

How can YOU help CREST?

Could you collect used postage stamps?

We 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 give them to us at the Relaxation Day or other CREST event.



Could you donate any shares?

If you have a small number of shares which are uneconomic to sell, you may wish to consider donating them to ShareGift and mentioning that you support CREST Cancer Support.



ShareGift is an independent UK registered charity which collects together small lots of shares until there are enough to sell and then donates the resulting proceeds to a wide range of charities. To date ShareGift has donated over £25million to more than 2,500 charities.

For more information on ShareGift go to www.sharegift.org

Could you donate something we could use?

We are always very grateful for your generous donations eg:

- Unwanted presents or gift vouchers for the raffle and tombola stalls
- Second class stamps to help with the cost of keeping in touch
- Nectar card or Club Card points which can be turned into cash

Could you help raise some money?

Here are some ideas:

- Take part in a sponsored event
- Hold a coffee morning
- Have a collection tin at work
- Complete a CREST gift aid form
- Make a legacy to CREST



Everything helps!

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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.



CREST Cancer Support

Newsletter ~ Autumn 2017

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

Welcome to our Autumn Newsletter

We've had a busy summer with two very enjoyable CREST outings. We have several more planned for the next few months, so why not join us? We'd love to see you! Please contact the CREST office to book your place.

Messing about on the river – our lunch cruise to Windsor

In July, 26 CREST members enjoyed a relaxing few hours messing about on the river! During the interesting cruise commentary we learned about the history of this part of the river, as well as getting an insight to some of the wildlife to be seen. A tasty ploughman's lunch and cake was served at our tables.



Our visit to the Bombay Sapphire Gin Factory

On a hot June day, 21 CREST members visited the Bombay Sapphire Gin Distillery near Basingstoke. We enjoyed a very interesting guided tour of the distillery, learning about the history and the process of gin distillation, followed by cocktails in the bar!



Sunday November 19th is Relaxation Day

We are returning to the lovely White Lodge Centre in Chertsey for our 2017 Relaxation Day. We have two new hands-on therapies to offer - Facial Reflexology and Myofascial Relief - as well as Massage, Reflexology and Reiki. The workshops are Singing, Relaxation and Hypnotherapy, Caricature Drawing and Christmas Crafts so you'll be spoiled for choice! This event is very popular and is exclusively for CREST members.



CREST Cancer Support • Spelthorne Borough Council • Knowle Green • Staines-upon-Thames • TW18 1XB
Tel: 01784 446298 • Email: enquiries@crestcancer.org.uk • Registered Charity Number: 1111114

Forthcoming events

Creative Christmas Workshop and Lunch Friday 8th December 2017 at 10:15



Get into the Christmas spirit with an inspiring presentation on Christmas wreath decoration at Notcutts Garden Centre in Staines, before personalising a wreath with ribbons and other seasonal items to take home.

The cost, including a soup and sandwich lunch, will be £15 to members (non-members £22).

The following day trips will be coach excursions from Staines for CREST members only, as spaces will be limited. Please let us know if you would like to receive further details in the New Year regarding cost and timings:

Blenheim Palace, Oxfordshire - Monday 23rd April 2018

A masterpiece of Baroque architecture, Blenheim Palace provides an awe-inspiring experience for visitors.



Home to the 12th Duke of Marlborough and his family and the birth place of Sir Winston Churchill, Blenheim Palace is a UNESCO World Heritage Site boasting a long and diverse history.

We will enjoy a themed talk, guided tour of the palace and have time for lunch and to visit the beautiful gardens.

Waterperry Gardens, Oxfordshire - Friday 8th June 2018

Waterperry is the home of 8 acres of beautifully landscaped ornamental gardens, made famous by Beatrix Havergal, who established her school of horticulture for ladies here in 1932.



Waterperry has a quality plant centre, gift shop, gallery, museum and tea shop. We have arranged a guided garden tour and contemporary fresco tour in Waterperry House.

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Highclere Castle, Newbury - Monday 23rd July 2018

Highclere, home to the Earl and Countess of Carnarvon and their family since 1679, is a beautiful Victorian castle set in 1000 acres of parkland.



We will tour the house, made so famous in recent years as the set of Downton Abbey. The castle tearooms are open for light lunches, cakes and beverages.

Fundraising news

Sponsored Walker raises £145!

On 7th May our Vice Chairman, Michael Wells, joined about 85 walkers for the 10 km "Waterways of Shepperton" sponsored walk. He raised a total of £145 for CREST and we are very grateful to him and to everyone who sponsored him.



Hersham WI donated £300 to CREST

Hersham WI heard about CREST through Linda and Jo from the Shepperton Wig Company and very kindly donated £300 to help us support you. Michael was delighted to accept their very generous cheque on our behalf.



Spelthorne Council Textiles Collection

Spelthorne Council operate a weekly textiles collection service and donate five percent of the profits to a different local charity each year. We are delighted to tell you that CREST Cancer Support and Home-Start Spelthorne have been chosen as the beneficiaries for 2018. Thank you to everyone who nominated 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.