

Critical Times

Issue 42: June 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

Happy 2nd Birthday to the 100 Club!

We are delighted to celebrate this exciting milestone with you!

Over the past two years, your generous contributions have provided crucial support, hope and comfort to those who need it following time spent in ICU.

Our heartfelt congratulations to our winners who have added some excitement to our journey!

As we celebrate this special occasion, we warmly welcome new members to join our 100 Club.

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

2023-2024

- Total Prizes = £1319.50
- Total raised to support CCSN = £2450.50

2023-2024

- Total Prizes = £1631
- Total raised to support CCSN = £3029

Total Prizes = £2950.50

Total raised to support CCSN = £5479.50

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

100 Club June Draw Winners

This month: 82 numbers entered

Total Prize Fund: £143.50

Total raised to support CC-SN: £266.50

- 1st Prize: £82 – Sue (74)
- 2nd Prize: £40.50 – Colin (43)
- 3rd Prize: £20.25 – Sue (17)

Next monthly draw: Thursday 10th July 7:15pm GMT

To join the draw, email 100club@cc-sn.org

Relaxation with Jo: Monday 21st July @ 9pm

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 to go away quietly relaxed and ready for sleep!

Introduction to Screenwriting Workshop

Thank you to Steve Lawson for his Introduction to Screenwriting workshop.

Steve's expertise and passion for storytelling provided a valuable insight into the art of screenwriting. His engaging and informative sessions have left us inspired and equipped to tell our own stories with greater creativity and depth.

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CCSN Pin Badges

We believe that our Oak Tree pin badge, symbolising strength, life, and endurance, perfectly represents our members and supporters.

By purchasing a pin badge, you can show your support for CCSN and help spread awareness of our charity. If you're interested in buying one or would like information on how to sell them to your family, friends and colleagues, please email info@cc-sn.org

Minimum donation of £2.50 per badge + £1.50 P&P per order



Trafford Palazzo Abseil: Sunday 29th June



Top Row: Miles Negus-Fancey, Shelley Fieldsend, Stuart Hughes

Middle row: Luke & Ben Leighton, Liz Hinds

Bottom Row: Cath Davies, Paul & Jane Dean, Jamie Bland & Izzy Gibbs

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Join Our Thrilling Abseil Adventure for Charity!

Next Sunday, an intrepid team of 11 supporters will be abseiling down the dramatic 170-foot Palazzo Tower in Manchester, and we invite you to brighten up your Sunday morning by joining them!

It's an exhilarating experience and if you're interested, please reach out to see if spots are still available. There is a £30 booking fee and we ask participants to raise a minimum of £170 in sponsorship.

In return, you'll receive a CCSN T-shirt, detailed information and access to a personalized page on CAF Donate for your sponsors to contribute.

No previous experience is necessary, as Big Bang Experiences will provide all the equipment and instruction you need for a safe and fun adventure.

For more details, explore our Events & Fundraising page at www.cc-sn.org/events-fundraising or email Sue Dean: treasurer@cc-sn.org

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.

All sessions are FREE to our members and their families.

Monday:

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

Tuesday

- 9.30 am Core Control – level 1
- 8.00 pm Family & Friends Drop-In Meeting

Wednesday

- 9.30 am Advanced Exercise Group
- 10.30 am Start Up Exercise – 45 mins

Thursday

- 10.30 am Exercise Group – the Next Step
- 7.30 pm Former Patients Drop-In Meeting

Friday

- 9.00 am Gentle Yoga

Saturday

- 9.30 am Core Control - level 2

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:

Email: info@cc-sn.org

Visit: www.cc-sn.org

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