

Critical Times



Issue 53: May 2026

Looking forward, looking back, fundraising, support, activities



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Well done Jess Blundell!

On Sunday 26th April, Jess ran 26.2 miles in the London Marathan to support CC-SN's vital life changing work.

Jess did an incredible job and completed the course in 5 hours, 32 minutes and 46 seconds, placing her in position 47868 overall and position 10692 in women, which is fantastic.

So far, she's raised an amazing £1285 with donations still coming in. We will give you the grand total raised next month!

It's not too late to support Jess, and if you are able to, please click here to donate:

<https://cafdonate.cafonline.org/30049>



Wainhouse Tower Abseil: Friday 29th May

Stuart Hughes, Marketing Manager for Alderstone Solicitors, enjoyed the Trafford Palazzo Challenge last year so much that he can't wait until June! With some of his colleagues, they are tackling the world's highest folly (in Halifax) on Friday 29th May to raise money for CC-SN.

Please support them if you can or get in touch if you would like to join Stuart doing this abseil.

<https://cafdonate.cafonline.org/30451>

Trafford Palazzo Abseil

We're looking for brave supporters to raise money for CC-SN and take on The Trafford Centre Palazzo Plunge!

Would you like to abseil down the impressive Palazzo Tower?

This year, the event will take place on Sunday 28th June and you do not need any previous abseiling experience as you will be supervised by professional instructors. CC-SN will also be there to support you and cheer you on. It was great fun last year.

If you would be interesting in taking part in the sponsored event on behalf of CC-SN please email Sue Dean: secretary@cc-sn.org

Twickenham October 2026

Is Trafford Centre too far away for you? Abseiling not for you? Something special is happening at Twickenham this October....Would YOU like to be part of it? More details coming soon...

Art Sessions

Chris Gallagher is running some art sessions for us on 12th May, 19th May and 9th June, 11am -12.30pm

Chris has run several art classes for us and this time she is going to do three stand-alone sessions so you can sign up for all/ one of the sessions.

Each session will be guided by her and is suitable for everyone from beginners and experienced artists. Art improves mental wellbeing by reducing stress hormones, Tuesday fostering a flow state that offers a mental escape.

Engaging in creative activities boosts self-esteem, allows for expression and fosters social connection.

Sessions are free and on zoom and you only need resources you will already have at home. Chris is welcoming and explains things clearly and there is no pressure to show your work (unless you want to).

If you are interested in signing up, please email sarahl.teamadmin@cc-sn.org and check your emails for further information.

Book Club

Would you be interested in joining a monthly online book club?

To expand our Mental Wellness Programme, we are hoping to start a book club- open to everyone: Former patients, families and staff members.

Reading has many benefits It helps reduce stress, strengthens brains, increases focus and attention, can improve sleep, mood and improves empathy and understanding.

How will it work? We will choose a book which is available in lots of different formats (paper, kindle and audio). You read the book at your own pace, we will then meet monthly on zoom to chat about the book (with questions to guide discussion). It will be a friendly and relaxed atmosphere- definitely no tests or right and wrong answers!

Email info@cc-sn.org for more information and to sign up.

More details will be emailed out soon...

Guest Speaker: Dr Paul Dean- Thursday 14th May@ 7.30pm

Dr Paul Dean (Consultant in Intensive Care Medicine) who works at East Lancashire Hospital Trust will be coming to talk to us and answer questions about all things ICU.

It promises to be very informative- please check emails for how to sign up for log-in details.

100 Club Winners

89 numbers entered the April draw.

The **total prize fund was £155.75**

The **total raised to support CC-SN was £289.25**

1st prize: £89 Phil D (22)

2nd prize: £44.50 Lisa F (61)

3rd prize: £22.25 Sarah G (3)

Winners will be notified after our next draw on **Thursday 14th May**- or join us online at 7.15pm to see if you are a winner. Results of May draw will be in the June newsletter. Email info@cc-sn.org for log in details or if you would like to enter the draw.

100 Club impact

Did you know? Last year the 100 club raised an impressive £3308.50 for CC-SN with £1781.50 being won in prizes. Since 100 club began in 2023, £7991.73 has been raised overall for CC-SN with £4302.75 given as prizes. Playing really does make a difference and the more people in the draw, the bigger the prize pot. What are you waiting for?

Relaxation

Thank you to Jo for another fantastic session in April guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 18th May @ 9pm**. Check your emails to sign up.

Eyes down for a full house!

On **Friday 22nd May**, Stuart will be hosting another fun packed **Bingo night**. Lots of laughs and prizes to be won, what are you waiting for? Sign up to join in. More details to follow!

Coming soon!

- Tuesday 12th May: Art with Christine Session 1
- Thursday 14th May @7.15pm: 100 Club Draw
- Thursday 14th May @7.30pm Guest Speaker: Dr Paul Dean
- Monday 18th May @ 9pm: Relaxation with Jo
- Tuesday 19th May: Art with Christine: Session 2
- Friday 22nd May @8pm: Bingo!

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

Bank Holidays

Please note there are no classes on Monday 4th May & Monday 25th May for the Bank Holidays. All other classes will run as normal.

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.

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!

Monday:	• 9.15am Next Step Exercise • 10.00am Start Up Exercise
Tuesday:	• 9.30am Core Control -Level 1 • 8.00pm Family Drop-In Meeting.
Wednesday:	• 9.15am Advanced Exercise • 10.00am Start Up Exercise
Thursday:	• 10.30am Next Step Exercise • 7.30pm Former Patients Drop-in Meeting
Friday:	• 9am Gentle Yoga
Saturday:	• 9.30am Core Control- Level 2 (Floor Based)

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