

How does being a Volunteer Therapist benefit me?

CPD credits

All of the volunteer therapists who help at our Relaxation days are entitled to claim CPD credits if they are registered with Embody. You will be given a letter confirming your attendance on the day.

Networking

Over thirty volunteer therapists attend our Relaxation days and it's a great opportunity to get to know each other.

Advertising

You are welcome to bring your business cards with you to the Relaxation Day and give them to the patients you treat.

For a one-off fee of £10 you can also be listed on our website on the therapists' page,

www.crestcancer.org.uk/therapists.html

where you will be able to say which therapies you offer and also make a personal statement about yourself.

We do also refer patients directly to our therapists if they need treatment outside of our Relaxation Days.

Training

CREST may be able to help with the cost of cancer care training.

Qualifications and Insurance

You must be qualified to offer each treatment and have public liability insurance. We will need to have a copy of your qualification and insurance certificates on file.

If you have also been trained to treat cancer patients we will need a copy of that certificate as well.



CREST aims to bridge the gap between hospital and home and enhance the quality of life for people affected by cancer.

If you would like to help at a CREST Relaxation Day, please contact us for a Therapist Application form on:

- ☎ 01784 446298
- @ enquiries@crestcancer.org.uk
- ✉ CREST,
Spelthorne Borough Council,
Room 235b, Knowle Green,
Staines, Middlesex TW18 1XA

Reg Charity No. 1111114



CREST
Cancer Information
and Support Centre

**Could YOU be a
Volunteer Therapist
or
Workshop Leader
at a
CREST
Relaxation Day?**

*At a CREST Relaxation Day
our members can relax
and enjoy a complementary
therapy and workshop*



Who is CREST?

CREST is a local charity serving some of the needs of cancer patients and their carers in the Runnymede, Elmbridge and Spelthorne areas of Surrey. It is run entirely by volunteers who give their time and expertise for free.

CREST aims to improve the quality of life of people affected by cancer by

- helping them find answers to some of the questions they face
- helping them deal with the diagnosis and the emotions that inevitably come with it
- helping them regain a sense of control in their lives.

CREST provides support to help anyone affected by cancer through:

- Accurate, comprehensive and appropriate information
- Manual Lymphatic Drainage therapy (MLD)
- Relaxation days
- Training courses and workshops
- Complementary therapies
- Counselling for those in need of emotional support
- General and financial advice for patients, carers & families

We have access to a network of related local and national organisations to share information and increase the total effectiveness of the service.

We're here to help.

What is a CREST Relaxation Day?

CREST Relaxation Days offer members the opportunity to come and experience a one-to-one complementary therapy and a therapeutic group workshop. It is a chance for them to feel special, knowing that they are being well looked after by people who understand.

The **therapies** offered on a Relaxation Day are:

- Cranio-sacral
- Kinesiology
- Massage
- Reflexology
- Reiki

We offer a different selection of therapeutic **group workshops** each time and are always looking for new ideas.

Previous workshops have included:

- Alexander technique
- Aromatherapy
- Healthy eating
- Photography
- Relaxation techniques
- Tai Chi
- Yoga and meditation

For more information, please see the Relaxation Day page of our website

www.crestcancer.org.uk/relax.htm

and our Spring 2010 newsletter

www.crestcancer.org.uk/news/spring2010.pdf

How can Volunteer Therapists help?

CREST needs volunteer therapists who are able to give up a Saturday to attend one of our Relaxation Days and treat two patients.

We place several therapists in each room, allowing plenty of space for privacy, but there may be both male and female patients being treated at the same time so we ask those receiving massage to remove only outer clothing.

We provide couch roll, water, and background music but we do ask you to bring your own treatment couch/chair, blankets and massage oils etc. Help will be available to unload and carry your equipment.

Relaxation Days are open to both cancer patients and their carers - if you are not cancer care trained you will be asked to treat a carer.

Relaxation Days are unhurried and we all meet together at the start of the day for some breathing exercises before dispersing for the first 1½ hour therapy session.

We provide a sumptuous buffet lunch with plenty of time to recharge your batteries before the afternoon treatment.

Our workshop leaders take a group of people for a therapy session designed to help develop the mind, body or spirit. We are always looking for new workshop ideas and would be delighted to hear from you if you would be able to lead one.