

Critical Times

Issue 39: March 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

CC-SN Annual Prize Draw – Thursday 27th March

There is still time to support CC-SN by purchasing raffle tickets for our Annual Prize Draw! You can buy as many or as few as you would like. Tickets are £1 each.

If you would like raffle tickets please email: sarah.teamadmin@cc-sn.org

It is easy to enter and support CC-SN:

1. Email sarahg.teamadmin@cc-sn.org with how many **tickets** or **books** you would like.
2. We will provide you with a photo of your tickets. If you are planning to sell them to others then we will post the tickets/books to you.
3. We will provide you with payment details so that you can make a bank transfer for your payment.

Prizes to be won!

1st: £250 John Lewis Voucher generously donated by Alderstone Solicitors

2nd: Relax and enjoy a mid-week Afternoon Garden Spa experience for 2 people at Carden's 5-star Spa with Afternoon tea in the Elements Restaurant, value £230 kindly donated by Bartonfest

3rd: 12 bottles of assorted quality wine selected by Chester Beer and Wine and delivered to your door

4th: A £100 framing voucher kindly donated by WeFrame.art, Chester

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

5th: Gift Box containing Bone China Mug, Coaster and Tea Towel, all in a matching design of your choice - visit www.fancey-by-nature.com kindly donated by Fancey by Nature

6th: £50 Voucher of your choice kindly donated by a supporter

7th: £25 Voucher of your choice kindly donated by a supporter

8th: £20 Love2Shop Voucher of your choice kindly donated by a supporter

9th: £10 Costa Coffee Voucher of your choice kindly donated by a supporter

10th: £10 Costa Coffee Voucher of your choice kindly donated by a supporter

A huge thank you to those who have donated these lovely prizes.

100 Club March Draw Winners

This month: 79 numbers entered

Total Prize Fund: £138.25

Total raised to support CC-SN: £256.75

- 1st Prize: £79 – Janet B (93)
- 2nd Prize: £39.50 – Cath (86)
- 3rd Prize: £19.75 – Karen (11)

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

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

Coming Soon

- Art with Christine – Tuesday 25th March
- Relaxation with Jo – Monday 31st March

Thank you

Thank you to Peter for another great Quiz night! Look out for more events coming soon!

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

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

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

Friday

- 11.30 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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