

Critical Times

Issue 44: August 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club

Congratulations to our August Draw Winners

This month: - 85 numbers entered

Total Prize fund: £148.75

Total raised to support CC-SN: £276.25

- **1st Prize: £ 85.00 - no 49 Mark G**
- **2nd Prize: £ 42.50 - no 42 Sue D**
- **3rd prize: £ 21.25 – no 87 Dave F**

Over the past two years, your generous contributions have provided crucial support, hope and comfort to those who need it following time spent in ICU.

New members are always welcome to join our 100 club to be in with a chance to win a prize for themselves and contribute to a fantastic cause.

For more information about becoming part of our 100 club, please email 100club@cc-sn.org

CCSN Pin Badges

We believe that our Oak Tree pin badge, symbolising strength, life and endurance, perfectly represents our members and supporters.

By purchasing a pin badge, you can show your support for the CCSN and help spread awareness of our charity. If you're interested in buying one or would like information on how to sell them to your family, friends and colleagues, please email info@cc-sn.org.

Minimum donation of £2.50 per badge + £1.50 P&P per order.



EasyFundraising

We've just been paid £105.90-a record amount- by Easyfundraising which helps to go towards providing our FREE services to our members. A huge thank you to everyone who has helped us to achieve this! Getting started with Easyfundraising is easy; it's free to register online and will take less than two minutes to sign up.

Sunday 21st September: Chester Business Club

Join us on Sunday 21st September at 11am for the Chester Business Club Sponsored Walk and #Walk4PICS to raise awareness about Post Intensive Care Syndrome (PICS) and PICS-Family (PICS-F) and to raise money for CC-SN.

The pleasant 6-mile walk begins and ends at Chester Racecourse starting at 11 am, with the Club's renowned refreshment stops along the route.

For members who are further afield, would you consider taking part in a sponsored walk around your local area in order to support CC-SN and Walk4PICS?

To register for the CBC sponsored walk on behalf of CC-SN or to set up your own sponsored walk, contact Sue Dean: secretary@cc-sn.org

Spreading the word

In July, Sue, Amanda and Sarah spoke to Health Care Professionals at a meeting held by St Bart's Hospital Trust about the work the CC-SN do. In September, Miles and Peter will be attending a Conference organised by Addenbrookes Hospital and sharing all the things CC-SN offers to former ICU patients and families. Hopefully this will enable more former patients and families to make the best possible recovery from their illness,

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, whether you are just out of hospital or well on the road to recovery. It is never too soon to start.

All sessions are FREE to our members and their families.

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:	• 9am Gentle Yoga
Saturday:	• 9.30am Core Control- Level 2 (Floor Based)

Please come along to as many sessions as you fancy trying- remember all sessions are free to our members and their families.

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

Upcoming Events:

Art with Christine (sessions Tuesday 16th Sep, Tuesday 21st Oct and Tuesday 18th Nov 11am-12.30pm)

Race Night: Social event which promises to be lots of fun Friday 10th October 8pm.

Relaxation with Jo. Monday 22nd September at 9pm.

Guest Speaker: Mervin Smith from Alderstone Solicitors will be at our Thursday night drop-in on 18th September to explain the work they do and how they can help. Come and listen.

Helping you and your family make the best possible recovery from your illness.