

## Our First Workshop Day

Our very first workshop day with mini-treatments took place on Monday 18th June at the Hythe Centre in Thorpe and it was a great success. Everyone joined in a workshop in the morning - either "Be Good to Yourself!" with Catherine or "Pain Management and Relaxation" with Maria.



We had a light lunch before trying some new mini-treatments in the afternoon. We were spoiled for choice - mini-manicures, Trager, facial reflexology, Indian head massage, scalp massage, facial massage, hand and arm massage, foot massage ... there was something to suit everyone!



## A New Look for CREST!

We thought it was time that we had a bit of a make-over as people don't always know from the name what CREST does, so we are using our full name CREST Cancer Support. Please be assured that we have not wasted a lot of money - the entire make-over cost just £29!

We have taken the opportunity to update our website, adding lots more information and interesting news at [www.crestcancer.org.uk](http://www.crestcancer.org.uk)

- ① Have you ever wondered who the CREST committee are and how we got involved? Take a look at the **About us** page and put faces to names!
- ① We have a really useful page of links to other organisations who may be able to help you, and a new "Did you know..." section on the **Other help** page.
- ① You don't have to wait for the next Relaxation Day if you would like a complementary therapy - our **Therapists** page gives information about the services offered by many of our therapists and their contact details.

We have also re-written our leaflet and re-designed our poster - if you are able display them anywhere please ask for some. You can also download a CREST membership form from the website.

We hope you like our new logo and colour scheme as much as we do, and if you have any comments on the website, please let us know!



# CREST Cancer Support Newsletter ~ Autumn 2012

*Enhancing the lives of cancer patients and their carers in Runnymede, Elmbridge and Spelthorne*

## CREST sends very best wishes to all our members!

We hope you had a lovely summer and relished the excitement and glory of the London 2012 Olympics and Paralympics. Our newsletter is bursting with exciting news!

## Sainsbury's

We are thrilled to tell you that colleagues from Sainsbury's Staines have voted to make CREST their local charity partner until next May and will fundraise, publicise CREST and offer general help.



They have already got their fundraising off to a flying start raising a fantastic £175 at their cake sale in the Staines store on September 8th.

## Sainsbury's Community Grant

Sainsbury's have also awarded CREST a grant of £300 towards the costs of refreshments for the Relaxation Day for which we are very grateful.

## New Venue for next Relaxation Day on Saturday 10th November

We are delighted to tell you that our next Relaxation Day will be held in the fabulous Rendezvous and Pathways buildings at the White Lodge Centre in Chertsey.

Full details of how to get there will be sent with your Relaxation Day invitation.



## Newsflash!

We are very pleased to tell you that Kwasi Kwarteng, Member of Parliament for Spelthorne, has agreed to become a Patron of CREST.

## Fundraising News

We are very grateful to everyone who fundraises for us and send our sincere thanks to:

### Staines Line Dancers

The **STAY IN LINES** line dancers, who meet at Riverbridge School, raised £60 from a raffle at their summer dance party on 25th July. Thank you all very much.

**STAY IN LINES**

### CARE in Shepperton

CARE in Shepperton is a group of volunteers who offer 'Good Neighbour' help to those who need it. We are very grateful to Care in Shepperton and all the people who use their service for their very generous donation of £500.



### Rotary Sponsored Walk

Debbie, one of our long-standing members, and Linda and Jo from the Shepperton Wig Company took part in the 10km "Waterways of Shepperton" sponsored walk on Sunday 6th May. Between them they raised an amazing £662 and we are very grateful to them and all their sponsors.



They said it was great fun, and if you would like to take part next time please let us know.

### A Wisley Good Day!

The weather was very kind to us for our tour of Wisley Gardens on May 18th - it wasn't cold, it wasn't windy and it didn't rain!

We had a very enjoyable day with our enthusiastic and very knowledgeable guide Sue, who really brought the gardens to life.



Please pass on your newsletter when you have finished with it as CREST would like to help as many cancer patients and their carers as possible.

## Dates for your Diary

### Sunbury Walled Garden Wednesday 17th October



We have planned our next garden visit with the weather in mind and will be visiting the Millennium Embroidery and Walled Garden in Sunbury.

We will meet at the Sunbury Embroidery Gallery & Café at 10:30 for coffee and home-made cakes before a talk about the famous Millennium Embroidery, a visit to the art exhibition, "A Passion For Landscape", and a walk around the beautiful formal walled garden.

The address is The Walled Garden, Thames Street, Sunbury-on-Thames TW16 6AB. For more details of how to get there and where to park please visit [www.sunburyembroidery.co.uk](http://www.sunburyembroidery.co.uk) or phone 01932 788101.

There is no entrance charge for this visit, but please call the office if you would like to come so we can reserve a table.

### Sainsbury's Staines Fundraising events

Please do support them if you can - homemade cakes for the cake sales or prizes for the tombola would be very welcome

- **26th-28th October** - Colleagues will be in themed costumes for the Halloween Fancy Dress
- **27th October** - Spooky Cake Sale from 11am to 2pm
- **14th December** - Christmas Tombola



You may well meet some of the Sainsbury's colleagues at the Relaxation Day as they have offered to help direct traffic in the car park and will be delivering the food order directly to us at our new venue, the White Lodge Centre!

We are also very grateful to the Sea Cadets who have offered to donate half of the money they collect packing bags at Christmas.

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.