

Critical Times

Issue 30: June 2024

Looking back, looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Happy Birthday!

July marks the 1st Birthday of our 100 Club!

We extend our gratitude to everyone who has participated and contributed to raising essential funds for CCSN. Your support allows us to offer all of our services at no cost to those who have faced critical illnesses and their families.

£5 per month or £60 annually buys you one membership number, which enters you into the monthly prize draw. 35% of the monthly income makes up the monthly prizes with the remainder supporting the work of CCSN. The more people who join our 100 Club, the bigger the monthly prizes and more money raised to fund our free exercise and mental wellness sessions.

We currently have 24 numbers available for new and existing members:

32, 34, 37, 39, 41, 43, 44, 50, 53, 55, 59, 60,
61, 65, 68, 70, 71, 72, 74, 75, 91, 95, 97, 99

Did you know... In its first year, the 100 Club has raised £2450.50 for CCSN!

£1319.50 has been awarded in prizes to members of the 100 Club!

£1500 pays for all of our exercise & yoga sessions for one month.

If you would like more information contact: 100club@cc-sn.org

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

100 Club June Draw Winners

This month: 76 numbers entered

Total Prize Fund: £133

Total raised to support CC-SN: £247

- 1st Prize: £76 – Teri (10)
- 2nd Prize: £38 – Jackie (28)
- 3rd Prize: £19 – Janet (93)

Next monthly draw: Thursday 11th July 7:15pm GMT

Thank You

Thank you to Jo for another fantastic relaxation session this month. It left us feeling relaxed and ready for bed.

Thank you to Christine for a very creative DADA Inspired Mixed Media Workshop. A great way for us to unwind and enjoy some mindful moments.

Coming Soon

Notice of Annual General Meeting

You are invited to join our AGM on Tuesday 9th July at 7pm on Zoom to be followed by our usual Tuesday Relatives meeting.

Bartonfest

Bartonfest is a one day charity festival in Cheshire being held on Saturday 14th September. Once again they have kindly chosen to support CC-SN.

If you are able to support them by visiting on the day, you will also be supporting us as well as having a great day out. CC-SN will also be there so come along and say Hi or let us know if you would like to help out on the day.

Free parking and good food available!

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Chester Business Club Sponsored Walk

For those of you who are close to Chester, would you consider joining some of our Committee members for the Chester Business Club Sponsored Walk? The walk will take place on Sunday 15th September. The walk is a lovely Sunday stroll of just over 6 miles starting from Chester Racecourse at 11am then heading for Overleigh roundabout and up the Duke's Drive to Eccleston and back to the Racecourse along the banks of the River Dee with the Club's legendary refreshment stops en route: Mars Bars, Orange Juice, Bacon Butties & Coffee and finishing with Gin & Tonic (there is a soft drink option).

For members who are further afield, would you consider taking part in a sponsored walk around your local area?

Please let Sue Dean know if you would like to participate in the sponsored walk: secretary@cc-sn.org

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 Former Patients Drop-In Meeting

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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