

Therapy sessions between Relaxation Days

If you are unable to come to the Relaxation day, think you might benefit from another treatment, or would just like to try Craniosacral, Bowen Technique or Reiki, you will be interested to hear about the service we are able to offer at our offices in Staines.

We are very pleased that Nigel Couter will continue to provide Complementary Therapy sessions at our offices until the end of June. Nigel is a Cancer Trained Therapist who specialises in Craniosacral, Bowen Technique and Reiki.



Here is a comment from one of our members who has seen Nigel a couple of times:

"I'm Anne and I was lucky enough to have two Bowen Technique sessions with Nigel, a Complementary Therapist. He kindly offers a one hour treatment requesting only a £10 donation to CREST. Bowen is a therapy which uses 'light hand movements to target problem areas in the body'. I found it to be very beneficial for my original knee/hip pain but its benefits went way beyond the physical. The sessions take place at the CREST offices in Spelthorne Council Offices on Mondays and I would recommend them to anyone."

We hope to run four sessions each Monday at 11am, 12 noon, 1:30pm, and 2:30pm at the Spelthorne Borough Council Offices, in Staines. The dates currently available are, 23 March, 20 April, 11 May, 15 June and 29 June.

If you would like to take advantage of this fantastic offer please let us know which times and dates suit you best and whether you would like more than one session. We would like to ask for a donation of £10 for a one-hour session payable to CREST in advance.

We are very excited to be able to continue to offer this service to our members and hope that as many of you as possible will benefit from these therapy sessions.

Sponsors needed urgently!

Our Vice Chair, Michael Wells, is going to walk the 10 km "Waterways of Shepperton" on 10th May to raise money for CREST.



If you would like to sponsor him, please call the office or donate online from our website www.crestcancer.org.uk



CREST Cancer Support

Newsletter ~ Spring 2015

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

Welcome to our Spring Newsletter!

We have lots of news for you about the exciting events that have taken place in the last few months and also those we have planned for 2015.

Wellbeing Day

Ashford and St Peter's Hospitals held a Health and Wellbeing Day on February 25th to provide support and information for patients living with and beyond cancer.

The event was very well attended and a great success, with talks on subjects such as the benefits of being active and how to carry out physical activity safely, understanding nutrition for cancer patients, and the psychological impact of diagnosis and treatment - strategies for coping and moving forward with life.



Follow the link on our website www.crestcancer.org.uk if you would like to watch a short video about the event - including an interview with Joan!

Sunday June 7th is Relaxation Day!

We are returning to the White Lodge Centre in Chertsey for our next Relaxation Day and hope the weather will be kind to us again so we can enjoy the lovely surroundings.

Three of our workshops are back by popular request - Extend Exercise, Expressive Art and Flowers, Skin Care and Make-up - and we also have a brand new one, Relaxation and Self-Hypnosis.

We always need raffle prizes and would be delighted to receive any unwanted gifts. Unfortunately we cannot accept home-made cakes.

Donate to CREST from our website

It's now even easier to make a donation to CREST. Just go to our website www.crestcancer.org.uk and click on the button - it's at the top of every page! This will take you through to our page on the MyDonate website. Please Gift Aid if you can - it's a big help to us.

Sunday

7

June 2015



Donate now

Dates for your diary

Visit to the RHS Gardens at Wisley Friday 7th August

A coach has been arranged to pick us up from the Council Offices in Staines on Friday 7th August at 10:30 am, aiming to arrive at Wisley just after 11 am.



At present we haven't booked for a formal tour of the gardens, as we have assumed that our guests would prefer to head to the areas within Wisley that interest them most. This will give you plenty of time to wander the gardens, indulge in the tearooms and mooch around the shop before the return coach leaves at 3:30 pm.

If this is of interest to you, please forward a donation of £10 per person by 15th July 2015. Places are limited to 16 for this trip and will be allocated on a first come, first served basis. If you are an RHS member you and a guest may come along for free but please let us know if you would like to reserve a seat on the coach.

Tour of the Royal Hospital Chelsea Wednesday 23rd September



We are planning a visit to the Royal Hospital Chelsea, home of the Chelsea Pensioners, on Wednesday 23rd September. We would like you to meet us at the Hospital at 1 pm for our tour to commence at 1:30 pm, but if you would like to come a little earlier we have a time slot booked at their on-site cafe between 12 noon and 13:30 pm for a light lunch or snack.

The tour lasts around ninety minutes and will be led by one of the Chelsea Pensioners, who will take great pride in showing us around their fascinating home. This is a great opportunity to visit the beautiful grounds and see the impressive Chapel and Great Hall.

Please be advised that this is a walking tour and there are a few steps to negotiate along the way. Places for this are limited to 20 and we would request a donation of £5 per person to be sent to us by 1st September.

Autumn Relaxation Day - Sunday 22nd November

We'll send more details nearer the day, but make a note of the date and keep it free!



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

Extend class collect over £300 for CREST!

The Extend exercise class from Staines Community Centre collected £300.12 for CREST at a recent coffee morning. Joan went along to meet them and collect their donation after giving a short talk about all things CREST. We would like to say a very big thank you to Lesley and her very generous class.



Sunbury Golf Club raise £2,250!

A BIG thank you to Doreen Wilcocks and Garry Potts, the Ladies' and Men's Captains at Sunbury Golf Club, for nominating CREST Cancer Support as one of their charities for 2013-2014. Hilary was delighted to accept a cheque for £2,250 on behalf of CREST at the Club's AGM in October.



The Sunbury Golf Club Members have been superb and extremely generous in supporting the Captains' fundraising activities, which have included the Captains' drive-in charity golf days, poker games and a Tribute Band evening. We are so very grateful to them all.

Waitrose Staines donate £500 in October!

We were delighted to hear that the Waitrose store in Staines had raised £500 for CREST by making us one of their three Community Charities in October. Thank you to everyone who voted for CREST and to Waitrose Staines for their generous donation.



WANTED - used stamps...

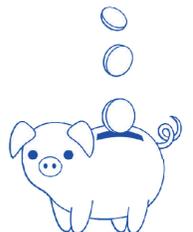
CREST can turn your used postage stamps into cash, so please don't throw them away. Recycle your stamps by bringing them into our office or by sending them direct to the collector using their FREEPOST envelopes.

To get your FREEPOST envelope either ring 07599 830966 or complete the online form at www.fundraisingstamps.com



...and loose change!

Do you have any loose change in forgotten piggy banks or glass collecting bottles? If you do, we would be delighted if you would donate them to us.



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.