

Critical Times

Issue 20: August 2023

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club July Draw Winners!

This month: 51 numbers entered

Total Prize Fund: £89.25

Total raised to support CC-SN: £165.75

- 1st Prize: £51 – Lin (38)
- 2nd Prize: £25.50 – Gavin (66)
- 3rd Prize: £12.75 – Teri (6)

The more people that join our 100 Club, the bigger the monthly prizes and more money raised for CC-SN.

If you would like more information, send your contact details to:

100club@cc-sn.org and we will be in touch.

Your friends and family can join too (over 16 years).

Next monthly draw: Thursday 14th September 7:30pm BST

If you want to be in with a chance of winning, remember that we need your money by Monday 28th August.

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

Chester Business Club Sponsored Walk: Sunday 17th September

Those of you who are close to Chester might like to support us this year by taking part in the CBC Sponsored Walk. The walk will start at 11.00am (Registration from 10.15am).

Starting and finishing at Chester Racecourse (free parking), it's a gentle Sunday morning stroll, its distance only six miles (and a bit!) with the Club's legendary refreshment stops en route – Mars Bars ~ Orange Juice ~ Bacon Butties & Coffee ~ and finishing with Gin & Tonic (but there is a soft drink option).

To add to the fun on the day, there will be face painters and prizes for the individual raising the most money, best behaved dog (consolation prize for worst behaved canine) and all walkers raising £100 or more will be entered into a Prize Draw with some fine prizes to be won.

Phil, Stuart and Julie are already registered so if you would like to take part, please contact Sue Dean: secretary@cc-sn.org for more information. Sponsor forms, t-shirts and tabards can be provided.

Last year, Stuart, Phil, Maria, Julie and Mark (& Margot, Stuart's dog!) all took part and raised over £1492 for CC-SN!

Bartonfest: Saturday 16th September

Bartonfest is a one day charity festival in Cheshire being held on Saturday 16th September. Once again they have kindly chosen to support CC-SN.

If you are able to support them by visiting on the day, you will also be supporting us as well as having a great day out.

CC-SN will also be there so come along and say Hi or let us know if you would like to help out on the day.

Free parking and good food available!

Link to Bartonfest Facebook Page:

<https://www.facebook.com/profile.php?id=100094711304587>

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

Good Luck!

Good luck to Zoe Boyd (an ICU nurse from Manchester) who is running the Great North Run for CC-SN on 10th September.

Please support Zoe by clicking on the link to donate:

<https://cafdonate.cafonline.org/24265>

Well Done!

Carla went to St Kitts with her family for a holiday but then set herself the challenge of a lifetime - climbing Mount Liamuiga, a 1156m volcano on the island!

CC-SN is very close to Carla's heart due to the support she had when her husband, Rick, was in ICU in 2020 so she feels she wants to give something back. Please donate via the link to help her raise as much as possible.

Please support Carla by clicking on the link to donate:

<https://cafdonate.cafonline.org/24232>

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:

- 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

- 9.00 am Advanced Exercise Group
- 10.00 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:

Email: info@cc-sn.org

Visit: www.cc-sn.org

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