17:00 same day.

More Christmas dates:

24th December Christmas Eve service 16:00 at Eglise Protestante Unie, 4 rue Villars, Aix-en-Provence.

25th December Christmas Day service 10:00 at All Saints Church, Marseille.

anne.roumieu@gmail.com

Anne Roumieu

7 - Sunday 10:30

PÉTANQUE

Venue : Boulodrome de Puyricard, intersection avenue Jacques de Régis & blvd de Carelle

Join us for some fun pétanque. No skills required.

Gilles will be in charge of the group, but please answer by email to Deanna if you are attending.



Deanna Littell

06 76 39 15 52

deannalittell@gmail.com

10- Wednesday 10:00

BOOK DISCUSSION GROUP

Venue : Home of Tricia Burkhardt, 210 allée des Musiciens, Bât. 5 Debussy, Aix-en-Provence

Pigs in Heaven by Barbara Kingsolver presented by Nancy Ceridwyn.

When six-year-old Turtle Greer witnesses a freak accident at the Hoover Dam, her insistence on what she has seen, and her mother's belief in her, lead to a man's dramatic rescue.

But Turtle's moment of celebrity draws her into a conflict of historic proportions. The crisis quickly envelops not only Turtle and her mother, Taylor, but everyone else who touches their lives in a complex web connecting their future with their past. We travel the roads from rural Kentucky and the urban Southwest to Heaven, Oklahoma, the Cherokee Nation and witness the testing of family boundaries and the many separate truths about the ties that bind.

Email your reservations by December 1 to Nancy and Tricia.

Nancy Ceridwyn 07 81 84 61 19 nancy.ceridwyn@gmail.com
Tricia Burkhardt 06 21 06 14 64 patricia.m.burkhardt@gmail.com

Nancy Ceridwyn

11 - Thursday 12:00

LUNCH

Venue : Chez Toto 131 rue Breteuil 13006 Marseille

Metro ligne 1 : arrêt Estrangin or bus 49 : arrêt Breteuil Dragon

<https://www.bistrotchez toto.fr/>

<https://marseille.love-spots.com/adresses/ou-manger/restaurants-marseille/209593-chez-toto-bistrot-lovespots.html>



Please let me know if you are coming by Tuesday, December 2nd at the latest.

Brigitte Kraus

bibik@free.fr

11 - Thursday 14:00

BOWLING

Venue : Bowling Le Bras d'Or, 23 bd. Charrier, Aix-en-Provence

Join us for some fun bowling. No prior skills required.

We usually play two games. (14 euros including shoes).

Please email me or call 24 hours before.

06 75 59 82 43

[*gilles.dreyfus@gmail.com*](mailto:gilles.dreyfus@gmail.com)

Gilles Dreyfus



12 - Friday 10:30 –12:00

FRENCH CONVERSATION

Venue : Le café Les Artistes, 35 place François Villon, 13090 Aix-en-Provence

French Conversation takes place every other week, from 10:30 to 12:00.

You needn't worry about your level of French. We always do our best to make everyone feel comfortable and enjoy a friendly conversation.

In addition, to share resources, learning techniques and methods, tips and meeting details, we now have a WhatsApp group called "French Conversation" which is a private group only open to AAGP members attending or having attended our conversations.

Please let me know if you are coming 48 hours before.

06 61 86 53 54

jeanlouis.morgenthaler@sfr.fr

Jean-Louis

12 - Friday 12:00 –14:00

‘DISCOVER ASIAN FOOD’ LUNCH

Venue : Chez Dee, 66 chemin de Rapine, Aix-en-Provence

Travel to warmer climes as the days get colder and darker - fragrant Thai cuisine !

This month we try one of my favourite cuisines in Asia - Thai food ! Let the flavours of chilli and lemon grass, garlic and basil, ginger and fish sauce warm your hearts and your belly.



Menu details on the OneList early December but I will cook fish, noodles and a spicy sweet salad.

Lunch spots limited to 10 participants.

Email Dee at gayatripotdar@yahoo.com to reserve.

