



### MARCH 2025

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## CC-SN Annual Prize Draw - Thursday 27th March

There is still time to support CC-SN by purchasing raffle tickets for our Annual Prize Draw!

You can buy as many or as few as you would like. Tickets are £1 each.

If you would like raffle tickets please email: [sarah.teamadmin@cc-sn.org](mailto:sarah.teamadmin@cc-sn.org)

## It is easy to enter and support CC-SN

- 1 Email [sarahg.teamadmin@cc-sn.org](mailto:sarahg.teamadmin@cc-sn.org) with how many **tickets** or **books** you would like.
- 2 We will provide you with a photo of your tickets. If you are planning to sell them to others then we will post the tickets/books to you.
- 3 We will provide you with payment details so that you can make a bank transfer for your payment.

1st: £250 John Lewis Voucher generously donated by Alderstone Solicitors

2nd: Relax and enjoy a mid-week Afternoon Garden Spa experience for 2 people at Carden's 5-star Spa with Afternoon tea in the Elements Restaurant, value £230 kindly donated by Bartonfest

3rd: 12 bottles of assorted quality wine selected by Chester Beer and Wine and delivered to your door

4th: A £100 framing voucher kindly donated by WeFrame.art, Chester

5th: Gift Box containing Bone China Mug, Coaster and Tea Towel, all in a matching design of your choice - visit [www.fancey-by-nature.com](http://www.fancey-by-nature.com) kindly donated by Fancey by Nature

6th: £50 Voucher of your choice kindly donated by a supporter

7th: £25 Voucher of your choice kindly donated by a supporter

8th: £20 Love2Shop Voucher kindly donated by a supporter

9th: £10 Costa Coffee Voucher kindly donated by a supporter

10th: £10 Costa Coffee Voucher kindly donated by a supporter

*Thank you!* to Peter for another great Quiz Night!  
Look out for more events coming soon.

*Coming soon*

**Art with Christine**  
Tuesday 25th March



**Relaxation with Jo**  
Monday 31st March





March Draw Winners!

This month: 79 numbers entered Total Prize Fund: £138.25 Total raised to support CC-SN: £256.75

1st Prize: £79.00 Janet B (93) 2nd Prize: £39.50 Cath (86) 3rd Prize: £19.75 Karen (11)

Next monthly draw: Thursday 10th April at 7:15pm To join the draw email 100club@cc-sn.org

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



Buy from...



this Mother's Day and we could win £100!

Ends 30th March

Our Session Schedule:

Table with 2 columns: Day and Session Details. Rows include Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday with specific exercise and meeting times.

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.

Drop-In Meetings

Family & Friends - Tuesday Evenings: 8pm - 9pm Former Patients - Thursday Evenings: 7:30pm - 9pm

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.

