

Critical Times

Issue 12: December 2022

Looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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Looking Back:

Thank you to Daniel for hosting an enjoyable Quiz Night. Congratulations to Nina & Mark, Janet and Kim.

Thank you to Jo for guiding us through some relaxation techniques including gentle stretches and breathing.

A big thank you to Zoe who has been helping us to achieve some mindfulness through art this year. We will be sad to see you go but have thoroughly enjoyed getting creative.



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A date for your diary... Join us for our Burns Night Murder Mystery on Friday 27th January at 8pm GMT – Death at the Distillery.

Fundraising:

A big thank you to everyone who has helped to support our fundraising efforts this year either through completing sponsored events, giving donations, sponsorship or using one of the free fundraising methods we have been sharing.

Your support has helped us to continue to provide FREE support for critical care patients and their families in helping them to make the best possible recovery from their illness.

Did you know..?

- £125 pays for more resistance bands for new members as they join the exercise group.
- £250 pays for another set of Arts & Crafts sessions, including the necessary supplies for everyone.
- £500 pays for new printed leaflets to go to ICU units to tell critical care patients about our Group and the help we offer.
- £1500 pays for all our sessions for one month.

There is still time to sponsor Miles on his wall climbing adventure: 2160m!

To sponsor Miles, use the link below:

<https://cafdonate.cafonline.org/21486>

Or you can donate to CC-SN using the link:

<https://cafdonate.cafonline.org/19757>

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Money 4 Nothing

- [Click here to visit Amazon Smile](#)
- [Click here to visit EasyFundraising](#)
- [Click here to visit Recycle4Charity](#)

Sessions:

All sessions will have a festive break from Saturday 24th December. We will be back on Tuesday 3rd January 2023!

<u>Exercise Groups</u>	<u>Drop-In Meetings</u>
<ul style="list-style-type: none">• Introduction• Start Up• The Next Step• Advanced Core Control – level 1 and 2 Gentle Yoga	<ul style="list-style-type: none">• Relatives Tuesday Evenings: 8pm - 9:30pm <ul style="list-style-type: none">• All welcome! Thursday Evenings: 7:30pm - 9pm
If you would like to join in - to chat or just to listen - please contact info@cc-sn.org and we will send you simple instructions and the link.	

We would like your ideas

Please contact us if you have any suggestions for social events or activities that you would like to see in the future.

We would also like more ideas for topics that you would like discussed at the drop-in meetings. If you know of anyone who would like to speak on a topic, please let us know.

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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