

Critical Times

Issue 46: October 2025

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club Congratulations to our October Draw Winners

This month: - 86 numbers entered.

Total Prize fund: £150.50

Total raised to support CC-SN: £279.50

- 1st Prize: £86 Lin (38)
- 2nd Prize: £43 Liz (85)
- 3rd prize: £21.50 Jill (62)

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

Social Race Night

Thank you to Peter B for hosting our first online Race Night on Friday. It was great fun, and we had lots of laughs. Well done to our winners: 1st prize of £20 to Marjie, 2nd prize of £15 to Peter and 3rd prize of £10 to Jamie.

Look out for our next social event in November and join us for another fun evening.

Thank you, Lin.

Well done to Lin and her husband Glynn for raising £406.45 for CC-SN by selling their homegrown produce. Thank you!

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 13th October (this Monday).

Chester Business Club Sponsored Walk

Well done to Miles, Phil, Julie & Gary and Mark & Juie G who walked for the CC-SN and raised £546 in sponsorship in the Chester Business Club's annual charity walk on Sunday 21st September. A big thank you to everyone who sponsored them!

Spreading the Word

On 19th September, Miles and Peter were proud to be part of the East of England Critical Care Conference – an incredible day dedicated to sharing knowledge, experience, and compassion in the world of critical care.

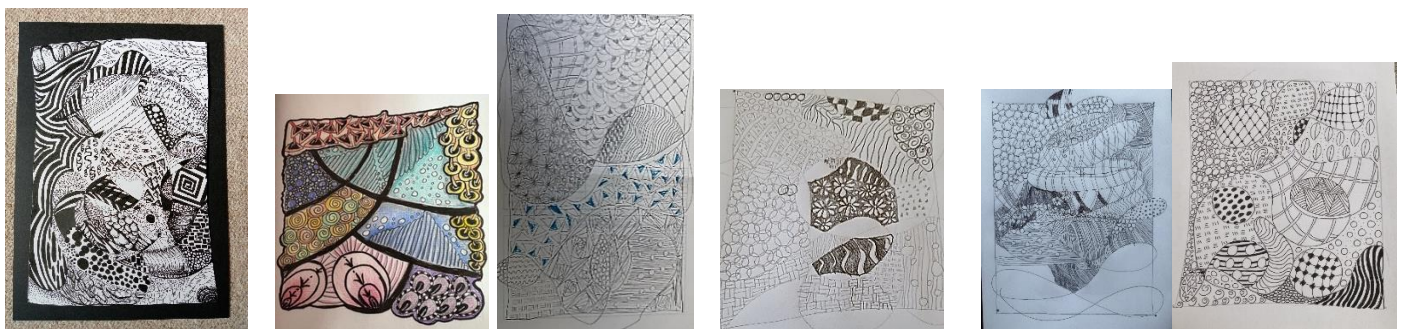
It was a privilege for them to not only spread the word about the vital work of Critical Care Support Network (CC-SN), but also to contribute to the conversation. Peter and Miles were honoured to join as guest speakers in the afternoon, sharing lived experiences and the importance of supporting patients and families long after Intensive Care.

Zentangle & Neurographic Art with Christine

Zentangle Art

Thank you to Christine for the first enjoyable art session where we used repetitive patterns and structured designs to create calm, meditative drawing. The focus was on being present in the moment, not on making a "perfect" piece of art. It was great for mental wellbeing because it encouraged mindfulness, reduced stress, and allowed for creative expression without pressure or judgment. If you would like to join the next session, email sarahl.teamadmin@cc-sn.org

Here are some examples of the work that our participants created.



The next sessions are on:

Tuesday 21st October 11am-12.30pm

Tuesday 18th November 11am-12.30pm

If you have already signed up, you will receive more details about the next session automatically.

Email sarahl.teamadmin@cc-sn.org for more information, we have a few places left.

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.



Did you know?

We offer a wide variety of free sessions to patients and their families to help them along the road to recovery! We offer these sessions free of charge as we know ICU admission can put a strain on finances.

Annually, it costs Critical Care Support Network:

£19,250 for exercise, yoga, relaxation and art and craft sessions.

£2,000 for Zoom, IT, website, insurance, phone and postage

Did you know? Apart from our qualified trainers, everyone else volunteers their time for free to support CC-SN.

WE RAISE FUNDS THROUGH:

- 100 Club
- Annual Raffle
- Sponsorship
- Donations
- Easy Fundraising (raise funds when you shop online)
- Recycling used printer ink
- Grants

Will you help us?

What can you do to assist CC-SN in enabling individuals to achieve the best possible recovery from critical illness?

Support Us Through Easyfundraising – It's Free!

You can now raise free donations for CC-SN just by shopping online via Easyfundraising. It is easy to use and doesn't cost you anything – simply start your shopping at www.easyfundraising.org.uk

Just choose your retailer, and a percentage of your purchase will be donated to us. Over 7,000 retailers are involved, including Argos, John Lewis, and eBay. Every little helps!

Our Session Schedule:

PLEASE NOTE SOME SESSION TIMES HAVE CHANGED

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:	• 9.15am Exercise Group- The Next Step • 10.00am Start Up Exercise- 45 mins
Tuesday:	• 9.30am Core Control -Level 1 • 8.00pm Family & Friends Drop-In Meeting.
Wednesday:	• 9.15am Advanced Exercise Group • 10.00am 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!

Upcoming Events:

Relaxation with Jo. This week, Monday 13th October at 9pm. Check emails to sign up.

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.

Quiz Night Friday 21st November at 8pm. Come and enjoy an evening filled with quizzical fun! Participation is free, and there will be prizes to win! More details will follow soon.

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