

ccsn

CRITICAL CARE SUPPORT NETWORK



Registered Charity 1182307
www.cc-sn.org
info@cc-sn.org

FEBRUARY 2023

- Our Sessions
- Support
- Looking forward
- Activities

talk...

We believe that it is important to have a safe space to talk to others who have experienced similar situations.

We hold weekly drop-in meetings every Thursday evening 7:30pm - 9pm.

Everyone is welcome to join in - to chat or just to listen.

We sometimes have informal speakers but there is always the opportunity to chat with other people about the things that are concerning you.

“

Finding the Relatives meeting was a game changer for me as they had all walked in my shoes. The group were so warm and friendly, they gave me so much advice and guidance. Most important of all we had a good laugh which I never thought I would do but humour is important in the dark times ~ Jackie D-S

”

Relatives often have different worries and concerns to those of ex-patients so we hold a weekly Relatives Drop-In every Tuesday evening 8pm - 9:30pm.



All sessions are held via Zoom which is free and easy to use.

CC-SN Annual Prize Draw
Thursday 30th March

Thank you to everyone who has been buying and selling raffle tickets for our Annual Prize Draw. There is still time to get involved whether that is buying some tickets yourself, selling them to family, friends and colleagues or simply spreading the word about our Annual Prize Draw using the following link:

<https://stubbstickets.com/fundraiser/ccsn23>

Our Annual Prize draw helps us to raise awareness about what CC-SN does to help critical care patients and families to make their best possible recovery from their illness as well as raising vital funds for our FREE exercise sessions, drop-in sessions and social events.

If you would like raffle tickets please email:

raffle@cc-sn.org



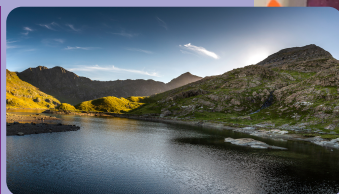
Miles will be resuming his 2160m climb which is how many hours he

was in ICU- 90 days - this is also the equivalent of climbing Snowdon twice!



To sponsor Miles, use the link below.

Donate to Reclaim Our Days



THANK YOU

Prizes to be won!

ENTER TO WIN!

- 1st: £250 John Lewis Voucher
Generously donated by Alderstone Solicitors
- 2nd: Framed print by Fancy by Nature
- 3rd: Two Freddie's Flowers deliveries
- 4th: 2 tickets for West Midlands Safari Park
- 5th: £30 Take Away Voucher
- 6th: £20 Love2Shop Voucher
- 7th: Cadbury's Spring Share Box
- 8th: Cadbury's Spring Share Box

A huge thank you to everyone who has donated these lovely prizes

Yoga...



Come and join us: Friday 11am - Gentle Yoga



Meet Lynn...

I trained as a L2 Fitness instructor 21 years ago and then trained to teach Yoga after living a yogic lifestyle in a Yoga Retreat for 2 years, this experience opened my eyes to the huge benefits of a daily Yoga practice in my life and the students that attended workshops at the retreat.

After leaving the retreat and going to India for 3 months I returned to the UK and trained for 2 years to complete my 500hr Yoga diploma with The British Wheel of Yoga. I am now qualified to teach Yoga, Pranayama (Breath work), Meditation and a deep relaxation. I teach gentle Hatha Yoga and the aim is to bring about balance within the student's daily life. Yoga is accessible for everyone.

Benefits of Yoga

- Release held tension from body and mind.
- Gentle postures to connect to the body in a mindful manner (Mindful movement).
- Conscious breathwork to expand lung capacity and improve breathing patterns.
- Relaxation to bring mind, body and spirit into a state of balance and equilibrium.



Bingo with Stuart Friday 25th March - 8pm

Join us on Zoom for a fun social evening with Stuart our bingo caller.

Prizes to be won and it is completely free to take part!

Our Session Schedule:

All sessions are FREE to our members and their families.

Monday	10.30 am Exercise Group – the Next Step 11.30 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 Exercise Introduction 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	11.30 am Core Control - level 2



Relaxation with Jo

Monday 27th February - 9pm



Jo will talk you through a variety of breathing techniques and simple movements to encourage relaxation.

At the end of the session she will leave you to go away quietly relaxed and ready for sleep!



Please come along to any sessions you fancy trying - remember all sessions are free to our members and their families

GET INVOLVED

Get in touch for more information and log-in details:



info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

