

Critical Times

Issue 16: April 2023

Looking forward, looking back, support, activities



Registered Charity 1182307

www.cc-sn.org

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Annual Prize Draw

We held our Annual Prize Draw on Thursday 30th March. Thank you to everyone who bought and sold tickets for us and helped us to raise a net profit of £1096. This money is essential to help CC-SN to continue to provide the FREE support for Critical Care patients and their families.

| | Prize | Ticket Number | Winner |
|--------------------------|---|---------------|-----------------|
| 1 st Prize | £250 John Lewis Vouchers | 01355 | Paul Ambrose |
| 2 nd Prize | Oak framed print 'Meadow Trapeze' by Fancey by Nature | 01317 | Zoe Austin |
| 3 rd Prize | £50 voucher for Freddie's Flowers | 00768 | Julie Lewis |
| 4 th Prize | 2 tickets for West Midlands Safari Park | 00083 | Vicky Reed |
| 5 th Prize | Large box of Guylian Chocolate | 00534 | Kim Trim |
| 6 th Prize | £30 Take Away voucher Uber Eats, Deliveroo or Just Eat | 00161 | Lynn Foord |
| 7 th Prize | £25 Homebase voucher | 00898 | Trish |
| 8 th Prize | £20 Love2Shop voucher | 00526 | Jess John |

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

We were incredibly fortunate to have all of the prizes donated this year which enabled us to maximise the profits made. Thank you to everyone who made a prize donation.

Alderstone Solicitors

We are always very grateful for the support that we receive from Alderstone Solicitors who have supported us since the very beginning and generously donated this year's 1st Prize.

Alderstone Solicitors is a new name for an established and dedicated group of solicitors who specialise in people impacted by serious injury, medical negligence, industrial disease, and asbestos-related diseases.

Slips, trips and falls with Jo

We all enjoyed an informative evening with Jo helping us to learn the cause, avoidance and recovery with slips, trips and falls.

Bingo

We enjoyed another great social event playing Bingo.

Thank you to Stuart our stylish Bingo Caller.

Congratulations to all of the winners!

Our Session Schedule:

Recovery is at the core of what we do.

No matter what your limitations or capability may be, we have an exercise session which will be suitable to aid you in making 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:

- 10.30 am Exercise Group – the Next Step
- 11.30 am Start Up Exercise – 45 mins

Tuesday

- 9.30 am Core Control – level 1
- 8.00 pm Relatives Drop-In Meeting

Wednesday

- 9.00 am Advanced Exercise Group
- 10.00 am Exercise Introduction
- 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

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

Coming Soon:

Relaxation with Jo - Jo will be running another relaxation session to demonstrate helpful relaxation techniques.

Art & Craft with Teri - Teri will be running another art and craft session on Tuesday 13th June. More details to follow soon.

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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