

Critical Times

Issue 38: February 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

Our Annual Prize draw helps us to raise awareness about what CC-SN does to help critical care patients and families to make their best possible recovery from their illness as well as raising vital funds for all our FREE sessions - exercise, chair yoga, relaxation, social events and Drop-in meetings for patients and families where you have the chance to chat and ask questions about the things that worry you.

There are several ways to get involved and support us whether that is buying some tickets yourself, selling them to family, friends and colleagues or simply spreading the word about our Annual Prize Draw. Tickets are £1 each and come in books of 5. If you would like raffle tickets please email: sarah.teamadmin@cc-sn.org

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 February Draw Winners

This month: 78 numbers entered

Total Prize Fund: £136.50

Total raised to support CC-SN: £253.50

- 1st Prize: £78 – Gareth (75)
- 2nd Prize: £39 – Phil (27)
- 3rd Prize: £19.50 – Parveen (9)

Next monthly draw: Thursday 13th March 7:15pm GMT

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

Coming Soon

- Relaxation with Jo – Monday 25th February
- Art with Christine – Tuesday 25th February
- Quiz Night with Peter – Friday 28th February
- Art with Christine – Tuesday 25th March
- Relaxation with Jo – Monday 31st March

More information to follow.

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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