

# ccsn

CRITICAL CARE SUPPORT NETWORK



Registered Charity 1182307  
[www.cc-sn.org](http://www.cc-sn.org) [info@cc-sn.org](mailto:info@cc-sn.org)

### APRIL 2025

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

## New Session

### Unlock Your Storytelling Potential with Steve Lawson's Introduction to Screenwriting

Everybody has a story to tell – this 4 week short course is designed to give an insight into how best to tell those stories, focussing on character creation, story structure and dialogue.

Tuesday 6th May 11-12	Tuesday 13th May 11-12	Tuesday 20th May 11-12	Tuesday 27th May 11-12
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Steve Lawson was a professional TV scriptwriter for nearly 20 years for shows that include Brookside, Holby City, and The Bill. For the past 12 years he has taught scriptwriting at the University of Central Lancashire in Preston.

All sessions are FREE to our members and take place on Zoom. Places are limited  
Email: [sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org) to book your place.

### 100 Club

April Draw Winners!

<b>This month:</b> 82 numbers entered Total Prize Fund: £143.50 Total raised to support CC-SN: £266.50	<b>1st Prize: £82.00</b> Linda (55) <b>2nd Prize: £41.00</b> Yvette (80) <b>3rd Prize: £20.50</b> Terkel (19)
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Next monthly draw:  
**Thursday 8th May at 7:15pm**  
To join the draw  
email [100club@cc-sn.org](mailto:100club@cc-sn.org)

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)



## Trafford Palazzo Abseil

We're looking for brave supporters to take on **The Trafford Palazzo Plunge!** Will you Abseil the 170ft down the impressive Palazzo Tower?

We are very lucky to have spaces available for supporters to abseil down the Trafford Palazzo in Manchester in order to raise money for CC-SN. The event will take place on **Sunday 29<sup>th</sup> June** and you do not need any previous abseiling experience as you will be supervised by professional instructors. CC-SN will also be there to support you and cheer you on.

If you would be interesting in taking part in the sponsored event on behalf of CC-SN please email Sue Dean: [secretary@cc-sn.org](mailto:secretary@cc-sn.org)

# 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 £1004!**



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, a warm thank you to the prize winners who kindly donated their prizes back to CC-SN. This generosity allows us to raise even more funds to support the group.

SOMETHING EXCITING IS COMING SOON...



Stay tuned for more information

## Our Session Schedule:

Monday	9.30am Exercise Group – the Next Step 10.30am Start Up Exercise – 45 mins
Tuesday	9.30am Core Control – level 1 8.00pm Family & Friends Drop-In Meeting
Wednesday	9.30am Advanced Exercise Group 10.30am Start Up Exercise – 45 mins
Thursday	10.30am Exercise Group – the Next Step 7.30pm Former Patients Drop-In Meeting
Friday	9.00am Gentle Yoga
Saturday	9.30am Core Control - level 2

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.**



**All sessions are FREE to our members and their families.**

## Drop-In Meetings

Family & Friends - Tuesday Evenings: 8pm - 9pm

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

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 INVOLVED



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)

GET IN TOUCH