Dee Potdar

13 - Saturday 9:30 –12:00

FLASH mini book sale

Venue : AAGP Library

We can't manage a big, beautiful book sale right now, so we are trying a FLASH mini one in the library during regular library hours.

kirbyleg@gmail.com

Catherine Kirby



14 - Sunday 17:45

CINE CLUB

Venue : Chez Deanna & Gilles, 18 allée Rosaki, route de Puyricard (D 14 A), Aix-en-Provence

HOLIDAY AFFAIR is a 1949 romantic comedy produced and directed by Don Hartman and starring Robert Mitchum, Janet Leigh & Wendell Corey.

Mitchum plays Mason, a veteran, working in a department store during the Christmas season to earn money to move to California.

Connie Ennis, a war widow mom, is a comparative shopper for a rival store, buys an expensive train set without asking any ques-



tions. That night her 6-year-old son peeks in the box & mistakenly supposes it's his Christmas gift, only to be disappointed when his mother tells him otherwise. The following day when she tries to return the train, Mitchum refunds her money but gets himself fired.

He manages to track her down & brings the train for a boy he doesn't know, who would otherwise find disappointment under the Christmas tree. They spend the afternoon together which doesn't sit well with her steady suitor Carl, (Wendell Corey) but delights her son Timmy.

Join us for pizza, popcorn and to find out who will win out.

Please **R.S.V.P.** as places are limited

Deanna & Gilles

06 76 39 15 52

15 - Monday 10:30

MORNING COFFEE

Venue : Café Massena, 1 avenue Jules Cantini, 13006 Marseille

Metro ligne 1 or 2 : arrêt Castellane

https://www.facebook.com/massenacafe/?locale=fr_FR

Please let me know if you are coming by Friday, December 12th.

Brigitte

bibik@free.fr



16 - Tuesday 12:00

LUNCHEON and TALK BY CAROL DRINKWATER

Venue : Le Darius, 115 Guiseppe Verdi, 13100 Aix-en-Provence

We are pleased to offer our members and friends a luncheon with renowned author and actress Carol Drinkwater. Carol Drinkwater is a multi-award-winning actress who is known for her portrayal of Helen Herriot in the BBC television series *All Creatures Great and Small*.

Her quartet of memoirs set on her olive farm in the south of France, *THE OLIVE FARM SERIES*, have sold over a million copies worldwide while her solo seventeen-month journey round the Mediterranean in search of the olive tree's mythical secrets inspired a five-part documentary film series for ARTE TV and France 5 - *The Olive Route*. The series has sold worldwide. This led to Carol being invited by UNESCO to help create an Olive Route around the Mediterranean with the intention of bringing nations together through their mutual understanding and experience with the cultivation of this mythical tree.

Carol is also the author of many novels including *An Act of Love*, published by Penguin in 2021. Her latest is *One Summer in Provence* published by Atlantic in July 2025.

Carol presented Channel 5's six-part travel series, *Carol Drinkwater's Secret Provence*. The series hit the TV charts and has been screened worldwide.

She lives in the south of France where she is writing her next novel. She writes articles for many newspapers, blogs regularly about life in France, has a column in the magazine *France Today*, and writes for The History Girls website.

Carol will talk about her work both as an actress and a writer and will share the inspirations this part of the world has had on her work.

Please note Carol will be bringing signed copies of her paperback book *One Summer in Provence* at a cost of 15 euros each cash as she will not have the ability to process cards.

Lunch at Le Darius restaurant includes a main course, dessert, one glass of wine, water and coffee. Price: 32 euros.

Sign up and payment details has been sent via the OneList.

Katrina Donaldson

17 - Wednesday 15:00

CHRISTMAS COOKIE EX-CHANGE

Venue: Chez Suzanne Cochet, Parc Cezanne
57, ave. des Ecoles Militaires, Aix-en-Provence
(Bâtiment Arlequin 2nd floor).

Bus : mini 1 and 13

Take a break from the stressful Christmas season and get into the holiday spirit by coming to my Christmas cookie exchange.



Bring 2 ½ dozen home-made cookies: 6 cookies to eat and another 2 dozen for the exchange. Don't forget a cookie tin for the cookies you will bring back home. I will provide eggnog and tea.

Please dress in a holiday outfit (there will be a prize for the best one) and bring an inexpensive wrapped Secret Santa gift.

Please let me know a few days in advance if you would like to join me.

