

Critical Times

Issue 34: October 2024

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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Fundraising Updates and Thank Yous

Thank you to Miles, Phil, Stuart, Gary and Julie (and Margot & Motsi the dogs) who walked on behalf of CC-SN in the (very rainy) CBC Sponsored Walk. So far they have raised a brilliant £500 for CC-SN.

Thank you to Lucille Golson-Cromack who walked 100km to raise funds for CC-SN who supported her while her Father in Law was in hospital. Lucille has raised a fabulous £326 for CC-SN.

Mental Wellness Programme

An enormous thank you to Chester West Voluntary Action and the Anne Duchess of Westminster Fund for sponsoring our Mental Wellness Programme of yoga, relaxation and arts and craft sessions at the beginning of 2025!

These are so important to our members and their family and friends as admission to critical care creates many stresses and worries. We provide a varied mental wellness program to help both patients and families learn to deal with stress and worry through learning relaxation techniques as well as providing a route to mindfulness and relaxation.

We know only too well how stressful admission to Critical Care is and the CWVA and ADWF's support will enable us to offer these sessions free of charge to our members.

Helping you and your family make the best possible recovery from your illness.

Relaxation: Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep.

BINGO: Thank you to Stuart for a really enjoyable night of Bingo. Well done to all of the winners!

Calligraphy: Thank you to Laura for a great calligraphy session where we learnt the basic strokes and then created postcards. Definitely a great reminder for slowing down and breathing!

100 Club October Draw Winners

This month: 76 numbers entered

Total Prize Fund: £133

Total raised to support CC-SN: £247

- 1st Prize: £76 – Parveen (9)
- 2nd Prize: £38 – Steve (73)
- 3rd Prize: £19 – Sue (17)

Next monthly draw: Thursday 14th November 7:15pm GMT

To join the draw, email 100club@cc-sn.org

Coming Soon:

- Quiz Night - Friday 22nd November
Come and enjoy an evening filled with quizzical fun! Participation is free, and there will be prizes to win! More details will follow soon.

- Calligraphy – Tuesday 12th November – 11am – 12:30pm
Now Fully Booked

- Calligraphy – Tuesday 10th December – 11am – 12:30pm
Now Fully Booked

Helping you and your family make the best possible recovery from your illness.

We offer a wide variety of free sessions to patients and their families to help them along the road to recovery! We offer these sessions free of charge as we know ICU admission can put a strain on finances.

Annually, it costs Critical Care Support Network:



£16,700

for exercise, yoga, relaxation and art & craft sessions



£1,500

for Zoom, IT, website, insurance, phone, postage



Did you know...?

Apart from our qualified trainers, everyone else volunteers their time for free to support CC-SN.

WE RAISE FUNDS THROUGH:

- 100 CLUB
- ANNUAL RAFFLE
- SPONSORSHIP
- DONATIONS
- EASYFUNDRAISING
- RECYCLING USED PRINTER INKS
- GRANTS



Will you help us?

What can you do to assist CC-SN in enabling individuals to achieve the best possible recovery from critical illness?

Our Session Schedule:

Change to schedule: Thursday - The Next Step

We know that 11:30am was never a preferred time and now Gareth is able to do 10:30 we hope that more will be able to attend the session.

Helping you and your family make the best possible recovery from your illness.

All of our exercise sessions are run by qualified trainers who aim to help anyone who has been in ICU rebuild their strength and get moving again.

All sessions are FREE to our members and their families.

Monday:

- 9.30 am Exercise Group – the Next Step
- 10.30 am Start Up Exercise – 45 mins

Tuesday

- 9.30 am Core Control – level 1
- 8.00 pm Family & Friends Drop-In Meeting

Wednesday

- 9.30 am Advanced Exercise Group
- 10.30 am Start Up Exercise – 45 mins

Thursday

- 11.30 am Exercise Group – the Next Step
- 7.30 pm Former Patients Drop-In Meeting

Friday

- 11.30 am Gentle Yoga

Saturday

- 9.30 am Core Control - level 2

Please come along to any sessions you fancy trying - remember all sessions are free to our members and their families

Get in touch for more information and log-in details:

Email: info@cc-sn.org

Visit: www.cc-sn.org

Helping you and your family make the best possible recovery from your illness.