

ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



JULY 2026

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



Happy 3rd Birthday to the 100 Club!

Over the past three years, your generosity has provided vital support and comfort to those recovering from ICU.

Since our first draw on July 13th, 2023, we have:

- Raised £8,863.25 for CC-SN
- Awarded £4,771.75 to our lucky winners

Every single ticket makes a massive difference. To celebrate this milestone, we'd love to welcome new members to our 100 Club. More members mean bigger monthly prizes and even more support for CC-SN! To join the fun, email

100club@cc-sn.org



June
Draw
Winners!

This month:
91 numbers entered
Total Prize Fund:
£159.25
Total raised to support
CC-SN: £295.75

1st Prize: £ 91.00
Andrew B (79)
2nd Prize: £ 45.50
Amanda (13)
3rd Prize: £22.75
Terkel (19)

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

ccsn

CRITICAL CARE SUPPORT NETWORK



big
bang
EXPERIENCES

Twickenham October 2026

While we are disappointed that our Trafford Centre Abseil was cancelled due to low numbers, we have an incredibly exciting new event to share! Get ready for the "Big Bang" Zipwire experience at Allianz Stadium (Twickenham) this October 16th, 17th, or 18th. This spectacular 150-meter thrill ride lets you soar through the air across the hallowed turf of the iconic home of England Rugby! Whether you are a die-hard rugby fan, looking for an adrenaline rush, or wanting to raise vital funds for CC-SN, we would love to have you. Spots are limited.

Want to join us? Email secretary@cc-sn.org to sign up today!

AGM

Annual General Meeting

Everyone is welcome.
Stay informed and get involved.

Our Annual General Meeting is being held on Tuesday 14th July at 7pm. Join us online to celebrate what this charity has achieved this year and hear plans for the future. Check your emails for more details.

Thank you, Jo



for our latest relaxation session on 29th July. More sessions will be held in the Autumn. Look out for details in your emails.

Art Sessions



Thank you to Chris for running our art session in June where we learned about enveloping as a technique to draw Koi fish. The results impressed us all and it was incredibly relaxing watching.

We plan to run some more Art/ Craft sessions in the Autumn.

Book Club: Wednesday 24th June @ 8pm

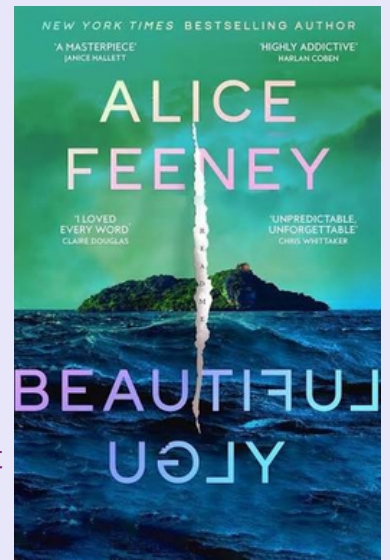
We held our first book club meeting in June where we discussed The Safe Keep. Our next meeting will be held on zoom @ 8pm on **29th July** (the last Wednesday of the month).

July's book choice is Beautiful Ugly by Alice Feeney

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

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

Email helenb@teamadmin@cc-sn.org if you're interested and not already signed up. Everyone is welcome!



VOLUNTEERS NEEDED

Could you help and spare an hour a week?

Be part of something amazing!

CC-SN is run entirely by volunteers—including former ICU patients and family members who want to give back.

Now, we are looking for new friendly faces to join us.

Whether you have an hour a week or a specific skill you'd love to share, we will find the perfect, supported role for you. Email info@cc-sn.org today to learn more!

COMING SOON



Thursday 9th July @ 7.15pm: 100 Club Draw



Tuesday 14th July @ 7pm : Annual General Meeting



Wednesday 29th July: Book Club @ 8pm

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

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DROP-IN

We hold weekly drop-in sessions for family members (every Tuesday @ 8pm) and Patients (every Thursday at 7.30pm). Come along and talk, ask questions or just spend time with people who "get it" and understand what you are going through. Everyone is welcome. Email info@cc-sn.org for more information and log-in details.



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 sessions are FREE to our members and their families and suitable at all stages of your recovery journey.

If you're interested in joining us – whether to chat or simply listen – please reach out to 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



www.cc-sn.org

