

ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



JANUARY 2025

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



January Draw Winners!

This month:

77 numbers entered
Total Prize Fund: £134.75

Total raised to support
CC-SN: £250.25

1st Prize: £77

Lin (38)

2nd Prize: £38.50

Molly (21)

3rd Prize: £19.25

Sue D (14)

Next monthly draw:

Thursday 13th February at 7:15pm

To join the draw

email 100club@cc-sn.org

Gentle Yoga with Rebecca Fridays @ 11:30am



Chair yoga offers a supportive and accessible way to rebuild strength, flexibility, and peace of mind during recovery. This gentle practice is specifically designed for individuals seeking a low-impact, nurturing approach to movement.

Benefits of Gentle Chair Yoga:

- Improved Circulation: Helps stimulate blood flow, which aids in healing and overall vitality.
- Enhanced Flexibility: Gradual stretching supports joint mobility and reduces stiffness.
- Stress Reduction: Breathing techniques and mindful movement promote relaxation and mental clarity.
- Increased Strength: Gentle exercises rebuild muscle tone and improve balance without strain.
- Boosted Energy: Restorative poses encourage the release of tension and restore energy levels.

This class offers a range of modifications throughout so you can do as much or as little as you feel is right for you. It is a great place to regain confidence in your body and reconnect with yourself and your well-being.

Email info@cc-sn.org
if you would like to join a session.

COMING SOON

More information to follow



Relaxation with Jo
Monday 27th January

Bingo with Stuart
Friday 7th February

Relaxation with Jo
Monday 24th February

Quiz Night with Peter
Friday 28th February

If you have any suggestions for topics you would like to explore during the Thursday night drop-in, please feel free to email

Debs:

debsh.teamadmin@cc-sn.org

Scheduled Speakers for the Former Patients Drop-in Thursday 13th February @ 7:30pm

Brenda and Anya from Vanderbilt University Medical Center will be joining us to speak about delirium.

THANK YOU!

A huge thank you to the Staff and Pupils of **Layton Primary School** in Blackpool who held a non-uniform day on the last day of term and raised **£644.11** for CC-SN after hearing about us from Sarah Leighton.

Mental Wellness Upcoming Events

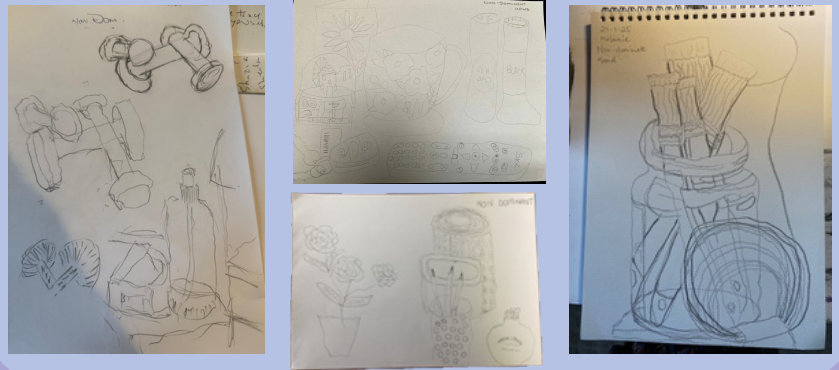
JAN 21 11AM - 12:30PM Art with Christine	JAN 27 9PM Relaxation with Jo	FEB 24 9PM Relaxation with Jo
FEB 25 11AM - 12:30PM Art with Christine	MAR 25 11AM - 12:30PM Art with Christine	MAR 31 9PM Relaxation with Jo

EVERY FRIDAY GENTLE YOGA WITH REBECCA
11AM

With thanks to the generous funding from Chester West Voluntary Action and the Anne Duchess of Westminster Fund.

Art Session with Christine

Thank you to Christine for a great art session where we started to learn about the artist Friedensreich Hundertwasser. It was a challenge (but enjoyable) trying to draw still-life with our non-dominant hand!



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	11.30am 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 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

