



JULY 2025

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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!

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!

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.



Top row: our abseilers and some of their supporters! Izzy Gibbs Jamie Bland
Right hand side: Luke & Ben Leighton (3 pics stacked)
Middle row: Liz Hinds Miles Negus-Fancey Cath Davies
Bottom Row: Stuart Hughes Paul Dean Jane Dean Edward Dean

There is still time to sponsor our daring squad - click here to sponsor the whole team: [CAF Donate](#)

Did you know that you can raise money for CCSN while recycling your used printer ink cartridges?



Total funds raised for your charity: **£25.70**



Raised in the last 12 months: **£14.75**

How It Works



1 **Select Your Charity**

Select which charity you would like to support



2 **Post Us Your Ink Cartridges**

Pack your cartridges up and send them to us for free



3 **We Send Money To Your Charity!**

Your charity gets paid for cartridges received from the wanted list

Start recycling now at www.Recycle4Charity.co.uk

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



This month:

83 numbers entered
Total Prize Fund: £145.25
Total raised to support CC-SN: £269.75

July Draw Winners!

1st Prize: £83.00
Lynn (18)
2nd Prize: £41.50
Elaine (88)
3rd Prize: £20.75
Mark (47)

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

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.

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| 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 in touch for more information and log-in details:



info@cc-sn.org



www.cc-sn.org



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

