



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



SEPTEMBER 2025

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

Chester Business Club Sponsored Walk

The Chester Business Club's annual charity walk takes place this year on Sunday 21 September. Registration is open from 10.15 and the walk begins at 11.00am

Registration is free and all registered walkers receive a certificate on completion of the Walk. Dogs are welcome. **Walkers must be registered by this Sunday the 14th Sep.**

From Chester Racecourse the walk goes along the Duke's Drive into Eccleston village where walkers enjoy refreshment stations stocked with treats such as Mars Bars, orange juice, bacon or veggie butties, then walkers return to the Racecourse along the banks of the Dee.

A celebratory G&T or soft drink awaits them at the finish line. These refreshment stations are kindly sponsored by Chester Business Club members. There is Face painting and a best-behaved dog contest too!

If you would like to take part and raise funds for CC-SN please use the contact form and we will register you with CBC, and send you a CC-SN T-shirt and sponsor form.

Or you can sponsor our walkers here:

<https://cafdonate.cafonline.org/28943>

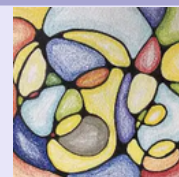


Zentangle & Neurographic Art with Christine

Tuesday 16th September 11am-12.30pm

Tuesday 21st October 11am-12.30pm

Tuesday 18th November 11am-12.30pm



Zentangle art is a simple, relaxing way to draw. You don't need to be good at drawing. There are no mistakes, and you don't plan it out—you just let it happen step by step. It is like meditation through drawing—calm, simple, and good for your mental well-being.

Neurographic art is a peaceful, creative way to draw your thoughts and calm your mind. There are no rules or mistakes, so it's relaxing and freeing. Email sarahl.teamadmin@cc-sn.org for more info.

coming soon

Thursday 18th September
7.30pm

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

Check your emails for more details.

International Walk for PICS Day on Saturday 27th Sep

Can't make the Chester Walk? Hold your own walk in your local area and raise awareness of PICS or raise money for CC-SN.

<https://www.walk4pics.com>

Monday 22nd September 9pm - Relaxation

Jo will talk you through a variety of breathing techniques and simple movements to encourage relaxation. At the end of the session she will leave you to go away quietly relaxed and ready for sleep!

Friday 10th October 8pm - Race Night Join us for a night of fun and excitement with Peter as our Race caller. It is completely free to take part and there will be prizes up for grabs! More details to follow soon.

November Quiz Night

Come and enjoy an evening filled with quizzical fun! Participation is free, and there will be prizes to win! More details to follow soon.



CCSN Pin Badges

Our Oak Tree pin badge, symbolises strength, life and endurance which perfectly represents our members and supporters.

By purchasing a pin badge, you can support the CCSN and help raise 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.

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



September
Draw
Winners!

This Month:

85 numbers entered
Total Prize Fund £148.75

Total raised to support
CC-SN £276.25

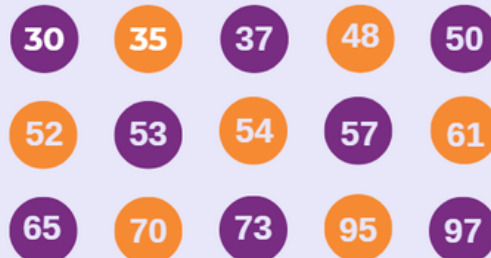
1st Prize: £85
84-Walter

2nd Prize: £42.50
32- Jo

3rd Prize: £21.25
20- Margaret

We currently have 15 numbers available for new and existing members.

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



Next monthly draw: Thursday 9th
October at 7:15pm
To join the draw, email
100club@cc-sn.org

Our Session Schedule:

Monday	9.30am Exercise Group– Next Step 10.30am Start Up Exercise – 45 mins
Tuesday	9.30am Exercise Core Control 1 8pm Family & Friends Drop In
Wednesday	9.30am Advanced Exercise Group 10.30am Start Up Exercise – 45 mins
Thursday	10.30am Exercise Group – Next Step 7.30pm Former Patients Drop-In
Friday	9am Gentle Yoga
Saturday	9.30am Core Control - level 2

All of our exercise sessions are FREE, UNLIMITED and 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.**

Drop-In Meetings

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

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

Chat or simply listen- but know you're not alone.

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

After I spent 2 months in ICU ((Countess of Chester hospital) I was extremely weak due to being on a ventilator for 2 weeks . The Countess did a weekly exercise class for me online which were great but it was slow going . This is when I joined the CCSN online classes one a week at first then a second was added. My fitness levels and strength progressed rapidly so much so that in October 2020, only 5 months after leaving ICU, I was able to return to work . There is no doubt in my mind that the online exercise classes helped so much .

Tony C

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

All sessions are on Zoom so can be done in the comfort of your own home. If you're interested in joining us for exercise or Drop In, please reach out to 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:



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