



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



SEPTEMBER 2023

- Looking forward • Support
- Fundraising • Activities



September Draw Winners!



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

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

This month:
56 numbers entered
Total Prize Fund: £98

Total raised to support CC-SN: £182

1st Prize: £56
Michelle
2nd Prize: £28
Lynn
3rd Prize: £14
Kevin & Maria

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 and we will be in touch.

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

COMING SOON

Email info@cc-sn.org if you are interested in joining any of our sessions.



Relaxation with Jo

Monday 2nd October - 9PM BST

Jo will talk you through the skills needed and encourage you to practice breathing techniques and simple movements to encourage relaxation. At the end she will leave you to go away quietly relaxed and ready for sleep!



Relax and Create with Teri

Tuesday 10th October - 10:45am - 12:15pm

Do you want to find a way to relax and unwind? Look no further than our monthly Relax and Create sessions!

Our sessions provide a safe and welcoming space where you can let go of your worries and focus on your well-being. We offer a variety of creative activities that are designed to engage your mind and help you relax.

We believe that community and support are essential for our mental health, so why not join us for our first Relax and Create session?



Bingo with Stuart



Friday 13th October - 8pm BST

Join us for a night of fun and excitement with Stuart as our Bingo caller. It is completely free to take part and there will be prizes up for grabs!

Whether you're a seasoned pro or a newcomer to the game, everyone is welcome to participate. So mark your calendars and invite your friends for a night of Bingo that you won't want to miss!

Relax and Create will be held on the 2nd Tuesday of each month.

Bartonfest

Bartonfest supported CC-SN again this year! We are so grateful for their ongoing support. Sue, Miles, Amanda, Phil & Julie were all there to raise awareness and



enjoy the great music and excellent food! £60 was also raised through Guess the name of the Teddy - who was called Freddie.

[Click here to support Bartonfest](#)

CBC Sponsored Walk

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.



[Click here to support them](#)

Carla Smith: Mount Liamuiga

While on holiday in St. Kitts, Carla set herself the challenge of climbing a 1156m volcano! So far she has raised £205 for CC-SN.



[Click here to support Carla](#)

Zoe Boyd: Great North Run

This was Zoe's first half marathon! Zoe completed the challenge in 2 hours and 11 minutes.



So far she has raised £335 for CC-SN.

[Click here to support Zoe](#)

Thank you to Lin and Glyn Bloor for selling their surplus veggies and donating the proceeds of £250 to CC-SN.

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 INVOLVED

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



info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

