



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



OCTOBER 2025

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

Fundraising Updates and Thank yous

Social Race Night

Thank you to Peter B for hosting our first online Race Night on Friday. It was great fun and we had lots of laughs. Well done to the winners- 1st Prize of £20 to Marjie, 2nd Prize of £15 to Peter and 3rd prize of £10 to Jamie.



Look out for our next social event in November.

Well done to Lin and her husband Glynn for raising £406.45 for CC-SN by selling their homegrown produce. Thank you!



Relaxation Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep.



October Draw Winners!

This Month:

86 numbers entered
Total Prize Fund:
£150.50
Total raised to support
CC-SN £279.50

1st Prize: £86
Lin (38)

2nd Prize: £43
Liz (85)

3rd Prize: £21.50
Jill (62)

Next 100 Club monthly draw:
Thursday 13th November at 7:15pm
To join the draw email:
100club@cc-sn.org

Sponsored Walk

Well done to Miles, Phil, Julie & Gary and Mark & Julie G who walked for the CC-SN and raised £546 in sponsorship in the Chester Business Club's annual charity walk on Sunday 21st September. A big thank you to everyone who sponsored them!



Spreading the Word

On 19th September, Miles and Peter were proud to be part of the East of England Critical Care Conference – an incredible day dedicated to sharing knowledge, experience, and compassion in the world of critical care.

It was a privilege for them to not only spread the word about the vital work of Critical Care Support Network (CC-SN), but also to contribute to the conversation. Petel and Miles were honoured to join as guest speakers in the afternoon, sharing lived experiences and the importance of supporting patients and families long after Intensive Care.



Zentangle Art

Thank you to Christine for her first enjoyable art session where we used repetitive patterns and structured designs to create calm, meditative drawing. The focus was on being present in the moment, not on making a "perfect" piece of art. It was great for mental wellbeing because it encouraged mindfulness, reduced stress, and allowed for creative expression without pressure or judgment. If you would like to join the next session, email sarahl.teamadmin@cc-sn.org



**Coming
Soon**

Relaxation with Jo.

Join us for another wonderful session with Jo on Monday 13th October at 9pm where you will practice relaxation techniques to help you prepare for a good sleep. Check emails to sign up!

Quiz Night Friday 21st November 8pm



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



Zentangle and Neurographic Art

Tuesday 21st October 11am - 12:30pm

Tuesday 18th November 11am - 12:30pm



Did you Know?

We offer a wide variety of free sessions to patients and their families to help them along the road to recovery! We offer these sessions free of charge as we know ICU admission can put a strain on finances.

Annually, it costs Critical Care Support Network:



£19,250
for exercise, yoga, relaxation and art & craft sessions



£2000
for Zoom, IT, website, insurance, phone, postage



Did you know...?
Apart from our qualified trainers, everyone else volunteers their time for free to support CC-SN.

WE RAISE FUNDS THROUGH:

- 100 CLUB
- ANNUAL RAFFLE
- SPONSORSHIP
- DONATIONS
- EASYFUNDRAISING
- RECYCLING USED PRINTER INKS
- GRANTS



Will you help us?

What can you do to assist CC-SN in enabling individuals to achieve the best possible recovery from critical illness?

Our Session Schedule:

PLEASE NOTE SOME CHANGES TO THE TIMES

Monday	9.15am Exercise Group– Next Step 10.00am Start Up Exercise
Tuesday	9.30am Exercise Core Control 1 8pm Family & Friends Drop In
Wednesday	9.15am Advanced Exercise Group 10.00am 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 INSTRUCTORS who aim to help anyone who has been in ICU rebuild their strength and get moving again, wherever you are in your recovery journey.

Sessions are on Zoom so you can access them from your own home.

All movement is medicine.

Drop -In Meetings

Family & Friends Tuesday 8pm -9.30pm

Former Patients Thursday 7.30pm - 9pm

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

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

