

Monday 13th May - AGM

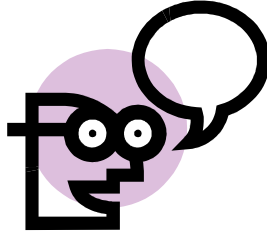
Our Annual General Meeting will be held on Monday 13th May at 2pm in Spelthorne Council Offices in Knowle Green. If you would like to attend please complete the enclosed form so that we can book an appropriate room.



Week of May 20th-24th Speaking With Confidence Workshop

Have you ever felt tongue-tied when you have to talk to people? If so, then this one-day workshop could be just what you need! Please complete the enclosed form if you are interested.

A small donation of £5 will apply.



Tuesday 4th June Tea at the House of Commons

Our new Patron, Kwasi Kwarteng MP, has invited us to tea at the House of Commons. We will have the chance to see some of the House as well as having private time with our Patron over tea. If there is sufficient interest in this event we will book a coach, so please complete the enclosed form if you are interested and we will let you know nearer the time what the cost and travel arrangements will be.



Our visit to the Millennium Embroidery and Walled Garden at Sunbury

We planned our Autumn outing with the weather in mind and chose somewhere we could shelter from the rain if necessary, but we needn't have worried - there were blue skies and warm sunshine for our visit to the Millennium Embroidery and Walled Garden in Sunbury. Doreen, our guide, knew so much about the making of the embroidery and really brought it to life.



 **CREST Cancer Support**

Spelthorne Borough Council • Room 235b • Knowle Green • Staines • Middlesex • TW18 1XB
Tel: 01784 446298 • Email: enquiries@crestcancer.org.uk • Registered Charity Number: 1111114



CREST Cancer Support Newsletter ~ Spring 2013

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

Welcome to our Spring newsletter

CREST provides support to help anyone affected by cancer through our Relaxation and Workshop Days and social activities.

We also offer subsidies for wigs and compression hosiery, complementary therapies and counselling for those in need of emotional support.

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

Fundraising News

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

Sainsbury's Staines Community Charity Partnership

Sainsbury's

Colleagues from Sainsbury's Staines have organised many fundraising events for us and have brought their total so far to an amazing £971!

These events included a car boot sale, two cake sales and an in-store raffle. We are very grateful to them for all they are doing for us and to the Egham Junior Brass Band who delighted shoppers with their fabulous seasonal music on two Saturdays before Christmas.



Colleagues have lots more fundraising events planned for this spring - please look out for their Valentine's Event and Easter Egg Tombola and support them if you can. Other events will be publicised in-store and on our website.

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 again.



Every penny counts!

Rotary Club of Shepperton Aurora Christmas Collection

CREST volunteers joined Santa and his helpers in a doorstep collection in Shepperton and raised £300 for CREST. Many thanks to everyone who contributed and helped on the night.



Spelthorne Council Cabinet Grant

We are very pleased to tell you that we have been awarded a grant of £800 by Spelthorne's Council Cabinet towards the cost of the next Relaxation Day.



Herbert Brown Halloween Fundraiser

Alison, Tim and Lindsay from Herbert Brown in Staines held a Halloween Fundraiser for CREST with face painting, cakes and a raffle. They raised a marvellous £72.31!



Our next Relaxation Day - Sunday March 24th Same venue - new day of the week!

Following the success of our November Relaxation Day we are returning to the White Lodge Centre in Chertsey, but we are trying a new day of the week.

Our next Relaxation Day, with workshops in Art Therapy, Look Good ... Feel Better, T'ai Chi Shibashi and Yoga and Relaxation will be on a **Sunday**. We hope that it will suit you!



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 2013 Diary

Sunday 17th March Colchester Half-Marathon

Jo Hold, a member of CREST, is running in the Colchester Half Marathon to raise funds for us. If you would like to sponsor her, please complete the enclosed form.



Sunday 12th May Rotary Club 10km Sponsored Walk

The Shepperton and Sunbury Rotary Club's 10km Sponsored Walk along the "Waterways of Shepperton" will take place on Sunday May 12th.

Last year Debbie, Jo and Linda raised over £600 walking for CREST. If you would like to sponsor a CREST walker, or take part this year, please complete the enclosed form.



Tuesdays 30th April and 7th May Vanilla Beauty Treatment Experience Days



Vanilla Beauty Lounge in Ashford have kindly offered to pamper our members with treatments suitable for both men and women. Refreshments will be offered and you should allow up to 2 hours for your visit. Appointments can be booked from 9:30 to 5:30.

Vanilla can be found at 64 Church Road, opposite the War Memorial in Ashford. Please call Chloe on 01784 240182 to book your place on one of the CREST days and chose your treatment from one of the following options:

- Manicure and/or pedicure
- Manicure with Indian Head massage
- Pedicure with Indian Head massage

This event will be heavily subsidised by CREST and Vanilla and you will be asked to pay only a small donation of a minimum of £10 on the day. Please bring exact money or a cheque payable to CREST.



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.