

Critical Times

Issue 56: August 2026



Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

www.cc-sn.org
info@cc-sn.org

Congratulations and Thank you to Nina Harrison

Nina recently completed a 53km Three Peaks Challenge raising an amazing total (so far) of £400 who used the motto “take one day at a time, one step at a time” during her recovery after her coma. Nina wasn’t a stranger to marathons before ICU, so the Peak District Ultra Challenge was the goal she set herself.



If you would like to donate- there is still time and her link included below:

https://www.gofundme.com/f/ek8c7-critical-care-support-network?lid=4tm7sxxkzoj6q&fbclid=IwY2xjawS0cAFleHRuA2FlbQlzMABicmlkETBROWIIVVdFNllwOGtJNms1c3J0YwZhchBfaWQPNTe0NzcXNTY5MjI4MDYxAAEemE9GjPd8Yb4xI9rYN7wrfAbSO-2qE_xVK1NRGEOe0I_-iBFUR-BBPJEXGCM_aem_4rRwcq4Yx3lfTFjuqxvbfQ

What an amazing achievement Nina and thank you for choosing to support CC-SN with your fundraising.



Thank you (again) to Jess Blundell.

Following on from her success running the London Marathon in April and already raising a tremendous £1448.75, Jess has since received an extra donation of £400 from her work company, Deloitte. This brings the total to £1848.75 which is incredible! Thank you so much for supporting CC-SN.



Twickenham October 2026

If Jess and Nina have inspired you and you would like to fundraise for CC-SN, we have an incredibly exciting new event to share!

Get ready for the "Big Bang" Zipwire experience at Allianz Stadium (Twickenham) this October 16th, 17th, or 18th. This spectacular 150-meter thrill ride lets you soar through the air across the hallowed turf of the iconic home of England Rugby!

Whether you are a die-hard rugby fan, looking for an adrenaline rush, or wanting to raise vital funds for CC-SN, we would love to have you. Places are limited.

Want to join us? Email info@cc-sn.org to sign up today!

100 Club Winners for July

88 numbers entered the July draw.

The total prize fund was £154.00

The total raised to support CC-SN was £286.00

1st prize: £88 Molly (50)

2nd prize: £44 Miles (97)

3rd prize: £22 Maureen (34)

Winners will be notified after our next draw on Thursday 13th August- or join us online at 7.15pm to see if you are a winner. Results of August draw will be in the September newsletter. Email info@cc-sn.org for log in details or if you would like to enter the draw.

Got any used Printer Cartridges?

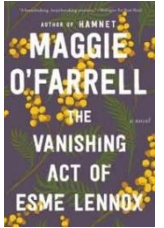
Sign up to www.recycle4charity.co.uk to start recycling and raise some funds.

- 1) Sign up and select your charity: Critical Care Support Network
- 2) Post your ink cartridges to them for free!
- 3) They send money to CC-SN.

Book Club

Our next meeting will be held on zoom @ **8pm on 26th August.**

August's book choice is The Vanishing Act of Esme Lennox by Maggie O' Farrell.



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

How does it work? The chosen book is available in lots of different formats (paper, kindle and audio). You read the book at your own pace; we will then meet on Zoom to chat about the book (with questions to guide discussion). It will be a friendly and relaxed atmosphere.

Email helenb@teamadmin@cc-sn.org if you're interested and not already signed up. Everyone is welcome.

Volunteers needed: Could you help and spare an hour a week?

Be part of something amazing!

CC-SN is run entirely by volunteers—including former ICU patients and family members who want to give back. Now, we are looking for new friendly faces to join us.

Whether you have an hour a week or a specific skill you'd love to share, we will find the perfect, supported role for you. Email info@cc-sn.org today to learn more!

Coming soon!

- Thursday 13th August @ 7.15pm: 100 Club Draw
 - Wednesday 26th August July: Book Club @ 8pm
- Exercise classes and drop-in sessions run at the normal times throughout the summer.

More information to follow about these events- check your emails.

Weekly drop-in sessions for family members (every Tuesday @ 8pm) and Patients (every Thursday at 7.30pm). Come along and ask questions or just spend time with like-minded people who “get it” and understand what you are going through. Everyone is welcome. Email info@cc-sn.org for more information and log-in details.

Chair yoga: temporary time change

On 7th & 14th August yoga will start at 11.15am instead of the usual time. Reminders will be sent with log-in details. From 21st August, yoga will be back at the usual 9am start!

Our Free Exercise Session Schedule:

Led by qualified trainers, our free and unlimited Zoom sessions help ICU survivors and their families rebuild strength and boost mood—from home, at any fitness level. Whether you just left the hospital or are well into recovery, it's never too soon or too late to start. Movement is medicine. Sign up today!

Monday:	• 9.15am Next Step Exercise • 10.00am Start Up Exercise
Tuesday:	• 9.30am Core Control -Level 1 • 8.00pm Family Drop-In Meeting.
Wednesday:	• 9.15am Advanced Exercise • 10.00am Start Up Exercise
Thursday:	• 10.30am Next Step Exercise • 7.30pm Former Patients Drop-in Meeting
Friday:	• 9am Gentle Yoga *(see note above) *
Saturday:	• 9.30am Core Control- Level 2 (Floor Based)

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