

Supporting you

Many cancer charities support just the patient, but CREST believes that families and carers often suffer as much, so we are here for them too.

CREST is different because it is a local charity run entirely by volunteers who give their time and expertise for free.

For those who feel they have no one to talk to about their illness or their role as carer, there is always a friendly, listening ear at CREST.

The area we cover



We're here to help!

Much more information about CREST Cancer Support can be found on our website:

www.crestcancer.org.uk

We will be very pleased to take your call on:

01784 446298

An answering machine will take a message if we are out and we will call you back as soon as we can.

Alternatively please email us at:

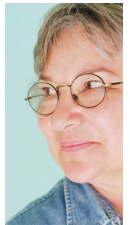
enquiries@crestcancer.org.uk

Or write to:

CREST Cancer Support
Spelthorne Borough Council
Room 235b
Knowle Green
Staines
Middlesex
TW18 1XB



CREST
Cancer Support



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

CREST Membership

Membership of CREST is free with no need for referral from your doctor. It is open to all cancer patients and their carers living in the Runnymede, Elmbridge and Spelthorne areas of Surrey.

To join CREST please ask for a membership form or download it from our website. You will receive a regular newsletter and invitations to all CREST activities and support services.

What we offer



CREST provides support to help anyone affected by cancer through:

- Relaxation Days
- Workshop Days
- Counselling for those in need of emotional support
- Complementary therapies
- Subsidies for wigs and compression hosiery
- Social activities
- General and financial advice
- Links to other local and national organisations

Relaxation Days

CREST Relaxation Days are immensely popular for their informal and friendly atmosphere. Members are able to share experiences with people who understand.

We offer a therapeutic group workshop and a one-to-one complementary therapy as well as a delicious lunch.

“At the Relaxation Day I was really pampered by an aromatherapy massage. CREST helped me regain my sense of well-being ”

Complementary Therapies

Complementary therapies are widely used to improve the quality of life of both patients and carers.

We can recommend therapists who specialise in:

- Aromatherapy Massage
- Reflexology
- Cranio-sacral
- Reiki Healing
- Kinesiology
- Manual Lymphatic Drainage



How can YOU help?

CREST does not receive any regular direct funding and must raise all the money it needs by itself. We rely entirely on donations to run our office and provide our services.

Please consider:

- Becoming a volunteer
- Joining our fundraising team
- Joining our team of CREST Therapists
- Making a donation of your loose change or an unwanted gift
- Holding a sponsored event, raffle or coffee morning
- Having a collection tin at work
- Completing a CREST gift aid form
- Making a legacy to CREST

“When I joined CREST I was amazed at how much was being achieved by such a small number of people with little formal funding”

Every penny counts!