

CREST Funding - We need your help!

Our charity will only be able to continue to support cancer patients and their carers if it has sufficient funds. In recent years our sources of funding have dwindled and our overheads increased. As you are aware all our staff volunteer their time, but to run the office alone costs in the region of £3,000 each year.

To continue to run Relaxation Days, other events and services we desperately need financial help.

If you can help us, however small the amount, please do - every penny counts. You might hold a coffee morning or sponsored event, run a raffle, open your garden, send in stamps or simply make a donation.

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 28p in the £1 you give)

✂

CREST • Community Link • The Council Offices •
Knowle Green • Staines • Middlesex • TW18 1XA
Tel: 01784 446298 • Email: 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

I want CREST to treat all donations I have made since
6th April 2000, and all donations I make from the date of
this declaration until I notify you otherwise, as Gift Aid
Donations.

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Signed: Date:



CREST Newsletter

Spring 2011

Happy New Year to all our members!

We hope that 2011 will bring much good health and happiness to all.

Our New Office

We would like to share with you the great news that despite cutbacks and reorganisations at Spelthorne Borough Council we have been able to secure an office again. Very shortly we will be moving upstairs and we will advise you of our new address as soon as we can.

We hope that there will not be too much disruption to the phone and email, but please bear with us and try again if you can't get through.



Relaxation Day - Saturday 14th May

We are delighted to announce the date of our next Relaxation Day, a little later than usual owing to the office move, but we hope you can join us.

Invitations will be sent out by early April. Please respond quickly if you would like to come as we were oversubscribed last time.

Meanwhile, we have organised some social events, outings and a special promotion - read on for further details!

For all the latest news...

If you have access to the internet and would be happy to receive our newsletters and other correspondence by email to save postage, please email
enquiries@crestcancer.org.uk

Please check our website **www.crestcancer.org.uk** regularly as we try to add new information every month.



Social Events and Outings

Coffee at Notcutts Garden Centre - Tuesday 15th February 10:30 am

Fighting the winter blues? In need of a little companionship? Or just enjoy gardening? Come to meet new and familiar faces. We are sure that you all know this lovely Garden Centre in Staines, but just in case, it can be found at 150 Staines Rd, Staines - 01784 460832 or www.notcutts.co.uk



The CREST office team would love to meet any members for coffee and a chat at **10.30 am** in the café.

Pub Lunch Rose and Crown Thorpe Green - Wed 23rd March 12:30 pm



For those with an appetite, and even those without, this pub will certainly satisfy! See the pub website www.baronspubs.com/roseandcrown or ring 01344 845154 for menu details and directions.

Please call us in advance if you would like to come so that we may book a table for CREST members and friends. RSVP by **Friday 18th March**

Savill Garden Tour - Thursday 23rd June 10:30 am

We have organised a guided tour of this beautiful ornamental garden in Windsor Great Park.

The tour will involve 1 - 1½ hours of relatively gentle walking through 35 acres of landscaped gardens, exotic woodland and the new rose garden.

After the tour you might like to join us for lunch in the restaurant then return to the Garden, visit the Garden Centre or even explore the Great Park to make a full day of the event.

The cost will be £6.95 for the tour and entry to the Garden, plus car parking. We will meet at the entrance to the Visitors' Centre at **10:30 am**.

It is important to book in advance for the tour so please let us know by **23rd May** if you would like to come and we will let you know further details and directions.

For more information about the Savill Garden, ring 01784 435544 or visit their website www.theroyallandscape.co.uk/landscape/savillgarden



Special Promotion at Vanilla Beauty Lounge, Ashford

As we have all found at our Relaxation Days a little pampering is very good for us all. On our feedback forms we always have a high interest in Manicures and Pedicures.

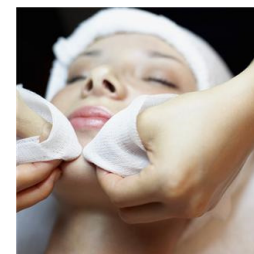


This very welcoming salon, found opposite the war memorial in Ashford, at 64 Church Road, has proposed the following discounts for CREST members:

TREATMENT	FULL PRICE	CREST MEMBERS
Full Manicure (45-60 mins)	£20	£15
Full Pedicure (45-60 mins)	£20	£15
Full Facial (60 mins)	£30	£25
Indian Head Massage (20-30mins)	£20	£15
Hand and Arm massage or Leg and Foot Massage (15mins)	£11	£11
Make Up/Make Up Lesson/Strip Lashes	COMING SOON!	

These prices will be held until the end of March and are available on weekdays only.

Further details, including their full range of beauty treatments, can be found at: www.vanillabeautylounge.com



Please call 01784 240182 to make an appointment, mentioning that you are a CREST member and take this newsletter with you as proof of membership.

Please make sure that you inform your Beauty Therapist about any allergies or medical conditions that may affect your treatment. Any cancer patient who has had lymph nodes removed should check with their doctor before booking any form of massage.

The CREST team will be pleased to organise more events and arrange more promotions if these prove popular.

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.