

ccsn
CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307
www.cc-sn.org info@cc-sn.org



Well done Jess Blundell!

On Sunday 26th April, Jess ran 26.2 miles in the London Marathan to support CC-SN's vital life changing work.

Jess did an incredible job and completed the course in 5 hours, 32 minutes and 46 seconds, placing her in position 47868 overall and 10692 in women, which is fantastic!

So far, she's raised an amazing £1285 with donations still coming in. We will give you the grand total raised next month!



MAY 2026

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

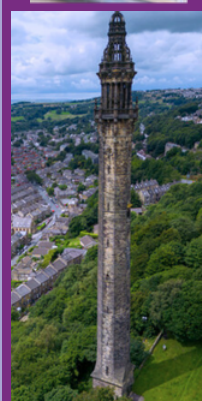


Wainhouse Tower Abseil Friday 29th May

Stuart Hughes, Marketing Manager for Alderstone Solicitors, enjoyed the Trafford Palazzo Challenge last year so much that he can't wait until June! With some of his colleagues, they are tackling the world's highest folly (in Halifax) on Friday 29th May to raise money for CC-SN.

Please support them if you can or get in touch if you would like to join him abseiling.

<https://cafdonate.cafonline.org/30451>



October 2026

Something special is happening at Twickenham....Would YOU like to be part of it? More details coming soon.



Trafford Palazzo Abseil

We're looking for brave supporters to raise money for CC-SN and take on

The Trafford Centre Palazzo Plunge!

Will you Abseil the 170ft down the impressive Palazzo Tower?

This year, the event will take place on **Sunday 28th 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. It was great fun last year.

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



Art Sessions with Christine

Chris is running 3 art sessions as part of our wellbeing programme.

When: Tuesday 12th May

Tuesday 19th May

Tuesday 9th June

Time: 11am -12.30pm

What: Three stand alone sessions- come to them all or just try one.

Who is it for? Everyone- complete beginner to experts- all welcome!

Why? Reduce stress, a great mental escape, boosts self esteem and social connection.

How do I sign up? Check your emails or email sarahl.teamadmin@cc-sn.org for more information.



Guest SPEAKER

Dr Paul Dean (Consultant in Intensive Care Medicine) who works at East Lancashire Hospital Trust will be coming to talk to us on May 14th @7.30pm and answer questions about all things ICU.

It promises to be very informative- please check emails for log-in details.

Did you know? Last year the 100 club raised an impressive £3308.50 for CC-SN with £1781.50 being won in prizes. Since 100 club began in 2023, £7991.73 has been raised overall for CC-SN with £4302.75 given as prizes. Playing really does make a difference and the more people in the draw, the bigger the prize pot. What are you waiting for?

Sign up today!



April
Draw
Winners!

This month:
89 numbers entered
Total Prize Fund:
£155.75
Total raised to support
CC-SN: £289.25

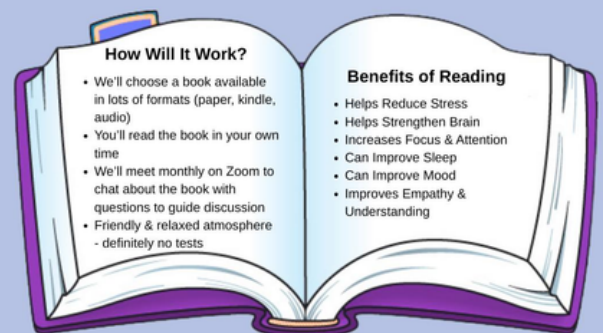
1st Prize: £ 89.00
Phil D (22)
2nd Prize: £ 44.50
Lisa F (61)
3rd Prize: £22.25
Sarah G (3)

Next monthly draw:
Thursday 14th June at 7:15pm
To join the draw
email 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



Would You Be Interested In Joining A Monthly Online Book Club?



We are considering starting a monthly Book Club to expand our Mental Wellness Programme. Patients, Families & Staff Members would be welcome. We need to know if this is something members would like

Please tell us if you'd be interested in attending
Email: info@cc-sn.org

COMING
SOON

Tuesday 12th May: Art with Chris (1) @ 11am

Thursday 14th May: 100 Club Draw @
7.15pm

Thursday 14th May: Dr Paul Dean @ 7.30pm

Monday 18th May: Relaxation @9pm

Tuesday 19th May: Art with Chris (2) @11am

Friday 22nd May: Bingo @ 8pm



Relaxation with Jo

Thank you to Jo for her April Relaxation Session.

Her next session is on Monday 18th May at 9pm. Give it a try and have a great nights sleep.



Eyes down for a full house!
Stuart is hosting another night of fun on Friday 22nd May @ 8pm
Prizes to be won.
Check emails for more details

May Bank Holidays

There will be no classes on Monday 4th May and Monday 26th May



Our session schedule



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.

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

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

