

Critical Times

Issue 32: August 2024

Looking forward, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org

info@cc-sn.org

100 Club August Draw Winners

This month: 76 numbers entered

Total Prize Fund: £133

Total raised to support CC-SN: £247

- 1st Prize: £76 – Liz (85)
- 2nd Prize: £38 – Gary & Julie (78)
- 3rd Prize: £19 – Carla (35)

Next monthly draw: Thursday 12th September 7:15pm GMT

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

Coming Soon:

Saturday 14th September – Bartonfest

A one day charity music festival in Cheshire. Once again, they have generously decided to support CC-SN. If you can attend the event, not only will you be supporting them but you will also be supporting us and enjoying a fantastic day out. CC-SN will be there and will be hosting our 'Guess the Name of the Teddy' competition, so drop by and say hello.

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

Sunday 15th September – Chester Business Club Sponsored Walk – Raising Funds for CC-SN and supporting #Walk4Pics to raise awareness of PICS

Join Miles, Stuart and Phil on Sunday 15th September for the Chester Business Club Sponsored Walk and #Walk4PICS to raise awareness about Post Intensive Care Syndrome (PICS) and PICS-Family (PICS-F) and to raise money for CC-SN. The pleasant 6-mile walk begins and ends at Chester Racecourse starting at 11 am, with the Club's renowned refreshment stops along the route.

For members who are further afield, would you consider taking part in a sponsored walk around your local area in order to support CC-SN and #Walk4PICS?

To register for the CBC sponsored walk on behalf of CC-SN or to set up your own sponsored walk, contact Sue Dean: secretary@cc-sn.org

Please support our walkers by clicking on the link below to donate.

<https://cafdonate.cafonline.org/26725>

All of the money raised by our supporters will come to CC-SN to support the work that we do.

Thursday 29th August Jenna MacDonald will be joining our drop-in meeting to talk about PICS.

Monday 30th September- 9pm – Relaxation

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 to go away quietly relaxed and ready for sleep!

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

Friday 18th October – Bingo

Join us for a night of fun and excitement with Stuart as our Bingo caller. It is completely free to take part and there will be prizes up for grabs!



Good Luck!

Good luck to Lucille Golson Cromack who is currently walking 100km to raise funds for CCSN.

So far Lucille has raised a fabulous £300!

"I genuinely don't know what I would have done without the support of the CCSN - I certainly wouldn't be doing as well as I am today. This is my way of giving something back and I'm hugely grateful for any money you could spare for a donation."

Please support Lucille by clicking on the link below to donate.

<https://cafdonate.cafonline.org/26532>

EasyFundraising

We've just been paid £44.37 by easyfundraising which helps to go towards providing our FREE services to our members. A huge thank you to everyone who has helped us to achieve this! Getting started with easyfundraising is easy; it's free to register and will take less than two minutes to sign up.

<https://www.easyfundraising.org.uk/causes/critical-care-support-network>

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 Friends & Family 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

- 11.00 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

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