

ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



August 2026

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

Congratulations and Thank You to Nina Harrison

Nina recently completed a 53km Three Peaks Challenge raising an amazing total (so far) of £400 for CC-SN. Nina used the motto “take one day at a time, one step at a time” during her recovery after her coma. Nina wasn’t a stranger to marathons before ICU, so the Peak District Ultra Challenge was the goal she set herself in her recovery. If you would like to donate- there is still time and her link included on the Accessible Version of the Newsletter.

What an amazing achievement Nina and thank you for choosing to support CC-SN with your fundraising.



Thank you (again) to Jess Blundell.

Following on from her success running the London Marathon in April and already raising a tremendous £1448.75, Jess has since received an extra donation of £400 from her work company, Deloitte. This brings the total to £1848.75 which is incredible! Thank you so much for supporting CC-SN.



Twickenham October 2026

If Jess and Nina have inspired you and you would like to fundraise for CC-SN, 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. Places are limited.

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



Did you know that you can raise money for CCSN while recycling your used printer ink cartridges?



Total funds raised
for your charity:
£25.70



Raised in the last
12 months:
£14.75

How It Works



1

**Select Your
Charity**

Select which charity you
would like to support



2

**Post Us Your
Ink Cartridges**

Pack your cartridges up and
send them to us for free



3

**We Send Money
To Your Charity!**

Your charity gets paid for cartridges
received from the wanted list

Start recycling now at
www.Recycle4Charity.co.uk

Book Club @ 8pm on 26th August.

August's book choice is:

The Vanishing Act of Esme Lennox by Maggie O' Farrell



Reading 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 then meet on Zoom to chat about the book (with questions to guide discussion). It will be a friendly and relaxed atmosphere.

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



July
Draw
Winners

This month:
88 numbers entered
Total Prize Fund:
£154.00
Total raised to support
CC-SN: £286.00

1st Prize: £88.00
Molly (50)
2nd Prize: £44.00
Miles (97)
3rd Prize: £22.00
Maureen (34)

Next monthly draw:
Thursday 13th August at 7:15pm

The 100 Club is a great way to help us raise vital funds whilst giving you a chance to win one of 3 monthly cash prizes. It costs £5 a number to play and 35% of that is redistributed as prizes- the more people who play, the bigger the prize fund AND the amount raised for CC-SN.

We still have some numbers left for 100 club. If you would like to enter the draw, email info@cc-sn.org for details

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!

**Volunteers
needed**

Dates for your diary



- Thursday 13th August @ 7.15pm: 100 Club Draw
 - Wednesday 26th August July: Book Club @ 8pm
 - Exercise classes and drop-in sessions run at the normal times throughout the summer.
- More information to follow about these events- check your emails.

Free Weekly Drop-in sessions for:



- Family members (every Tuesday @ 8pm) and
 - Patients (every Thursday at 7.30pm).
- Come along and ask questions or just spend time with like-minded people who “get it” and understand what you are going through, wherever you are in your journey. Everyone is welcome.

Email info@cc-sn.org for more information and log-in details.

Chair yoga: temporary time change

On 7th & 14th August yoga will start at 11.15am instead of the usual time.

Reminders will be sent with log-in details.

From 21st August, yoga will be back at the usual 9am start!



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**.



You are **welcome** to join our sessions, wherever you are in your recovery journey- **there is a class suitable for everyone**.



We even supply the resistance bands you will need to get you started.

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 8-9pm

Former patients Drop-in Thursday 7.30pm-9pm

All sessions are FREE to our members and their families.

GET INVOLVED



Get in touch for more information and log-in details:

info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

