



CREST Cancer Support

Newsletter ~ Autumn 2015

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

Welcome to our Autumn Newsletter!

It's been a busy year in the CREST office and, unfortunately, we have had to postpone the Relaxation Day. We will send out invitations and full details in the new year, but for now please make a note of the new date - the next CREST Relaxation Day will be on Sunday March 20th, 2016.

Sandra and Joan receive Volunteering Awards!

We are delighted that the dedication of two of our regular office volunteers, Sandra and Joan, was recognised at the Voluntary Action in Spelthorne Annual Celebration for Volunteers 2015 event on Thursday 9th July. They received their Volunteering Awards from The Deputy Mayor of Spelthorne, Cllr Alfred Friday. Congratulations!



Photograph © Voluntary Action in Spelthorne

Jo's Brighton Marathon Run - could you sponsor her please?

Jo Foster, from the Shepperton Wig Company, has set herself a marathon task - she's taking part in the Brighton Marathon on 17th April 2016 to raise money for CREST. We would like to get her as many sponsors as possible and would be very grateful if you could be one of them.



You can sponsor her online through the link on our website www.crestcancer.org.uk or by sending cash or a cheque to the office. Please help if you can - every penny counts!

Relaxation and Self-Hypnosis workshops

At our last Relaxation Day, the Relaxation and Self-Hypnosis workshops run by Alison Worsley were so popular that Alison has run two more sessions at our offices. If you would be interested in taking part in a workshop to experience relaxation through guided imagery & muscle relaxation please let us know.



Donate to CREST from our website

You can now make a donation to CREST online. Just go to our website www.crestcancer.org.uk and click on the button - it's at the top of every page!



What have we been up to over the summer?

Tour of the Royal Hospital Chelsea

On 23rd September members of CREST visited The Royal Hospital Chelsea, home of the Chelsea Pensioners. We were met by Mike Allen, one of the Chelsea Pensioners' tour guides, dressed in his crimson uniform. He gave a very informative escorted tour and we all had a great day out.



Visit to the RHS Gardens at Wisley

Friday 7th August was a glorious day for CREST's outing to Wisley Gardens. After coffee we went to the glasshouses and saw the magnificent flower displays. At the end of the day we boarded the coach for home with plants packed down the aisle!



Cruising down the river...

On Sunday 10th May CREST members took a cruise down the Thames towards Windsor Castle. They enjoyed a wonderful afternoon tea on the boat with scones, jam and clotted cream. The sun shone and everyone enjoyed the scenery as well as meeting old friends and making new ones.



Fundraising News

Michael walked for CREST

On 10th May our Vice Chairman, Michael Wells, walked the 10 km "Waterways of Shepperton" and raised over £60 for CREST. Thank you very much Michael, and everyone who sponsored him.



Other generous donations include:

- Wraysbury Country Music Club - £500
- Shepperton Wig Company - £290.54
- Spelthorne Borough Councillors - £300 for a new PC
- HMRC - £653.22 reclaimed through GiftAid!

