

Critical Times



Issue 51: March 2026

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

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CC-SN Annual Prize Draw Thursday 26th March

Our Annual Prize Draw helps us to raise awareness about what CC-SN does to help Critical Care patients and families to make their best possible recovery from their illness as well as raising vital funds for all our FREE sessions – exercise, chair yoga, relaxation, social events and drop-in meetings for patients and families where you have the chance to chat and ask questions about the things that worry you.

There is still time to support CC-SN by purchasing raffle tickets for the Annual Prize Draw. You can buy as many or as few as you would like- tickets are £1 each. To buy raffle tickets, please email: helenb.teamadmin@cc-sn.org

It is easy to enter and support CC-SN:

1. Email helenb.teamadmin@cc-sn.org with how many tickets or books you would like.
2. We will provide you with payment details so that you can make a bank transfer for your payment.
3. We will provide you with a photo of your tickets. If you are planning to sell them to others, then we can post the tickets/books to you.

Prizes to be won!

1st prize: £250 e-vouchers of your choice generously donated by Alderstone Solicitors

2nd prize: £150 e-vouchers of your choice kindly donated by a supporter.

3rd prize: £100 M&S voucher kindly donated by a very grateful family, J & J Williamson.

4th prize: £50 John Lewis Voucher kindly donated by Impact International.

5th prize: £30 All4One voucher donated by an ex-patient.

6th prize: £25 M&S voucher donated by M&S.

7th prize: £20 voucher of your choice generously donated.

8th prize: £20 Costa Voucher generously donated.

9th prize: £10 Costa voucher generously donated by an ex-patient.

10th prize: £10 Amazon voucher generously donated.

Anniversary Coffee morning 4th March

It's our 10th Birthday this year and we'd love you to help us celebrate this amazing milestone!

The group was set up 10 years ago by people with lived experience of life after ICU, to support others affected by critical illness — and we're so proud of how far we've come together.

What's a birthday without cake?

Please join us for our Coffee Morning on 4th March — enjoy some cake, have a drink and help raise vital funds for CC-SN. There are lots of ways you can get involved:

- Host your own coffee and cake morning with family, friends or colleagues.
- Sell tickets for our annual prize draw (great prizes to be won)
- Share photos of your event on Facebook to help spread the word.

Or, if you're celebrating alone, join our virtual Zoom coffee morning from 11am–12pm on 4th March (email sarahl.teamadmin@cc-sn.org for log in details)

However you choose to take part, we'd love you to be part of our celebrations.

please email: sarahl.teamadmin@cc-sn.org for more information.

Thank you Peter!

Thank you to Peter for a fun quiz night on Fri 27th Feb. There were 5 sections: General Knowledge, Film and TV, 2025, History and Music. Well done to the winners: 1st place went to Lin, and joint 2nd place to Helen and Kevin.

100 Club

85 numbers entered the February draw.

The **total prize fund was £148.75**

The **total raised to support CC-SN was £276.25**

1st prize: £85 Maureen B (4)

2nd prize: £42.50 Keith B (8)

3rd prize: £21.25 Sarah L (59)

Winners will be notified after our next draw on **Thursday 12th March-** or join us online at 7.15pm to see if you are a winner. Results of March draw will be in the April newsletter. Email info@cc-sn.org for log in details or if you would like to enter the draw.

Relaxation

Thank you to Jo for another fantastic session in February guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 23rd March @ 9pm**. Check your emails to sign up.

Guest Speaker

On **Thursday 5th March at 7.30pm** we have Rob Jones (The Idiopath) sharing his own Critical Care story and how he has used the experience to set up his own business. He will be talking about the power of resilience and CPR.

Coming soon!

- Wednesday 4th March Anniversary Coffee Morning
- Thursday 5th March @7.30pm: Guest Speaker: Rob Jones
- Thursday 12th March @7.30pm: 100 Club Draw
- Monday 23rd March @9pm: Relaxation with Jo.
- Thursday 26th March @ 7pm: Annual Prize Draw

- Therapeutic Writing workshop: Sunday 12th April, 19th April and 26th April @10am

More information to follow about these events- check your emails.

Therapeutic Writing Workshop:

Sunday 12th April, 19th April and 26th April @10am

We will be holding a gentle writing workshop for people who have experienced ICU. How you are left feeling can be intense or hard to put into words — and when they remain unspoken, they can also feel heavy or confusing.

It will be run by Miles (our Chairman) who says: “I survived ICU myself — including a coma — and I learned that words can become a way of stitching your story back together. This workshop isn’t therapy; it’s a quiet place to explore what you’ve carried since ICU.”

Writing offers a safe, flexible way to explore what you’ve lived through, at our own pace. By putting even small fragments into words, you can begin to make sense of them, uncover feelings you didn’t realise you were carrying, and sometimes find clarity, comfort or simply a little more breathing space.

There’s no pressure to write in a particular way or to share anything at all. Through simple prompts, you’ll approach your experiences gently and creatively, honouring the fact that each person’s story is unique.

Jess Blundell takes on this years London Marathan 26th April

Fundraising for CC-SN, Jess will be running 26.2 miles. Jess says:

“CC-SN continues to provide invaluable support to our family, following her dad’s lymphoma diagnosis in 2022. The charity helps critical care patients and their families navigate the journey of recovery, offering free rehabilitation programmes that strengthen both physical and mental wellbeing. Every donation makes a real difference- thank you for your support!”

Click the link if you can support her: <https://cafdonate.cafonline.org/30049>

Our Session Schedule:

All 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 Next Step Exercise• 10.00am Start Up Exercise
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• 10.00am Start Up Exercise
Thursday:	<ul style="list-style-type: none">• 10.30am Next Step Exercise• 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!

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