



## OCTOBER 2023

- Looking back
- Looking forward
- Fundraising
- Support
- Activities

### Relax & 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.



### 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!



Next Session:  
Tuesday 14th November



### Look out for:

Christmas Card Craft, Quiz Night, Relaxation, Bingo

## 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 & Julie were all there to raise awareness. £61 was also raised through Guess the name of the Teddy - who was called Freddie.



#### Zoe Boyd

#### Great North Run - £335

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



#### 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!



#### Carla Smith

#### Mount Liamuiga - £210

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





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

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



Next monthly draw:  
Thursday 9th November  
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](mailto: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 a percentage of the profits from the sale of the cards to CC-SN.

You can find the cards on our website

[or Click Here to go to Fancey by Nature](#)



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



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

GET IN TOUCH

