



10 Things you can do to help the Olive Tree in 2018

1. Spread the Word. If someone has had a cancer diagnosis – tell them about the Olive Tree.
2. Get a Co-op card and choose the Olive Tree as your charity of choice and 1% of all you on Co-op products will be donated to us.. You have to pay £1 for the card, but a voucher is sent with your card.
<https://membership.coop.co.uk/causes/18025>
3. Go Shopping! – When your shopping online on a wider range of shops from Amazon to Next do so via 2 sites which are of no cost to yourselves but a % is donated to your chosen charity. You just need to register with Give as you Live and Easy Fundraising.
<https://olivetreecancersupport.org.uk/onlineshopping.php>
4. Get involved – we are actively looking for Trustees with marketing, advertising, HR and IT web developers experience but all skills are welcome. Please email office@olivetreecancersupport.org.uk for further information.
5. Volunteer – Contact us if you are a complementary therapist, Counsellor, or if you have administration or reception skills and interested in getting involved to support and shape your local cancer community. We are especially looking for a variety of volunteers for our new Horsham site. Please spread the word.
6. Get excited! We are opening a new branch of the Olive Tree in Horsham in 2018. Help us to spread the word by liking and sharing on social media especially when we get closer to opening
7. Advertise for us – if you are able to hand out some leaflets, put up posters and improve local knowledge of the support available to those diagnosed with cancer. This is our Olive Tree and we need to foster, feed and support this charity to ensure local cancer support will always be available in the Crawley and Horsham areas.
8. Raise some vital funds – would your company consider raising funds for the Olive Tree? This could be done in a variety of ways from choosing us as your charity of the year, having a money collection tin, making online donations, putting on a special event, making a donation at Christmas time, offering quality gifts and prizes for when we hold events – get in touch all ideas are welcome.
9. Join our volunteer fundraising team. We are looking for enthusiastic individuals to join this motivated creative team – contact Alyson 07434819637.
10. Sign up to our Pillars to Plough walk – set yourself a healthy New Year target to walk 5,10 or 20 miles for great local causes. Get walking enjoy the beautiful Sussex countryside and raise vital funds for the Olive tree. To get you energized and in training join the Olive Tree Walk Fit Group which meets most Sunday mornings to walk around parks in the Crawley area.

HAPPY NEW YEAR !!





What else is going on.....



Penny Brohn UK
Living Well with Cancer

Penny Brohn Course Dates 2018

Saturday 21st April & Saturday 28th April

Saturday 7th July & Saturday 14th July

Saturday 17th November & Saturday 24th November

A course for anyone affected by cancer.

Wednesday Workshops booked for 2018

Wednesday 31st January 2-4pm

Linseed Farm find out about the benefits of using linseed to benefit your Health.

Wednesday 21st February 2-4pm

An Introduction into Kinesiology with Joan Wallis

Book your place at The Olive Tree



At all times, priority will be given to current patients when booking appointments for complementary therapy.

Announcement

As from Thursday 4th January CUFitter will take place at The Horticultural Society Hall, Ifield Avenue, RH11 7AG 10.00-12pm.

Friday 12th January Yoga 10am & Pink Ribbon 11.30am

Will be held at The Apple Tree pub (enter through Kim's Kitchen)

All evening classes/groups will remain at The Olive Tree.

Monthly Support Groups at The Olive Tree

Secondaries Club – for patients with a secondary diagnosis of cancer.
Wednesday at 12.00 pm.

Prostate Cancer Group – for men (and partners) with prostate cancer. 4th
Thursday at 6.30 pm.

Olive Branch -bereavement support for younger people 1st Monday at
7.30pm.



Contact us on: 01293 534465
office@olivetreecancersupport.org.uk
www.olivetreecancersupport.org.uk



Please help to increase awareness of the Olive Tree by "liking" us on Facebook, "following" us on Twitter and sharing our posts