

Welcome to CREST Cancer Support – CIO!

CREST, along with many charities, has recently changed its status to a CIO (Charitable Incorporated Organisation). This is just an administrative change and will make no difference to the service you receive from us. We have a new Registered Charity Number, 1181505, and a new Board of Trustees

We would like to introduce you to our new Trustees, all of whom have been involved with CREST for many years. They are:



Jim Robinson - Chairman

I have worked alongside CREST Cancer Support since its inception and hope to bring my varied and in-depth experience as a trustee to it. I look forward to working with the team and meeting the membership at events



Ken Nicholson

I have been involved with CREST since 2004 and enjoy working with this great team of volunteers. I look forward to serving as a trustee.



Joan Nicholson

I helped set up CREST in 2004 and have enjoyed being a volunteer for the charity since then. You will find me on the other end of the phone in the office where I am always happy to talk to anyone who needs our help.



Judith Haarer - Treasurer

I am the Treasurer and fellow trustee of CREST Cancer Support CIO. Like many of us, my family and friends have been affected by cancer. I am delighted to be able to have a positive role in cancer support.



CREST Cancer Support Newsletter ~ Autumn 2019

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

2019 has been a very busy year for CREST!

We have had a very exciting year, packed with events and outings. All CREST members are welcome to join us for any of the events.

October - Relaxation Day

It was a lovely sunny day for our Autumn Relaxation Day. We were spoiled for choice with Massage, Reflexology and Reiki complementary therapies and Extend exercise, Relaxation and Flower Arranging group workshops. Everyone had a thoroughly enjoyable and relaxing day.



August – Frogmore House

In August we had a magnificent day out at the rarely open royal residence, Frogmore House, in the grounds of Windsor Castle. Frogmore was purchased by George 3rd for Queen Charlotte in 1792, when it was used as a refuge for their daughters, well away from the soldiers at the castle!



June – Royal Pavilion Brighton

Our coach full of CREST members had an amazing outing to the Royal Pavillion in Brighton in June. The building has survived arson, storms and fire, and is a much loved treasure of the people of Brighton. We all want to go back again!



May – the Household Cavalry

We felt an honoured party when we visited the home of the Queen's official bodyguard, the Household Cavalry in Windsor to learn about the history and current operational role of the Life Guards. Our guides entertained us with many stories of gallantry and bravery.



March – Spring Flower Planting

CREST members went to Notcutts Garden Centre in March to learn how to make a spring planter. After all that hard work we enjoyed fresh cooked scones with lashings of clotted cream and pots of tea, giving a feeling of satisfaction all round and a very positive start to Spring.



CREST services at the Shepperton Wig Company

Foot Care

Our Foot Care service 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 are held on a Friday and cost £10 for 45 minutes, payable to Lisa on the day. To book an appointment, please contact the CREST office.

Reiki

Keith Jacob is a Reiki practitioner and has offered to treat CREST members on a Wednesday.

The Reiki sessions are free but we ask for a small donation on the day in the blue box at reception area. Please book with the CREST Office.



Reflexology

We are hoping to introduce Reflexology on a Monday and Thursday if we have enough interest. Please contact the CREST office.

Where shall we go in 2020?

We have lots of ideas for really interesting and enjoyable excursions - let us know which ones you like and we'll try to offer the most popular.

Coach outings:

- Bletchley Park - home of the war time codebreakers - Milton Keynes
- Syon House and Gardens - will be a Wednesday or Thursday
- Waddesdon Manor - home of the Rothchild Family -on a Wednesday, Thursday or Friday
- Wakehurst Botanical Gardens - home of the Millennium seed bank - West Sussex
- Milestones Museum of Living History, Basingstoke, with pub lunch
- Silent Pool Gin distillery near Guildford, with morning coffee at Clandon Park Garden Centre
- Polesden Lacey, Edwardian House and Gardens in Great Bookham.

Make your own way:

- Royal Botanic Gardens at Kew
- RHS Wisley Gardens Tour
- Buckingham Palace London

Laleham Golf Club's very generous donation

Laleham Golf Club has closed but as a parting gesture the club members wanted the remaining funds from the sale of the Golf Course to be donated to CREST and another local charity.

Laleham Golf Club has supported CREST for many years and hopes this donation will help us continue to provide our services in the community.



Past Captains Pauline Porter, Janet East, Peter Bower and Alan Burrows with two club members