



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



MAY 2025

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

We are excited to announce the launch of our brand new CC-SN pin badge!



We feel that our Oak Tree pin badge, representing strength, life and endurance, is a fitting emblem for our members and supporters.

If you would like to support CC-SN and help raise awareness of our charity by purchasing a pin badge (or enquire about selling 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



May Draw Winners!

This month:

81 numbers entered
Total Prize Fund: £141.75
Total raised to support CC-SN: £263.25

1st Prize: £81.00
Teri (77)
2nd Prize: £40.50
Georgie (44)
3rd Prize: £20.25
Lowri (51)

Next monthly draw:

Thursday 12th June at 7:15pm

To join the draw

email 100club@cc-sn.org

We still have numbers available. If you would like more information about joining our 100 Club email 100club@cc-sn.org



Trafford Palazzo Abseil

We're looking for brave supporters to take on **The Trafford Palazzo Plunge!** Will you Abseil the 170ft down the impressive Palazzo Tower?

We are very lucky to have spaces available for supporters to abseil down the Trafford Palazzo in Manchester in order to raise money for CC-SN. The event will take place on **Sunday 29th June** and you do not need any previous abseiling experience as you will be supervised by professional instructors. CC-SN will also be there to support you and cheer you on.

If you would be interesting in taking part in the sponsored event on behalf of CC-SN please email Sue Dean: secretary@cc-sn.org

Our Family & Friends Drop-in is every Tuesday @ 8.pm on Zoom. I feel very lucky to have found it quite soon after my husband, Grizz was admitted to ICU in February 2021. Nothing could prepare me for how I felt when Grizz was suddenly so ill & I didn't know if he'd be strong enough to survive. I was powerless to help him & due to covid restrictions at the hospital I wasn't even allowed to visit him, which I think made things even worse. I'd get a daily update call from the hospital one day he'd be doing well & the next he'd deteriorate again. I was scared to leave the house in case I missed a call & then most of the time I didn't understand most of what I was being told anyway. I'm very lucky to have a good support network of family & friends around me but none of them really understood what I was going through.

I found CCSN after one of the doctors recommended them to me & I joined the drop-in session. I immediately felt at ease; everyone was kind and most importantly understanding because they'd all been through what I was going through too. They listened without judgement, let me cry when I needed to & offered advice based on their experiences. We even (despite the circumstances) had some laughs too. Tuesday nights became my lifeline, the one thing I had to look forward to. I love running the group now because I know how alone & desperate I felt back then and I want to help others get through it. It doesn't matter if your loved one is still in ICU, recently discharged or has been home for a while you are welcome to join us to talk about your experiences or just listen to ours – you don't have to face it alone.



Amanda ~ Family & Friends Drop-in Host



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.**





All sessions are FREE to our members and their families.

Monday	9.30am Exercise Group – the Next Step 10.30am Start Up Exercise – 45 mins
Tuesday	9.30am Core Control – level 1 8.00pm Family & Friends 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	9.00am Gentle Yoga
Saturday	9.30am Core Control - level 2

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

