

# Critical Times



Issue 44

# ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307  
[www.cc-sn.org](http://www.cc-sn.org) [info@cc-sn.org](mailto:info@cc-sn.org)



## AUGUST 2025

- Looking forward • Support
- Fundraising • Activities

# 100 Club

## August Draw Winners!

This Month:

85 numbers in the draw.  
Total prize fund £148.75

Total raised to support  
CC-SN £ 276.25

1<sup>st</sup> Prize: £85

Mark G (49)

2<sup>nd</sup> Prize: £42.50

Sue D (42)

3<sup>rd</sup> Prize: £21.25

Dave F (87)

Registered Charity 1182307

Lottery licence no. 22/LOTTO/2  
with Cheshire West & Chester Council

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## COMING SOON

Art with Christine

Join Christine for some relaxing Zentangle and Neurographic Art sessions on  
Tue 16<sup>th</sup> September  
Tue 21<sup>st</sup> October  
Tue 18<sup>th</sup> November  
(11am-12.30pm)

## Race Night

Fri 10<sup>th</sup> Oct  
8pm (Zoom)

Next monthly draw:  
**Thursday 11th September at 7:15pm**  
To join the draw, email [100club@cc-sn.org](mailto:100club@cc-sn.org)



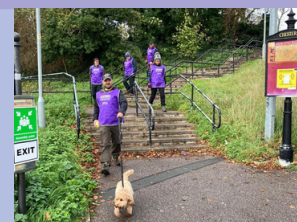
### Spreading the word

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.



## Sunday 21st September: Chester Business Club

Sponsored Walk - Raising Funds for CC-SN and supporting #Walk4PICS to raise awareness of PICS.



Join us on Sunday 21<sup>st</sup> September for the Chester Business Club Sponsored

Walk and #Walk4PICS to raise awareness about Post Intensive Care Syndrome (PICS), PICS-Family (PICS-F) and to raise money for CC-SN.

The pleasant 6-mile walk begins and ends at Chester Racecourse starting at 11am, 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](mailto:secretary@cc-sn.org)

[Click here to support our walkers](#)

All of the money raised by our supporters will come to CC-SN to support the work that we do.



## 18th September 2025

Mervin Smith from Alderstone Solicitors will be at our Thursday night drop-in to explain the work they do and how they can help. Come and listen.

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

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



We've raised £105.90- a record amount- with **Easyfundraising** which helps towards providing our FREE services to our members. A huge thank you to everyone who has helped us to achieve this! We currently have 52 supporters. Getting started with easyfundraising is easy; it's free to register and will take less than two minutes to sign up.

## You shop, brands donate

It won't cost you any extra!

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Help us make a difference when you shop. Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

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Apple ASOS  
eBay 7,500+ online brands

Download on the App Store  
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**Help make a difference, sign up now**

### Our Session Schedule:

Monday	9.30am ExerciseGroup- the Next Step 10.30am Start UpExercise - 45 mins
Tuesday	9.30am Core Control - level 1 8.00pm Friends & Family 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

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 wherever you are in your recovery journey.**

*“Movement is quite literally medicine. I believe, as someone who has studied the benefits of prescriptive exercise and witnessed time and time again the positive impact it can have, that exercise and functional rehabilitation is the key to physical and psychological recovery.”*  
Jo (one of our qualified trainers)

**All sessions are FREE to our members and their families.**

### Drop-In Meetings

Friends & Family- Tuesday Evenings: 8pm - 9:30pm

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 INVOLVED



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)

GET IN TOUCH

