



Registered Charity 1182307
www.cc-sn.org info@cc-sn.org



JANUARY 2026

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

100 Club

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)

Registered Charity 1182307
Lottery licence no. 22/LOTTO/2
with Cheshire West & Chester Council

Gentle Yoga with Laura Fridays @ 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.

Next monthly draw:
Thursday 12th February @7:15pm
To join the draw
email 100club@cc-sn.org

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 with Peter**
Friday 27th February @ 8pm

Benefits of Chair Yoga

- Improved Circulation which helps healing and recovery.
- Enhanced Flexibility to help joint mobility and reduce stiffness.
- Stress Reduction through breathing and mindful movement.
- Increased Strength: rebuilds muscles and improves balance.
- Boosted Energy: releases tension and restores energy levels.
- Reconnect with your body and boost your well being.

Each class offers modification so do as much or as little as you feel is right for you.

Scheduled Speakers for the Former Patients Drop-in
Thursday 13th February @ 7:30pm
Andrea Reynolds from Countess Of Chester Hospital talking about ICU diaries and Call4Concern.



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 to everyone who has boosted funds for CC-SN by using EasyFundraising when shopping online for Christmas and in the Sales.

Check out www.easyfundraising.org.uk if you'd like to sign up and raise free donations just through doing your online shopping.



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.

Our Session Schedule

Monday	Next Step with Jo @ 9.15am Start Up with Jo @ 10am
Tuesday	Core Control with Gareth @ 9.30am
Wednesday	Advanced with Jo @ 9.15am Start Up with Jo @ 10am
Thursday	Next Step with Gareth @ 10.30am
Friday	Yoga with Laura 9am
Saturday	Floor Based Core Control with Gareth @ 9.30am
Family Drop-in Tuesday 8-9pm Former patients Drop-in Thursday 7.30pm-9pm	

All of our 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 - Tuesday Evenings: 8pm - 9pm
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 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



www.cc-sn.org



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