



APRIL 2023

- Looking forward • Support
- Looking back • Activities



## Annual Prize Draw

We held our Annual Prize Draw on Thursday 30th March. **Thank you** to everyone who bought and sold tickets for us and helped us to raise a net profit of **£1096**. This money is **essential** to help CC-SN to continue to provide the **FREE support** for Critical Care patients and their families.



	Prize	Ticket Number	Winner
1st Prize	£250 John Lewis Vouchers	01355	Paul Ambrose
2nd Prize	Oak framed print 'Meadow Trapeze' by Fancy by Nature	01317	Zoe Austin
3rd Prize	£50 voucher for Freddies Flowers	00768	Julie Lewis
4th Prize	2 tickets for West Midlands Safari Park	00083	Vicky Reed
5th Prize	Large box of Guylian Chocolate	00534	Kim Trim
6th Prize	£30 Take Away voucher Uber Eats, Deliveroo or Just Eat	00161	Lynn Foord
7th Prize	£25 Homebase voucher	00898	Trish
8th Prize	£20 Love2Shop voucher	00526	Jess John

We were incredibly fortunate to have all of the prizes donated this year which enabled us to maximise the profits made. Thank you to everyone who made a prize donation.



We are always very grateful for the support that we receive from Alderstone Solicitors

who have supported us since the very beginning and generously donated this year's 1st Prize.

Alderstone Solicitors is a new name for an established and dedicated group of solicitors who specialise in people impacted by serious injury, medical negligence, industrial disease, and asbestos-related diseases.

We enjoyed another great social event playing **Bingo**. Thank you to **Stuart** our stylish Bingo Caller. Congratulations to all of the winners!

We all enjoyed an informative evening with **Jo** helping us to learn the cause, avoidance and recovery with **slips, trips and falls**.



exercise...

All sessions are **FREE** to our members and their families.

## Our Session Schedule:

**Recovery** is at the core of what we do.

No matter what your limitations or capability may be, we have an exercise session which will be suitable to **aid you in making the best possible recovery from your illness.**

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.**

Monday

10.30 am Exercise Group – the Next Step  
11.30 am Start Up Exercise – 45 mins

Tuesday

9.30 am Core Control – level 1  
8.00 pm Relatives Drop-In Meeting

Wednesday

9.00 am Advanced Exercise Group  
10.00 am Exercise Introduction  
10.30 am Start Up Exercise – 45 mins

Thursday

11.30 am Exercise Group – the Next Step  
7.30 pm Drop-In Meeting – all welcome!

Friday

11.00 am Gentle Yoga

Saturday

9.30 am Core Control - level 2



COMING  
SOON

### Relaxation with Jo

Jo will be running another relaxation session to demonstrate helpful relaxation techniques.

### Art & Craft with Teri

Teri will be running another art and craft session on Tuesday 13th June. More details to follow soon.

Please come along to any sessions you fancy trying - remember **all sessions are free** to our members and their families

GET INVOLVED

Get in touch for more information and log-in details:



[info@cc-sn.org](mailto:info@cc-sn.org)



[www.cc-sn.org](http://www.cc-sn.org)

GET IN TOUCH

