

# ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

[www.cc-sn.org](http://www.cc-sn.org)

[info@cc-sn.org](mailto:info@cc-sn.org)



## JUNE 2023

- Looking forward
- Support
- Looking back
- Activities
- Fundraising



### Exciting news!!

We are launching a **100 Club** to help to **raise money to support CC-SN** as well as offering a **regular prize fund to its supporters.**

If you would like more information, send your contact details to **100club@cc-sn.org** and we will be in touch. **Your friends and family can join too (over 16 years)**

### • PRIZES •

#### 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. 35% of the monthly income will make up the monthly prizes with the remainder supporting the work of CC-SN.

#### How much could we raise?

If 100 people take 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 **fund** some of our **exercise classes, Yoga and craft sessions.**

#### Prizes

3 prizes each month of £100, £50 and £25. (If 100 people join the club)

The more people that join our 100 Club, the bigger the monthly prizes and more money raised for CC-SN.

Dates for your Diary:



First monthly draw: Thursday 13th July 7:30pm BST

If you want to be in with a chance of winning, remember that we need your money by Wednesday 28th June.



**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

**Jo** is doing some additional physio training over the next week or two (one is to qualify her to do pitch side physio! So any footballers or rugby players amongst you could benefit!) Gareth is covering most of her sessions but can't do the Advanced as he has another booking at the same time.

So we thought we would trial something different for **one week only!**

#### Wednesday 28 June at 6 pm for 45 minutes

Jo will run a one-off aerobic style session which will be body weight only. It will be a fun energising session involving aerobic style moves (Jo says leg warmers and headbands optional).

All are welcome, patients and relatives, and all levels of fitness will be catered for – the only requirement is you must be confident standing but it is OK to have a chair to hold on to if necessary.



**Art with Teri**  
Thank you to Teri who helped us all enjoy some relaxation while trying neurographic art.



**Congratulations to Miles for completing his Mount Snowdon climbing challenge - 2160m up a climbing wall to reclaim his 2160 hours spent in ICU!**

Thank you to everyone who has supported so far. Sponsorship is still coming in but the final total will be over £1000!



[Click here to sponsor Miles](#)



Thank you to our Guest Speaker **Jamie Holmes** for an informative and enjoyable talk about his role in ICU and the issues patients face following time in a coma.

### 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 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 INVOLVED

Get in touch for more information and log-in details:



[info@cc-sn.org](mailto:info@cc-sn.org)



[www.cc-sn.org](http://www.cc-sn.org)

GET IN TOUCH

