

Critical Times



Issue 49: January 2026

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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HAPPY NEW YEAR

Wishing everyone all the best for 2026 – all our sessions are now running as normal after the break.

100 Club

Congratulations to our January Draw Winners

This month: - 86 numbers entered.

Total Prize fund: £150.50

Total raised to support CC-SN: £279.50

- **1st Prize: £86.00 Walter (16)**
- **2nd Prize: £43.00 Sue N-S (69)**
- **3rd prize: £21.50 Tony C (89)**

The more people who join our 100 Club, the bigger the monthly prizes and the more money is raised for CC-SN.

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

Our next monthly draw is on Thursday 12th February at 7.15pm

Mental Wellness Programme

We fully understand the stress that comes with a Critical Care admission for you and your family, which is why we offer a comprehensive mental wellness programme, designed to assist both patients and their families in managing stress and anxiety. Our programme includes relaxation techniques and pathways to mindfulness and tranquillity.

Try Jo's monthly relaxation sessions (Monday @ 9pm) and Laura's weekly yoga session (Friday @ 9am) Email info@cc-sn.org for more information.

Relaxation

Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on Monday 12th January at 9pm **and** again on Monday 9th February at 9pm.

Gentle Yoga with Laura on Fridays at 9am

Chair yoga offers a supportive and accessible way to rebuild strength, flexibility and peace of mind during recovery. This gentle practice is specifically designed for individuals seeking a low impact, nurturing approach to movement.

Benefits of Gentle Chair Yoga:

- Improved Circulation: Helps stimulate blood flow, which aids in healing and overall vitality.
- Enhanced Flexibility: Gradual stretching supports joint mobility and reduces stiffness.
- Stress Reduction: Breathing techniques and mindful movement promote relaxation and mental clarity.
- Increased Strength: Gentle exercises rebuild muscle tone and improve balance without strain.
- Boosted Energy: Restorative poses encourage the release of tension and restore energy levels.

This class offers a range of modifications throughout so you can do as much or as little as you feel is right for you. It is a great place to regain confidence in your body and reconnect with yourself and your well-being. Email info@cc-sn.org if you would like to join a session.

Thank you to Alderstone Solicitors

Alderstone Solicitors in Chester used the festive period to fundraise for CC-SN. They held a Christmas Jumper Day and a "Make a Christmas Wreath" event. We are waiting to hear the final total raised and are very grateful for their support.

Thank You Easy Fundraisers!

Thank you to everyone who has boosted funds for CC-SN by using EasyFundraising when shopping online. Check out www.easyfundraising.org.uk if you'd like to sign up and raise free donations just through doing your online shopping.

Guest Speakers

On **Thursday 15th January at 7.30pm**, Andrea Reynolds from the Outreach Team at Countess of Chester Hospital is joining us to talk about our experiences with ICU diaries and to tell us about Call4Concern. Check your emails for more information if you would like to join us.

We also have a guest speaker planned for February who will share the results of a Research survey - more details to follow.

Coming soon!

- Relaxation with Jo – Monday 12th January 9pm
- Guest Speaker- Thursday 15th January 7.30pm
- Bingo with Stuart – Friday 23rd January 8pm
- Relaxation with Jo - Monday 9th February 9pm
- Quiz Night with Peter – Friday 27th February 8pm

More information to follow about these events- check your emails.

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 or late to start.

All sessions are FREE to our members and their families.

Monday:	<ul style="list-style-type: none">• 9.15am Next Step Exercise• 10.00am Start Up Exercise
Tuesday:	<ul style="list-style-type: none">• 9.30am Core Control -Level 1• 8.00pm Family Drop-In Meeting.
Wednesday:	<ul style="list-style-type: none">• 9.15am Advanced Exercise• 10.00am Start Up Exercise
Thursday:	<ul style="list-style-type: none">• 10.30am Next Step Exercise• 7.30pm Former Patients Drop-in Meeting
Friday:	<ul style="list-style-type: none">• 9am Gentle Yoga
Saturday:	<ul style="list-style-type: none">• 9.30am Core Control- Level 2 (Floor Based)

All our sessions are on Zoom so they can be done from the comfort of your own home, allowing you to start your recovery journey as soon as possible after leaving hospital, no matter how weak or fit you are. Please come along to as many sessions as you fancy trying- remember all sessions are FREE to our members and their families.

All movement is medicine, especially after ICU. Regular exercise can boost your mood, reduce stress and anxiety as well as make you stronger. Give it a go!

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