



Registered Charity 1182307
www.cc-sn.org

Trustees' Annual Report & Accounts for the year ended 31 March 2025

Critical Care Support Network is a Charitable Incorporated Organisation, no. 1182307, first registered with the Charity Commission on 4 March 2019.

The charity is registered for Gift Aid with HM Revenue & Customs.

Contact details:

Critical Care Support Network
The Bluecoat
Upper Northgate Street
CHESTER
CH1 4EE

07955 848 955
Email: info@cc-sn.org
Website: www.cc-sn.org

Trustees of the Charity

| | Role | Appointed | Resigned |
|--------------------|-----------|------------------|----------------|
| Miles Negus-Fancey | Chair | 4 March 2019 | |
| Sue Dean | Treasurer | 4 March 2019 | |
| Quentin Underhill | | 4 March 2019 | |
| Aleta Doran | | 4 March 2019 | 31 March 2021 |
| Deborah Graham | | 8 July 2019 | 31 August 2021 |
| Elizabeth Hinds | | 3 September 2019 | |
| Joanne Ruffell | | 5 June 2024 | |

Governing Document

Our Constitution is based on the Charity Commission's model governing document for Charitable Incorporated Organisations, Association model, where the members have voting rights.

Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustees

In accordance with the Constitution there must be at least 3 Trustees. The maximum number is 12.

Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees, due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. The Trustees have the authority to delegate day to day running of activities to a Committee of members. Each Committee must have at least one trustee as a member.

This year, two Trustees, Miles Negus-Fancey and Sue Dean, are due to stand for re-election.

Activities

The Trustees of Critical Care Support Network confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Our overriding intention is to help critical care patients and their families make the best possible recovery from their illness.

From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful.

Our Trustees and Committee meetings have all moved to Zoom and will remain there – we have found it is extremely time effective.

REVIEW OF THE YEAR

Chair – Miles Negus-Fancey

Our group has continued to grow steadily throughout the last year.

We offer regular, immediate and vital support to critical care patients and their families whilst in hospital and, especially, when they return home. For some, recovery from the effects of ICU can bridge months or years of effort.

At a time when the NHS is not able to provide the social and community care needed for meaningful rehabilitation, we have tried to fill the gap with a successful year of patient drop-ins, family member drop-ins, professional exercise and yoga classes, relaxation sessions, creative workshops as a route to mindfulness and social events.

All of this is free of charge to our service users and easily accessible online. We feel we have developed systems that are manageable for anyone and that financial restrictions should not be a barrier to participation in our service structure.

We remain an ex-patient and family led charity offering peer-to-peer support. We have been through (and continue to go through) much of what our members are experiencing. We can talk to them honestly about our own experience and have some insight into the sort of support options they need to help them prepare for a future.

This year, attendance at each session has developed well, even when you consider the usual rotation of our service users. Paradoxically, we measure our success by this turnover. It means that many have returned to 'normal' life and the usual family, work and everyday routines. They have received the support that they personally felt they required, and we have been there for them when needed. And we will be here if they need us again.

We do not see any advantage of moving back to face-to-face meetings and will remain a national online service for the foreseeable future since so many of our members do not reside near Cheshire. Additionally Zoom allows people to attend at a much earlier stage in their recovery.

The sessions are well attended although they are not operating at the limit of their capacity. We would encourage any who joins us to try them out. We understand the self-imposed limitations that restrict our energy levels. We understand how the financial burden of being critically ill can impact a family.

All the work undertaken by the committee and trustees for the charity is on a voluntary basis. We do pay for the professional services of those who run our various classes. Our trainers and instructors give a fantastic standard of service and an amazing level of commitment. We are extremely grateful to Joanne Ruffell and Gareth Tattum for the exercise sessions and Rebecca and Lauren for yoga.

Thank you to Sarah Graaskov and Amanda Tipper for all their work promoting our sessions, the 100 Club, Easy Fundraising, and our annual raffle. They tirelessly send emails out about all our activities.

