

Critical Times

Issue 43: July 2025

Looking forward, looking back, fundraising, support, activities



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Trafford Palazzo Abseil

A daring squad of 11 of our fearless champions took the plunge, shimmying down the 170ft Palazzo Tower in Manchester on Sunday 29th June, all in the name of raising funds for CCSN.

The weather was perfect, everyone looked so smart in their eye-catching purple T-shirts sponsored by Alderstone Solicitors who also sponsored Stuart! – our grateful thanks to them.

Big Bang Experiences put on a great event, and their team of instructors had everyone feeling like superheroes. Just take a peek at the photos - those grins say it all!



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

Our abseil team did a great job of raising sponsorship from family, friends and colleagues. A huge shout-out to our fundraising dynamos: Jamie Bland, Izzy Gibbs, Luke and Ben Leighton, Cath Davies, Liz Hinds, Miles Negus-Fancey, Stuart Hughes, Jane & Paul Dean, Edward Dean, and Shelley Fieldsend - not forgetting the cheerleaders who fuelled the excitement from the sidelines.

With only Big Bang's event fees to cover, our net profit was a magnificent **£4650.**

Stay tuned to our newsletters for the next adrenaline fuelled adventure at a new location!

There is still time to sponsor our daring squad - click here to sponsor the whole team: <https://cafdonate.cafonline.org/28380#!/DonationDetails>

100 Club June Draw Winners

This month: 83 numbers entered

Total Prize Fund: £145.25

Total raised to support CC-SN: £269.75

- 1st Prize: £83 – Lynn (18)
- 2nd Prize: £41.50 – Elaine (88)
- 3rd Prize: £20.75 – Mark (47)

Next monthly draw: Thursday 14th August 7:15pm GMT

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

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!

Spaces are limited. Email secretary@cc-sn.org

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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

- 10.30 am Exercise Group – the Next Step
- 7.30 pm Former Patients Drop-In Meeting

Friday

- 9.00 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

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