



MAY 2023

- Looking forward • Support
- Fundraising • Activities



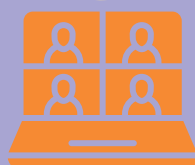
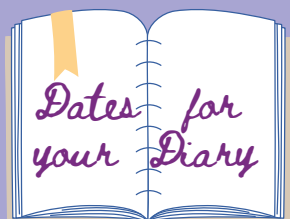
## Fundraising Miles' Snowdon Challenge

In order to raise vital funds, Miles will be taking up his challenge on 1st June to climb 2160m up a climbing wall to reclaim his 2160 hours spent in ICU. This is the equivalent of climbing Snowdon twice. He hopes that you will sponsor him and support the group.

[Click here to sponsor Miles](#)



We don't charge for any of our activities so we have to fundraise to cover our costs such as trainers fees.



## Thursday 8th June at 7:30pm (BST): Jamie Holmes Guest Speaker

Jamie Holmes will be speaking at our regular drop-in on meeting on Zoom. He will talk about his role in ICU and the issues patients face following time in a coma. Jamie is Senior HIT Psychotherapist & EMDR Consultant at Countess of Chester. He is also a Military Veteran Champion & Ethnic Minority Champion and offers talking Therapies for Anxiety & Depression. As always, there will also be time to chat and ask general questions regarding ICU and recovery from other patients.

## Tuesday 13th June at 10:45am (BST): Art with Teri

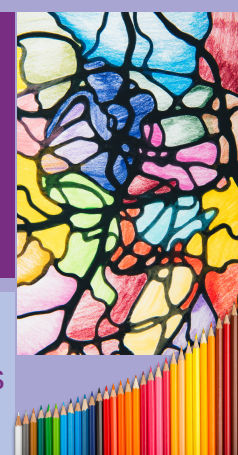
Join us for some relaxing Neurographic art with Teri. The only skill you need is to be able to draw a wiggly line!

Supplies needed: Paper/card, black marker pen (permanent) and any colours that you have - pencils, watercolours, markers, crayons etc.



## Monday 19th June at 9pm (BST): Relaxation with Jo

Jo will guide us through some breathing and relaxation techniques to help us to manage stress and anxiety and aid relaxation.



**Contact Detail Forms:** We are currently updating everyone's contact details so that we can be sure to keep everyone safe while attending **any** of our sessions. Amanda is gradually sending them out so when you receive one, please complete and return it asap.

## Tuesday 11th July at 7pm (BST): CC-SN AGM

You are invited to join our AGM on Zoom to be followed by our usual Tuesday Relatives Drop-in meeting.

Critical Care Support Network, Registered Charity 1182307



Please get in touch if you would be interested in a 100 Club and please spread the word to family, friends and colleagues who may be interested!

We are proposing the introduction of a **100 Club** to help to raise money to support CC-SN as well as offering a regular prize fund.

**What is a 100 Club?**

A 100 Club is a form of lottery where you pay a set amount for entry into a monthly draw. A percentage of the profits make up the monthly prizes with the remainder supporting the work of CC-SN.

**How much could we raise?**

*If* 100 people took part, buying a monthly ticket for £5, we could raise **£325 per month** for CC-SN. This would equate to **£3,900 per year** which would help to **fund some of our exercise classes, Yoga and craft sessions**. We would be able to offer 3 prizes each month of **£100, £50 and £25**.

**Our Session Schedule:**

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	10.30 am Exercise Group – the Next Step 11.30 am Start Up Exercise – 45 mins
Tuesday	9.30 am Core Control – level 1 8.00 pm Relatives Drop-In Meeting
Wednesday	9.00 am Advanced Exercise Group 10.00 am Exercise Introduction 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 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:



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[www.cc-sn.org](http://www.cc-sn.org)