Beyond the weekly exercise sessions and drop-ins, we hold regular relaxation workshops. Post ICU anxiety, depression and poor sleep hygiene is common amongst families who have had a critical care admission. We are further developing ideas to help combat stress, and also to reduce the sense of social isolation and loss of confidence. We feel that our varied programme of arts and crafts activities meets this goal, as do our social events like bingo and quiz nights. I would like to thank our artists who have run various sessions, Stuart Hughes for bingo, and Peter Blundell who has hosted our quizzes.

We have produced bifold leaflets and posters that reflect the development of the group and the services we offer. Our thanks to Sarah and Stuart for their work on these and to Alderstone Solicitors for financing the printing costs. Thanks too to Phil Dean for his work updating our website in line with our new materials and for making it as user friendly as possible. We understand that our message needs to be short, sharp, and sweet. We can all remember how hard it is to concentrate on information after ICU. Phil has designed the perfect website.

Thanks to Amanda, our social media presence is growing. We have a steady stream of requests for public information packs from NHS Trusts right across the country. Running alongside our weekly virtual sessions, we also have an expanding forum on Facebook, which is monitored daily and is now 2 years old. Thanks to our dedicated admins, which includes Amanda and Sarah. Our Facebook community continues to bloom, thanks to Simon Newton Smith for taking on the bulk of the admin for this service and keeping the members updated with all that is going on.

We have continued to work with the educational team at Countess of Chester Hospital. We strongly believe this can only benefit both patients and staff as they begin to understand the issues faced by critical care patients. Sue Dean and Tony Cotgreave take on the lion's share of this. We were also invited to speak to all ICU staff at COCH as part of a team building exercise, we were told it was well received.

I would also encourage members to get involved in research projects. Not only will your experience be of huge value, but you will also increase awareness of CC-SN. We have strong support from our members and many are involved in the research and steering committees of various projects including Phoenix & the national rehabilitation booklet "Road to Recovery".

A significant challenge for us is funding. Sue has done an amazing job raising funds from grants and she is tirelessly looking at more ambitious funding options.

We are extremely grateful to all of those who have supported us throughout this year. It has enabled us to make a massive difference to the people we are able to support, numerous people have made generous donations or have raised funds in imaginative ways. The details of donors and supporters are in our Financial Report.

The return of the Bartonfest music festival has also given us some welcome funding. We would like to thank the organisers for their wonderful generosity.

Many of our members take on the challenge of the Chester Business Club walk which is around 7miles - this we do in conjunction with Walk4PICs - an international movement to raise awareness of Post Intensive Care Syndrome.

We are always looking for new ideas and our 100 Club is a brilliantly simple way for each of us to make a painless financial contribution to the charity. There is a prize draw each month with the chance to win one of three prizes. Amanda and Sue can give you more information.

Sarah and Sue have created a wonderful monthly newsletter and along with Amanda, they also form the administration team which shares tasks amongst those who would like to help us. This includes organising the annual raffle and any social or special workshops that we may choose to run.

Sadly this year We lost two members, David Wilson and Steve Dyton-Thomas. Their input is very much missed at our meetings. We thank their families for bequeathing us funds on their behalf.

Looking to the future

We plan to maintain our current programme and aim to ensure that anyone who has spent time in ICU, along with their families, knows what support we can offer and how to access it.

Miles Negus-Fancey
Chair

Financial Review **Treasurer – Sue Dean**

The Charity has no funds which are in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. The policy was reviewed on 3 February 2025 and the Trustees agreed that in the current economic situation and reflecting our activity levels our Reserves should be increased from £6000 to £9000.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings Year Ending 31 March 2025

Income

- We would particularly like to thank everyone who has donated to the Group – a magnificent total of £11283, including the magnificent total of £8000 from Bartonfest.
- We have received 2 grants this year - £9084 from Sport England to run our Exercise sessions and £1000 from Anne, Duchess of Westminster Charitable Trust supporting our Mental Wellness programme. Our sincere thanks to both for their support.

Our members have been actively fundraising for us and we are very grateful for everyone's support and generosity. We would particularly like to thank everyone who took part in or supported the following events:

- Chester Business Club's Sponsored Walk – Stuart Hughes & Margot, Miles Negus-Fancey, Phil Dean, Gary Watts & Julie Dean - raising a total of £611.
- Lucille Golson-Cromack for her walking challenge raising £313.
- Sarah Leighton's school raised a magnificent £618 through a non-uniform day.
- A number of our members have very generously run birthday fundraisers for us on Facebook raising an excellent £226 for our funds.

