

# Critical Times



Issue 15

## ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

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

[info@cc-sn.org](mailto:info@cc-sn.org)



### MARCH 2023

- Looking forward • Support
- Looking back • Activities



### Bingo with Stuart Friday 31st March - 8pm

Join us on Zoom for a fun social evening with **Stuart** our bingo caller.

Prizes to be won, lots of fun to be had and it is completely free to take part!

### Slips, trips and Falls with Jo Thursday 20th April 7:30pm



Jo will be running a short session within the regular drop-in session to help us to learn more about **cause, avoidance and recovery.**

### CC-SN Annual Prize Draw

Join us on Zoom for the Raffle Draw during our drop-in meeting  
Thursday 30th March at 7:30pm

## Enter to Win

### Prizes to be won!

- 1st: £250 John Lewis Voucher  
Generously donated by Alderstone Solicitors
- 2nd: Framed print by Fancy by Nature
- 3rd: Two Freddie's Flowers deliveries
- 4th: 2 tickets for West Midlands Safari Park
- 5th: Large box of Guylian chocolates
- 6th: £30 Takeaway Voucher
- 7th: £25 Amazon Voucher
- 8th: £20 Love2Shop Voucher

Thank you once again to everyone who has been buying and selling raffle tickets. There is still time to get involved whether that is buying some tickets yourself, selling them to family, friends and colleagues or simply spreading the word about our Annual Prize Draw using the following link:  
<https://stubbstickets.com/fundraiser/ccsn23>

Our Annual Prize draw helps us to raise awareness about what CC-SN does to help critical care patients and families to make their best possible recovery from their illness as well as raising vital funds for our FREE exercise sessions, drop-in sessions and social events.

If you would like raffle tickets please email: [raffle@cc-sn.org](mailto:raffle@cc-sn.org)

A huge thank you to everyone who has donated these lovely prizes.

**Remember:**  
Stubs and payments need to be returned by **Monday 27th March.**

## Thank You

We had another great session with Jo, learning a variety of techniques to help us to relax. Thank you Jo.  
Look out for another session coming soon.





exercise...

All sessions are FREE to our members and their families.

## Our Session Schedule:

**Recovery** is at the core of what we do.

No matter what your limitations or capability may be, we have an exercise session which will be suitable to **aid you in making 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.**



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



*"Now that I have gone back to work, I would just like to thank you all for the help and support the group has given Julie and I, especially the exercise classes with Jo Ruffell. I felt at ease as soon as I met Jo, always smiling, she talked me through what to expect and only to do what I'm comfortable with.*

*Thanks to Jo gently pushing me and getting my strength back, is why I am able to return to work so quickly. When I do get time off I will be attending Jo's classes to keep my strength up. I've still got a long way to go.*

*If there is anything we can do to help the group going forward, please let us know. This group needs to flourish because without its support I would have been lost, and I certainly wouldn't be where I am today THANK YOU" ~ Mark*

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:



[info@cc-sn.org](mailto:info@cc-sn.org)



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