When you get to the Parc Cezanne gate, call me and I will open the gate from my apartment. Park along the residence road. My building, Arlequin, is the first building on your left. Apartment on 2nd floor.

RSVP: Suzanne.cochet@yahoo.fr or 06 84 10 00 27

I hope to see many of you on the 17th.

Suzanne Cochet



23 - Thursday 14:00

MODERN POETRY GROUP

Venue : Chez Angie Pyman, 4 rue Condorcet, bâtiment Friedland 4,
13100 Aix-en-Provence

Last month, we heard poems from Mary Oliver, T. S. Eliot and Imtiaz Dharker, among others.

For December, the theme is Family. Please let me know which poem you have chosen - title and author - by the previous Monday evening (15th December) and be prepared to introduce the poet briefly and to read the poem to the group.

Angie 06 72 40 46 41

angiepyman@gmail.com

26 - Friday 18:30

CARD PLAYING

Venue : Le Darius, 115 avenue Giuseppe Verdi,
Aix-en - Provence



If you are spending the holidays in Aix and looking for a non-Christmas event, come and join us for easy-to-learn card games.

We may try a new game or play one of our favourites and it's always fun.

Please let me know by December 18th if you plan to attend, so I can notify Le Darius of the number of participants.

Paula Mullineaux

07 68 53 38 22

+1 240-602-7978

pmullineaux@comcast.net

5 - Monday 14:00

(Due to the Christmas holidays, the book club will take place on the first Monday in January)

BOOK CLUB

Venue : you will be informed of the location before the date.

This month book is *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

Please let me know if you are coming by Friday, December 26th at the latest.

Please note the books for the rest of the year:

January : *How to Fly a Horse: The Secret History of Creation, Invention, and Discovery* by [Kevin Ashton](#)

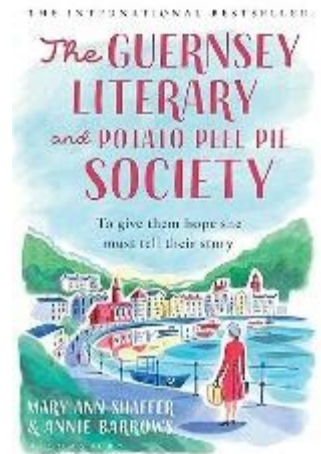
February : *The Great Gatsby* by F. Scott Fitzgerald

March : *The Plot* by [Jean Hanff Korelitz](#)

April : *The Sentence* by [Louise Erdrich](#)

May : *Dear Life* by Alice Munro

June : *Trespasses* by [Louise Kennedy](#)



Brigitte

bibik@free.fr

LOOKING AHEAD—SAVE THE DATE

11 January - Sunday 18:00

‘OPEN MIC’ NIGHT



Venue : O’Shelby’s Pub, Luynes, 8 D8N (near the roundabout at the exit of Luynes towards Marseille), large parking lot.

Calling all musicians, singers, and music lovers! Come and share your talent or just enjoy an evening filled with music and good vibes. Whether you’re a seasoned performer or a first-timer, everyone is welcome to take the stage.

You’re a poet or a storyteller... share the stage with us.

Bring your instruments, your voice, your USB key, why not, and share your passion. Let’s create an unforgettable night together!

Of course! An open stage is an ideal opportunity to discover new talents, meet other music enthusiasts, and spend a friendly evening in a relaxed and welcoming atmosphere.

Participants must register in advance. Places are limited, so don’t delay in registering. (*no advance payment*). The event also encourages exchanges and the creation of connections between musicians, sometimes even spontaneous collaborations. Let’s try it!

Price: 20€ per person including two drinks and nibbles to share

For more details and for registration, feel free to contact Michel PARISOT.

mitch131pari@gmail.com

See you there!



Organizers: Michel and Roderick

24 January - Saturday 19:00

BURNS NIGHT

As usual, we will celebrate the Bard with a haggis supper and dancing at the Moulin de l'Arc, Trets, so keep the date free.

Full details in the January newsletter.

