

## ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

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### JANUARY 2024

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

From the beginning our aim has been to help all Critical Care patients and their families, make the best possible recovery from their illness. We do this by enabling everyone leaving Critical Care to have access to FREE support during the long journey to recovery. We provide a safe space where patients and their families can come and talk about their concerns with others who have had similar experiences and help patients rebuild their strength to enable them to return to their normal life with the support of our qualified trainers.

## Our Exercise Sessions

### Introduction:

To ensure you exercise safely, we invite all new members to an Induction session to allow our trainers to learn about your particular issues and also to allow you to ask any questions and discuss any concerns you may have.

“ My recovery has been slow and thankfully I was advised to join this group for the exercises and the group chat on Thursdays. I have more confidence and know my limits of what I can and can't do. All exercises are modified for me which has helped me to push on with my recovery. I couldn't pour out of the kettle for a hot brew but now with the exercises and physio I get I am starting to get the confidence back to actually do it now with my right hand which I couldn't do for 6-8 months. ~ Andrea ”

### Start Up: Monday 10:30am & Wednesday 10:30am (Chair based)

A class designed for those ready to start moving again but unsure how to go about doing so, or for those who still struggle with daily activities. Entirely seated, we will run through gentle mobilisation exercises to get tired or weak muscles moving again, with a real emphasis on posture, range of movement and the benefits of proper breathing.

### The Next Step: Monday 9:30am & Thursday 11:30am

A combination of traditional strength exercises with short bouts of moderate intensity cardiovascular exercises. Using body weight, resistance bands and dumbbells. Exercises are varied, some sitting whilst others on the feet.

Great for beginners and those of a more intermediate level.

Aimed at strengthening the whole body whilst boosting breathing efficiency and cardiovascular fitness.

### Advanced: Wednesday 9:30am

A class for those ready for the next level but who want to exercise from the comfort and convenience of their own home. A combination of upper and lower body strength, primarily performed standing, with the addition of slightly more challenging moves.

Each week is different with some weeks focusing more on strength and other weeks on cardiovascular endurance. Partners are welcome to join too!

**Yoga: Friday 11am** A class involving gentle postures to release tension, mindful movement to connect with the body, conscious breathwork for improved lung capacity and relaxation to achieve balance. This holistic approach promotes physical and mental well-being, fostering relaxation, awareness, and harmony between mind, body, and spirit.

“ Yet again a great session with Gareth this morning. I don't know where I'd be without this group. It's made a terrific difference having all these exercise classes especially to my mental health.

Thank you to everyone concerned! ~ Janet ”

“Movement is quite literally medicine. I believe, as someone who has studied the benefits of prescriptive



exercise and witnessed time and time again the positive impact it can have, that exercise and functional rehabilitation is the key to physical and psychological recovery” ~ Jo (one of our trainers).

### Core Control Level 1:

#### Tuesday 9:30am (Chair based)

A combination of core strength exercises combined with traditional strength exercises using dumbbells, resistance bands and body weight.

Some exercises are done standing, however there is always an option to do them sitting which means the whole session can be done seated.

Low intensity - great for beginners and those in the early stages of rehabilitation. Can help reduce lower back pain, increase mobility and flexibility whilst strengthening the core muscles and improving breathing efficiency.

### Core Control Level 2:

#### Saturday 9:30am (Floor based)

A combination of core strength exercises based on Matt Pilates principles combined with traditional strength exercises using body weight and incorporating resistance bands.

Great for developing core strength, stability, mobility and flexibility.

### Congratulations to Samantha Drewett who took part in the Transplant Games in August and won a bronze medal for tennis!

*"I would like to thank Amanda and Sue for the brilliant organisation that is CC-SN and to the fabulous instructors, particularly Lynne and Jo, that have enabled me to get to where I am today. I took part in the Transplant Games in August and won bronze medal in Tennis. This would not have been possible without the support from CC-SN.*

*I never thought that I would be able to play tennis again. I have played tennis since the age of 10 and when I became ill, the thought of never playing again was devastating. I have recently joined a local tennis club and although I don't think I will achieve the standard that I used to play at, it's great to be back on court again and playing in the transplant games was fantastic."*



Look out for our next Bingo night on Friday 1st March.



Thank you to Miles for hosting an enjoyable Quiz Night and to Julie and Sarah for some interesting questions! Congratulations to Debs, Nina and Lucille who won 1st, 2nd and 3rd prizes.

#### This month:

65 numbers entered

Total Prize Fund:

**£112.75**

Total raised to support

CC-SN: **£212.25**

January  
Draw  
Winners!



**1st Prize: £65**

Janet

**2nd Prize: £32.50**

Nina

**3rd Prize: £15.25**

Maureen

Next monthly draw:

**Thursday 8th February**

**7:30pm GMT**

If you would like more information email [100club@cc-sn.org](mailto:100club@cc-sn.org).

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