

Not only ... but also ...

CREST isn't just about the Relaxation Days. We also offer:

- information and links to other organisations
- advice - general and financial
- training in Cancer Care for our therapists
- social events and workshops for all CREST members
- specialist support services, such as counselling and Manual Lymphatic Drainage
- subsidies for:
 - wigs and hairpieces
 - compression hosiery
 - complementary therapies
 - Manual Lymphatic Drainage
 - counselling



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 the events

Brighton Marathon - 17th April 2016

- I would like to sponsor Jo for £ _____ to run the marathon
(Please enclose your sponsorship money)

Waterways of Shepperton 10km sponsored walk - 8th May 2016

- I would like to sponsor a CREST walker for £ _____
(Please enclose your sponsorship money)

I would like more details of these events:

- Visit to Denbies Wine Estate ~ Friday 13th May 2016
- Visit to Loseley Park ~ Monday 20th June 2016
- Waterways of Shepperton sponsored walk - Sunday 8th May 2016
- Relaxation and Self-Hypnosis workshops

Name

Address

Phone

Email



CREST Cancer Support

Newsletter ~ Spring 2016

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

CREST proudly announces a new Patron!

CREST is very proud to announce that Michael More-Molyneux, the Lord-Lieutenant of Surrey, has kindly agreed to be our new Patron. He said *"I am delighted and honoured to have been asked to be a Patron of CREST. I have accepted the invitation and look forward to supporting all its good work in the future."*

Shepperton Wig Company have moved

Shepperton Wig Company are delighted to tell us that they have moved into fantastic new premises. They have lots more space to work and would be very pleased to welcome you (by appointment only please) at their new address:
Unit 11, Vicarage Farm, Halliford Road, Sunbury on Thames TW16 6DW



Jo's Brighton 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. The easiest way to support her is through her page on the MyDonate website, but you can also send cash or a cheque to the office. Please help if you can - every penny counts!



Marilyn ~ in loving memory

Marilyn was a member of CREST for nearly ten years and many of you will remember her looking after the raffle table at our Relaxation Days. Marilyn was also a valuable office volunteer, helping with many aspects of the day to day running of CREST. We will greatly miss her smiling face and wicked sense of humour.



Dates for your Diary

Sunday March 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 gentle Yoga, You have a voice—let's sing!, Neals Yard Wellbeing workshop and Spring flower arranging.



Visit to Denbies Wine Estate, Dorking ~ Friday 13th May 2016

We are returning to Denbies Wine Estate in the Spring so that we can enjoy the outdoor Vineyard Train Tour as well as the classic Wine Tasting Experience.



We will be organising a coach from Spelthorne Council offices or you can meet us at Denbies. You may like to bring a picnic lunch to eat in the grounds or visit the Conservatory Restaurant.

Visit to Loseley Park, Guildford ~ Monday 20th June 2016

We are delighted to have the opportunity to visit Loseley Park, the beautiful home and gardens of CREST's new Patron, Mr Michael More-Molyneux.



We will be organising a coach from Spelthorne Council offices or you can meet us at Loseley Park. The day will include a house and garden tour and you may like to bring a picnic lunch to eat in the grounds or visit the Wisteria Tea Room.

Relaxation and Self-Hypnosis workshops

Following the success of her Relaxation and Self-Hypnosis workshops, Alison is planning to run further sessions this year. The workshops take place during the week at our offices and help you experience relaxation through guided imagery & muscle relaxation.



If you would like to join us for any of these events please complete the slip on the back page to receive further details.

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

Happy Birthday Mary!

Mary, one of our members, had a birthday bash in December and asked her guests if they would make a donation to CREST in lieu of presents. She raised £276 which we have used to buy a bumper-bundle of much-needed equipment — a portable massage table for the Relaxation Day and a large-screen monitor, backup drive and cordless mouse for one of our office computers. Thank you so much!



Shepperton Wig Company talks

Linda and Jo continue to give inspirational and entertaining talks about the benefits of a well-styled wig. They donate their fees for these talks to CREST and their latest contribution is £325. We are so grateful to them both for all the help they give CREST members.



“Waterways of Shepperton” Sponsored Walk

The Rotary Club of Shepperton and Sunbury has invited us to take part in this year's “Waterways of Shepperton” 10 km sponsored walk on Sunday 8th May 2016.



If you would like to take part and walk to raise money for CREST, or are able to sponsor a walker, please complete the slip on the back of this newsletter - we would love to hear from you!

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?

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.