

# Critical Times



Issue 33

## ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

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

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



### SEPTEMBER 2024

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

### Bartonfest

Sue, Miles, Amanda, Phil, Stuart & Gilana were all at Bartonfest to raise awareness of Critical Care Support Network and enjoy the great music and excellent food!

£60 was also raised through Guess the name of the Teddy. The teddy, whose name was Winnie, was kindly donated by Simon and his wife Sue and organised by Amanda and Gilana.



Bartonfest is a family-friendly annual charity festival, held near Malpas, Cheshire. The festival aims to raise money for local and national charities, while also providing a fun day out for the whole family. It is a great privilege that CC-SN has been selected as one of the charities and has benefited immensely from this support. We are incredibly grateful to all the organisers; Liz & Dave Hinds from LCT & Red door, Duncan & Annette from Broxton Gate, Stuart Chacks and the team from Cock O'Barton. Thank you very much to Stuart from the NFU for organising a wonderful and very much appreciated donation to our group.

Bartonfest features a wide range of live music featuring a myriad of bands and solo singers to a DJ set at the end of the night, great food, drink, attractions and stalls for all the family. Bartonfest has been running since 2012 and sadly this year was its last year.

We will miss a really fun fundraising event.

### Let's Get Moving & Recover!

An enormous thank you to Sport England for sponsoring our Let's Get Moving & Recover programme of Exercise sessions until the end of the year!

These are so important to our members as they work to recover from their stays in ICU. We have 7 sessions every week at three levels: **Start-Up** (for those newly discharged from hospital), the **Next Step** (as we progress on the road to recovery) and **Advanced** (as we near our recovery goals). Our **trainers** are both **qualified** and experienced exercise professionals and Jo is also a **physiotherapist**. We know only too well how long and hard the road to recovery is and Sport England's support will enable us to offer these sessions **free of charge to our members**.



## COMING SOON

Monday 30th September  
9pm - Relaxation



Jo will talk you through a variety of breathing techniques and simple movements to encourage relaxation. At the end of the session she will leave you to go away quietly relaxed and ready for sleep!



Friday 18th October  
8pm - Bingo



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!

### November Quiz Night

Come and enjoy an evening filled with quizzical fun! Participation is free, and there will be prizes to win! More details will follow soon.

### CALLIGRAPHY SESSIONS WITH LAURA

Join calligrapher, **Laura Edralin**, for these **FREE** online **calligraphy sessions**. **No previous skill needed!** Alongside being a great skill to add personal touches to gifts, cards and more, calligraphy offers a creative way to slow down and calm the mind, helping people reduce stress and anxiety.

Tuesday 15th October  
11am-12:30pm

Create beautiful calligraphy inspired by an autumn theme, culminating in the design of postcards.

Tuesday 12th November  
11am-12:30pm

Calligraphy centered around a celebratory theme, finishing off with the creation of birthday cards.

Tuesday 10th December  
11am-12:30pm

Creating stunning baubles and gift tags with calligraphy

If you would like us to provide the necessary equipment, please make your reservation now by emailing: [sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org). To assist us in managing our expenses efficiently, we will dispatch the resources for all three sessions together, ensuring they arrive in time for the first session.

Find out more  
about Laura:

visit her website: [lauraletterslife.com](http://lauraletterslife.com)  
say hello on Instagram: @lauraletterslife



### Chester Business Club Sponsored Walk

On Sunday 15th September, Miles, Phil, Stuart, Gary and Julie (and Margot & Motsi the dogs) walked on behalf of CC-SN in the CBC Sponsored Walk. It was a very wet 6 mile walk beginning and ending at Chester Racecourse and everyone was very grateful for the bacon butties at the halfway point!

They also walked to raise awareness about Post Intensive Care Syndrome (PICS) and PICS-Family (PICS-F) as part of #Walk4PICS.

There is still time to sponsor our walkers or alternatively, maybe you would consider taking part in a sponsored walk around your local area in order to support CC-SN and #Walk4PICS?

[Click here to support our walkers](#)



**This month:**  
75 numbers entered  
Total Prize Fund: £131.25  
  
Total raised to support CC-SN: £243.75

**1st Prize: £75**  
Lynn S (63)  
**2nd Prize: £37.50**  
Teri (10)  
**3rd Prize: £18.75**  
Sue NS (69)

We currently have 24 numbers available for new and existing members.

- 32
- 34
- 37
- 39
- 41
- 43
- 44
- 50
- 53
- 55
- 59
- 60
- 61
- 65
- 68
- 70
- 71
- 72
- 74
- 75
- 91
- 95
- 97
- 99

The more people who join our 100 Club, the bigger the monthly prizes and more money raised for CC-SN.

Next monthly draw:

**Thursday 10th October at 7:15pm**

To join the draw, email [100club@cc-sn.org](mailto:100club@cc-sn.org)

### Our Session Schedule:

Monday	9.30am Exercise Group – the Next Step 10.30am Start Up Exercise – 45 mins
Tuesday	9.30am Core Control – level 1 8.00pm Family & Friends Drop-In Meeting
Wednesday	9.30am Advanced Exercise Group 10.30am Start Up Exercise – 45 mins
Thursday	11.30am Exercise Group – the Next Step 7.30pm Former Patients Drop-In Meeting
Friday	11.30am Gentle Yoga
Saturday	9.30am Core Control - level 2

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.**

Did you know...?  
We have recently been awarded a grant by **Sport England** in recognition of our rehabilitation exercise sessions as part of 'Let's Get Moving & Recover'

**All sessions are FREE to our members and their families.**

### Drop-In Meetings

Family & Friends - Tuesday Evenings: 8pm - 9:30pm

Former Patients - Thursday Evenings: 7:30pm - 9pm

If you're interested in joining us – whether to chat or simply listen – please reach out to [info@cc-sn.org](mailto:info@cc-sn.org) and we will provide you with easy instructions and the link.



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)



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

