



## FEBRUARY 2025

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

## CC-SN Annual Prize Draw - Thursday 27th March

Our Annual Prize draw helps us to raise awareness about what CC-SN does to help critical care patients and families to make their best possible recovery from their illness as well as raising vital funds for all our FREE sessions - exercise, chair yoga, relaxation, social events and Drop-in meetings for patients and families where you have the chance to chat and ask questions about the things that worry you.

There are several ways to get involved and support us whether that is buying some tickets yourself, selling them to family, friends and colleagues or simply spreading the word about our Annual Prize Draw. Tickets are £1 each and come in books of 5.

If you would like raffle tickets please email: [sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org)

**Enter  
to  
WIN!!**



### Prizes to be won!



1st: £250 John Lewis Voucher  
generously donated by Alderstone Solicitors

A huge thank you to those who have donated these lovely prizes.

2nd: Relax and enjoy a mid-week Afternoon Garden Spa experience for 2 people at Carden's 5-star Spa with Afternoon tea in the Elements Restaurant, value £230 kindly donated by Bartonfest

3rd: 12 bottles of assorted quality wine selected by Chester Beer and Wine and delivered to your door

4th: A £100 framing voucher kindly donated by WeFrame.art, Chester

5th: Gift Box containing Bone China Mug, Coaster and Tea Towel, all in a matching design of your choice - visit [www.fancey-by-nature.com](http://www.fancey-by-nature.com) kindly donated by Fancey by Nature

6th: £50 Voucher of your choice kindly donated by a supporter

7th: £25 Voucher of your choice kindly donated by a supporter

8th: £20 Love2Shop Voucher of your choice kindly donated by a supporter

9th: £10 Costa Coffee Voucher of your choice kindly donated by a supporter

10th: £10 Costa Coffee Voucher of your choice kindly donated by a supporter



February  
Draw  
Winners!

**This month:**

78 numbers entered  
Total Prize Fund: £136.30  
Total raised to support  
CC-SN: £253.50

**1st Prize: £78.00**  
Gareth (75)  
**2nd Prize: £39.00**  
Phil (27)  
**3rd Prize: £19.50**  
Parveen (9)

Next monthly draw:  
**Thursday 13th March at 7:15pm**  
To join the draw  
email [100club@cc-sn.org](mailto: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](mailto:100club@cc-sn.org)

**COMING SOON**

More information  
to follow



**Relaxation with Jo**  
Monday 24th February



**Art with Christine**  
Tuesday 25th February



**Quiz Night with Peter**  
Friday 28th February



**Art with Christine**  
Tuesday 25th March



**Relaxation with Jo**  
Monday 31st March



**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](mailto: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](mailto:info@cc-sn.org)

[www.cc-sn.org](http://www.cc-sn.org)



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