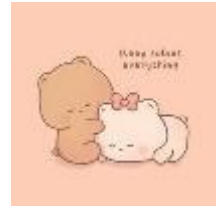
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Lish

26 January - Monday 14:00

MIND APPROACH TO SLEEP

Venue : AAGP library



As a hypnotherapist and coach, I'm offering this space to address a growing nationwide issue: from sleeping less and less to full insomnia across all ages. **Sleep difficulties do not have to be permanent.**

In this presentation, we'll explore the different stages of sleep, how the body naturally restores itself, and why the mind sometimes keeps us awake. We'll look at simple, gentle ways to sleep even when thoughts are busy, or the body feels uncomfortable. Participants will learn how to work *with* their minds rather than against them, and begin welcoming calm, restful, and reliable sleep back into their lives.

This is a free event and for members only.

Please reply to me to let me know if you will be attending.

evolvemindsinfo@gmail.com

Mei Yee Lam

LOOKING BACK

AAGP Potluck Lunch: A Relaxed Afternoon Together

On Friday, October 24, I joined a potluck lunch organized by the AAGP. Ten of us gathered in central Aix, each bringing a dish to share, making for a perfect mix of flavors. We kicked things off with a champagne toast and settled in for a relaxed afternoon.

Our hostess, Margaret, had recently moved into her new apartment, so the lunch also served as a housewarming. The atmosphere was friendly and informal, and the meal stretched over three hours—plenty of time to chat and learn more about each other's experiences, especially their "pre-Aix" ones. I was encouraged to learn that we are all intrepid travellers and learners!

One highlight was hearing stories from those who have been part of the club since the 1970s, while others, like me, are fairly new. It was a nice reminder of the variety of backgrounds in the group.

Events like this make it easy to feel connected, and I'm looking forward to more shared meals and conversations.

Jana Roussel



Talk by William Adams - Cezanne at Château Noir

It's not every day that we get a whole new insight into the Cezanne ecosystem. Monday's talk at the AAGP library by William Adams on Cezanne at Château Noir opened up a plethora of stories and influences centred around this famous, oddly named, house on the left side of the road from Aix to Le Tholonet. Actually, two houses connected together, with an

extensive terrain behind that goes all the way up to the Bibémus quarries. Cézanne lived in an apartment there from 1887 to 1902 and painted many of his defining works in and around the property, especially from the promontory La Barre des Rochers.

After his death, the house's benevolent owners, the Tessier family, housed many of the people who were responsible for the resurrection of Cézanne's reputation in Aix, including Erle Loran, John Rewald, Léo Marchutz and André Masson. The house continued through the next seventy years to be an inspirational hub for artists, which continues to this day; one of the former residents was even at our talk, artist and AAGP member Jill Steenhuis.

It was a real 'Champions League' event: Bro Adams is a man who carries his erudition very lightly (no, don't ask me, I don't know why the nickname either but apparently everyone calls him Bro). Despite having had a stellar career in the USA in art history and the humanities, the 60-minute talk was judged perfectly for his AAGP audience. I'd like to think that means it was deeply intellectual and rigorously comprehensive, but really there was plenty of humour, no dry recitation of facts, and the occasional flash of the cute diamond earring in his right ear. As my daughter Holly would say, Respect!

His 2025 book *Cezanne à Château Noir*, co-authored with Thierry Maugest, available in all the Aix bookshops, has just been awarded the 2025 prize by the Académie des sciences, agriculture, arts et belles-lettres d'Aix.

A last word before I exceed my word count. If you Google 'William Drea Adams', the eighth entry reads "Fine dining in endless conversation with Mr William Drea Adams". Perhaps the AAGP could invite him back for a gourmet lunch?

Mark Pyman



Folk Evening/Singalong 15th November

E2G the place “2B(52’s)”

E2G, comprising Elaine “Blondie” Blanc, Rod “The Edge” McLeod and Michel “Slash” Parisot “Who” “Jam’ed” away folk music with “Undertones” of pop to put smiles on our “Faces”

The extended “Range” of the playlist from “Dylan” to “Sheeran” took us on an engaging “Journey” and left no one “Rush-ing” for “The Doors”. There was no “Clash” of “Style(s) (Council)”. This thirteenth edition of what is becoming a “Cult” evening passed in a “Blur” and creating an emotional “Oasis”.

The omission of American Pie was just about “Forgiven”!

The Brasserie des Platanes, hosted by Anthony and Serge, provided a fitting ambience and filled “The Hole” in our stomachs and washed down with some “Red Red Wine”.

