

Critical Times

Issue 28: April 2024

Looking back, looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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100 Club April Draw Winners!

This month: 74 numbers entered

Total Prize Fund: £129.50

Total raised to support CC-SN: £240.50

- 1st Prize: £74 – Janet (83)
- 2nd Prize: £37 – Steve (30)
- 3rd Prize: £18.50 – Gary & Julie (25)

Next monthly draw: Thursday 9th May 7:15pm GMT

CC-SN Annual Prize Draw Winners:

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.

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

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

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

Did you know...? The Annual Prize Draw raised almost **£1000** 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**.

Pencil Calligraphy with Laura

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.

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

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, 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.

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

Visit: www.cc-sn.org

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