

# Critical Times

## Issue 9: September 2022

Looking forward, fundraising, support, activities



Registered Charity 1182307

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

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

### Coming Soon:

#### **Relaxation with Jo - Monday 24th October - 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!

#### **Art & Craft with Zoe - Tuesday 27th September – 10:45am – 12:15pm**

We are looking forward to our first illuminated letter session with Zoe.

Further sessions will be running on Tuesday 25th October and 29th November between 10.45 am and 12.15 pm.

Please get in touch if you would like to join us: [sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org)

#### **Save the Date – Bingo – Friday 21<sup>st</sup> October – 8pm**

Join us for a fun social evening with Stuart as our Bingo caller.

Prizes to be won and it is completely free to take part!

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

## Fundraising:

As a mark of respect to the passing of HRH Queen Elizabeth, the CBC Sponsored Walk and Reclaim Our Days has been postponed until next month.

There is still time for you to join Stuart, Phil, Julie & Mark on the 6 mile walk or if you would prefer, you can use the link to sponsor them.

<https://cafdonate.cafonline.org/21485>

There is still time to set yourself a challenge to take part in Reclaim Our Days. You could play golf, bake cakes or complete a readathon - the limit is your imagination! Miles will be challenging himself to take 2160 steps up a climbing wall to reclaim his 2160 hours spent in ICU.

We know not everyone is able to or will want to take part but could you support those who are by sponsoring them or donating towards their efforts? Remember, every donation helps - it doesn't have to be large. You can use the CAF Donate buttons to visit our donation pages.

Donate to Reclaim our Days: <https://cafdonate.cafonline.org/21486>

Donate to CC-SN: <https://cafdonate.cafonline.org/19757>

## Thank you:

Thank you to Amanda and Teri for organising Birthday fundraisers through Facebook. With the help of their friends and family, they raised almost £500 to support CC-SN in helping ex-critical care patients and their families to make the best possible recovery from their illness.

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

## **Did you know?**

You can set up a fundraiser on behalf of Critical Care Support Network, right from your own Facebook page to share with your network and raise vital funds to help us to continue to provide support to ex-ICU patients and their families.

You could start a fundraiser for your upcoming birthday, or just to help us. It's simple, just follow the steps below!

1. Log onto your Facebook account and click Fundraisers on the left menu of your newsfeed (mobile users can find it on the bottom menu by clicking on the 3 lines on the right side).
2. Click Raise Money for a Nonprofit Organisation
3. In the search bar, type Critical Care Support Network (CC-SN should come up as your selected charity).
4. Choose Critical Care Support Network. Pick a cover photo for your fundraiser and fill in the details for your fundraiser (goal amount, end date). Try to personalise your post, from your own story and people will be more likely to donate.
5. Click Create.

## **Amazon Smile:**

Amazon will donate a portion of the purchase price to CC-SN while you shop at no extra cost to you! All you need to do is visit [smile.amazon.com](https://smile.amazon.com) or turn on AmazonSmile within the Amazon shopping app and select 'Critical Care Support Network' as your chosen charity. Each time that you shop via Amazon Smile, CC-SN gets money! Every penny really does make the difference to support the work that we do.

Click here to visit Amazon Smile: <https://smile.amazon.co.uk/ch/1182307-0>

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## Sessions:

<p><b>Exercise Groups</b></p> <ul style="list-style-type: none"><li>• Introduction</li><li>• Start Up</li><li>• The Next Step</li><li>• Advanced</li></ul> <p>Core Control – level 1 and 2 Gentle Yoga</p>	<p><b><u>Drop-In Meetings</u></b></p> <ul style="list-style-type: none"><li>• Relatives</li></ul> <p>Tuesday Evenings: 8pm - 9:30pm</p> <ul style="list-style-type: none"><li>• All welcome!</li></ul> <p>Thursday Evenings: 7:30pm - 9pm</p> <p>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.</p>
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### 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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