

# Critical Times

## Issue 13: January 2023

Our trainers, looking forward, looking back, support, activities



Registered Charity 1182307

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

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

**Our group was originally formed in late 2016 when the need for support following an ICU admission was recognised.**

Carefully planned exercise sessions to help rebuild muscle and to support ex-critical care patients make the best possible recovery from their illness is really important to us. We understand the financial stresses of an admission to critical care that is almost always unplanned and therefore have a policy of not charging our members and their families for any of our sessions.

- Our Exercise Group is run by **Joanne** and **Gareth** who are **qualified** and **experienced trainers**. We also have **Anna** who covers classes when needed.
- The sessions are **FREE** for anyone who has been a patient in any ICU, and for their loved ones - they are funded by Critical Care Support Network.
- We have a really **friendly** group and whilst we are on **Zoom**, there is still plenty of opportunity to chat and members are keen to encourage each other.

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

## Meet Joanne...



I have worked within the health and fitness industry for 20 years. I am experienced in all aspects of coaching: Level 3 Trainer - Strength & Conditioning, Weight-loss, Martial arts, Flexibility, Postural assessment. Also swim coach. Recently focused more on the rehabilitation and functionality of fitness, specialising in postural training and biomechanics. Promoting healthy living and helping people get back to fitness after time out, injury, illness or brand new to training.

## Meet Gareth...



I've been in the fitness industry for 18 years. I qualified as a personal trainer and much more: OCR 2 in teaching exercise and fitness, OCR 2 in Gym instruction, OCR 2 In teaching circuit training, NVQ Level 2 Fitness instructor, LEVEL 3 Advanced Personal Training, Boxercise instructor, Mat Pilates instructor, Level 3 sports massage, Weight management and nutrition consultant. I'm now putting all my focus into 1-1 online coaching for people of all fitness levels and ability.

## Meet Anna...



As a GP Exercise Referral Specialist and Cancer Rehab Instructor I support a range of individuals living with differing chronic conditions. My particular interests are in functional movement, stretching and resistance training; absolutely essential for good mobility, strengthening bones, joints and maintaining muscle mass. The knowledge I have acquired have enabled me to achieve this balance and I'm delighted to now be in a position to work with you to optimise your own health and fitness.

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## Our Exercise Sessions...

### **Introduction: Wednesday 10am**

We invite all new members to an Induction session to allow our trainers to learn about your particular issues and also to allow you to ask any questions and discuss any concerns you may have.

### **Start Up: Monday 11:30am & Wednesday 10:30am (Chair based)**

A class designed for those ready to start moving again but unsure how to go about doing so, or for those who still struggle with daily activities. Entirely seated, we will run through gentle mobilisation exercises to get tired or weak muscles moving again, with a real emphasis on posture, range of movement and the benefits of proper breathing.

### **The Next Step: Monday 10:30am & Thursday 11:30am (Chair based)**

A combination of traditional strength exercises with short bouts of moderate intensity cardiovascular exercises. Using body weight, resistance bands and dumbbells. Exercises are varied, some sitting whilst others on the feet.

Great for beginners and those of a more intermediate level.

Aimed at strengthening the whole body whilst boosting breathing efficiency and cardiovascular fitness.

### **Advanced: Wednesday 9am**

A class for those ready for the next level but who want to exercise from the comfort and convenience of their own home. A combination of upper and lower body strength, primarily performed standing, with the addition of slightly more challenging moves.

Each week is different with some weeks focusing more on strength and other weeks on cardiovascular endurance.

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## **Core Control Level 1: Tuesday 9:30am (Chair based)**

A combination of core strength exercises combined with traditional strength exercises using dumbbells, resistance bands and body weight.

Some exercises are done standing, however there is always an option to do them sitting which means the whole session can be done seated.

Low intensity - great for beginners and those in the early stages of rehabilitation. Can help reduce lower back pain, increase mobility and flexibility whilst strengthening the core muscles and improving breathing efficiency.

## **Core Control Level 2: Saturday 9:30am (Floor based)**

A combination of core strength exercises based on Matt Pilates principles combined with traditional strength exercises using body weight and incorporating resistance bands.

Great for developing core strength, stability, mobility and flexibility.

### Looking back:

Thank you to **Teri** for a fantastic **Twisted Easel card** making session before Christmas and teaching us some new **crafting** skills

**Jo** helped us to relax again with her **Relaxation** Masterclass on 23rd January. **Thank you Jo** for talking us through the **techniques** to allow us to go away feeling **relaxed** and **ready for sleep**.

### Looking forward:

Look out for information about our upcoming Bingo evening and Annual Prize Draw.

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## Drop-In Meetings

- Relatives - Tuesday Evenings: 8pm - 9:30pm
- All welcome! - Thursday Evenings: 7:30pm - 9pm

If you would like to join in - to chat or just to listen - please contact [info@cc-sn.org](mailto:info@cc-sn.org) and we will send you simple instructions and the link.

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

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