

Critical Times

Issue 24: December 2023

Looking back, looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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We are celebrating 7 years of CCSN!

Autumn 2016: Miles and Sue met at a Rehab class run by ICU Physio, Sophie, at the Countess of Chester Hospital. Helped by Outreach lead nurse, Carole, we formed our Group, then called ICUsteps Chester.

December 2016: Our first Thursday night Drop-In meeting.

February 2018: Relaxation and Mindfulness sessions to combat the stresses of an ICU admission.

September 2018: Weekly exercise class with a qualified instructor - designed to follow on from Sophie's Rehab class.

March 2019: We became Registered Charity 1182307 and launched our website.

March 2020: Covid changed everything! We immediately moved to Zoom and welcomed members from far and wide. Drop-In meetings became weekly.

June 2020: Our first Gentle Yoga session with Lynn Mooney, a highly qualified and experienced yoga teacher.

July 2020: Tuesday Relatives Drop-In meetings.

August 2020: Jo Ruffell & Gareth Tattum joined us to develop our Exercise Rehab program.

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

- 3 levels of classes – Beginners, Improvers and Advanced.
- All can be adapted to suit individual needs and limitations.
- 1:1 Induction meeting for all new joiners.
- No time limit on attendance.

Autumn 2020: First Social events on Zoom - Bingo and Quiz nights.

August 2021: Acknowledging our membership remained UK wide, we changed our name (with Charity Commission approval) to Critical Care Support Network.

October 2021: Launch of Relaxation techniques with Jo Ruffell.

January 2022: New Arts & Crafts classes as a route to Relaxation and Mindfulness. New monthly Newsletter.

Today: 11 DIFFERENT SESSIONS EVERY WEEK PLUS MONTHLY & OCCASIONAL ACTIVITIES.

- ❖ Jo and Gareth are both highly trained exercise therapists, each with over 20 years' experience and a commitment to Rehab. Jo is also a qualified physiotherapist.
- ❖ All sessions are FREE to our members and their families.
- ❖ Our sincere thanks to everyone who has supported us along our way.
- ❖ What will the next 7 years bring?

Spread Eagle Caravan Club Donation

A cheque for £800 was presented to Simon on behalf of the Spread Eagle Caravan Club. The SECC is a small club that raises, biannually, funds for Charity and for the last 2 years, CC-SN was the lucky beneficiary. The money was primarily raised by holding raffles at rallies. Simon told the SECC that it costs £20,000 per year to run the charity and such donations really make a difference.

Christmas Card Craft with Teri

Thank you to **Teri** for guiding us through the Twisted Easel Christmas Card session. A great mindful festive session was had by all.

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Look out for:

We will be starting the new year with a **Quiz Night** on **Friday 19th January**.

100 Club December Draw Winners!

This month: 61 numbers entered

Total Prize Fund: £106.75

Total raised to support CC-SN: £198.25

- 1st Prize: £61 – Jill
- 2nd Prize: £30.50 – Kevin & Maria
- 3rd Prize: £15.25 – Sue

Next monthly draw: Thursday 11th January 7:30pm GMT

Christmas Holiday Dates

Please note:

The last sessions before the Christmas break will be on **Thursday 21st December**. Our sessions will begin again on **Tuesday 2nd January 2024**.

Please Note:

In order to simplify access to the exercise classes, there will be new login details (started 27th November). This login will be the same for all exercise sessions and Yoga. There will also be a login for both of the Drop-In sessions.

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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

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