Each Spring we hold our Annual Prize Draw. This year we raised £1004. Our thanks to everyone who bought or sold tickets and special thanks to Alderstone Solicitors for their donation of £250 of John Lewis vouchers for the first prize. All other prizes were also donated – our thanks to the donors.

Last year we launched our 100 Club – it has continued to grow well and we ended this year with 79 members. 35% of the proceeds, £1597.75, was given out as prizes and 65%, £2967.25, went to Group funds from the 12 draws in this financial year.

Our Money4Nothing campaign grows slowly – there is still much scope for more income without any costs to the donors. We can arrange collection of printer cartridges. Easyfundraising is a painless way of donating when you shop online – we do not see who has shopped or what has been bought. Since the start donations have totalled £858– thanks to everyone who has participated but we have many more members who could sign up in these days of on-line shopping.

We continue to use CAF Donate as our Fundraising platform.

Expenditure

Our total expenditure this year has been £19096. As always, our main expenditure has been a total of £16980 on all the members activities – Exercise, Yoga, Relaxation, and Arts & Crafts. Of the remaining expenditure, £937 covered costs of prizes for members events, raffle tickets and our new pin badge, whilst £801 covered insurance, Zoom, website and emails, phone, stationery and postage.

Looking to the Future

Acknowledging the continuing pressures on the NHS, we believe the demand for our support will continue, whilst the competition for funds will remain strong. We therefore plan to continue and expand our fundraising efforts – our new pin badge of an oak tree (signifying strength, life and endurance) is now available for a donation. We will also continue to apply for grants.

Remuneration of Trustees

In their role as Trustees, all Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Joanne Ruffell joined the Board of Trustees in July 2024 but since August 2020 she has, along with Gareth Tattum, run our Exercise classes, plus Relaxation sessions. Jo is a qualified physiotherapist and has over 25 years' experience as a personal trainer and gym instructor. Jo continues to receive the standard session fee for the classes she teaches. We use her expertise within the Board of Trustees to inform our decisions relating to exercise classes and similar topics.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Sue Dean
Treasurer

Receipts & Payments Account for the Financial Year Ended 31-Mar-25

CRITICAL CARE SUPPORT NETWORK



| | Current Financial Year, Apr'24-Mar'25 | | | | Last Year |
|----------------------------------|---------------------------------------|------------------|------------------|---------------|---------------|
| | Unrestricted Funds | Designated Funds | Restricted Funds | Total | Total |
| | £ | £ | £ | £ | £ |
| RECEIPTS | | | | | |
| Voluntary Income | 11,283 | | | 11,283 | 9,920 |
| Income Generation | 6,643 | | | 6,643 | 6,582 |
| Investment Income | 16 | | | 16 | 12 |
| Charitable Income | 0 | | 10,084 | 10,084 | 1,500 |
| Advance Receipts | 0 | | | 0 | 0 |
| TOTAL RECEIPTS | 17,942 | | 10,084 | 28,026 | 18,014 |
| PAYMENTS | £ | £ | £ | £ | £ |
| Costs of Generating Funds | | | | | |
| Fundraising | 937 | | | 937 | 540 |
| Charitable Trading | 0 | | | 0 | 0 |
| Other | 378 | | | 378 | 0 |
| Sub-total | 1,315 | 0 | 0 | 1,315 | 540 |
| Charitable Activities | | | | | |
| Specific Projects | | | 0 | 0 | 14,812 |
| General Activities | 16,980 | | | 16,980 | 0 |
| Sub-total | 16,980 | 0 | 0 | 16,980 | 14,812 |
| Support Costs | | | | | |
| Governance | 0 | | | 0 | 0 |
| Administration | 801 | | | 801 | 936 |
| Sub-total | 801 | 0 | 0 | 801 | 936 |
| Advance Payments | 0 | | | 0 | 0 |
| TOTAL PAYMENTS | 19,096 | 0 | 0 | 19,096 | 16,288 |
| NET RECEIPTS-PAYMENTS | -1,155 | 0 | 10,084 | 8,929 | 1,726 |

