

ccsn

CRITICAL CARE SUPPORT NETWORK



MARCH 2022

- A look back at February
- Fundraising
- Support
- Activities
- Looking forward

Registered Charity 1182307

www.cc-sn.org

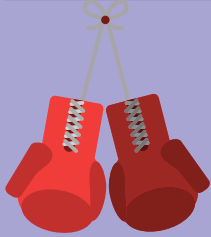
info@cc-sn.org

We all enjoyed the Quiz night on 4th March.
Our thanks to Miles for an unusual range of quiz questions!



Jo helped us to relax with her Relaxation Masterclass on 28th February.
Thank you Jo for talking us through the techniques to allow us to go away feeling relaxed and ready for sleep.

FUNDRAISING



Thank you very much to **Gareth Tatum**, who runs our Thursday Exercise session and our Core Control Classes, for raising a fantastic **£230** (to date).
He ran a free boxing combat fitness session to his clients in exchange for a donation to the Critical Care Support Network.

Thank you to everyone who has been buying and selling raffle tickets for our **Annual Prize Draw**.
Monies, ticket stubs and any unsold tickets need to be returned by **Monday 4th April** so that we are ready for the prize draw during our drop-in meeting on Thursday 7th April.

1st Prize: £250 John Lewis Voucher

kindly donated by Birchall Blackburn Law.

2nd Prize: A mixed case of 12 bottles of wine

Kindly donated by Samantha at Chester Beer & Wine.

3rd Prize: £50 voucher for two boxes of flowers

kindly donated by Freddie's Flowers.

If you would like some raffle tickets please email admin@cc-sn.org

to let us know how many books of tickets you would like sent to you (make sure to include your postal address).

The first prize in our Annual Prize Draw has been very generously donated by Birchall Blackburn Law.

Birchall Blackburn Law is a long established firm of solicitors with expertise in personal injury, clinical negligence, wills and probate, family matters and conveyancing. You can find out more by going to www.birchallblackburn.co.uk



We are now using a new online donation platform

CAF

Charities Aid Foundation

CAF is a charity therefore any profits that they make, are fed back into supporting charities.

Visit: <https://cafdonate.cafonline.org/19757> to view our page and make donations. You can also make payments for raffle tickets.

Upcoming Sessions

Exercise Classes

Exercise Groups:

- Introduction
- Start Up
- The Next Step
- Advanced

Core Control – level 1 and 2
Gentle Yoga



Drop-In Meetings

- Relatives

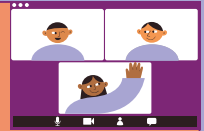
Tuesday Evenings - 8pm - 10pm

- All welcome!

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

The Annual Prize Draw will be held during the Drop-In meeting on Thursday 7th April.

All are welcome to attend.



Arts & Crafts with Zoe Tucker

Tuesday 29th March

These sessions have been very well received so we will be continuing sessions in the future with Zoe.



Worrier to Warrior with Louise Wallis 22nd and 29th April then 6th and 13th May.

These sessions will guide you through the theory and practice in order to help to support you with anxiety.



Week 1: What is anxiety? An in-depth look at anxiety and what causes it to spiral out of balance.

Week 2: Mind, Body, Breath - Explore the breath as the body/mind connector, supporting us to feel more present and grounded.

Week 3: Power of the Pause - Look at techniques that can bring us back into the moment and allow us to feel more centred and in control.

Week 4: Self-support - Begin to identify our own triggers and the techniques that work best for us.

Relaxation with Jo

Monday 28th March at 9pm

Jo will talk you through the skills needed and encourage you to practice breathing techniques and simple movements to encourage relaxation. At the end she will leave you to go away quietly relaxed and ready for sleep!



We would like your ideas

Please contact us if you have any suggestions for social events 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.

Social Events



Bingo
29th April



Midsummer Murder Mystery Evening
Details to follow



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!