# **Critical Times**



Issue 23



Registered Charity 1182307 www.cc-sn.org info@cc-sn.org



### **NOVEMBER 2023**

- Looking forward Support
- Fundraising
- Activities

### **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.



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 (9)
2nd Prize: £28.50
Liz (85)

3rd Prize: £14.25

Andrew (24)



**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!



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

If you would like more information, send your contact details to <a href="mailto:100club@cc-sn.org">100club@cc-sn.org</a> and we will be in touch.

Look out for: Relax & Create,
Quiz Night and Bingo

# Christmas Holiday Dates <u>Please note:</u>

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

December.

Our sessions will **begin** again on Tuesday 2nd

January 2024.

#### **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."

<u>Please note:</u> 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.** 

**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.

# **Charity Christmas Cards**

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 5 x 7 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





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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 18.00 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:



info@cc-sn.org



www.cc-sn.org





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

