

Critical Times

Issue 17: May 2023

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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Fundraising: Miles' Snowdon Challenge

We don't charge for any of our activities so we have to fundraise to cover our costs such as trainers fees.

In order to raise vital funds, Miles will be taking up his challenge on 1st June to climb 2160m up a climbing wall to reclaim his 2160 hours spent in ICU. This is the equivalent of climbing Snowdon twice. He hopes that you will sponsor him and support the group.

Click here to sponsor Miles: <https://cafdonate.cafonline.org/21486>

Thursday 8th June at 7:30pm (BST): Jamie Holmes Guest Speaker

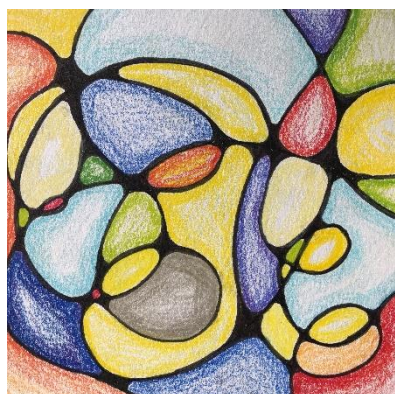
Jamie Holmes will be speaking at our regular drop-in on meeting on Zoom. He will talk about his role in ICU and the issues patients face following time in a coma. Jamie is Senior HIT Psychotherapist & EMDR Consultant at Countess of Chester. He is also a Military Veteran Champion & Ethnic Minority Champion and offers talking Therapies for Anxiety & Depression. As always, there will also be time to chat and ask general questions regarding ICU and recovery from other patients.

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Tuesday 13th June at 10:45am (BST): Art with Teri

Join us for some relaxing Neurographic art with Teri. The only skill you need is to be able to draw a wiggly line!

Supplies needed: Paper/card, black marker pen (permanent) and any colours that you have - pencils, watercolours, markers, crayons etc.



Monday 19th June at 9pm (BST): Relaxation with Jo

Jo will guide us through some breathing and relaxation techniques to help us to manage stress and anxiety and aid relaxation.

Contact Detail Forms:

We are currently updating everyone's contact details so that we can be sure to keep everyone safe while attending any of our sessions. Amanda is gradually sending them out so when you receive one, please complete and return it asap.

Tuesday 11th July at 7pm (BST): CC-SN AGM

You are invited to join our AGM on Zoom to be followed by our usual Tuesday Relatives Drop-in meeting.

Critical Care Support Network, Registered Charity 1182307

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100 Club

We are proposing the introduction of a 100 Club to help to raise money to support CC-SN as well as offering a regular prize fund.

What is a 100 Club?

A 100 Club is a form of lottery where you pay a set amount for entry into a monthly draw. A percentage of the profits make up the monthly prizes with the remainder supporting the work of CC-SN.

How much could we raise?

If 100 people took part, buying a monthly ticket for £5, we could raise **£325 per month** for CC-SN. This would equate to **£3,900 per year** which would help to **fund some of our exercise classes, Yoga and craft sessions**. We would be able to offer 3 prizes each month of **£100, £50 and £25**.

Please get in touch if you would be interested in a 100 Club and please spread the word to family, friends and colleagues who may be interested!

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:

- 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
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- 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

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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