

Critical Times



Issue 52: April 2026

Looking forward, looking back, fundraising, support, activities



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Jess Blundell is Running the London Marathon for CCSN

On Sunday 26th April she will be running 26.2 miles to support CCSN's vital life changing work. So far, she's raised almost £700.

She says: 'Thanks to everyone who has donated so far! Training has been challenging but I've recently been able to complete the Reading Half Marathon on the 22nd March in preparation for London.

I've chosen CCSN because I've seen first-hand the importance of their work. They've been a real help to my dad in his recovery from lymphoma offering free rehab programmes and classes to people that have been in intensive care.

Every donation makes a real difference - thank you for your support!

Please click here to donate: <https://cafdonate.cafonline.org/30049>

Thank you

A heartfelt thank you to everyone who participated in our Annual Prize Draw by buying or selling tickets. **We successfully raised an impressive £1025!** We are also incredibly grateful to all the prize donors, with a special thank you to Alderstone Solicitors for their generous donation of the 1st prize. Additionally, thank you for accepting photos of your counterfoils of tickets bought instead of paper copies which saves us money on postage. This generosity allows us to raise even more funds to support the group.

Thank you

Thank you to everyone who supported our Anniversary Coffee morning on 4th March. **We raised an impressive £113.22** as well as having a good catch up online and comparing cakes!

100 Club Winners

88 numbers entered the March draw.

The **total prize fund was £154.00**

The **total raised to support CC-SN was £286.00**

1st prize: £88 Amanda T (13)

2nd prize: £44 Simon N-S (90)

3rd prize: £22 Debs H (33)

Winners will be notified after our next draw on **Thursday 9th April**- or join us online at 7.15pm to see if you are a winner. Results of March draw will be in the April newsletter. Email info@cc-sn.org for log in details or if you would like to enter the draw.

Guest Speaker Thursday 16th April @ 7.30pm

Andrea Reynolds will be joining us from Countess of Chester Hospital to talk to us about Call4 Concern scheme and how their outreach team operate. Everyone is welcome- check emails to sign up or email info@cc-sn.org

Relaxation

Thank you to Jo for another fantastic session in March guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 20th April @ 9pm**. Check your emails to sign up

Coming soon!

- Thursday 9th April @7.15pm: 100 Club Draw
- Thursday 16th April @7.30pm Guest Speaker Andrea Reynolds
- Monday 20th April @ 9pm: Relaxation with Jo
- Sunday 26th April: Jess takes on the London Marathon

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

Easter Dates

Please note there are no classes on Friday 3rd, Saturday 4th & Monday 6th April. Back to normal Tuesday 7th April @9.30am

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:	<ul style="list-style-type: none">• 9.15am Next Step Exercise• 10.00am Start Up Exercise
Tuesday:	<ul style="list-style-type: none">• 9.30am Core Control -Level 1• 8.00pm Family Drop-In Meeting.
Wednesday:	<ul style="list-style-type: none">• 9.15am Advanced Exercise• 10.00am Start Up Exercise
Thursday:	<ul style="list-style-type: none">• 10.30am Next Step Exercise• 7.30pm Former Patients Drop-in Meeting
Friday:	<ul style="list-style-type: none">• 9am Gentle Yoga
Saturday:	<ul style="list-style-type: none">• 9.30am Core Control- Level 2 (Floor Based)

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