

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



[Click Here to go to Fancy by Nature](#)

easyfundraising

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:

info@cc-sn.org

www.cc-sn.org

