

Critical Times

Issue 14: February 2023

Our sessions, looking forward, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

We believe that it is important to have a safe space to talk to others who have experienced similar situations.

We hold weekly drop-in meetings every Thursday evening 7:30pm - 9pm. Everyone is welcome to join in - to chat or just to listen.

We sometimes have informal speakers but there is always the opportunity to chat with other people about the things that are concerning you.

Relatives often have different worries and concerns to those of ex-patients so we hold a weekly Relatives Drop-In every Tuesday evening 8pm - 9:30pm.

All sessions are held via Zoom which is free and easy to use.

“Finding the Relatives meeting was a game changer for me as they had all walked in my shoes. The group were so warm and friendly, they gave me so much advice and guidance. Most important of all we had a good laugh which I never thought I would do but humour is important in the dark times” ~ Jackie D-S

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

CC-SN Annual Prize Draw - Thursday 30th March

Thank you to everyone who has been buying and selling raffle tickets for our Annual Prize Draw. There is still time to get involved whether that is buying some tickets yourself, selling them to family, friends and colleagues or simply spreading the word about our Annual Prize Draw using the following link:
<https://stubbstickets.com/fundraiser/ccsn23>

Our Annual Prize draw helps us to raise awareness about what CC-SN does to help critical care patients and families to make their best possible recovery from their illness as well as raising vital funds for our FREE exercise sessions, drop-in sessions and social events.

If you would like raffle tickets please email: raffle@cc-sn.org

Prizes to be won!

- 1st: £250 John Lewis Voucher
Generously donated by Alderstone Solicitors
- 2nd: Framed print by Fancy by Nature
- 3rd: Two Freddie's Flowers deliveries
- 4th: 2 tickets for West Midlands Safari Park
- 5th: £30 Take Away Voucher
- 6th: £20 Love2Shop Voucher
- 7th: Cadbury's Spring Share Box
- 8th: Cadbury's Spring Share Box

A huge thank you to everyone who has donated these lovely prizes.

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Yoga: Meet Lynn...



I trained as a L2 Fitness instructor 21 years ago and then trained to teach Yoga after living a yogic lifestyle in a Yoga Retreat for 2 years, this experience opened my eyes to the huge benefits of a daily Yoga practice in my life and the students that attended workshops at the retreat.

After leaving the retreat and going to India for 3 months I returned to the UK and trained for 2 years to complete my 500hr Yoga diploma with The British Wheel of Yoga. I am now qualified to teach Yoga, Pranayama (Breath work), Meditation and a deep relaxation. I teach gentle Hatha Yoga and the aim is to bring about balance within the student's daily life. Yoga is accessible for everyone.

Benefits of Yoga

- Release held tension from body and mind.
- Gentle postures to connect to the body in a mindful manner (Mindful movement).
- Conscious breathwork to expand lung capacity and improve breathing patterns.
- Relaxation to bring mind, body and spirit into a state of balance and equilibrium.

Come and join us: Friday 11am - Gentle Yoga

Relaxation with Jo - Monday 27th February - 9pm

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!

Bingo with Stuart - Friday 25th March - 8pm

Join us on Zoom for a fun social evening with Stuart our bingo caller.

Prizes to be won and it is completely free to take part!

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Our Session Schedule...

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

- 11.30 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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