

ccsn
CRITICAL CARE SUPPORT NETWORK



AUGUST 2022

- Looking forward
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- Activities

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



Fundraising



A message from our Treasurer: Sue Dean

As many of you will know the roots of our Group are in our own experiences of ICU – which lead to our current programme along with our policy of **not charging members** for the sessions plus **limited fundraising** – just one raffle and one event per year – the rest of the funding coming from grant applications.

This has worked extremely well up to now and has enabled us to expand. Wearing my Treasurer's hat, I have been looking at the situation for the current financial year (1 April 22 to 31 March 23). Our costs for the current financial year will be in the region of **£20,300** or £390 per week for our current programme. This **covers** our **trainers and tutors' fees, materials for sessions, prizes for social events, printing of publicity materials for hospital distribution, insurance, Zoom, website and email costs, postage, group PAYG mobile phone** – in fact everything we do. All the Trustees and Committee are **volunteers** – we do not employ any staff (but we must use suitably qualified professional instructors for our classes).

I believe in the current economic climate in the UK funding will be much more difficult.

Can you help please?

There are 3 ways that you can help to support the work of CC-SN:

1



Could you set yourself a **challenge** such as walking a short distance each day relating to your time in ICU or in a coma and making it part of your **recovery programme**? Get **family and friends to sponsor** you – it's a **great motivator!** Seek medical advice if you are worried or Jo Ruffell will be happy to advise you on preparation for the challenge. Could you invite 5 friends round for coffee and charge them £1 per cup whilst telling them about our activities? In fact anything - **the only limit is your imagination**. Miles has certainly used his imagination – he was in ICU for 90 days or **2160 hours** – this year he is setting himself the **challenge** of taking **2160 steps up a climbing wall!** This is the equivalent of around 2 km but **VERTICALLY!** **Will you sponsor him?**

2

If you are close to Chester, or fancy a day out, then you could take part in the **Chester Business Club Sponsored Walk on Sunday 18th September starting at 11am**. Phil Dean and Stuart Hughes (from Alderstone Solicitors and he's on our Committee) are walking and would be glad of your company! The walk is a lovely Sunday stroll of just over **6 miles** starting and ending at **Chester Racecourse** with the Club's legendary refreshment stops en route. **Let Sue Dean know and she will register you with CBC.**



3

We know not everyone is able or will want to take part but could you support those who are by **sponsoring** them or **donating** towards their efforts? Or could you donate £1 for every day you spent in ICU or in a coma? Remember, **every donation helps** - it doesn't have to be large. **You can use the CAF Donate buttons below to visit our donation pages.**

Donate to Reclaim Our Days



Donate to CBC Walk



Donate to CC-SN

Coming soon



Breathlessness with Jo - Friday 9th September - 2pm

Jo Ruffell has put together a session on breathlessness for us because breathlessness is part and parcel of the recovery process for many after ICU and can be very debilitating. Whilst some issues can't be eliminated, there are ways to manage breathlessness and improve breathing which Jo will show you to help you cope.



Art and Craft with Zoe - Illuminated Letters

The next 3 sessions with Zoe will be based on **illuminated manuscripts**, where we will be designing our own decorative lettering.

The sessions will be running on **Tuesday 27th September, 25th October and 29th November** between 10.45 am and 12.15 pm.

We will email out soon with more information and details about how to sign up.



REMEMBER!

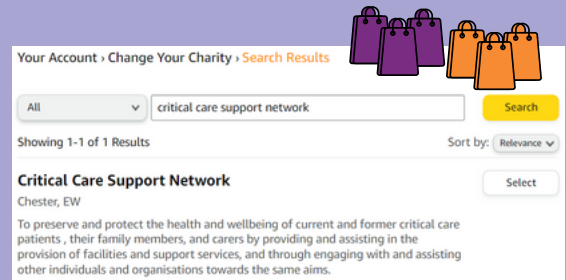
Amazon will **donate** a portion of the purchase price to **CC-SN** while you shop at **no extra cost to you!**

All you need to do is visit smile.amazon.com or turn on **AmazonSmile** within the Amazon shopping app and **select 'Critical Care Support Network'** as your chosen charity. Each time that you shop via Amazon Smile, CC-SN gets money!

Every penny really does make the difference to **support the work that we do.**

[Click here to visit Amazon Smile](#)

smile.amazon.co.uk



Sessions

Exercise Classes

Exercise Groups:

- Introduction
- Start Up
- The Next Step
- Advanced

Core Control – level 1 and 2
Gentle Yoga



Drop-In Meetings

- Relatives

Tuesday Evenings: 8pm - 9:30pm

- All welcome!

Thursday Evenings: 7:30pm - 9pm

If you would like to join in - to chat or just to listen - please contact info@cc-sn.org and we will send you simple instructions and the link.



We would like your ideas

Please contact us if you have any suggestions for social events or activities that you would like to see in the future.



We would also like more ideas for topics that you would like discussed at the drop-in meetings. If you know of anyone who would like to speak on a topic, please let us know.

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

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



info@cc-sn.org



www.cc-sn.org

