

January 2022


- ❖ A look back at 2021
- ❖ Fundraising
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- ❖ Looking forward to 2022

2021 saw us consolidate ourselves on-line and become Critical Care Support Network – our move to Zoom meant members joined us from all over the UK – our need to raise funds on a national level meant we had to change our name – Fundraising has been a driving motivator constantly.

When we set up the group, we knew how a critical care admission tears up the fabric of a family – emotionally, mentally, physically and financially because it is almost always unplanned. We determined that all the sessions should be free for our members – we would apply for grants, fundraise and accept donations. Although everyone who runs the group is a volunteer, the trainers and specialist practitioners are paid for their professional services.

- ❖ Tony Cotgreave started the year raising a great sum walking over 24 miles from Flint to Rhyl on the Welsh Coastal Path.



- ❖  Early September saw **Bartonfest** return - this is a small music festival held in Cheshire each year - its aim is to raise money to support numerous local charities, including CC-SN. We are so grateful to Liz Hinds, who is one of our Trustees, and part of the Bartonfest Management Committee.

- ❖ September was a busy month—we held our first **Reclaiming our Days Campaign**—relating some fundraising to our time in Critical Care. Our thanks to **Daniel Graaskov, Simon Newton-Smith, Miles Negus-Fancy, Jennifer Eiles and Arthur Bowling** for raising a tremendous amount of money for the group.



- ❖ The final event in September was the **Chester Business Club's Sponsored walk**. we have taken part in this from the start of the group. Our thanks this year to Janet Hurley, Stuart Hughes and Phil Dean for raising another tremendous amount for us.



- ❖ We are also extremely grateful to those **members** who make regular donations and to **Lin** for the donation of shares. The Trustees and Committee really appreciate knowing that the work we are doing is acknowledged but also when Sue applies for grants, it shows membership engagement and appreciation



- ❖ Finally for last year our appreciation to grant providers **Severn Trent Water** and **the Marjorie Boddy Charitable Trust**. These grants along with our tremendous fundraising allowed us to expand our weekly classes. Jo Ruffell runs our Introduction and Start-Up classes and we have begun our Start-up and Advanced Core Control classes with Gareth Tattum (similar to Pilates but adjusted specifically for our Group).

Both Quentin Underhill, a specialist serious and catastrophic injury solicitor, and Stuart Hughes, a marketing manager, from **Birchall Blackburn Law** have supported CC-SN from its humble beginnings. Quentin is now a Trustee and provides legal advice to the charity and its members when needed. Stuart is a Committee member and helps with leaflets, posters, fundraising - and online bingo! Quentin says: "From our first cup of coffee with Sue and Miles we recognised just how passionate, vibrant and innovative the CCSN team are. They know from experience what it is like coming back from a critical condition and the charity offers practical support to people who want to take control of their physical and mental rehabilitation." Quentin and Stuart are looking forward to CC-SN's plans for 2022, including this new newsletter, craft sessions, writing workshop, and more bingo!

LOOKING FORWARD TO 2022

- ❖ We intend to continue all our existing classes.
- ❖ We have lots of ideas for new things but apart from funds we need some more volunteer support. We don't mind if you can only give us an hour a week (regularly or occasionally) or if you want to be more involved. It can be adjusted to suit your time and your skills. Get in touch **please!**
- ❖ We are next trialling monthly **Arts & Crafts** classes with Zoe Tucker - **the first is on Tuesday 25 January.**
- ❖ Jo will continue her quarterly **Relaxation** sessions - after ICU, many patients and family members struggle to regain normal sleep patterns. Learning how to relax the body and turn the brain off may be the key to more healthy sleep. First session of 2022 is 8pm Sunday 30 January.
- ❖ The Spring will see the first **Worrier to Warrior 4-week course** with Louise Wallis. It sounds highly appropriate for us! Patients and family have so many things they can worry about post-ICU, recognising that and finding ways of dealing with the worry are critical to recovery.
- ❖ And finally! We must not forget the social events:



- **Bingo on Zoom with Stuart on Friday 4 February**
- **Quiz Night on Zoom with Miles on Friday 4 March**



So please come along to any sessions you fancy trying, get in touch for more info and log-ins. info@cc-sn.org  www.cc-sn.org

Our aim is to have something for everyone, and above all –

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