



MAY 2022

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We are pleased to announce two fundraising opportunities that we hope many of you will be able to get involved with in order to raise money, raise awareness and possibly even challenge yourself!

Fundraising Opportunities

Many of us were in ICU for far too long! With too many days spent in a coma and time passing that we knew nothing about, whilst our loved ones worried about us and the outcome.

The idea behind Reclaim Our Days is for you to choose yourself a challenge related to the time you spent in Critical Care. You might walk, cycle, bake cakes, dance, play a sport, knit or walk the dog.

For example, if you were in ICU for 36 days, you could bake 36 cupcakes and sell them, walk 36 times round your garden or local park or maybe a sponsored round of golf or tiddly winks. There really is no limit – only your imagination!

Last year, **Miles Negus-Fancey**, **Daniel Graaskov**, **Simon Newton-Smith** and **Jennifer Eiles** all challenged themselves to complete walking or biking distances related to their time in ICU. They got friends, family and colleagues to sponsor them and raised an incredible **£5700!**

This money allowed CC-SN to carry on providing Exercise classes – Yoga – Relaxation – Drop-In meetings for Patients and Relatives as well as social events and more as well as spreading awareness of the group to others.



Who is going to take up the

Challenge

this year?

Let us know if you are up for a challenge and we can provide a personalised sponsor form and a dedicated online donation page on CAF for you to share with your family, friends and colleagues.



Daniel Graaskov completed a 39km exercise bike ride as part of #Reclaim Our Days in 2021. He spent 78 days in ICU in 2020 and rode 1/2km for every day in ICU.



For those of you who are closer to Chester, there is the **Chester Business Club Sponsored Walk**.

Last year, **Stuart Hughes**, **Phil Dean** and **Janet Hurley** raised a magnificent **£1200!** The walk will take place on **Sunday 18th September**. The walk is a lovely Sunday stroll of just over 6 miles starting from **Chester Racecourse at 11am** then heading for Overleigh roundabout and up the Duke's Drive to Eccleston and back to the Racecourse along the banks of the River Dee. with the Club's legendary **refreshment stops** en route – Mars Bars ~ Orange Juice ~ Bacon Butties & Coffee ~ and finishing with Gin & Tonic – they are, after all, a business organisation! (but there is a soft drink option).

Please let Sue Dean know if you would like to participate: secretary@cc-sn.org



Friday 17th June: The Great British Bump Off

Tension is high inside the big white tent because it's time for this year's bakers to face judgment and elimination. But wait! Stop those timers! Our esteemed judge, Shaw G. Bottom has just been discovered dead in the judge's tent. The bread round just turned into the dead round.

Join us for an evening of fun, murder and mystery!

You will be sent character information and notes so that you can take on the role. Dressing up and ad-libbing is encouraged - Oscar performances are not essential!





New Taster Session:
Attention budding
writers!
12th July at 10:30am

We are pleased to announce a brand new session:
Creative Writing with John Lindley

John Lindley is a former Cheshire Poet Laureate, songwriter and creative writing tutor who will be guiding you through writing exercises and helping to inspire you to write.

Art with Zoe
24th May
28th June
Continuing to look
at Alfred Wallis.



Alfred Wallis
Houses at St Ives, Cornwall 1855–1942



Sessions

Exercise Classes

Exercise Groups:

- Introduction
- Start Up
- The Next Step
- Advanced

Core Control – level 1 and 2
Gentle Yoga



We would like your ideas
Please contact us if you have any suggestions for social events or activities that you would like to see in the future.

We would also like more ideas for topics that you would like discussed at the drop-in meetings. If you know of anyone who would like to speak on a topic, please let us know.

Looking Back



Arts with Zoe Tucker
We spent our first session learning about the Cornish artist Alfred Wallis.

He painted scenes from around his home and the sea in St Ives and was known for his naïve art style.

B I N G O

We all had an enjoyable evening playing **Bingo**. Thank you to Stuart for being our bingo caller and for adding in some unique critical care calls.
Well done to all the winners!

We used Alfred Wallis' artwork to inspire our own.



We used cardboard and watercolour pencils to create our designs.
Thank you to **Katie, Sue, Teresa and Parveen** for sharing your finished work.



Drop-In Meetings

- Relatives
- All welcome!

Tuesday Evenings: 8pm - 9:30pm
Thursday Evenings: 7:30pm - 9pm

If you would like to join in - to chat or just to listen - please use the contact us page on this site and we will send you simple instructions and the link.



Please come along to any sessions you fancy trying.
Get in touch for more information and log-ins:



info@cc-sn.org



www.cc-sn.org

WE AIM TO HELP YOU MAKE THE BEST POSSIBLE RECOVERY FROM YOUR ILLNESS - WHATEVER THAT HAS BEEN!