

Future events for CREST members

We are planning a series of exciting events for our members over the next few months. If you are interested in attending any of them, all of which will be held on a week day, please contact the office for more information or tick the boxes on the Relaxation Day return form.

- Denbies Winter Warmer tour with Christmas lunch in December
- Visit to Kew Gardens in Spring
- Tour of the Palace of Westminster

VAIS Annual Celebration for Volunteers

CREST volunteers Judith and Sarah were surprised and delighted to receive awards for the work they do for CREST at the VAIS Annual Celebration for Volunteers on July 18th.

They would both like to thank the whole team of CREST volunteers who make the charity such a success.



New Cancer Support and Information Room opens at St Peter's Hospital

A dedicated Cancer Support and Information Room opened at St Peter's Hospital on July 3rd. For more information on this or their 6 week Structured Programme for cancer patients and their carers, please contact Regina Santos on 01932 722771.



CREST Cancer Support ~ Not only ... but also...

CREST isn't just about the Relaxation Days, we offer information, advice, training, social events and specialist support services, such as counselling and Manual Lymphatic Drainage. Did you know that we also offer all our members subsidies for wigs and compression hosiery, MLD, counselling and complementary therapies?

CREST is a unique charity, as it is run entirely by unpaid volunteers, and with very little formal funding. If you would like to make a donation to CREST or help us to raise money we would be delighted to hear from you.

Please call one of our volunteers on 01784 446298 to find out more.



CREST Cancer Support Newsletter ~ Autumn 2013

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

Welcome to our Autumn newsletter - CREST is 10 next year!

We can hardly believe it, but next year is our 10th birthday and we're planning a great party to celebrate! Keep your eyes peeled - there'll be more information in the Spring newsletter and on our website.



Sainsbury's Staines Community Charity Partnership

Colleagues from Sainsbury's in Staines have been fundraising for CREST over the past year and presented Joan and Sarah with a cheque for an amazing £1,502.35 on July 31st.

They held cake sales, Halloween and Valentine's events, an Easter Egg tombola, a raffle, sold goods at car boot sales and organised the fantastic Egham Junior Brass Band to play outside the store at Christmas.

We are very grateful to all the colleagues who have worked so hard to raise so much for us.



Sainsbury's



It's a roll-over!

We are absolutely thrilled to be able to tell you that Sainsbury's Staines have chosen us to be their local charity for another year! We're looking forward to working with them again and supporting their fundraising events in any way we can.

Sunday November 17th is Relaxation Day!

We are returning to the White Lodge Centre in Chertsey for our next Relaxation Day, with workshops in Christmas Art and Craft, Laughter, gentle exercise and "How to Love your Wardrobe".



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.

Fundraising News

We are very grateful to everyone who fundraises for us and send our sincere thanks to them all—without them we couldn't help our members.

10 members walked the 10 km “Waterways of Shepperton”

On Sunday 12th May, Janice, Geraldine, Isobel, Debbie, Jo, Linda, Mary, Alison, Lisa and Joan took up the challenge to walk the “Waterways of Shepperton” to raise money for CREST. They managed the 10km walk in under 3 hours.

Theresa did the walk a few days later and between them they have raised well over £2,000 - what a fantastic achievement!



Shepperton Wig Company hosted a “Pampered Chef” evening

Jo and Linda from Shepperton Wigs hosted a “Pampered Chef” evening on 21st March and raised over £200 through their raffle and selling Pampered Chef products.

The event was great fun and included demonstrations of how to prepare recipes that produce fabulous results.



Jo's Marathon Run raised £1,901

On 17th March CREST member Jo Hold ran the Colchester Half Marathon in memory of her Auntie Jeanette.

She completed the race in 2 hours 1 minute and 7 seconds and raised £1,901 through sponsorship and a donation from her employers, Jardine Lloyd Thompson.

Congratulations on this fantastic achievement!



Windsor Castle Lodge £500 Grant

We are very grateful to the Windsor Castle Lodge of the Freemasons of Berkshire for their extremely generous cheque for £500.

We have no formal funding and this grant has enabled us to replace our worn out printer/copier and buy enough ink and toner to print this newsletter and the Relaxation Day invitation.

Every penny counts!



What have we been up to since our last newsletter?

Our “Speaking With Confidence” Workshop

Speaking in public is something that many adults are really afraid of, so on May 22nd some VERY nervous people joined our “Speaking with Confidence” workshop.

It was led by Maggie from Speakers Trust and she soon made us all realise that nerves are normal and gave some really practical advice on how to manage them.

There was a great tip for what to do if you forget something or say things in the wrong order - keep calm and carry on!



CREST went to town - our tour of the Houses of Parliament

Our guided tour of the Palace of Westminster on July 12th was great fun and enjoyed by everyone. Here are some fascinating facts we learned on the tour:

- **Central Lobby**, where the television interviews are held, has its own post office!
- **Royal Gallery** displays portraits of the Kings and Queens of England - and it's where the Lords who don't have offices “hot desk”!
- **Victoria Tower** is 14 floors high and houses all the Acts of Parliament



And in the House of Lords we had an unscheduled, but very interesting, chat with Lord Peter Digby-Jones about the reform of the House of Lords.

Our new Vice Chairman, Michael Wells

Michael has been an active supporter of CREST for many years and we were very pleased to welcome him onto the committee.

Michael said:

“My wife developed breast cancer in 2000. After successful treatment we came along to the CREST Relaxation Days and immediately felt at home. It wasn't difficult to get involved with work behind the scenes and I joined the committee as Vice Chairman. At Relaxation Days I am usually one of the team seen in a yellow jacket, parking cars, carrying therapist couches or shifting furniture.”



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.