



ccsn

CRITICAL CARE SUPPORT NETWORK



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

JUNE 2025

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

Happy 2nd Birthday to the 100 Club!



June Draw Winners!

This month: 82 numbers entered Total Prize Fund: £143.50 Total raised to support CC-SN: £266.50	1st Prize: £82.00 Sue (74) 2nd Prize: £43.00 Colin (43) 3rd Prize: £20.50 Sue (17)
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We are delighted to celebrate this exciting milestone with you!

Over the past two years, your generous contributions have provided crucial support, hope and comfort to those who need it following time spent in ICU. Our heartfelt congratulations to our winners who have added some excitement to our journey! As we celebrate this special occasion, we warmly welcome new members to join our 100 Club. For more information about becoming part of our 100 Club please email 100club@cc-sn.org

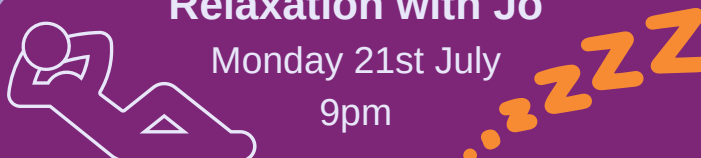
Next monthly draw:
Thursday 10th July at 7:15pm



23-24 Total Prizes £1319.50	23-24 Total raised to support CCSN £2450.50	24-25 Total Prizes £1631	24-25 Total raised to support CCSN £3029	Total Prizes £2950.50	Total raised to support CCSN £5479.50
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Relaxation with Jo

Monday 21st July
9pm



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!

Thank you to Steve Lawson for his Introduction to Screenwriting workshop



Steve's expertise and passion for storytelling provided a valuable insight into the art of screenwriting. His engaging and informative sessions have left us inspired and equipped to tell our own stories with greater creativity and depth.



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 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

TRAFFORD PALAZZO ABSEIL

Sunday 29th June 2025



Top Row: Miles Negus-Fancey, Shelley Fieldsend, Stuart Hughes

Middle row: Luke & Ben Leighton, Liz Hinds

Bottom Row: Cath Davies, Paul & Jane Dean, Jamie Bland & Izzy Gibbs

Join Our Thrilling Abseil Adventure for Charity!
Next Sunday, an intrepid team of 11 supporters will be abseiling down the dramatic 170-foot Palazzo Tower in Manchester, and we invite you to brighten up your Sunday morning by joining them!

It's an exhilarating experience and if you're interested, please reach out to see if spots are still available. There is a £30 booking fee and we ask participants to raise a minimum of £170 in sponsorship.

In return, you'll receive a CCSN T-shirt, detailed information and access to a personalized page on CAF Donate for your sponsors to contribute. No previous experience is necessary, as Big Bang Experiences will provide all the equipment and instruction you need for a safe and fun adventure. For more details, explore our Events & Fundraising page at www.cc-sn.org/events-fundraising or email Sue Dean: treasurer@cc-sn.org

Visit www.cc-sn.org/events-fundraising for links to individual adventurers or click here to sponsor the whole team: [CAF Donate](#)

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	9.30am Exercise Group – the Next Step 10.30am Start Up Exercise – 45 mins
Tuesday	9.30am Core Control – level 1 8.00pm Family & Friends Drop-In Meeting
Wednesday	9.30am Advanced Exercise Group 10.30am Start Up Exercise – 45 mins
Thursday	10.30am Exercise Group – the Next Step 7.30pm Former Patients Drop-In Meeting
Friday	9.00am Gentle Yoga
Saturday	9.30am Core Control - level 2

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 INVOLVED



info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

