

WANTED - used stamps and loose change!

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.

We would also be delighted if you would donate any loose change to us - maybe from a forgotten piggy bank or collecting bottle?

Old stamps and coins would be particularly valuable to us, so please have a rummage and see what you can find!



Please return this section to: CREST Cancer Support, Spelthorne Borough Council, Knowle Green, Staines-upon-Thames, TW18 1XB **if you are interested in any of these events**

Weekday workshops:

- Look Good, Feel Better
- Boots No 7 - Choosing and Using Special Make-up
- Relaxation and Self-Hypnosis

Outings and Visits for 2017:

- Visit to the Poppy Factory - Monday 23rd January
- Gardening demonstration - Friday 24th February
- Visit to the Bombay Sapphire Gin Factory - May/June
- Visit to Kensington Palace - May/June
- Visit to Highgrove - May/June
- Thames boat trip to Kingston - May/June

Name

Address

Phone

Email



CREST Cancer Support

Newsletter ~ Autumn 2016

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

CREST members have been very busy this summer!

Our Visit to the Denbies Wine Estate

This CREST social event proved enormously enjoyable as the Denbies Estate offers not only the story of British wine making, but amazing views over the beautiful North Downs. We enjoyed tours of the vineyard and cellars and still had plenty of time to visit the shops and restaurants!



Our Visit to Loseley Park

Our visit to the beautiful sixteenth century Loseley House was a great success with tours of the house and garden . Mr Michael More-Molyneux, the current owner of the Loseley estate and new Patron of our charity, came to welcome us at lunchtime.



Sunday November 20th 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.

Our workshops this time will include Extend Exercise, Love Your Wardrobe, Aromatherapy Blending and Art Therapy.



Weekday Workshops

We know it can seem a long time between Relaxation Days so we are very pleased to be able to offer these workshops during the week at our offices in Knowle Green. Please return the slip on the back of the newsletter if you would like to join any of them.

- Look Good, Feel Better - for cancer patients only
- Boots No 7, Choosing and Using Special Make-up - for cancer patients
- Relaxation and self-hypnosis for patients and carers. Alison can help you experience relaxation through guided imagery & muscle relaxation.

Dates for your Diary ~ 2017

We have lots of events planned for 2017 - if you are interested in joining us for any of them please complete the form on the back of the newsletter and return it to us. We'd love to see you!

Visit to the Poppy Factory, Richmond - Monday 23rd January

We are excited to have arranged a tour of this well-known factory which tells the story of the origins of the poppy as a symbol of remembrance. There will be a presentation and introductory film about the factory and its history and then a visit to the 'shop floor', to see how poppies and wreaths are made.



The tour will last two hours with refreshments and a chance to visit the shop.

This an excursion by coach from the Spelthorne Borough Council offices in Staines to the Poppy Factory, after which we will take the short drive to the beautiful Georgian Pembroke Lodge within Richmond Park for lunch.

The estimated cost to members is £20, which includes lunch and a donation to the Poppy Factory.

Gardening Demonstration, Squires Garden Centre - Friday 24th February

Believe that spring is on its way with a themed talk and demonstration followed by a delicious cream tea in the ambient restaurant of this popular local garden centre in Shepperton. Price to be advised.



Where would you like to go in May and June?

These are our ideas for outings and visits - tell us what takes your fancy!

- Bombay Sapphire Gin Factory, Hampshire, a working distillery offering tour and tasting
- Kensington Palace, London, residence of the Duke and Duchess of Cambridge and childhood home of Queen Victoria
- Highgrove, Tetbury, the private residence of Prince Charles
- Thames Boat Trip - a round trip to Kingston with refreshments

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 would like to say a big thank you to everyone who has supported us by donating money, raffle prizes or stamps. Here are some of the ways people have raised money for us this year:

Shepperton Wig Company

Jo and Linda from the Shepperton Wig Company have continued to support CREST and raise money for us. Since our last newsletter Jo has run the Brighton Marathon and they have hosted an Elvis Tribute night. The proceeds from these events were shared between CREST and CRY (Cardiac Risk in the Young). Thank you both - we really appreciate all you do for us.



Waterways of Shepperton Sponsored Walk

Louise, Nick and Jade raised a fantastic £205 when they took part in this year's 10km "Waterways of Shepperton" sponsored walk in May. CREST is very grateful to them and their sponsors.

Would you like to take part next year?



Ashford Horticultural Society Open Gardens

Members of the Ashford Horticultural Society opened their gardens to the public. Visitors could see the varied and interesting gardens, buy some plants and have tea and cakes in the sunshine.

All the hard work that went into the event was rewarded by takings in excess of £900, which they have kindly donated to CREST. We are very grateful to them all.



Hersham Evening Women's Institute

We are very pleased to tell you that the Hersham Evening Women's Institute have nominated us as their charity for 2016 and have invited us to speak at one of their meetings in the new year.

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!



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.