

Volunteers' Week Awards

We are very proud to announce that Joan and Louise have both received awards for their voluntary work with CREST. They were presented with their certificates by the Mayor of Spelthorne Councillor John O'Hara at the awards ceremony hosted by VAIS (Voluntary Action in Spelthorne) at their shop in the Elmsleigh Centre on Friday 4th June 2010.



Awareness Day

Carers Support Spelthorne invite you to join them at the Thames Club, Wheatsheaf Lane, Staines on Tuesday 5th October 2010 between 10am and 3pm to find out what help is available in and around Spelthorne. Representatives from a variety of organisations will be happy to explain their services in more detail and provide you with information and assistance.

For more information please call Carers Support on 01784 446234.

Don't forget - CREST and other organisations also have information stands in the VAIS shop in the Elmsleigh centre in Staines (opposite Matalan)

Macmillan's OPERA

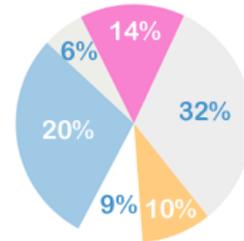
OPERA (Online Personal Education and Risk Assessment) is the UK's first interactive software program to offer personalised support and information for people concerned about inherited risk of breast and ovarian cancer.

If you would like to find out more or use OPERA, visit their website www.macmillan.org.uk/opera

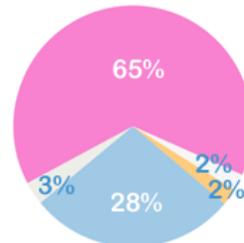
What are we contacted about?

- Patient Services
- Fundraising
- Relaxation Day
- Office Administration
- Visits and Workshops
- Website

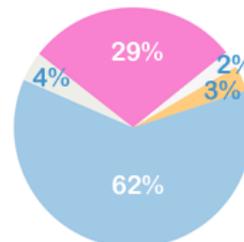
By email...



By phone...



By post...



Fundraising Walk

A member of CREST recently organised a sponsored walk from Chertsey Bridge to the Thames Court Hotel and back again in memory of her friend Carol. Dietlimd and her friends raised £65 for CREST, which will be used to help other patients who need MLD treatment.

Congratulations and many thanks to all who took part!

CREST needs YOU!

Could you support our Relaxation Days?

We need:

- A car park attendant to help direct people to available spaces

Could you donate any:

- Unwanted presents or gift vouchers
- Second class stamps
- Homemade cakes for the buffet lunch

Maybe help fundraise:

- Sell surplus plants or homemade goods to family and friends
- Hold a coffee morning
- Hold a sponsored event
- Organise an event (eg charity dinner, dance, race night, quiz night etc)

For all the latest news...

If you have access to the internet please keep checking our website www.crestcancer.org as we try to add news and information every month

Please would you be able to donate ...

some stamps ...



raffle prizes ...



goods we can sell...



homemade cakes ...



...or your time?
Please - we need your help.