

Registered Charity 1182307

[www.cc-sn.org](http://www.cc-sn.org)

[info@cc-sn.org](mailto:info@cc-sn.org)

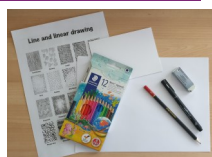
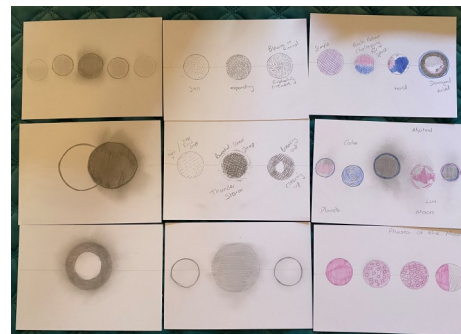
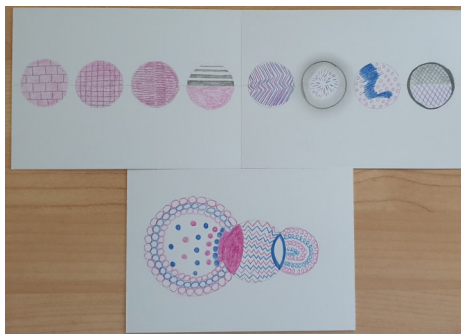
ISSUE 2



## February 2022

- ◆ A look back at January
- ◆ Fundraising
- ◆ Support
- ◆ Activities
- ◆ Looking forward

- ◇ We all had a great night of **Bingo** on 4th February - our thanks to Stuart for another fun evening. We will let you know the next date in due course.
- ◇ Many of our members have enjoyed their 1st and 2nd sessions of **Arts and Crafts** with **Zoe Tucker** using arts and crafts as an aid to relaxation and mindfulness.



**Gareth Tattum**, who runs our Thursday Exercise session and our Core Control classes, is currently running an **online fundraiser** in support of our Group. He is running a boxing combat fitness session on Zoom, free of charge to any one of his clients who want to join, in return for a donation to CC-SN. We look forward to hearing how much he has managed to raise.



## Advance Notice - Worrier to Warrior: Self-support for Anxiety

We have a special 4 week course called **Worrier to Warrior** which we thought sounded perfect for our Group!



Louise Wallis will run the course on four Friday afternoons from 2pm to 3:30pm. The first half focusing on theory (the science of anxiety and self-help strategies), the second half on practice (anxiety-relieving techniques, breathing exercise, and calming yoga postures).

The course will run on 22nd and 29th April then 6th and 13th May.

Please email us if you would like to book: [info@cc-sn.org](mailto:info@cc-sn.org)

**Week 1. What is Anxiety?** - Function versus dysfunction. An in-depth look at anxiety, removing some of the stigma that surrounds it by looking at its biological function, and importance, as well as what causes it to spiral out of balance.

**Week 2. Mind, Body, Breath** - We tend breathe without thinking, but breathing more consciously can be a powerful tool to calm anxiety and soothe a stressed nervous system. Here we explore the breath as the body/mind connector, supporting us to feel more present, and grounded.

**Week 3. Power of the Pause** - When our stress levels are high it's hard to step back and think rationally. In this module, we look at techniques that can bring us back into the moment, and allow us to feel more centred and in control.

**Week 4. Self-Support** - Know Thyself. While many people have anxiety, we are all different, so in this last module we get personal and begin to identify our triggers, and the techniques that work best for us, as well as support we can access from those around us.

# LOOKING FORWARD

## ◆ We intend to continue all our **existing classes**:

- Exercise Groups:
  - ⇒ Introduction
  - ⇒ Start Up
  - ⇒ The Next Step
  - ⇒ Advanced
- Core Control – level 1 and 2
- Gentle Yoga
- Relatives Drop-In Meeting
- Drop-In Meeting – all welcome!



- ◆ **Relax with Jo** on **Monday 28th February** at **9pm** for 45 minutes. Jo will talk you through the skills needed and encourage you to practice breathing techniques and simple movements to encourage relaxation. At the end she will leave you to go away quietly relaxed and ready for sleep!

- ◆ **Arts & Crafts** class with Zoe Tucker - the final session is on **Tuesday 29th March**.

- ◆ **Annual Prize Draw** - Tickets £1 each



Draw to take place at our Thursday Drop-In Meeting on 7th April.



1st Prize: £250 John Lewis Voucher kindly donated by Stuart Hughes of Birchall Blackburn Law.

2nd Prize: A mixed case of 12 bottles of wine kindly donated by Samantha at Chester Beer & Wine.



3rd Prize: £50 voucher for two boxes of flowers kindly donated by Freddie's Flowers.



Can you sell some raffle tickets for us please to help fund all our activities but, just as importantly, to spread the word about the help the group can offer to former ICU patients and their families?

We will be in touch with more details. Alternatively, email [admin@cc-sn.org](mailto:admin@cc-sn.org) to let us know how many books of tickets you would like sent to you (make sure to include your postal address).

## And finally!

- ◆ Miles is hosting a **Quiz Night** on Zoom for everyone on **Friday 4th March** at **8pm**. There will be prizes of online gift vouchers for the top 3 teams!



Please come along to any sessions you fancy trying.  
Get in touch for more info and log-ins:



[info@cc-sn.org](mailto:info@cc-sn.org)



[www.cc-sn.org](http://www.cc-sn.org)

**WE AIM TO HELP YOU MAKE THE BEST POSSIBLE RECOVERY FROM YOUR ILLNESS - WHATEVER THAT HAS BEEN!**