

Critical Times



Issue 48



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DECEMBER 2025

Looking forward Support
Looking back Activities
Fundraising



December
Draw
Winners!

This Month:
87 numbers entered
Total Prize Fund: £152.25
Total raised to support
CC-SN £282.75

1st Prize: £87
Name: Lynn S (40)
2nd Prize: £43.50
Name: Terkel (19)
3rd Prize: £21.50
Name: Sarah L (59)

Next monthly draw: **Thursday 8th January at 7:15pm** To join the draw email 100club@cc-sn.org

Quiz Night

Thank you to Peter for hosting our recent Quiz night. It was great fun. Well done to our winners too: 1st Yvette, 2nd Vicky and 3rd Miles.

Therapeutic Art

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.



Christmas Holiday Dates Please note: The last sessions before the Christmas break will be on **Saturday 20th December**.

Our sessions will begin again on **Monday 5th January 2026**.

Mental Wellness Programme

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

Try Jo's monthly relaxation sessions (**Monday 15th Dec and Monday 12th January @ 9pm**) and Laura's weekly yoga session (**every Friday @ 9am**)

Email info@cc-sn.org for more information.

Guest Speakers

Thank you to Tjasa who came to drop in on Thur 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. Everyone is welcome.



Thank you 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 all them a Merry Christmas.



Your online Christmas shopping can raise free donations for us



Did you know you can support CC-SN every time you shop online?

You can 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.



Join our Bingo Evening for a night of laughs and prizes.

Friday 23rd January 2026 @ 8pm
More details coming soon!



Our Session Schedule:

Monday	9.15am Exercise Group- Next Step 10.00am Start Up Exercise
Tuesday	9.30am Exercise Core Control 1 8pm Family & Friends Drop In
Wednesday	9.15am Advanced Exercise Group 10.00am Start Up Exercise – 45 mins
Thursday	10.30am Exercise Group – Next Step 7.30pm Former Patients Drop-In
Friday	9am Gentle Yoga
Saturday	9.30am Core Control - level 2

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.

Drop-In Meetings

Family - Tuesday Evenings: 8pm - 9:30pm

Former Patients - Thursday Evenings: 7:30pm - 9pm

If you're interested in joining us – whether to chat or simply listen – please reach out to info@cc-sn.org and we will provide you with easy instructions and the link.



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



info@cc-sn.org



www.cc-sn.org

