

# Critical Times

## Issue 11: November 2022

Looking forward, looking back, fundraising, support, activities



Registered Charity 1182307

[www.cc-sn.org](http://www.cc-sn.org)

[info@cc-sn.org](mailto:info@cc-sn.org)

### This Month:

**Friday 25th November at 8pm: Quiz Night hosted by Daniel.**

Join us for a fun, free, social evening - prizes to be won!

**Monday 28th November at 9pm: Relaxation with Jo.**

Jo will guide us through some relaxation techniques.

**Tuesday 29th November at 10:45am: Art with Zoe**

Our final session looking at Illuminated Letters.

**Tuesday 6th December at 10:45am: Card making with Teri**

Teri will be teaching us how to make Easel Cards with a festive theme.

### **Annual Raffle**

If you have any contacts who may be able to help us out with some prizes for our annual raffle (March 2022) or if you have any ideas for companies that we could contact, please get in touch with Sarah:

[sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org)

### Looking Back:

Thank you to Jo for a very informative 'Exercise after ICU' session helping us to remember why it is so important to get moving again and how we can do it safely with support from our fabulous trainers Jo and Gareth.

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

## Fundraising:

### **Sponsored Walk:**

On 23rd October, Stuart, Phil, Maria, Julie & Mark (& Margot, Stuart's dog!) completed a 6 mile sponsored walk helping to raise vital funds for CC-SN. Kevin Healy kindly provided bacon batches and a hot drink at the half way point. Currently, the total raised is £1492.

Well done and thank you! Thank you also to those who sponsored them.

### **Reclaim Our Days:**

A message from Miles:

I'm climbing 2160m which is how many hours I was in ICU - 90 days - this is also the equivalent of climbing Snowdon twice. Please sponsor me - any amount will help - we know how tough it is for everyone.

If you'd like to guess how long it will take me - then the nearest will win a jar of my honey.

To sponsor Miles use the link:

<https://cafdonate.cafonline.org/21486>

Or you can donate to CC-SN using the link:

<https://cafdonate.cafonline.org/19757>

## Five Minute Fundraisers (which cost you nothing):

### **A message from our Treasurer, Sue:**

We all know our living costs are rising so anything that brings funds in for the group without it costing members anything is great! There are 3 ways that you can help - 2 of them relate to on-line shopping.

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Do you ever use Amazon? At the moment we have 21 members registered with Amazon Smile who have made 31 purchases in September, 97 in October and 62 so far in November. Amazon Smile have just made a payment to us of £19.59 so definitely worth an extra click when you shop. If you need any info or help to get started with Amazon Smile please get in touch.

[Click here to visit Amazon Smile](#)

EASYFUNDRAISING – over 7000 brands are linked to easyfundraising and every time you buy from one of them you raise funds for our group. It is really straightforward to set up. Currently there are 8 of us signed up that have used the site – I have to confess to being the star shopper so far! My first shop was 8 October since then I have done my weekly shop on line via Sainsbury, 8 lots of shopping with £1.50 donated for each = £12 – I have also bought 4 Christmas presents, stocked up on freezer bags (ready for Christmas!) from Lakeland and bought a new doormat (that raised 33p for us!) in total CC-SN will get £25.53. Easyfundraising pay us quarterly so we will get the amount raised up to the end of December in early March – watch this space – I still have a lot of Christmas shopping to do!

[Click here to visit EasyFundraising](#)

The third option is printer cartridge recycling with Recycle 4 Charity. All you need to do is register with them and choose Critical Care Support Network as your charity. They will provide a postage paid box to send your printer cartridges to them and they will pay us for the cartridges – no money raised so far. But would be good for us and for the environment as they recycle all the cartridges returned to them.

[Click here to visit Recycle4Charity](#)

## Sessions:

<u>Exercise Groups</u>	<u>Drop-In Meetings</u>
<ul style="list-style-type: none"><li>• Introduction</li><li>• Start Up</li><li>• The Next Step</li><li>• Advanced</li></ul> Core Control – level 1 and 2 Gentle Yoga	<ul style="list-style-type: none"><li>• Relatives</li></ul> Tuesday Evenings: 8pm - 9:30pm <ul style="list-style-type: none"><li>• All welcome!</li></ul> Thursday Evenings: 7:30pm - 9pm
If you would like to join in - to chat or just to listen - please contact <a href="mailto:info@cc-sn.org">info@cc-sn.org</a> and we will send you simple instructions and the link.	

### We would like your ideas

Please contact us if you have any suggestions for social events or activities that you would like to see in the future.

We would also like more ideas for topics that you would like discussed at the drop-in meetings. If you know of anyone who would like to speak on a topic, please let us know.

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](mailto:info@cc-sn.org)

Visit: [www.cc-sn.org](http://www.cc-sn.org)

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