

Critical Times

Issue 23: November 2023

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Christmas Card Craft with Teri

- Tuesday 28th November
- 10:45am - 12:15pm GMT

During this creative session, Teri will be teaching us how to make beautiful twisted easel cards. It's a fantastic opportunity to learn new techniques and take some mindful time for yourself to unwind and relax in the midst of the holiday rush.

Relaxation with Jo

- Monday 11th December
- 9pm GMT

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!

Look out for:

Relax & Create, Quiz Night and Bingo

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Lynn's Exciting News!

Lynn will be going to an Indian Ashram (30 mins from Deoghar) for the Christmas period. Every year they have a festival that gives Prasad (Gifts) to the local under deprived village.

"I will be working hard to help give the prasad and help with the delivery of the festival, many people attend from Europe, Australia, India, South America, Iran etc. There are pandits there (Hindu Priests) that perform a Havan (Fire ceremony) It's a very uplifting environment and the emphasis is on Serve, Love, Give. This was Swami Sivanandas Motto, so a lot of Karma Yoga, (selfless service), giving without expecting reward. It's early starts, sometimes 4.30am, accommodation is basic and cold water bucket baths. It's a beautiful experience though and I have attended twice before in the past."

Christmas Holiday Dates

Please note:

The last sessions before the Christmas break will be on **Thursday 21st December**.

Our sessions will begin again on **Tuesday 2nd January 2024**.

Please Note:

In order to simplify access to the exercise classes, there will be new login details from 27th November. This login will be the same for all exercise sessions and Yoga. The same will be done for both of the Drop-In sessions. Amanda will send out the new login details ready for the 27th November. All other sessions will remain as they are.

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100 Club November Draw Winners!

This month: 57 numbers entered

Total Prize Fund: £99.75

Total raised to support CC-SN: £185.25

- 1st Prize: £57 – Parveen
- 2nd Prize: £28.50 – Liz
- 3rd Prize: £14.25 – Andrew

Next monthly draw: Thursday 14th December 7:30pm GMT

If you would like more information, send your contact details to:

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 15% of the profits from the sale of the cards to CC-SN.

The 5x7 inch cards are made from 350gsm paper which is sourced from sustainable forests. They have a smooth matt finish and have a beautiful quality feel.

You can find the cards on our website or click here to go to Fancey by

Nature: <https://www.fancey-by-nature.com/product-category/christmas-cards-festive-quality-recycleable/>

Bartonfest is a local Cheshire music festival based at the Cock O'Barton pub which has raised money for various charities including CCSN since 2019. We are so grateful for their donation of **£4300** this year.

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Help us to raise free funds as you shop this Christmas

Every Christmas present you buy is a present for us!



Scan the QR code to make a difference every time you shop online



How it works

- 1 Visit www.easyfundraising.org.uk or download the easyfundraising app
- 2 Sign up and search for us
- 3 Shop online via easyfundraising and get free donations



Get free donations from thousands of brands including:



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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 in touch for more information and log-in details:

Email: info@cc-sn.org

Visit: www.cc-sn.org

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