

ccsn
CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307
www.cc-sn.org info@cc-sn.org



JUNE 2026

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



Well done Jess Blundell!

On Sunday 26th April, Jess ran 26.2 miles in the London Marathan to support CC-SN's vital life changing work.

Jess did an incredible job and completed the course in 5 hours, 32 minutes and 46 seconds, placing her in position 47868 overall and position 10692 in women, which is fantastic.

In total, she's raised an amazing £1448.75 . Thank you Jess, we really appreciate you doing this and raising funds for CC-SN.



Wainhouse Tower Abseil: Friday 29th May

Stuart Hughes, from Alderstone Solicitors and two of his colleagues, Emily Taylor and Hayden Hok Hay Lau, tackled Wainhouse Tower, the world's highest folly (in Halifax) on Friday 29th May to raise money for CC-SN. This achievement is even more commendable as Stuart has a real fear of heights and has already abseiled the Palazzo Tower last year for CC-SN.

It is not too late to sponsor them, every pound counts!

<https://cafdonate.cafonline.org/30451>

Trafford Palazzo Abseil

If Stuart's bravery has inspired you, we're still looking for brave supporters to raise money for CC-SN and take on The Manchester Trafford Centre Palazzo Plunge!

Would you like a chance to abseil down the impressive Palazzo Tower?

This year, the event will take place on 26th, 27th or 28th June (depending on space availability) 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. It was great fun last year.

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



Twickenham October 2026

Is Trafford Centre too far away for you? Abseiling not for you? A Zip Wire experience is happening at Twickenham on 16th, 17th or 18th October (depending on availability of spaces)...Would YOU like to be part of it? More details coming soon...



Art Sessions



Thank you to Chris for running our art sessions in May where we learned how to sketch and shade and draw by using negative spaces.

She is running one more stand-alone session on 9th June, 11am -12.30pm. Art improves mental wellbeing by reducing stress hormones, fostering a flow state that offers a mental escape. Engaging in creative activities also boosts self-esteem, allows for expression and fosters social connection.

The session is free, on Zoom and you only need resources you will already have at home. Chris is welcoming and explains things clearly. Please email sarahl.teamadmin@cc-sn.org



The CC-SN is run purely by volunteers to support people in recovery after ICU, and their family members. Many of them are ex patients themselves who want to give something back.

We are always looking for new volunteers to help - even an hour a week would make a difference. We would match your role to your skills and interests and there is always someone to ask if you need any help! Please email info@cc-sn.org if you would like to be part of something amazing!



May
Draw
Winners!

This month:
89 numbers entered
Total Prize Fund:
£154.00
Total raised to support
CC-SN: £286.00

1st Prize: £ 88.00
Parveen C (26)
2nd Prize: £ 44.00
Lynn S (82)
3rd Prize: £22.00
Teri B (10)

Registered Charity 1182307

Lottery licence no. 22/LOTTO/2
with Cheshire West & Chester Council

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Our next draw is on Thursday 11th June at 7.15pm.
Email info@cc-sn.org for log in details or if you
would like to enter the draw.

Relaxation

Thank you to Jo for another fantastic session
in May.

Join us for the next session on Monday 29th
June @ 9pm where Jo will talk you through a
variety of breathing techniques and simple
movements to encourage relaxation. At the
end of the session, she will leave you quietly
relaxed and ready for sleep. Check your
emails to sign up.



Thank you to Stuart for hosting
another fun Bingo night, it was
lots of fun and well done to our
lucky prize winners. Keep your
eyes peeled for our next social
event.



Book Club: Starting Wednesday 24th June (8pm)



To expand our Mental Wellness Programme, we are starting a book club- open to everyone: former
patients, families and staff members. Last Wednesday of every month.

Reading has many benefits It helps reduce stress, strengthens brains, increases focus and attention,
can improve sleep, mood and improves empathy and understanding.

It will be a friendly and relaxed atmosphere- definitely no tests or right and wrong answers!
Email helenb.teamadmin@cc-sn.org for more information and to sign up.

Guest
SPEAKER

Guest Speaker: Gab Edwards-Clark-
Thursday 25th June @ 7.30pm

Gab is a critical care researcher and
physiotherapist. She held interviews in 2024 with
ICU patients and came to talk to our group about
our experiences of **physical rehabilitation and
nutrition after critical illness.**

Now her research is complete, she is coming
back to share her findings.
Everyone is welcome. Please check emails for
how to sign up and get log-in details.

Guest
SPEAKER

Guest Speaker: Jenna MacDonald- Thursday
11th June @ 7.30pm

Jenna MacDonald from Vanderbilt University
Medical Centre will be joining us at Drop-In to talk
about **PICs (Post Intensive Care Syndrome)**. If
you are wondering why you or a loved one hasn't
bounced back to full health after ICU, this will help
you make sense of things.

Everyone is welcome and it promises to be very
informative- please check emails for how to sign up
for log-in details.

COMING SOON

- Tuesday 9th June: Art with Chris 11am- 12.30pm
- Thursday 11th June @7.15pm: 100 Club Draw
- Thursday 11th June @7.30pm Guest Speaker: Jenna MacDonald
- Wednesday 24th June: Book Club @ 8pm
- Thursday 25th June @ 7.30pm: Guest Speaker: Gab Edwards- Clark
- Saturday 27th June: Abseil at Palazzo Tower, Trafford Centre
- Monday 29th June @ 9pm: Relaxation with Jo



All movement is medicine.

Our classes are suitable for everyone, wherever you are in your recovery journey.



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.

Our Session Schedule

Monday	Next Step with Jo @ 9.15am Start Up with Jo @ 10am
Tuesday	Core Control with Gareth @ 9.30am
Wednesday	Advanced with Jo @ 9.15am Start Up with Jo @ 10am
Thursday	Next Step with Gareth @ 10.30am
Friday	Yoga with Laura 9am
Saturday	Floor Based Core Control with Gareth @ 9.30am

Family Drop-in Tuesday 8pm -9pm

Former patients Drop-in Thursday 7.30pm-9pm

If you're interested in joining us – whether to chat or simply listen – please reach out to info@cc-sn.org and we will provide you with easy instructions and the link.



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



info@cc-sn.org



www.cc-sn.org

