

Critical Times

Issue 22: October 2023

Looking back, looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Relax and Create

Thank you very much to Teri for giving up your time to run our first Relax & Create session. A great session for helping us to have a mindful moment.

Next Session: Tuesday 14th November

Relaxation

Thank you very much to Jo for running another great Relaxation session providing us with breathing techniques and helping us drift off to sleep.

Bingo

Thank you very much to Stuart for hosting our Bingo night. A great social event and lots of prizes won!

Look out for:

Christmas Card Craft, Quiz Night, Relaxation, Bingo

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

Fabulous Fundraising:

We have had a few fundraising events taking place recently.

As a non-profit organisation, CC-SN relies on donations and fundraising to provide our sessions supporting patients in their recovery as well as providing support for their families.

Money raised so far:

Bartonfest - £4000

We are so grateful for Bartonfest's ongoing support. Sue, Miles, Amanda, Phil, Simon & Julie were all there to raise awareness. £61 was also raised through Guess the name of the Teddy - who was called Freddie.

CBC Sponsored Walk - £1241

Stuart, Phil, Mark, Julie, Maria Healy and Margot (the dog) completed a pleasant 6 miles (and a bit!) walk starting and ending at Chester Racecourse in support of CC-SN.

A huge thank you to Alderstone Solicitors for their generous sponsorship of £500 for our CBC walkers!

Zoe Boyd: Great North Run - £335

Zoe completed the half marathon challenge in 2 hours and 11 minutes on behalf of CC-SN.

Carla Smith: Mount Liamuiga - £210

Carla set herself the challenge of climbing a 1156m volcano!

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100 Club October Draw Winners!

This month: 57 numbers entered

Total Prize Fund: £99.75

Total raised to support CC-SN: £185.25

- 1st Prize: £57 – Keith
- 2nd Prize: £28.50 – Debs
- 3rd Prize: £14.25 – Lynn

Next monthly draw: Thursday 12th October 7:30pm BST

Since July, the 100 Club has raised an amazing £686.75 for CC-SN and given out £369.25 in prizes.

If you would like more information, send your contact details to:

100club@cc-sn.org and we will be in touch.

Charity Christmas Cards by Fancey By Nature

Jackie & Miles are selling their beautiful Christmas Cards again this year and generously donating 15% of the profits from the sale of the cards to CC-SN.

The 5x7 inch cards are made from 350gsm paper which is sourced from sustainable forests. They have a smooth matt finish and have a beautiful quality feel.

You can find the cards on our website or click here to go to Fancey by

Nature: <https://www.fancey-by-nature.com/product-category/christmas-cards-festive-quality-recycleable/>

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

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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