At the end of the evening, “The Police” were not required and people left in their “Cars” and “Vans (Halen and Morrison)”

It is highly recommended that you sign up early for the next event so that “U2” can enjoy the “Cream” of AAGP Folk.

Geoff West



A

New Relationship with the American College of the Mediterranean (ACM)

The ACM recently reached out to the AAGP with a request to develop a sustainable relationship for ensuring timely communication of lectures or other events open to the public. I have volunteered to take on the role of what may be called « ACM Liaison Contact. » There are no scheduled events for December, but I will use the OneList to keep you all abreast of the spring and summer schedules as soon as they become available.

A short text about the ACM/IAU follows below:

The American College of the Mediterranean (ACM) is an independent, non-profit American university located in Aix-en-Provence whose mission is to provide excellence in international education, inspire intercultural awareness and prepare students for success in a global community through the study of European and Mediterranean history, languages, cultures, and contemporary international issues. ACM has an undergraduate program and graduate programs in French, Fine Arts, Art History, International Relations, International Business and International Education Administration.

The study abroad institute at The American College of the Mediterranean (ACM) is the [Institute for American Universities \(IAU\)](#), which was founded as an independent institution in 1957 in Aix-en-Provence. Today ACM enrolls over 2,700 degree and study abroad students a year in four cities: Aix-en-Provence, France, Barcelona and Madrid, Spain, and Florence, Italy.

Nann Ricard

SMALL ADS December 2025

PLANNING A MOVE ?

We are there for you www.fd-platinum.com has you covered with offices in France, the UK, the USA, Dubai and Hong Kong. Our free video survey allows us to provide competitive door-to-door rates.

Your local contact : jpdelahaye@yahoo.com or tel : 06 44 90 83 58



RAMBLE LA COURONNE



FOLK EVENING

Regular events

Bridge

On Tuesday 14:00

Contact **Lish GOERGEN**

Library

Wednesdays and Saturdays 9:30 - 11:30

Maison des Associations, Mairie Aix-Sud
75 route des Milles, Pont de l'Arc.

For more information, refer to :

www.aagp-provence/library.php

Useful Info

Contact the editor :

newsletter@aagp-provence.com

To advertise

smallads@aagp-provence.com

See website for terms and conditions

Website

www.aagp-provence.com

« The member's version is only accessible by password which is in the Members'List Booklet

The AAGP is not responsible for the contents of any published advertisements, nor for the quality of goods, services or products being offered for sale or otherwise. »

Look before you book !

If you are planning an event, please contact our calendar coordinator **FIRST** to check that your date doesn't clash with another event.

Ideas for organising a new activity or an excursion ?

Please contact the board at least one month in advance of your event and before you advertise it.

Important

The civil liability insurance held by AAGP does not exempt participants in AAGP activities from holding personal civil liability insurance valid in France.

Professional services

The Bereavement Support Network (BSN) offers individual support by phone or video, to English Speakers in France who are grieving, those who are terminally ill and to their carers. BSN also signposts people to resources, information and additional help. Services and information can be accessed through our contact form on our website www.bsnvar.org or through our email address info@bsnvar.org

Cancer Support France provides emotional, linguistic and practical support for English speaking people in France touched by cancer. They are also able to provide information on existing residency applications for UK nationals resident in France prior to 31 December 2020.

Tel: 08 00 24 02 00

Email: helpline@cancersupportfrance.fr

Website: <https://cancersupportfrance.org>

SOS Helpline France for English speakers (similar to Samaritans)

Tel: 01 46 21 46 46 (3pm to 11pm daily)

Website: <https://www.soshelpline.org>

The Samaritans: UK based with overseas lines (not free):

Tel: 00 44 330 094 5717 or 00 44 8457 90 90 90

Email: jo@samaritans.org

Counselling in France - a website which includes a range of English (and other languages) speaking therapists and counsellors all over France.

Website: <https://www.counsellinginfrance.com>

Red Cross Helpline in English

Tel : 07 86 28 11 99 open 09:00-17:00
Monday to Friday. Email: English-helpline.st-lois@croix-rouge.fr



Wine Tasting



Asian lunch



Folk Evening

