

## So what is CREST and what does it do?

We have put together a brief summary for new and prospective members, and our regulars who might like to use more of our services.

CREST is a local charity, dedicated to improving the quality of life of cancer patients and their carers. Many cancer charities support just the patient, but CREST believes that the families and carers often suffer as much and so we support them too.



CREST offers information, advice, training, social events and specialist support services, such as counselling and Manual Lymphatic Drainage. At our popular Relaxation Days, our cancer-care trained therapists offer a wonderful opportunity for full sessions of massage, or other complementary therapy, and workshops to help our members regain a sense of well-being.

CREST is a unique charity, as it is run entirely by unpaid volunteers, and with very little formal funding.

## New image

We would really like to give the CREST profile a bit of an overhaul, with a new logo, leaflets and poster.

Can anyone with marketing skills help? We would love to hear from you.

CREST makes every reasonable effort to ensure that you are safe at our events but cannot accept any liability for any loss or damage to property or persons. CREST does not necessarily endorse products purchased at our events or promotions



# CREST Newsletter

## Autumn 2011

## NEWSFLASH! Vote for CREST to win a NatWest Community Force Award!

We are very excited to have the chance to win an award of up to £6,000 to help fund our work for cancer patients and their carers in the local community. Winners will be decided by public vote. Voting is open NOW and closes on 23<sup>rd</sup> October.

See page 3 for how to vote.



## New Trustee for CREST!

We are delighted to welcome Mrs Pauline Hedges as a Trustee of CREST. Pauline was until recently Director of The Chamber of Commerce in Surrey and has supported CREST for many years. She is a firm believer in the benefits of CREST Relaxation Days!



## Relaxation Day - Saturday 19<sup>th</sup> November

We are delighted to announce the date of our next Relaxation Day and we hope you can join us. Be sure to reply early to guarantee a place.



## A BIG thank you!

...to the staff and patients at Staines Health Group who raised £175 for CREST from the sale of books at the surgery

... and to the Rotary Club of Shepperton Aurora for their donation of £50

Please pass on your newsletter when you have finished with it, or ask us for another copy as CREST would like to help as many cancer patients and their carers as possible.



## Time for Coffee?

Squires Garden Centre, Shepperton  
Thursday 20<sup>th</sup> October 10:30 am

Meet in the coffee shop for refreshments and a chance to chat to other CREST members and some of the office team before visiting the brand new, purpose-built garden centre. The interior shop has a light and spacious feel, while outdoors the extensive plant area is full of new stock.

Squires address is Halliford Road, Upper Halliford, Shepperton TW17 8SG.  
For directions tel. 01932 784121 or visit [www.squiresgardencentres.co.uk](http://www.squiresgardencentres.co.uk)



## Gift Aid

CREST can reclaim the tax you have paid on any donations you might make if you complete a Gift Aid declaration. If you would like to help CREST in this way, please sign the declaration below.

You must pay an amount of income tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the tax year (currently 25p for every £1 you give)

If you pay income tax at the higher rate you must include all your Gift Aid donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.

✂.....

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Knowle Green • Staines • Middlesex • TW18 1XA  
Tel: 01784 446298 • Email: [enquiries@crestcancer.org.uk](mailto:enquiries@crestcancer.org.uk)



I want to make a gift of £.....

and I attach a Cheque made payable to CREST

Title ..... Forenames ..... Surname .....

Address.....

..... Postcode.....

Please treat all gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid Donations.

*giftaid it*

Signed: ..... Date: .....

## Fundraising

We always need to fundraise to continue our work. **We need your help!**

Vote for CREST to win a NatWest  
Community Force Award of up to £6000!



Voting is open **NOW** and closes on 23<sup>rd</sup> October, so please spread the word and ask your friends, relatives, and anyone you know to vote for us. If you can promote our campaign on Facebook or Twitter that will really help too.

To vote go to <http://communityforce.natwest.com/project/2822>  
Please note that you will need to register (with just your name and email address), respond to an email from NatWest Community Force and then login in order to vote.

or phone 0800 2100 246 and quote project no. 2822

Christmas Bring and Buy Cake Sale  
Tuesday 6<sup>th</sup> December 11:00 am - 2:30 pm

A fundraising/social event when we will be thrilled to show you our new office. Please bring along your homemade cakes to the side (old CAB) entrance to Spelthorne Borough Council offices in Knowle Green and call (01784)446298 so that we may show you the way.



## CREST Fundraising Presentation

We have put together a short (10 minute) presentation that we can use to promote CREST to local businesses. If you know a local business willing to sponsor a charity such as ours please give us a call so we may approach them.

## No donation is too small!

We would also appreciate donations of unwanted presents, gift vouchers or second class stamps.

Or maybe you could sell homemade goods to family and friends, host a coffee morning or hold a sponsored event for CREST?



### How can you help us?

We need your support to:

- finance the office
- fund counselling, MLD and training courses
- redesign our logo, leaflets and posters
- run our Relaxation Days

**EVERY penny counts!**

Improving the quality of life of people affected by cancer [www.crestcancer.org.uk](http://www.crestcancer.org.uk)

