



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



APRIL 2024

- Looking back
- Looking forward
- Fundraising
- Support
- Activities



In the first financial year from July 2023 - March 2024, the 100 Club raised £1716 for the group funds.

Thank you for supporting CC-SN in raising essential funds that contribute to providing our **FREE** sessions helping critical care patients make the **best possible recovery** from illness.



The Annual Prize Draw raised almost **£1000** for the group funds.



April Draw Winners!

This month:

74 numbers entered
Total Prize Fund: £129.50
Total raised to support CC-SN: £240.50

1st Prize: £74.00
Janet (83)
2nd Prize: £37.00
Steve (30)
3rd Prize: £18.50
Gary & Julie (25)

Next monthly draw:

Thursday 9th May at 7:15pm GMT

If you would like more information email 100club@cc-sn.org.

CC-SN Annual Prize Draw Winners

	Prizes	Winners
1st	£300 John Lewis/Waitrose Voucher generously donated by Alderstone Solicitors	709 Phillippa
2nd	£100 Voucher of your choice kindly donated by a supporter	125 Hannah
3rd	6 bottles of assorted quality wine from Chester Beer and Wine delivered to your door	490 Julie
4th	12" x 16" framed Fine Art Print of your choice kindly donated by Fancy by Nature	351 Maria
5th	£100 framing voucher from WeFrame.art kindly donated by Liz Hinds	002 Kath
6th	£50 voucher of your choice kindly donated by a supporter	422 Emma
7th	£25 voucher of your choice kindly donated by a supporter	1024 Idris

Our Annual Prize Draw serves as a platform to raise awareness about the valuable support CC-SN provides to critical care patients and their families, aiding them in achieving the best possible recovery. Additionally, it helps gather **essential funds** for our FREE exercise sessions, drop-in sessions and social events. We extend our **gratitude** to everyone who contributed by donating prizes, purchasing and selling tickets, or by spreading the word about our charity.

Art & Craft Sessions with Christine

Join us for three FREE 90-minute online sessions from 11am to 12:30pm with artist Christine Gallagher.

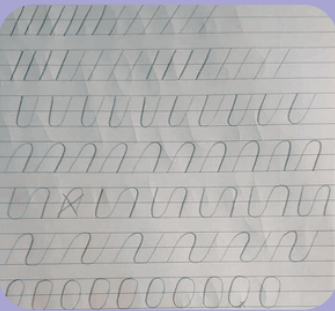
- Tuesday 23rd April: Auto Drawing
- Tuesday 21st May: Collagraph Printing
- Tuesday 18th June: Dada inspired mixed media workshop



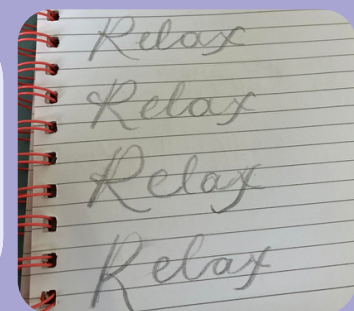
More information and the resources needed for each session will be emailed out.

To secure your spot, as spaces are limited, kindly email sarah.teamadmin@cc-sn.org.

Please note: As a charity, we rely on fundraising to offer all our activities. We understand and recognise the financial strains of unexpected admissions to ICU or critical care. This understanding has guided our decision not to charge our members or their families for any of our sessions. We aim to be inclusive and accessible to all. Should you require any assistance with resources, simply reach out to us, and we will do our best to ensure that you are fully equipped for the sessions.



Thank you to **Laura** for our **Pencil Calligraphy** Taster session. We all found some fantastic **mindful** moments and were able to **relax!** Look out for more calligraphy sessions with Laura in Autumn/Winter.



Our Session Schedule:

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

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.

Drop-In Meetings

Relatives - Tuesday Evenings: 8pm - 9:30pm

All welcome! - Thursday Evenings: 7:30pm - 9pm



If you're interested in joining us – whether to chat or simply listen – please reach out to info@cc-sn.org and we will provide you with easy instructions and the link.



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

info@cc-sn.org



www.cc-sn.org

