



CREST Cancer Support

Newsletter ~ Autumn 2018

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 three 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.

July - Highclere Castle

Soaring temperatures did not deter our party of 25 on this very enjoyable visit to Highclere Castle, the magnificent home of the 8th Earl and Countess of Carnarvon, better known to most of us as the film set of Downton Abbey.



June - Waterperry Gardens

A treasure trove of horticultural delights greeted our coach party in June at Waterperry Gardens. The stunning landscape offers not only formal and ornamental borders, but also a meticulous museum, historic church, amazing amphitheatre and a very tasty tea shop! We were impressed by them all.



April - Blenheim Palace

Our coach excursion in April was to the magnificent baroque Blenheim Palace, home to the Dukes Of Marlborough since 1722. We were entertained with stories and family anecdotes of the great Winston Churchill and were given a private tour of the state rooms.



Forthcoming events

If you would be interested in receiving an invitation to and further details of any of these events, please contact the CREST office.

Spring Flower Planting and Cream Tea Friday 1st March

Notcutts Garden Centre, Staines - make your own way

The following day trips will be coach excursions from Staines for CREST members only, as spaces will be limited.



A Day with the Household Cavalry, Windsor Monday 13th May

Join the Curator of the Household Cavalry Museum for an in depth insight into the history and current operational role of the Life Guards. A visit to the Stables and Riding School will provide the chance to learn about their ceremonial duties and meet the famous Cavalry Blacks.



Visit to the magnificent Royal Pavilion, Brighton Monday 17th June

The Royal Pavilion is an exotic palace in the centre of Brighton with a colourful history. Built as a seaside pleasure palace for King George IV, this historic house mixes Regency grandeur with the visual style of India and China.



Private tour of Frogmore House and Gardens, Windsor Wednesday 14th August

Frogmore House dates from the 1680s and was purchased for Queen Charlotte in 1792. She was able to indulge her love of botany and laid out the garden with many rare and unusual plants. Queen Victoria was particularly fond of Frogmore's peaceful ambience and it became her favourite retreat.



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.

New services for CREST members

In July this year, Jo and Linda from the Shepperton Wig Company opened a new wellness room at their premises at Vicarage Farm, Sunbury on Thames. We are very pleased to be able to offer these two new services there.

Foot Care

We would like to introduce our new service on Foot Care, which is suitable for both cancer patients and diabetics. The treatment will cover all your foot requirements, including padding to stop painful rubbing, calluses, corns and much more.



Sessions will be held on a Friday at the Shepperton Wig Company and will cost £10 for 45 minutes. To book an appointment, please contact the CREST office.

Reiki

Keith Jacob, whom many of you will know from our Relaxation Days, is a Reiki Master and has offered to treat CREST members at the Shepperton Wig Company on a Wednesday.



The Reiki sessions are free but we ask for a small donation on the day. Please book with the CREST Office.

What is Reiki?

Reiki means Universal Life Force Energy in Japanese. Reiki practitioners act as a channel for the universal energy to pass into the patient. The treatment usually occurs lying down on a massage bed - though it can be done in a chair. By using hands in certain positions on different parts of the body, the practitioner is said to draw energy to the body, promoting healing, balance and relaxation. You do not disrobe.

We hope to expand the treatments at a later date to Reflexology, Massage and other Complementary Therapies that we offer at the Relaxation Days.

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.

Fundraising news

Spelthorne Council donate £400 from the 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 was chosen as one of as the beneficiaries for 2018 and received a donation of £400. Many thanks!



We are delighted to tell you about some of the very generous gifts and donations that we have received over the last few months.

A big Thank You also to:

- Staines Parochial Charity ~ £500
We thank Daphne Harman and the other Trustees for thinking of us.
- Ashford WI ~ £300
- Shepperton Wigs ~ £120
- Pru Dicey ~ £177
- ABC ~ £50.00
- all our regular donors who give gifts and raffle prizes.

Sunday December 2nd is Relaxation Day

We are returning to the lovely White Lodge Centre in Chertsey for our 2018 Relaxation Day. Our group workshops will be Alexander Technique, Christmas Crafts and Art Therapy. This event is very popular and is for CREST members only.

