

# 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)



## JULY 2023

- Looking forward • Support
- Fundraising • Activities

# 100 Club

## July Draw Winners!

**This month:**  
47 numbers entered  
**Total Prize Fund: £82.25**  
**Total raised to support CC-SN: £152.75**

**1st Prize: £47**  
Gavin  
**2nd Prize: £23.50**  
Terkel  
**3rd Prize: £11.75**  
Claire

Lottery licence no. 22/LOTTO/2 with Cheshire West & Chester Council

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](mailto:100club@cc-sn.org) and we will be in touch. Your friends and family can join too (over 16 years)



Next monthly draw:  
**Thursday 10th August 7:30pm BST**

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

# THANK YOU!

Thank you to **Amanda** and **Miles** who both set up birthday fundraisers on Facebook to support CC-SN.

DID YOU KNOW?

You can set up a fundraiser on behalf of Critical Care Support Network, right from your own Facebook page to share with your network and raise vital funds to help us to continue to provide support to ex-ICU patients and their families.

# facebook

Just click **Fundraisers** on the left menu of your newsfeed.

# CONGRATULATIONS



Jo, one of our talented trainers, has achieved a BSc. in Physiotherapy with a 2:1!

After 3 years of studying, Jo is now a qualified physiotherapist as well as a fitness professional and personal trainer which is perfect for our group in helping patients to make the best recovery possible.

To fit in with Jo's new work commitments her class times are slightly amended as follows:

Monday

- 9.30am - Intermediate
- 10.30am - Start Up
- 11.15am - Induction (if booked)

Wednesday

- 9.00am - Advanced
- 10.00am - Start Up



All of our exercise sessions can be adapted to suit your needs.



Congratulations once again to **Miles** for completing his Mount Snowdon climbing challenge - 2160m up a climbing wall to reclaim his 2160 hours spent in ICU! A huge achievement!

Thank you to everyone who has supported him. The final total is **£1563!**





## 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**, 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 there will also be prizes for:

- Best Behaved Dog (consolation prize for Worst Behaved Canine)
- All walkers raising £100 or more will be entered into a Prize Draw with some fine prizes to be won
- A special prize for the individual raising the most money

If you would like to take part, please contact Sue Dean: [secretary@cc-sn.org](mailto:secretary@cc-sn.org) for more information. Sponsor forms, t-shirts and tabards can be provided.



Sign up and see brands donate towards our 2023 fundraising target



easyfundraising You shop, brands donate to us

With summer on the horizon, fundraising for CC-SN couldn't be easier if you're shopping online for travel deals. When you shop through easyfundraising, they will give a donation to CC-SN, at no extra cost to you. You can even raise free donations on their special offers.



### 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:



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



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

