

Critical Times



Issue 47: November 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

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100 Club Congratulations to our November Draw Winners

This month: - 88 numbers entered.

Total Prize fund: £154.00

Total raised to support CC-SN: £286.00

- **1st Prize: £88.00 Anna T (31)**
- **2nd Prize: £44.00 Parveen C (9)**
- **3rd prize: £22.00 Caroline M (99)**

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

For more information about becoming part of our 100 club, please email 100club@cc-sn.org

QUIZ NIGHT : Friday 21st November at 8pm

Join us online for a fun evening of questions. The quiz will consist of 5 sections with a short interval after the round 3.

The rounds are:

- 1) Science and Nature
- 2) Geography
- 3) Sport
- 4) Music (including some guess the song or artist from the music played)
- 5) General Knowledge

It is free to enter and there will be prizes and lots of laughs.

Sign up and give it a go!

Relaxation

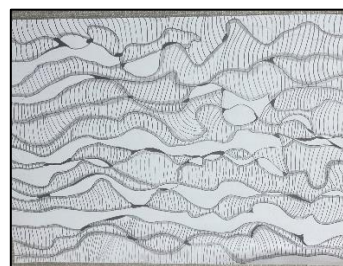
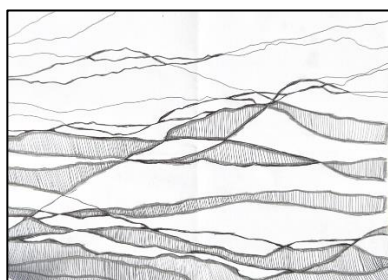
Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep. Join us for the next session on **Monday 24th November at 9pm.**

Zentangle & Neurographic Art with Christine

Zentangle Art

Thank you to Christine for the second enjoyable art session where we used a coin or pebble to draw lines 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

Here are some examples of the work that our participants created.

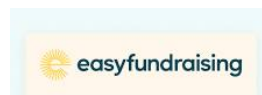


The next session is on: Tuesday 18th November 11am-12.30pm

If you have already signed up, you will receive more details about the next session automatically.

Email sarahl.teamadmin@cc-sn.org for more information, we have a few places left.

Support Us Through Easyfundraising – It's Free!



Amazing news, in the last 30 days your support has helped to raise £13.98 through using easyfundraising! This brings our total so far to £1003.39. A huge thank you to everyone who has helped us to achieve this.

We currently have 56 supporters with 2 new supporters having joined in the last 30 days.

Did you know that you can now raise free donations for CC-SN just by shopping online via Easyfundraising? It is easy to use and doesn't cost you anything – simply start your shopping at www.easyfundraising.org.uk

Over 8000 online retailers will give us money when you shop with them through the easyfundraising app or website. Whether you are shopping online for Black Friday, Christmas or anything else, you can support us - for free.

Getting started is easy – it is free to register and will take less than two minutes to sign up. Once registered, whenever you shop online, visit the easyfundraising website or app first, before visiting your favourite retailers and CCSN will benefit with no extra cost to you!



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, whether you are just out of hospital or well on the road to recovery. It is never too soon to start.

All sessions are FREE to our members and their families.

Monday:	• 9.15am Exercise Group- The Next Step • 10.00am Start Up Exercise- 45 mins
Tuesday:	• 9.30am Core Control -Level 1 • 8.00pm Family & Friends Drop-In Meeting.
Wednesday:	• 9.15am Advanced Exercise Group • 10.00am Start Up Exercise- 45 mins
Thursday:	• 10.30am Exercise Group-The Next Step • 7.30pm Former Patients Drop-in Meeting
Friday:	• 9am Gentle Yoga
Saturday:	• 9.30am Core Control- Level 2 (Floor Based)

All our sessions are on Zoom so they can be done from the comfort of your own home, allowing you to start your recovery journey as soon as possible after leaving hospital, no matter how weak or fit you are. Please come along to as many sessions as you fancy trying- remember all sessions are FREE to our members and their families.

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!

Upcoming Events:

Relaxation with Jo. Monday 24th November at 9pm. Check emails to sign up.

Art with Christine Tuesday 18th Nov 11am-12.30pm.

Quiz Night Friday 21st November at 8pm. Come and enjoy an evening filled with quizzical fun! Participation is free, and there will be prizes to win! Check you emails for more details.

Bingo Night in January- more details coming soon!

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