

News of our Denbies Winter Warmer Tour

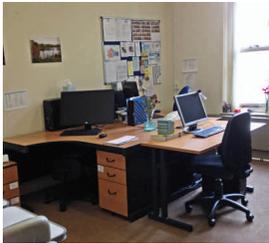
We started December in fine style with a visit to the lovely Denbies Vineyard, near Dorking. We arrived a little early for our tour, which gave us an excuse for a coffee and catch-up, before meeting our very knowledgeable and helpful guide.



We watched a film, visited the distillery, tasted the produce and were treated to a superb turkey lunch with desert and coffee. There was even time for a quick look around the wine and gift shop before boarding the coach for home! Thank you to everyone who supported this event.

Our fabulous new office

We are absolutely delighted to have had the opportunity to move into a larger room in the Council offices in February. Tim and Michael did a magnificent job brightening it up with a coat of paint before we moved in and we are very grateful also to Billy and Graham for all their help with the move.



Several new volunteers have joined us over the last few months and we were very short of work space, often playing "musical desks" and swapping places with each other. Our new office allows us to give three people desks with a fourth using the laptop on a picnic table if needed - and still have room to breathe!

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.



CREST Cancer Support

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

Welcome to our Spring newsletter

We've lots of news for you in this newsletter - exciting events for CREST members, fantastic fundraising achievements, our lovely new office and our 10th Anniversary celebration!

Sainsbury's Staines Community Charity Partnership raises over £1,000 so far this year - how did they do it?

On December 14th two local choirs delighted shoppers at Sainsbury's in Staines with their seasonal songs and carols. We are very grateful to all the members of the Sainsbury's choir who made such a fantastic effort, and also to the Spelthorne Choir who donated their collection to us.



The fabulous colleagues at Sainsbury's in Staines also held a Spring tombola on March 1st with over a hundred brilliant prizes - in fact there were so many prizes we couldn't fit them all on the table and we had to use two milk trolleys as well! We would like to say a very big thank you to everyone who took part in these fundraisers and worked so hard to make the events such a success.

Sadly, we are coming to the end of our two year partnership with the Colleagues from Sainsbury's in Staines and the Grand Finale Fundraising event will be bag-packing in store on Easter Saturday, 19th April. We need LOTS of help for this, so if you could spare an hour please let us know. The more of us there are, the more fun it will be!



Sunday May 18th is Relaxation Day!

We are returning to the White Lodge Centre in Chertsey for our next Relaxation Day. Back by popular demand is "Look Good, Feel Better" and we have some new workshops to choose from - Bell-ringing, Photography and Gentle Exercise.



Every penny counts!

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.

Extend class reaches out to CREST - donating £92!

Just before Christmas the Wednesday morning Extend exercise class from Staines Community Centre held a fundraising coffee morning and raised a fantastic £92 for CREST. They held a raffle and, with their tutor Lesley Bennett, donated their class fees for the morning to CREST. Thank you all so much!



Rotary Christmas Collection raises £300

In December CREST volunteers joined Santa and the Rotary Club of Shepperton Aurora making their doorstep collection in Shepperton. We are very grateful to the Rotarians for inviting us to take part and to everyone who made a donation.



Men's Golf Captain at Sunbury Golf Club nominates CREST



Sunbury Golf Club

We were delighted that Gary Potts, the Men's Golf Captain at Sunbury Golf Club has chosen CREST Cancer Support as his nominated charity for 2013-14. Gary is planning a number of fund raising events, including a bank holiday charity golf day and maybe even a couple of poker evenings for the club's members. CREST would like to say a huge thank you to Gary and our other fundraisers for their continuing support.

Our 10th Anniversary -Saturday 6th September

CREST has reached a very significant milestone - its 10th Anniversary - and we are having a celebration to which you are all invited!



It will be held at the Hythe Centre in Thorpe Road, Staines TW18 3HD where there's lots of parking. We'll send more details nearer the time, but make a note of the date and make sure you keep it free.

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.

Exciting events coming up for CREST members

Tour of Parliament - Monday 16th June

After a very successful visit to the Houses of Parliament last year, we have organised a return visit. The tour will last about an hour and a quarter and will take in the Central Lobby, the Royal Gallery, the Victoria Tower and possibly the House of Lords.

After the tour there will be time to visit the shop and excellent Jubilee café in Westminster Hall. For those who are interested, we will then go on to see the Jewel Tower.



Tour of Kew Gardens - Monday 7th July

In July, the height of Summer, we are visiting Kew Gardens. We will be starting with an Explorer Bus tour which will include a live commentary covering a brief history of Kew and its plants and people. The bus will leave us at a café for morning coffee and cake and then CREST members will be free to explore the gardens on their own for the rest of the day. The bus ticket will allow us to hop on and off any other Kew buses during the day.



Our new Committee member, Hilary

We are very pleased to welcome Hilary onto the CREST committee. She has been volunteering with us for several months and many of you will already have spoken to her as she makes many of the phone calls for the Relaxation Day.

Hilary said "I am a fairly recent recruit, joining Crest Cancer Support in October 2013. I help out with general office duties, Crest outings and communicating with therapists and members for our relaxation days. It was lovely to meet so many of our members at our November relaxation day and to see first-hand the benefits to our members of their time together and the magic worked by the generous therapists and workshop leaders."



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.