



ccsn

CRITICAL CARE SUPPORT NETWORK

Registered Charity 1182307

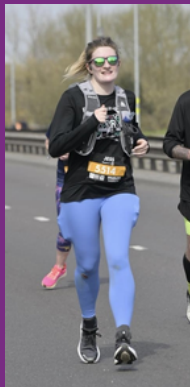
www.cc-sn.org

info@cc-sn.org



APRIL 2026

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



Jess Blundell is Running the London Marathon for CCSN

On **Sunday 26th April** Jess will be running 26.2 miles to support CCSN's vital life changing work. So far she's raised almost £700.

She says: 'Thanks to everyone who has donated so far! Training has been challenging but I've recently been able to complete the Reading Half Marathon on the 22nd March in preparation for London.



I've chosen CCSN because I've seen first hand the importance of their work. They've been a real help to my dad in his recovery from lymphoma offering free rehab programmes and classes to people that have been in intensive care.

Every donation makes a real different - thank you for your support!

Please click here to donate: <https://cafdonate.cafonline.org/30049>



March
Draw
Winners!

This month:
88 numbers entered
Total Prize Fund:
£154.00
Total raised to support
CC-SN: £286.00

1st Prize: £ 88.00
Amanda T (13)
2nd Prize: £ 44.00
Simon N-S (90)
3rd Prize: £22.00
Debs H (33)

Registered Charity 1182307
Lottery licence no. 22/LOTTO/2
with Cheshire West & Chester Council

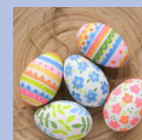
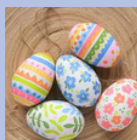
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Next monthly draw: **Thursday 9th April**
at **7:15pm**

We still have numbers available. If you would like more information about joining our 100 Club email 100club@cc-sn.org

Easter Dates

Please note there are no classes on Friday 3rd, Saturday 4th & Monday 6th April.
Back to normal on Tuesday 7th April.



Thursday 16th April @7.30pm

Guest Speaker Andrea Reynolds will be joining us to talk to us about Call4 Concern. Everyone is welcome- check emails to sign up or email info@cc-sn.org



Watch out for emails with details of our latest Art & Craft sessions (coming soon). Everyone is welcome and sessions are suitable for all, regardless of artistic ability! A great way to relax and switch off for a while.

Thank you!

A heartfelt thank you to everyone who participated in our **Annual Prize Draw** by buying or selling tickets. **We successfully raised an impressive £1025!**



We are also incredibly grateful to all the prize donors, with a special thank you to **Alderstone Solicitors** for their generous donation of the 1st prize. Additionally, thank you for accepting photos of counterfoils instead of paper copies. This saves us money in postage which allows us to raise even more funds to support the group.

THANK YOU

Thank you to everyone who supported our Anniversary Coffee morning on 4th March. We raised an impressive £113.22 as well as having a good catch up online and comparing cakes!



Thank you to Jo for another fantastic relaxation session in March. Join us for the next session on **Monday 20th April @ 9pm**. Check your emails to sign up.



Our Session Schedule

Monday	Next Step with Jo @ 9.15am Start Up with Jo @ 10am
Tuesday	Core Control with Gareth @ 9.30am
Wednesday	Advanced with Jo @ 9.15am Start Up with Jo @ 10am
Thursday	Next Step with Gareth @ 10.30am
Friday	Yoga with Laura 9am
Saturday	Floor Based Core Control with Gareth @ 9.30am

Drop-in Meetings

Families Tuesday 8pm -9.30pm

Former Patients 7.30pm - 9pm

Have you tried our drop-in sessions? If not, come along and meet people who have been in a similar situation to yourself. Everyone is welcome, stay the whole time or just pop in for a bit.

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** and **UNLIMITED** to our members and their families.

If you're interested in joining us at a drop-in, 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



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

info@cc-sn.org



www.cc-sn.org

GET IN TOUCH

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CRITICAL CARE SUPPORT NETWORK

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

