

Critical Times

Issue 37: January 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Gentle Yoga with Rebecca – Fridays @ 11:30am

Chair yoga offers a supportive and accessible way to rebuild strength, flexibility, and peace of mind during recovery. This gentle practice is specifically designed for individuals seeking a low-impact, nurturing approach to movement.

Benefits of Gentle Chair Yoga:

- Improved Circulation: Helps stimulate blood flow, which aids in healing and overall vitality.
- Enhanced Flexibility: Gradual stretching supports joint mobility and reduces stiffness.
- Stress Reduction: Breathing techniques and mindful movement promote relaxation and mental clarity.
- Increased Strength: Gentle exercises rebuild muscle tone and improve balance without strain.
- Boosted Energy: Restorative poses encourage the release of tension and restore energy levels.

This class offers a range of modifications throughout so you can do as much or as little as you feel is right for you. It is a great place to regain confidence in your body and reconnect with yourself and your well-being.

Email info@cc-sn.org if you would like to join a session.

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

100 Club January Draw Winners

This month: 77 numbers entered

Total Prize Fund: £134.75

Total raised to support CC-SN: £250.25

- 1st Prize: £77 – Lin (38)
- 2nd Prize: £38.50 – Molly (21)
- 3rd Prize: £19.25 – Sue D (14)

Next monthly draw: Thursday 13th February 7:15pm GMT

To join the draw, email 100club@cc-sn.org

Coming Soon

- Relaxation with Jo – Monday 27th January
- Bingo with Stuart – Friday 7th February
- Relaxation with Jo – Monday 24th February
- Quiz Night with Peter – Friday 28th February

More information to follow.

Scheduled Speakers for the Former Patients Drop-in

Thursday 13th February @ 7:30pm

Brenda and Anya from Vanderbilt University Medical Center will be joining us to speak about delirium.

If you have any suggestions for topics you would like to explore during the Thursday night drop-in, please feel free to email Debs:

debsh.teamadmin@cc-sn.org

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

Thank you

A huge thank you to the Staff and Pupils of Layton Primary School in Blackpool who held a non-uniform day on the last day of term and raised £644.11 for CC-SN after hearing about us from Sarah Leighton.

Mental Wellness Upcoming Events

- January 21st – Art with Christine 11am-12:30pm
- January 27th – Relaxation with Jo – 9pm
- February 24th - Relaxation with Jo – 9pm
- February 25th - Art with Christine 11am-12:30pm
- March 25th - Art with Christine 11am-12:30pm
- March 31st - Relaxation with Jo – 9pm

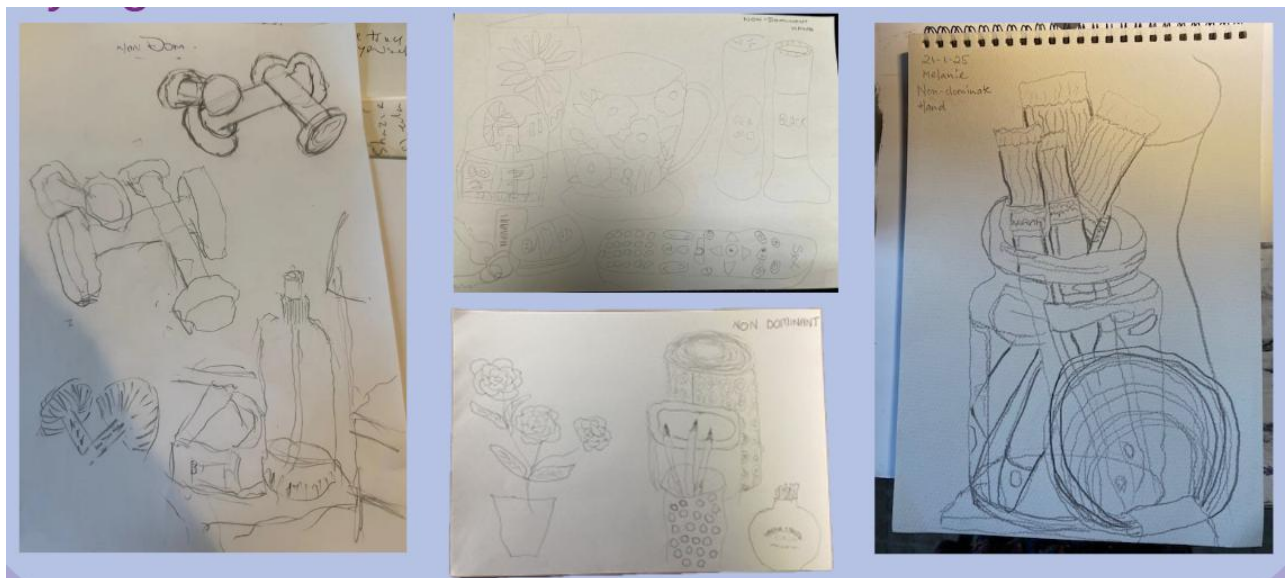
- **Every Friday** – Gentle Yoga with Rebecca – 11am

With thanks to the generous funding from Chester West Voluntary Action and the Anne Duchess of Westminster Fund.

Stay tuned for more details!

Art Session with Christine

Thank you to Christine for a great art session where we started to learn about the artist Friedensreich Hundertwasser. It was a challenge (but enjoyable) trying to draw still-life with our non-dominant hand!



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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 Family & Friends Drop-In Meeting

Wednesday

- 9.30 am Advanced Exercise Group
- 10.30 am Start Up Exercise – 45 mins

Thursday

- 11.30 am Exercise Group – the Next Step
- 7.30 pm Former Patients Drop-In Meeting

Friday

- 11.30 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:

Email: info@cc-sn.org

Visit: www.cc-sn.org

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