

# Critical Times



## Issue 50: February 2026

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

[www.cc-sn.org](http://www.cc-sn.org)

[info@cc-sn.org](mailto:info@cc-sn.org)

### **New Issue date for Newsletters**

Following feedback, we have decided to issue the Newsletter at the start of each month, so you have all the dates for that month in one place. We hope you find this useful.

### **CC-SN Annual Prize Draw Thursday 26<sup>th</sup> 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 are several ways to get involved and support us whether that is buying some tickets yourself, selling them to family, friends and colleagues, donating a prize (ideally a voucher or something that can be emailed), or simply spreading the word about our Annual Prize Draw. Tickets are £1 each and come in books of 5. If you would like raffle tickets, please email:

[helenb.teamadmin@cc-sn.org](mailto:helenb.teamadmin@cc-sn.org)

### **Prizes to be won!**

1<sup>st</sup> 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.

Any many more prizes to be won including £50 John Lewis Voucher, £30 All4One voucher, Costa vouchers and more to be announced!

## **100 Club**

The results for February will appear in the March Newsletter. Winners will be notified after the draw on **Thursday 12<sup>th</sup> February**- or join us online at 7.15pm to see if you are a winner. Email [info@cc-sn.org](mailto:info@cc-sn.org) for log in details.

## **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](mailto:info@cc-sn.org) for more information.

## **Relaxation**

Thank you to Jo for another fantastic session in January guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 9<sup>th</sup> February at 9pm**. Check your emails to sign up.

## **Guest Speakers**

On **Thursday 12<sup>th</sup> February at 7.30pm** Caitlan is talking about a large UK study called UK-ROX.

The study looked at 16,500 very unwell patients in intensive care who were on breathing machines between 2021 and 2024. Join us to find out what the study found.

## **Quiz Night**

Join us on Friday 27<sup>th</sup> February at 8pm as Peter tests our knowledge in his latest quiz. There are prizes to be won, and you will learn some fascinating facts if you don't know all the answers. It promises to be a fun evening.

## **Coming soon!**

- Relaxation with Jo – Monday 9<sup>th</sup> February 9pm
- 100 Club February Draw- Thursday 12<sup>th</sup> February 7.15pm
- Guest Speaker- Caitlan UK-ROX Trial Results @ Drop-In on Thursday 12<sup>th</sup> February 7.30pm

- Quiz with Peter– Friday 27th February 8pm
- Anniversary Coffee Morning 4<sup>th</sup> March (see below)
- Guest Speaker- Rob The Idiopath @ Drop-In on Thursday 5<sup>th</sup> March 7.30pm
- Relaxation with Jo - Monday 23<sup>rd</sup> March 9pm
- Annual Prize Draw Thursday 26th March

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

### **Anniversary Coffee Morning**

In 2026, CC-SN celebrates its 10<sup>th</sup> birthday. March 4<sup>th</sup> is the date the CC-SN became a registered charity. It's a fantastic excuse to meet up with family or some friends for coffee and cake, sell them some Prize Draw tickets and help raise funds for the charity. We would love you to send any photos from your event to us at [info@cc.sn.org](mailto:info@cc.sn.org) and we can tell you how to send funds raised to us.

### **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.

<b>Monday:</b>	<ul style="list-style-type: none"> <li>• 9.15am Next Step Exercise</li> <li>• 10.00am Start Up Exercise</li> </ul>
<b>Tuesday:</b>	<ul style="list-style-type: none"> <li>• 9.30am Core Control -Level 1</li> <li>• 8.00pm Family Drop-In Meeting.</li> </ul>
<b>Wednesday:</b>	<ul style="list-style-type: none"> <li>• 9.15am Advanced Exercise</li> <li>• 10.00am Start Up Exercise</li> </ul>
<b>Thursday:</b>	<ul style="list-style-type: none"> <li>• 10.30am Next Step Exercise</li> <li>• 7.30pm Former Patients Drop-in Meeting</li> </ul>
<b>Friday:</b>	<ul style="list-style-type: none"> <li>• 9am Gentle Yoga</li> </ul>

<b>Saturday:</b>	<ul style="list-style-type: none"><li>• 9.30am Core Control- Level 2 (Floor Based)</li></ul>

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.**