

ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



AUGUST 2023

- Looking forward • Support
- Fundraising • Activities



August Draw Winners!

This month:
51 numbers entered
Total Prize Fund: £89.25
Total raised to support CC-SN: £165.75

1st Prize: £51
Lin (38)
2nd Prize: £25.50
Gavin (66)
3rd Prize: £12.75
Teri (6)

Lottery licence no. 22/LOTTO/2 with Cheshire West & Chester Council



Next monthly draw:
Thursday 14th September
7:30pm BST

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

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

If you would like more information, send your contact details to 100club@cc-sn.org and we will be in touch.



Chester Business Club Sponsored Walk: Sunday 17th September

Those of you who are close to Chester might like to support us this year by taking part in the **CBC Sponsored Walk.**

The walk will start at 11.00am
(Registration from 10.15am).

To add to the **fun** on the day, there will be **face painters** and **prizes** for the individual raising the most money, best behaved dog (consolation prize for worst behaved canine) and all walkers raising £100 or more will be entered into a Prize Draw with some fine prizes to be won.

Last year, Stuart, Phil, Maria, Julie and Mark (& Margot, Stuart's dog!) all took part and raised over £1492 for CC-SN!

Starting and finishing at **Chester Racecourse** (free parking), it's a **gentle Sunday morning stroll**, its distance only six miles (and a bit!) with the Club's legendary **refreshment stops en route** – Mars Bars ~ Orange Juice ~ Bacon Butties & Coffee ~ and finishing with Gin & Tonic (but there is a soft drink option).

Phil, Stuart and Julie are already registered so if you would like to take part,

please contact
Sue Dean:
secretary@cc-sn.org
for more information



Sponsor forms, t-shirts and tabards can be provided.



GOOD LUCK!



Good luck to **Zoe Boyd** (an ICU nurse from Manchester) who is running the **Great North Run** for CC-SN on **10th September**. Please support Zoe by clicking on the link to donate.

[Click here to sponsor Zoe](#)

WELL DONE!



Carla went to **St Kitts** with her family for a holiday but then set herself the **challenge of a lifetime** - climbing **Mount Liamuiga**, a **1156m volcano** on the island!

CC-SN is very close to Carla's heart due to the support she had when her husband, Rick, was in ICU in 2020 so she feels she wants

to give something back. Please donate via the link to help her raise as much as possible.

[Click here to support Carla](#)

Bartonfest is a one day charity festival in **Cheshire** being held on **Saturday 16th 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!

[Bartonfest Facebook Page](#)

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	9.00 am Advanced Exercise Group 10.00 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

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