

ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

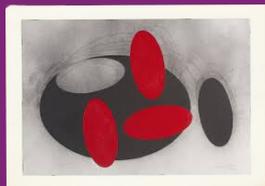
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APRIL 2022

- A look back at March
- Fundraising
- Support
- Activities
- Looking forward



The final 'circles' art session based on art by Nigel Hall, was thoroughly enjoyed on 29th March.

We were able to use the techniques that Zoe had taught us in the previous sessions to create a final piece of art. We are looking forward to the next set of sessions.



Jo helped us to relax again with her **Relaxation Masterclass** on 28th March. Thank you Jo for talking us through the techniques to allow us to go away feeling relaxed and ready for sleep.



Thank you very much to **Ian Hocking**, who raised a fantastic **£778** for the CC-SN. He ran an incredible 50 miles in the 'Testway Ultra' in just over 10 hours!

The run was a lot more fun than I imagined! I was very lucky with the weather. We had clear blue skies all the way, with a fresh breeze at my back, which brought with it a spot of lovely snow towards the end. With fantastic support from my wife, Britta (who turned up with a crucial Pot Noodle half way through!) I managed to put in a respectable time, with no blisters or injuries - in fact, the two injuries I did have seemed to have been cleared up by the run. The organisers were fantastic and the volunteers at the aid stations were equally adept at dishing out food and one-liners. If you fancy a long jog, I can heartily recommend it!



CC-SN Annual Prize Draw Winners



1st Prize: £250 John Lewis Voucher (Birchall Blackburn Law)
Ticket number 00029 - Catherine Armah

2nd Prize: 12 bottles of beer & wine (Chester Beer & Wine)
Ticket number 01345 - K Badgery



3rd Prize: £50 voucher (Freddie's Flowers)
Ticket number 01396 - C Sinason

4th Prize: Gousto Voucher - Ticket number 00392 - Sophie Daley

5th Prize: Bungee Jump (Buyagift) - Ticket number 01246 - A Mills

6th Prize: Cadburys Family Easter Egg Selection - Ticket number 00128 - L Disley

7th Prize: Cadburys Family Easter Egg Selection - Ticket number 01593 - Keira Locke

8th Prize: Cadburys Family Easter Egg Selection - Ticket number 01584 - T Gilmore

9th Prize: Family Ticket to the Hornby Visitor Centre (Hornby) Ticket number 01168 - M Charlery



Thank you to everyone who bought and sold raffle tickets for our **Annual Prize Draw**. A huge thank you as well to those who generously donated prizes - we couldn't have run the draw without them! The prize draw was held during our drop-in meeting on Thursday 7th April. This is the first time that we have attempted a postal raffle and it went really well.

Thanks to all of your support we have made a net profit of **£1203** which is a major boost to our funds and will allow us to keep all our activities running – a few new ones too. Watch this space!

Upcoming Sessions

Exercise Classes

Exercise Groups:

- Introduction
- Start Up
- The Next Step
- Advanced

Core Control – level 1 and 2
Gentle Yoga



Arts & Crafts with Zoe Tucker

Tuesday 26th April, 24th May & 28th June

Zoe will be focusing on the Cornish artist Alfred Wallis (1855-1942) for the next 3 sessions. Alfred Wallis painted scenes from around his home and the sea in St Ives. He used left over ship paint on scraps of cardboard and wood he found at his work in the scrap yard.



Worrier to Warrior with Louise Wallis
22nd and 29th April then 6th and 13th May.

These sessions will guide you through the theory and practice in order to help to support you with anxiety.



Drop-In Meetings

- Relatives

Tuesday Evenings - 8pm - 10pm

- All welcome!

Thursday Evenings - 7:30pm - 9:30pm

We are proposing a special one off drop in to link up with our Australian friends on a Saturday morning 1030 BST (following Gareth's class).

Please let us know if you would be interested in joining in on that day. Zoom details will be circulated in due course. If Sue Dean hasn't got your email details please forward them to Simon Newton-Smith via "Messenger"



Relaxation with Jo

Monday 25th April at 9pm

Jo will talk you through the skills needed and encourage you to practice breathing techniques and simple movements to encourage relaxation. At the end she will leave you to go away quietly relaxed and ready for sleep!



We would like your ideas

Please contact us if you have any suggestions for social events 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.

Social Events



Bingo
29th April



Midsummer Murder Mystery Evening
Friday 17th June



Please come along to any sessions you fancy trying.

Get in touch for more information and log-ins:



info@cc-sn.org



www.cc-sn.org

WE AIM TO HELP YOU MAKE THE BEST POSSIBLE RECOVERY FROM YOUR ILLNESS - WHATEVER THAT HAS BEEN!