

Critical Times

Issue 45: September 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club Congratulations to our September Draw Winners

This month: - 85 numbers entered.

Total Prize fund: £148.75

Total raised to support CC-SN: £276.25

- **1st Prize: £85- Walter (84)**
- **2nd Prize: £42.50 – Jo (32)**
- **3rd prize: £21.25 – Margaret (20)**

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.

New members are always welcome to join our 100 Club to be in with a chance to win a prize for themselves and contribute to a fantastic cause. We currently have 15 numbers available for new and existing members. The numbers are 30, 35, 37, 48, 50, 52, 53, 54, 57, 61, 65, 70, 73, 95 and 97. The more people who join our 100 Club, the bigger the monthly prizes and more money is raised for CC-SN.

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

Chester Business Club Sponsored Walk

The Chester Business Club's annual charity walk takes place this year on Sunday 21 September. Registration is open from 10.15 and the walk begins at 11.00 am.

Registration is free and all registered walkers receive a certificate on completion of the Walk. Dogs are welcome. **Walkers must be registered by this Sunday the 14th September.**

From Chester Racecourse the walk goes along the Duke's Drive into Eccleston village where walkers enjoy refreshment stations stocked with treats such as Mars Bars, orange juice, bacon, or veggie butties, then walkers return to the Racecourse along the banks of the Dee.

A celebratory G&T or soft drink awaits them at the finish line. The refreshment stations are generously sponsored by members of the Chester Business Club. There is Face painting and a best-behaved dog contest too!

If you would like to take part and raise funds for CC-SN, please use the contact form and we will register you with CBC and send you a CC-SN T-shirt and sponsor form.

To sponsor the walkers, click the link here: <https://cafdonate.cafonline.org/28943>

Zentangle & Neurographic Art with Christine

Tuesday 16th September 11am-12.30pm

Tuesday 21st October 11am-12.30pm

Tuesday 18th November 11am-12.30pm

Zentangle art is a simple, relaxing way to draw. You don't need to be good at drawing. There are no mistakes, and you don't plan it out—you just let it happen step by step. It is like meditation through drawing—calm, simple, and good for your mental well-being.

Neurographic art is a peaceful, creative way to draw your thoughts and calm your mind. There are no rules or mistakes, so it's relaxing and freeing. Email sarahl.teamadmin@cc-sn.org for more information.

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 the 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.



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, whether you are just out of hospital or well on the road to recovery. It is never too soon to start.

All sessions are FREE to our members and their families.

Monday:	• 9.30am Exercise Group- The Next Step • 10.30am Start Up Exercise- 45 mins
Tuesday:	• 9.30am Core Control -Level 1 • 8.00pm Family & Friends Drop-In Meeting.
Wednesday:	• 9.30am Advanced Exercise Group • 10.30am Start Up Exercise- 45 mins
Thursday:	• 10.30am Exercise Group-The Next Step • 7.30pm Former Patients Drop-in Meeting
Friday:	• 9am Gentle Yoga
Saturday:	• 9.30am Core Control- Level 2 (Floor Based)

All 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. Please come along to as many sessions as you fancy trying- remember all sessions are FREE to our members and their families.

All movement is medicine, especially after ICU. Regular exercise can boost your mood, reduce stress and anxiety as well as making you stronger. Give it a go!

My Recovery Story

“After I spent 2 months in ICU ((Countess of Chester hospital) I was extremely weak due to being on a ventilator for 2 weeks. The Countess did a weekly exercise class for me online which were great but it was slow going. This is when I joined the CCSN online classes one a week at first then a second was added my fitness levels and strength progressed rapidly so much so that in October 2020 5 months after leaving ICU I was able to return to work. There is no doubt in my mind that the online exercise classes helped so much.” Tony C

Get in touch for more information and log -in details: Email info@cc-sn.org

Upcoming Events:

Guest Speaker: Mervin Smith from Alderstone Solicitors will be at our Thursday night drop-in on 18th September to explain the work they do and how they can help. Come and listen.

International Walk for PICS Day on Saturday 27th September.

Can't make the Chester Walk? Hold your own in your local area and raise awareness of PICS or raise money for the CC-SN.

<https://www.walk4pics.com>

Art with Christine (sessions Tuesday 16th Sep, Tuesday 21st Oct and Tuesday 18th Nov 11am-12.30pm. Message sarahl.teamadmin@cc-sn.org to sign up.

Race Night: Social event which promises to be lots of fun Friday 10th October 8pm.

Relaxation with Jo. Monday 22nd September at 9pm.

November- **Quiz night** – more details to follow soon.

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