

Critical Times



Issue 54: June 2026

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

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Well done Jess Blundell!

On Sunday 26th April, Jess ran 26.2 miles in the London Marathan to support CC-SN's vital life changing work.

Jess did an incredible job and completed the course in 5 hours, 32 minutes and 46 seconds, placing her in position 47868 overall and position 10692 in women, which is fantastic.

In total, she's raised an amazing **£1448.75**. Thank you Jess, we really appreciate you doing this and raising funds for CC-SN.

Wainhouse Tower Abseil: Friday 29th May

Stuart Hughes, from Alderstone Solicitors and two of his colleagues, Emily Taylor and Hayden Hok Hay Lau tackled Wainhouse Tower, the world's highest folly (in Halifax) on Friday 29th May to raise money for CC-SN.

This achievement is even more commendable as Stuart has a real fear of heights and has already abseiled the Palazzo Tower last year for CC-SN. It is not too late to sponsor them, every pound counts!

<https://cafdonate.cafonline.org/30451>

Manchester Trafford Centre Palazzo Abseil

If Stuart's bravery has inspired you, we're still looking for brave supporters to raise money for CC-SN and take on The Trafford Centre Palazzo Plunge!

Would you like a chance to abseil down the impressive Palazzo Tower?

This year, the event will take place on 26th, 27th or 28th June (depending on availability of spaces) 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. It was great fun last year.

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

Twickenham October 2026

Is Trafford Centre too far away for you? Abseiling not for you? A special zip wire experience is happening at Twickenham on 16th, 17th or 18th October (depending on availability of spaces). Would YOU like to be part of it? More details coming soon or email secretary@cc-sn.org

Art Sessions

Thank you to Chris for running our art sessions in May where we learned how to sketch and shade and draw by using negative spaces.

She is running one more stand-alone session on 9th June, 11am -12.30pm. The session is suitable for everyone from beginners and experienced artists. Art improves mental wellbeing by reducing stress hormones, fostering a flow state that offers a mental escape. Engaging in creative activities also boosts self-esteem, allows for expression and fosters social connection.

The session is free and on Zoom and you only need resources you will already have at home. Chris is welcoming and explains things clearly and there is no pressure to show your work (unless you want to).

If you are interested in signing up, please email sarahl.teamadmin@cc-sn.org and check your emails for further information.

Volunteers needed: Could you help and spare a few hours a week?

Did you know the CC-SN is run purely by volunteers to support people in recovery from ICU and their family members, many of them are ex patients themselves who want to give something back as a thank you for the support they have received from the charity.

We are always looking for new volunteers to help- even an hour a week would make a difference. We would match your role to your skills and interests and there is always someone to ask if you need any help! Please email info@cc-sn.org if you would like to be part of something amazing!

100 Club Winners

88 numbers entered the May draw.

The total prize fund was £154

The total raised to support CC-SN was £286

1st prize: £88 Parveen (26)

2nd prize: £44 Lynn S (82)

3rd prize: £22 Teri B (10)

Winners will be notified after our next draw on Thursday 11th June- or join us online at 7.15pm to see if you are a winner. Results of June draw will be in the July newsletter. Email info@cc-sn.org for log in details or if you would like to enter the draw.

Book Club: Starting Wednesday 24th June @ 8pm

Would you be interested in joining a monthly online book club? (meeting on Zoom on the last Wednesday of the month)

To expand our Mental Wellness Programme, we are starting a book club- open to everyone: Former patients, families and staff members.

Reading has many benefits It helps reduce stress, strengthens brains, increases focus and attention, can improve sleep, mood and improves empathy and understanding.

How will it work? We will choose a book which is available in lots of different formats (paper, kindle and audio). You read the book at your own pace, we will then meet monthly on zoom to chat about the book (with questions to guide discussion). It will be a friendly and relaxed atmosphere- definitely no tests or right and wrong answers!

Email helenb.teamadmin@cc-sn.org for more information and to sign up.

Guest Speaker: Jenna MacDonald- Thursday 11th June @ 7.30pm

Jenna MacDonald from Vanderbilt University Medical Centre will be joining us at Drop-In to talk about PICs (Post Intensive Care Syndrome). If you are wondering why you or a loved one hasn't bounced back to full health after ICU, this will help you make sense of things. Jenna also is involved in running a 10 week course on PICs where the ideas will be discussed in greater depth, and members who have signed up and done the course have found it really helpful.

Everyone is welcome and it promises to be very informative- please check emails for how to sign up for log-in details.

Guest Speaker: Gab Edwards-Clark- Thursday 25th June @ 7.30pm

Gab is a critical care researcher and physiotherapist. She held interviews in 2024 with ICU patients and came to talk to our group at the time about our experiences of physical rehabilitation and nutrition after critical illness.

Now her research is complete, she has asked if she can come along to share her findings.

Everyone is welcome. Please check emails for how to sign up and get log-in details.

Relaxation

Thank you to Jo for another fantastic session in May.

Join us for the next session on **Monday 29th June @ 9pm** where Jo will talk you through a variety of breathing techniques and simple movements to encourage relaxation. At the end of the session, she will leave you quietly relaxed and ready for sleep. Check your emails to sign up.

Thank you Stuart for hosting our Bingo evening!

Thank you to Stuart for hosting another fun Bingo night, it was lots of fun and well done to our lucky prize winners. Keep your eyes peeled for our next social event.

Coming soon!

- Tuesday 9th June: Art with Christine Session 11am- 12.30pm
- Thursday 11th June @7.15pm: 100 Club Draw
- Thursday 11th June @7.30pm Guest Speaker: Jenna MacDonald
- Wednesday 24th June: Book Club @ 8pm
- Thursday 25th June @ 7.30pm: Guest Speaker: Gab Edwards- Clark
- Saturday 27th June: Abseil at Palazzo Tower, Trafford Centre
- Monday 29th June @ 9pm: Relaxation with Jo

More information to follow about these events- check your emails.

Our Session Schedule:

All 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 or late to start.

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

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.

All movement is medicine, especially after ICU. Regular exercise can boost your mood, reduce stress and anxiety as well as make you stronger. What are you waiting for, give it a go!

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

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