

# Critical Times



Issue 24



Registered Charity 1182307  
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- DECEMBER 2023
- Looking back
  - Looking forward
  - Fundraising
  - Support
  - Activities

## We are celebrating 7 years of CCSN!



Miles and Sue met at a Rehab class run by ICU Physio, Sophie, at the Countess of Chester Hospital. Helped by Outreach lead nurse, Carole, we formed our Group, then called ICUsteps Chester.

Our first Thursday night Drop-In meeting.

Relaxation and Mindfulness sessions to combat the stresses of an ICU admission.

Weekly exercise class with a qualified instructor - designed to follow on from Sophie's Rehab class.

We fundraise and apply for grants to fund all these activities.

We became Registered Charity 1182307 and launched our website.

Covid changed everything! We immediately moved to Zoom and welcomed members from far and wide. Drop-In meetings became weekly.



Our first Gentle Yoga session with Lynn Mooney, a highly qualified and experienced yoga teacher.

Jo and Gareth are both highly trained exercise therapists, each with over 20 years' experience and a commitment to Rehab.

Tuesday Relatives Drop-In meetings.

Jo is also a qualified physiotherapist.

Jo Ruffell & Gareth Tattum joined us to develop our Exercise Rehab program.

3 levels of classes – Beginners, Improvers and Advanced. All can be adapted to suit individual needs and limitations. 1:1 Induction meeting for all new joiners. No time limit on attendance.

All sessions are FREE to our members and their families.

First Social events on Zoom - Bingo and Quiz nights.

Acknowledging our membership remained UK wide, we changed our name (with Charity Commission approval) to **Critical Care Support Network**.

What will the next 7 years bring?

Launch of Relaxation techniques with Jo Ruffell.

New Arts & Crafts classes as a route to Relaxation and Mindfulness. New monthly Newsletter.

Our sincere thanks to everyone who has supported us along our way.

**11 DIFFERENT SESSIONS EVERY WEEK PLUS MONTHLY & OCCASIONAL ACTIVITIES.**

Autumn 2016

December 2016

February 2018

September 2018

March 2019

March 2020

June 2020

July 2020

August 2020

Autumn 2020

August 2021

October 2021

January 2022

TODAY

## Our Session Schedule:

### Christmas Holiday Dates

Please note:

The **last sessions** before the Christmas break will be on **Thursday 21st December**.

Our sessions will **begin** again on **Tuesday 2nd January 2024**.

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 Relatives 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 Drop-In Meeting – all welcome!
Friday	11.00 am Gentle Yoga
Saturday	9.30 am Core Control - level 2

**Please note:** In order to simplify access to **exercise classes and drop-in sessions**, there are now **new login details** (started 27th November). This login will be the same for **all exercise sessions and Yoga**. There will also be a login for both of the **Drop-In sessions**.



We will be starting the new year with a **Quiz Night** on **Friday 19th January**

Next monthly draw:  
**Thursday 11th January**  
**7:30pm GMT**

A cheque for £800 was presented to Simon on behalf of the Spread Eagle Caravan Club. The SECC is a small club that raises, biannually, funds for Charity and for the last



2 years, CC-SN was the lucky beneficiary. The money was primarily raised by holding raffles at rallies. Simon told the SECC that it costs £20,000 per year to run the charity and such donations really make a difference.



Thank you to Teri for guiding us through the Twisted Easel **Christmas Card session**. A great mindful festive session was had by all.

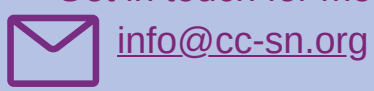


**This month:**  
61 numbers entered  
Total Prize Fund: £106.75  
  
Total raised to support CC-SN:  
£198.25

**1st Prize: £61**  
Jill  
**2nd Prize: £30.50**  
Kevin & Maria  
**3rd Prize: £15.25**  
Sue



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



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

