



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org



NOVEMBER 2025

- Looking forward • Support
- Looking back • Activities
- Fundraising



Friday 21st November 8pm

Join us online for a fun evening of questions. The quiz will consist of 5 sections with a short interval after the round 3.

The rounds are:

- 1) Science and Nature
- 2) Geography
- 3) Sport
- 4) Music (including some guess the song or artist from the music played)
- 5) General Knowledge

It is free to enter and there will be prizes and lots of laughs.

Sign up and give it a go!

This Month:

88 numbers entered
Total Prize Fund:
£154.00
Total raised to support
CC-SN £286.00

November Draw Winners!

1st Prize: £88
Anna T (31)

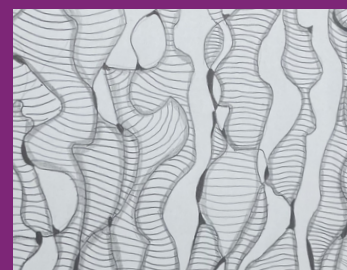
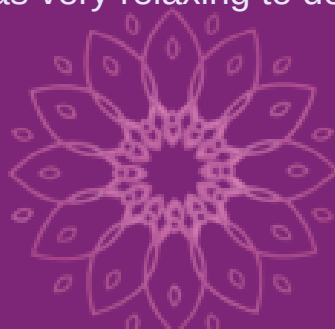
2nd Prize: £44
Parveen C (9)

3rd Prize: £22
Caroline M (99)

Next monthly draw: **Thursday 11th December at 7:15pm** To join the draw email 100club@cc-sn.org

Zentangle Art

Thank you to Christine for another great art session where we used a coin or pebble to help us create lines which we developed into a mindful piece of art. It was very relaxing to do!



Next Session is Tuesday 18th November 11-12.30pm

Relaxation Thank you to Jo for another fantastic session guiding us through relaxation techniques and leaving us relaxed and ready for sleep.

Join us for the next session on Monday 24th November at 9pm.





Amazing news, in the last 30 days your support has helped to raise **£13.98** through using easyfundraising! This brings our total so far to **£1003.39!** A huge thank you to everyone who has helped us to achieve this. We currently have 56 supporters- have you signed up?

Did you know you can support CC-SN every time you shop online?

Over 8,000 online retailers will give us money when you shop with them through the easyfundraising website or app. Whether you are shopping online for Black Friday, Christmas or anything else, you can support us – for free!

Getting started with easyfundraising is easy; it's free to register and will take less than two minutes to sign up. Once registered, whenever you shop online, visit the easyfundraising website or app first; before visiting your favourite brand, and CC-SN will benefit at no extra cost to you!

Help make a difference, click here to sign up now:

Every Christmas present you buy is a present for us

Shop with thousands of retailers

Moments that make it count

JOIN EASYFUNDRAISING

Our Session Schedule:

Monday	9.15am Exercise Group– Next Step 10.00am Start Up Exercise
Tuesday	9.30am Exercise Core Control 1 8pm Family & Friends Drop In
Wednesday	9.15am Advanced Exercise Group 10.00am Start Up Exercise – 45 mins
Thursday	10.30am Exercise Group – Next Step 7.30pm Former Patients Drop-In
Friday	9am Gentle Yoga
Saturday	9.30am Core Control - level 2

All of our exercise sessions are **FREE, UNLIMITED** and run by **QUALIFIED INSTRUCTORS** who aim to help anyone who has been in ICU rebuild their strength and get moving again, wherever you are in your recovery journey.

Sessions are on Zoom so you can access them from your own home.

All movement is medicine.

Drop-In Meetings

Family & Friends Tuesday 8pm -9.30pm

Former Patients Thursday 7.30pm - 9pm

Chat or simply listen, but know you're not alone.

Christmas Holiday Dates Please note: The **last sessions** before the Christmas break will be on **Saturday 20th December**.

Our sessions will **begin** again on **Monday 5th January 2026**.



Get in touch for more information and log-in details:



info@cc-sn.org



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