Movements in Funds for the Financial Year To 31-Mar-25

| | Bt'Fwd at 01-Apr-24 | Receipts in Period | Payments in Period | Net Transfers in Period | |
|---|---------------------|--------------------|--------------------|-------------------------|---------------|
| Cash Assets | | | | | |
| Cash at Bank & in Hand | | | | | |
| Petty Cash | -1 | 0 | -95 | 92 | -5 |
| Bank Current Account | 1,620 | 28,026 | -19,001 | -10,126 | 518 |
| | 1,618 | 28,026 | -19,096 | -10,034 | 514 |
| Sundry Debtors (Unreconciled Deposits) | 0 | | | | 0 |
| Sundry Creditors (Unreconciled Payments) | 0 | | | | 0 |
| | 0 | | | | 0 |
| Investment/Deposit Accounts | Bt'Fwd | Interest | | Net Transfers | Cd'Fwd |
| Bank, Deposit Account | 6,032 | 197 | | 10,034 | 16,263 |
| Total Cash Assets | 7,650 | | | | 16,776 |

Allocation of Funds for the Financial Year To 31-Mar-25

| | Bt'Fwd at 01-Apr-24 | Receipts in Period | Payments in Period | Transfers in Period | Cd'Fwd at 31-Mar-25 |
|------------------------------------|---------------------|--------------------|--------------------|---------------------|---------------------|
| Cash Assets | | | | | |
| Comprising: | | | | | |
| General (Unrestricted) Fund | 7,650 | 17,942 | -9,073 | 0 | 16,715 |
| Designated Funds | 0 | | 0 | | 0 |
| Restricted Funds | | | | | |
| R1- SportEngland 7-24 | 0 | 9,084 | -9,159 | | -75 |
| R2- ADWF | 0 | 1,000 | -864 | | 136 |
| R4R- | 0 | 0 | 0 | | 0 |
| R4R- | 0 | 0 | 0 | | 0 |
| 0 | 0 | 0 | 0 | | 0 |
| R6- | 0 | 0 | 0 | | 0 |
| R7- | 0 | 0 | 0 | | 0 |
| R8- | 0 | 0 | 0 | | 0 |
| R9- | 0 | 0 | 0 | | 0 |
| R10-Rename or delete | 0 | 0 | 0 | | 0 |
| Total Restricted Funds | 0 | 10,084 | -10,023 | | 61 |
| Total Funds | 7,650 | | | | 16,776 |

Statement of Assets & Liabilities as at 31-Mar-25

| | Unrestricted Funds | Designated Funds | Restricted Funds | Total at 31-Mar-25 |
|------------------------------------|--------------------|------------------|------------------|--------------------|
| Cash Assets | 16,715 | | 61 | 16,776 |
| Other Monetary Assets | | | | 0 |
| Investments Assets | 497 | | | 497 |
| Assets Retained for Own Use | | | | 0 |
| Liabilities | | | | 0 |

