



## ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

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

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



### FEBRUARY 2026

- Looking forward
- Looking back
- Fundraising
- Support
- Activities

## 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 are several ways to get involved and support us whether that is buying some tickets yourself, selling them to family, friends and colleagues 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)**

## Enter to WIN!!



### Prizes to be won!



A huge thank you to those who have donated these lovely prizes.

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

### 2<sup>nd</sup> Prize:

£150 e-vouchers of your choice generously donated by a supporter.

### 3<sup>rd</sup> Prize:

£100 M&S voucher kindly donated by a very grateful family, J&J Williamson

Other Prizes include: £50 John Lewis voucher, £30 All4One voucher, £25 M&S voucher, £20 or £10 Costa vouchers.

We are still receiving prize donations so lots of chances to win.

### 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.

## 10

### Anniversary Coffee Morning



In 2026, CC-SN celebrates its 10th birthday. March 4th 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.



The February Draw will take place on Thursday 12<sup>th</sup> February at 7.15pm . Join us online to watch the draw live. Winners will be notified after the draw and results will be in the March newsletter. To join the draw email [100club@cc-sn.org](mailto:100club@cc-sn.org)



### Quiz Night



Join us on Friday 27th 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.



### 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 9th February at 9pm. Check your emails to sign up.

# COMING SOON

## More information to follow



Relaxation with Jo Mon 9<sup>th</sup> February @9pm



100 Club Draw Thur 12<sup>th</sup> Febraury @7.15pm  
Guest Speaker: Caitlan UK-Rox Trial Results @ Drop-In Thur 12<sup>th</sup> February @7.30pm



Quiz Night Fri 27<sup>th</sup> February @8pm



Anniversary Coffee Morning Wed 4<sup>th</sup> March



Guest Speaker Rob The Idiopath @ Drop-In Thur 5<sup>th</sup> March 7.30pm



Relaxation with Jo Mon 23<sup>rd</sup> March 9pm



Annual Prize Draw Thur 26<sup>th</sup> March

**UK-ROX TRIAL RESULTS**  
Intensive Care Unit Randomised Trial Comparing Two Approaches to Oxygen Therapy

12<sup>th</sup> February 19.30-20.00

Presented by: Amelia Francis Johnson  
Trial Coordinator, ICNARC

Look forwards to seeing you there!

## Our Session Schedule

Monday	Next Step with Jo @ 9.15am Start Up with Jo @ 10am
Tuesday	Core Control with Gareth @ 9.30am
Wednesday	Advanced with Jo @ 9.15am Start Up with Jo @ 10am
Thursday	Next Step with Gareth @ 10.30am
Friday	Yoga with Laura 9am
Saturday	Floor Based Core Control with Gareth @ 9.30am
Family Drop-in Tuesday 8-9pm Former patients Drop-in Thursday 7.30pm-9pm	

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 & Friends - Tuesday Evenings: 8pm - 9pm  
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](mailto: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](mailto:info@cc-sn.org)



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



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

