

Critical Times

Issue 21: September 2023

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club July Draw Winners!

This month: 56 numbers entered

Total Prize Fund: £98

Total raised to support CC-SN: £182

- 1st Prize: £56 – Michelle
- 2nd Prize: £28 – Lynn
- 3rd Prize: £14 – Kevin & Maria

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 12th October 7:30pm BST

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

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

Coming Soon!

Relaxation with Jo

Monday 2nd October - 9PM BST

Jo will talk you through the skills needed and encourage you to practice breathing techniques and simple movements to encourage relaxation. At the end she will leave you to go away quietly relaxed and ready for sleep!

Relax and Create with Teri

Tuesday 10th October - 10:45am - 12:15pm

Do you want to find a way to relax and unwind? Look no further than our monthly Relax and Create sessions!

Our sessions provide a safe and welcoming space where you can let go of your worries and focus on your well-being. We offer a variety of creative activities that are designed to engage your mind and help you relax.

We believe that community and support are essential for our mental health, so why not join us for our first Relax and Create session?

N.B. Relax and Create will be held on the 2nd Tuesday of each month.

Bingo with Stuart

Friday 13th October - 8pm BST

Join us for a night of fun and excitement with Stuart as our Bingo caller.

It is completely free to take part and there will be prizes up for grabs!

Whether you're a seasoned pro or a newcomer to the game, everyone is welcome to participate. So mark your calendars and invite your friends for a night of Bingo that you won't want to miss!

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Bartonfest

Bartonfest supported CC-SN again this year! We are so grateful for their ongoing support. Sue, Miles, Amanda, Phil & Julie were all there to raise awareness and enjoy the great music and excellent food!

£60 was also raised through Guess the name of the Teddy - who was called Freddie.

Click here to support Bartonfest: <https://givestar.io/gs/L4X8M9L>

CBC Sponsored Walk

Bartonfest Stuart, Phil, Mark, Julie, Maria Healy and Margot (the dog) completed a pleasant 6 miles (and a bit!) walk starting and ending at Chester Racecourse in support of CC-SN.

Click here to support them:

<https://cafdonate.cafonline.org/24156#!/DonationDetails>

Zoe Boyd: Great North Run

This was Zoe's first half marathon! Zoe completed the challenge in 2 hours and 11 minutes. So far she has raised £335 for CC-SN.

Click here to support Zoe: <https://cafdonate.cafonline.org/24265>

Carla Smith: Mount Liamuiga

While on holiday in St. Kitts, Carla set herself the challenge of climbing a 1156m volcano! So far she has raised £205 for CC-SN.

Click here to support Carla: <https://cafdonate.cafonline.org/24232>

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Thank you to Lin and Glyn Bloor for selling their surplus veggies and donating the proceeds of £250 to CC-SN.

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

- 9.30 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 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

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Visit: www.cc-sn.org

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