

Critical Times



Issue 48: December 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org
info@cc-sn.org

100 Club Congratulations to our December Draw Winners

This month: -87 numbers entered.

Total Prize fund: £152.25

Total raised to support CC-SN: £282.75

- **1st Prize: £87 Lynn S (40)**
- **2nd Prize: £43.50 Terkel (19)**
- **3rd prize: £21.75 Sarah L (59)**

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

For more information about becoming part of our 100 club, please email 100club@cc-sn.org

Our next monthly draw is on Thursday 8th January at 7.15pm

Christmas Holiday Dates

The last session before Christmas is **Saturday 20th December** Sessions will begin again on **Monday 5th January 2026**.

Quiz Night!

Thank you, Peter, for the fun Quiz night he hosted recently. Well done to our winners too. 1st place went to Yvette; 2nd place to Vicky and 3rd place to Miles.

Thank you to Alderstone Solicitors

Alderstone Solicitors in Chester are using the festive period to fundraise for CC-SN. They are having a Christmas Jumper Day and holding a "Make a Christmas Wreath" event. We look forward to seeing pictures and wish them a Merry Christmas.

Relaxation

Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 15th December at 9pm** and again on **Monday 12th January at 9pm**.

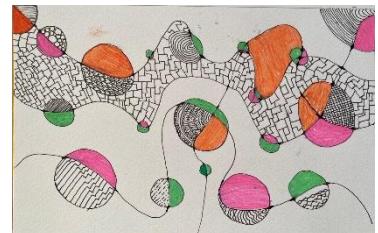
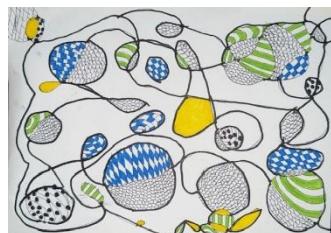
Guest Speakers

Thank you to Tjasa who came to drop in on Thursday 4th Dec to talk about the development of VR Headsets and their use with patients with Delirium.

On **Thursday 15th January** at 7.30pm, Andrea Reynolds from the Outreach Team at Countess of Chester Hospital is joining us to talk about our experiences with ICU diaries and to tell us about Call4Concern. Check your emails for more information if you would like to join us.

Therapeutic Art with Christine

Thank you to Christine for our third enjoyable art session where we used circles, lines, pattern and colour to help us relax and switch off while we created! We now have lots of ideas to continue and use the techniques of zentangle and neurographic art to help us unwind.



Mental wellness programme

We fully understand the stress that comes with a Critical Care admission for you and your family, which is why we offer a comprehensive mental wellness programme, designed to assist both patients and their families in managing stress and anxiety. Our programme includes relaxation techniques and pathways to mindfulness and tranquillity.

Try Jo's monthly relaxation sessions (Monday @ 9pm) and Laura's weekly yoga session (Friday @ 9am) Email info@cc-sn.org for more information.

Support Us Through Easyfundraising – It's Free!



Did you know that you can now raise free donations for CC-SN just by shopping online via Easyfundraising? It is easy to use and doesn't cost you anything – simply start your shopping at www.easyfundraising.org.uk

Over 8000 online retailers will give us money when you shop with them through the easyfundraising app or website. Whatever you are shopping online for, you can support us - for free.

Thank you to everyone who has already signed up and supports CC-SN this way.

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, whether you are just out of hospital or well on the road to recovery. It is never too soon or late to start.

All sessions are FREE to our members and their families.

Monday:	<ul style="list-style-type: none">• 9.15am Exercise Group- The Next Step• 10.00am Start Up Exercise- 45 mins
Tuesday:	<ul style="list-style-type: none">• 9.30am Core Control -Level 1• 8.00pm Family Drop-In Meeting.
Wednesday:	<ul style="list-style-type: none">• 9.15am Advanced Exercise Group• 10.00am Start Up Exercise- 45 mins
Thursday:	<ul style="list-style-type: none">• 10.30am Exercise Group-The Next Step• 7.30pm Former Patients Drop-in Meeting
Friday:	<ul style="list-style-type: none">• 9am Gentle Yoga
Saturday:	<ul style="list-style-type: none">• 9.30am Core Control- Level 2 (Floor Based)

All our sessions are on Zoom so they can be done from the comfort of your own home, allowing you to start your recovery journey as soon as possible after leaving hospital, no matter how weak or fit you are. Please come along to as many sessions as you fancy trying- remember all sessions are FREE to our members and their families.

All movement is medicine, especially after ICU. Regular exercise can boost your mood, reduce stress and anxiety as well as make you stronger. Give it a go!

Upcoming Events:

Relaxation with Jo. Monday 15th December 9pm.

Monday 12th January at 9pm.

Bingo Night Friday 23rd January at 8pm - more details coming soon!

Guest Speaker (see above) Thursday 15th January at 7.30pm.

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