Receipts & Payments Account for the Financial Year Ended 31-Mar-25

CRITICAL CARE SUPPORT NETWORK 100 CLUB

| | Current Financial Year, Apr'24-Mar'25 | | | | Last Year |
|----------------------------------|---------------------------------------|------------------|------------------|--------------|-----------|
| | Unrestricted Funds | Designated Funds | Restricted Funds | Total | Total |
| | £ | £ | £ | £ | £ |
| RECEIPTS | | | | | |
| Voluntary Income | 4,840 | | | 4,840 | 0 |
| Income Generation | 0 | | | 0 | 0 |
| Investment Income | 0 | | | 0 | 0 |
| Charitable Income | 0 | | 0 | 0 | 0 |
| Advance Receipts | 0 | | | 0 | 0 |
| TOTAL RECEIPTS | 4,840 | | 0 | 4,840 | 0 |
| PAYMENTS | £ | £ | £ | £ | £ |
| Costs of Generating Funds | | | | | |
| Fundraising | 4,752 | | | 4,752 | 0 |
| Charitable Trading | 0 | | | 0 | 0 |
| Other | 0 | | | 0 | 0 |
| Sub-total | 4,752 | 0 | 0 | 4,752 | 0 |
| Charitable Activities | | | | | |
| Specific Projects | | | 0 | 0 | 0 |
| General Activities | 0 | | | 0 | 0 |
| Sub-total | 0 | 0 | 0 | 0 | 0 |
| Support Costs | | | | | |
| Governance | 0 | | | 0 | 0 |
| Administration | 0 | | | 0 | 0 |
| Sub-total | 0 | 0 | 0 | 0 | 0 |
| Advance Payments | 0 | | | 0 | 0 |
| TOTAL PAYMENTS | 4,752 | 0 | 0 | 4,752 | 0 |
| NET RECEIPTS-PAYMENTS | 88 | 0 | 0 | 88 | 0 |

Movements in Funds for the Financial Year To 31-Mar-25

| Cash Assets | Bt'Fwd at 01-Apr-24 | Receipts in Period | Payments in Period | Net Transfers in Period | |
|---|---------------------|--------------------|--------------------|-------------------------|------------|
| Cash at Bank & in Hand | | | | | |
| Petty Cash | 0 | 0 | 0 | 0 | 0 |
| Bank Current Account | 528 | 4,920 | -4,752 | 0 | 696 |
| | 528 | 4,920 | -4,752 | 0 | 696 |
| Sundry Debtors (Unreconciled Deposits) | 0 | | | | 0 |
| Sundry Creditors (Unreconciled Payments) | 0 | | | | 0 |
| | 0 | | | | 0 |
| Investment/Deposit Accounts | Bt'Fwd | Interest | | Net Transfers | Cd'Fwd |
| Bank, Deposit Account | 0 | 0 | | 0 | 0 |
| Total Cash Assets | 528 | | | | 696 |

Allocation of Funds for the Financial Year To 31-Mar-25

| Cash Assets | Bt'Fwd at 01-Apr-24 | Receipts in Period | Payments in Period | Transfers in Period | Cd'Fwd at 31-Mar-25 |
|------------------------------------|---------------------|--------------------|--------------------|---------------------|---------------------|
| Comprising: | | | | | |
| General (Unrestricted) Fund | 528 | 4,920 | -4,752 | 0 | 696 |
| Designated Funds | 0 | | 0 | | 0 |
| Restricted Funds | | | | | |
| R1- | 0 | 0 | 0 | | 0 |
| R10-Rename or delete | 0 | 0 | 0 | | 0 |
| Total Restricted Funds | 0 | 0 | 0 | | 0 |
| Total Funds | 528 | | | | 696 |

Statement of Assets & Liabilities as at 31-Mar-25

| | Unrestricted Funds | Designated Funds | Restricted Funds | Total at 31-Mar-25 |
|------------------------------------|--------------------|------------------|------------------|--------------------|
| Cash Assets | 696 | - | - | 696 |
| Other Monetary Assets | | | | 0 |
| Investments Assets | | | | 0 |
| Assets Retained for Own Use | | | | 0 |
| Liabilities | | | | 0 |

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.



Section A

Independent Examiner's Report

Report to the trustees/
members of

CRITICAL CARE SUPPORT NETWORK

On accounts for the year
ended

31st March 2025

Charity no
(if any)

1182307

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and
basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

K. N. Healy

Date:

19/6/2025

Name:

KEVIN N HEALY

Relevant professional
qualification(s) or body
(if any):

FCCA, FIIA.

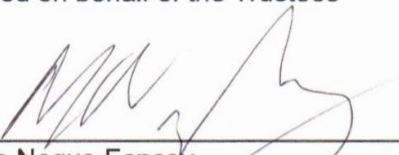
Notes to the Accounts 31 March 2025

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities. and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity.in their role as Trustees.
In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity. Any trainers who are also trustees are paid the normal session fee.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.


Approval of the Board of Trustees

The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees


Miles Negus-Fancey
Chair

Date 19/8/25


Susan Dean
Treasurer

Date 19/8/25