

Critical Times

Issue 40: April 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

New Session

Unlock your Storytelling Potential with Steve Lawson's Introduction to Screenwriting.

Everybody has a story to tell – this 4 week short course is designed to give an insight into how best to tell those stories, focussing on character creation, story structure and dialogue.

- Tuesday 6th May – 11-12
- Tuesday 13th May – 11-12
- Tuesday 20th May – 11-12
- Tuesday 27th May – 11-12

Steve Lawson was a professional TV scriptwriter for nearly 20 years for shows that include Brookside, Holby City and the Bill. For the past 12 years he has taught scriptwriting at the University of Central Lancashire in Preston.

All sessions are FREE to our members and take place on Zoom.

Places are limited. Email sarah.teamadmin@cc-sn.org to book your place.

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

100 Club April Draw Winners

This month: 82 numbers entered

Total Prize Fund: £143.50

Total raised to support CC-SN: £266.50

- 1st Prize: £82 – Linda (55)
- 2nd Prize: £41 – Yvette (80)
- 3rd Prize: £20.50 – Terkel (19)

Next monthly draw: Thursday 8th May 7:15pm GMT

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

Trafford Palazzo Abseil

We're looking for brave supporters to take on The Trafford Palazzo Plunge!

Will you Abseil the 170ft down the impressive Palazzo Tower?

We are very lucky to have spaces available for supporters to abseil down the Trafford Palazzo in Manchester in order to raise money for CC-SN.

The event will take place on Sunday 29th June 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.

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



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Thank you

A heartfelt thank you to everyone who participated in our Annual Prize Draw by buying or selling tickets. We successfully raised an impressive £1004! We are also incredibly grateful to all the prize donors, with a special thank you to Alderstone Solicitors for their generous donation of the 1st prize.

Additionally, a warm thank you to the prize winners who kindly donated their prizes back to CC-SN. This generosity allows us to raise even more funds to support the group.



SOMETHING EXCITING
IS COMING SOON...



Stay tuned for more information

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

- 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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