



Registered Charity 1182307  
www.cc-sn.org info@cc-sn.org



MARCH 2026

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

## CC-SN Annual Prize Draw - Thursday 26th March @ 7pm

There is still time to support CC-SN by purchasing raffle tickets for our Annual Prize Draw! You can buy as many or as few as you would like. Tickets are £1 each. **If you would like raffle tickets please email: [helenb.teamadmin@cc-sn.org](mailto:helenb.teamadmin@cc-sn.org)**

### It is easy to enter and support CC-SN

- 1 Email [helenb.teamadmin@cc-sn.org](mailto:helenb.teamadmin@cc-sn.org) with how many tickets or books you would like.
- 2 We will provide you with payment details so that you can make a bank transfer for your payment.
- 3 We will provide you with a photo of your tickets. If you are planning to sell them to others then we will post the tickets or books to you.

## Annual Prize Draw- Thursday 26<sup>th</sup> March



### Prizes to be won!



**1<sup>st</sup> Prize: £250 e-vouchers of your choice generously donated by Alderstone Solicitors.**

**2<sup>nd</sup> Prize: £150 e-vouchers of your choice kindly donated by a generous supporter.**

**4th Prize: £50 John Lewis Voucher donated by Impact International**

**6th Prize: £25 voucher donated by M&S**

**8th Prize: £20 Costa voucher generously donated**

**10th Prize: £10 Amazon voucher generously donated.**

**3rd Prize: £100 M&S voucher kindly donated by a very grateful family: J& J Williamson**

**5th Prize: £30 All4One voucher donated by an ex-patient**

**7th Prize: £20 voucher generously donated**

**9th Prize: £10 Costa voucher generously donated by an ex-patient**

Tickets £1 each or £5 a book to buy email [helenb.teamadmin@cc-sn.org](mailto:helenb.teamadmin@cc-sn.org)



It's 10 years since this group was formed.

Celebrate with your family and friends on the 4<sup>th</sup> March, with coffee and cake and help raise some funds for this amazing charity.



### How can YOU take part?



Host your own coffee and cake morning with family, friends or colleagues.

Sell tickets for our annual prize draw (great prizes to be won)  
Share photos of your event on Facebook to help spread the word.

If you are on your own and would like to take part, join the virtual coffee morning. Bring your own brew and cake and say come and say hello!

Wednesday 4<sup>th</sup> March 11am-12pm  
email sarahl.teamadmin@cc-sn.org for log in details.

### Therapeutic Writing Workshop: Sunday April 12<sup>th</sup>, April 19<sup>th</sup>, April 26<sup>th</sup> @10am



We're offering a gentle writing workshop for people who have experienced ICU. These experiences can feel intense, fragmented or hard to put into words — and writing can be a safe way to begin making sense of them.

It will be run by Miles (our Chairman) who says: "I survived ICU myself — including a coma — and I learned that words can become a way of stitching your story back together. This workshop isn't therapy; it's a quiet place to explore what you've carried since ICU."

Using simple prompts, you'll explore your experiences at your own pace, with no pressure to share. The aim is to create space for reflection, clarity and comfort, while honouring each person's unique story.

Check your emails for dates and to sign up.

### Jess Blundell takes on this years London Marathan 26th April



Jess will be taking on the London Marathon on 26 April, running 26.2 miles in support of CCSN.

Training is well underway, featuring early mornings, sore legs, and a growing appreciation for comfortable trainers! Any support and encouragement along the way is greatly appreciated — thank you for cheering from near or far!

Click the link if you can support her:  
<https://cafdonate.cafonline.org/30049>



COMING SOON

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

Thur 5<sup>th</sup> March @7.30pm: Guest Speaker: Rob Jones

Thursday 12<sup>th</sup> March @7.30pm: 100 Club Draw

Monday 23<sup>rd</sup> March @9pm: Relaxation with Jo.

Thursday 26<sup>th</sup> March @ 7pm: Annual Prize Draw



### Thursday 5<sup>th</sup> March @7.30pm

Rob Jones (the Idiopath) will share his Critical Care journey and how it inspired him to start his own business. He will be speaking about resilience and the power of CPR.



February Draw Winners!

This month: 85 numbers entered  
Total Prize Fund: £148.75  
Total raised to support CC-SN: £276.25

1st Prize: £ 85.00  
Maureen B ( 4 )  
2nd Prize: £ 42.50  
Keith B (8)  
3rd Prize: £21.25  
Sarah L (59)

Registered Charity 1182307  
Lottery licence no. 22/LOTTO/2  
with Cheshire West & Chester Council



Next monthly draw: Thursday 12<sup>th</sup> March at 7:15pm

We still have numbers available. If you would like more information about joining our 100 Club email [100club@cc-sn.org](mailto:100club@cc-sn.org)

QUIZ TIME Thank You! QUIZ TIME  
Thank you to Peter for hosting a fun quiz night on Fri 27<sup>th</sup> Feb. There were 5 sections: General Knowledge, Film and TV, 2025, History and Music. Well done to the winners: 1<sup>st</sup>: Lin, & joint 2<sup>nd</sup> Helen and Kevin.

Sweet Dreaming Thank You! Sweet Dreaming  
Thank you to Jo for another fantastic relaxation session in February guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on Monday 23<sup>rd</sup> March @ 9pm. Check your emails to sign up.

All sessions are FREE to our members and their families.

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 8pm -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.

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)

