

Critical Times

Issue 35: November 2024

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Quiz Night: Friday 22nd November – 8pm

Peter will be hosting an evening filled with quizzical fun! Participation is free, and there are prizes to be won!

Calligraphy: Tuesday 10th December – 11am-12:30pm

Now fully booked.

Chester Business Club Sponsored Walk

Thank you to Miles, Phil, Stuart, Gary and Julie (and Margot & Motsi the dogs) who walked on behalf of CC-SN in the (very rainy) CBC Sponsored Walk. They raised a fantastic £616.05 for CC-SN!

100 Club October Draw Winners

This month: 76 numbers entered

Total Prize Fund: £133

Total raised to support CC-SN: £247

- 1st Prize: £76 – Stuart (1)
- 2nd Prize: £38 – Mark (47)
- 3rd Prize: £19 – Tony (89)

Next monthly draw: Thursday 12th December 7:15pm GMT

To join the draw, email 100club@cc-sn.org

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

Mental Wellness Programme

We fully understand the stress that comes with admission to Critical Care, which is why we offer a comprehensive mental wellness programme designed to assist both patients and their families in managing stress and anxiety. Our program includes relaxation techniques and pathways to mindfulness and tranquility.

Thanks to the generous funding from Chester West Voluntary Action and the Anne Duchess of Westminster Fund, we are pleased to offer the following free sessions to our members in

January, February, and March 2025:

- Monthly relaxation sessions led by Jo
- Weekly yoga classes every Friday with Rebecca
- Monthly art sessions hosted by Christine

Stay tuned for more details!

Calligraphy: Thank you to Laura for another great calligraphy session where we recapped the basic strokes and then created our own greetings cards.

Scheduled Speakers for the Former Patients Drop-in - 7:30 PM

Thursday 28th November:

Our Yoga Teacher, Rebecca, will be with us to discuss the benefits of yoga. She will also showcase some activities we engage in during our weekly sessions and share a few simple relaxation techniques.

Thursday 5th December:

Heather Parsons was admitted to ICU some years ago now and eventually diagnosed with Necrotising fasciitis. Her family were told to expect the worst, but she had a 7 year old son then and could not give up! Her recovery journey was very long and she recognised how much support was needed. Heather will tell you her story about the path that eventually led to her retraining as a positive psychologist.

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EasyFundraising

Amazing news, in the last 30 days your support has helped to raise £132.01 through using easyfundraising! This brings our total so far to £689.16! A huge thank you to everyone who has helped us to achieve this.

Did you know you can support CC-SN every time you shop online?

Over 8,000 online retailers will give us money when you shop with them through the easyfundraising website or app. Whether you are shopping online for Black Friday, Christmas or anything else, you can support us – for free!

Getting started with easyfundraising is easy; it's free to register and will take less than two minutes to sign up. Once registered, whenever you shop online, visit the easyfundraising website or app first; before visiting your favourite brand, and CC-SN will benefit at no extra cost to you!

Help make a difference, click here to sign up now:

https://www.easyfundraising.org.uk/causes/critical-care-support-network/?utm_campaign=pmc&utm_source=email&utm_medium=social&utm_content=donationdaybeenpaid-email1

Our Session Schedule:

Christmas Holiday Dates

Please note:

The last sessions before the Christmas break will be on **Saturday 21st December**.

Our sessions will begin again on **Thursday 2nd January 2025**.

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

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 Family & Friends 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 Former Patients Drop-In Meeting

Friday

- 11.30 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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