



# ICUsteps

[www.icustepsnortheast.org](http://www.icustepsnortheast.org)



**ICUsteps (www.icusteps.org)** is a registered charity and was founded by former intensive care patients, relatives and health professionals. The North of England Critical Care Network has been working alongside the Critical Care Units within the region to set up ex-patient/relative satellite support groups of which we currently have three within our region.



13<sup>th</sup> February 2020  
23<sup>rd</sup> April 2020  
25<sup>th</sup> June 2020  
27<sup>th</sup> August 2020  
22<sup>nd</sup> October 2020  
26<sup>th</sup> November 2020

22<sup>nd</sup> January 2020  
4<sup>th</sup> March 2020  
15<sup>th</sup> April 2020  
27<sup>th</sup> May 2020  
1<sup>st</sup> July 2020  
12<sup>th</sup> August 2020  
23<sup>rd</sup> September 2020  
4<sup>th</sup> November 2020  
16<sup>th</sup> December 2020

9<sup>th</sup> January 2020  
5<sup>th</sup> March 2020  
7<sup>th</sup> May 2020  
2<sup>nd</sup> July 2020  
3<sup>rd</sup> September 2020  
5<sup>th</sup> November 2020

22<sup>nd</sup> January 2020  
4<sup>th</sup> March 2020  
15<sup>th</sup> April 2020  
27<sup>th</sup> May 2020  
8<sup>th</sup> July 2020  
19<sup>th</sup> August 2020  
30<sup>th</sup> September 2020  
4<sup>th</sup> November 2020  
16<sup>th</sup> December 2020

28<sup>th</sup> January 2020  
31<sup>st</sup> March 2020  
26<sup>th</sup> May 2020  
28<sup>th</sup> July 2020  
29<sup>th</sup> September 2020  
17<sup>th</sup> November 2020  
8<sup>th</sup> December 2020  
(Christmas meal)

1.30pm – 3.30pm

2pm – 4pm

1pm – 3pm

2pm – 4pm

2pm-4pm

Sheriff Hill Methodist Church  
86 Sheriffs Highway  
Gateshead  
NE9 5UQ

St. Cuthbert's Parish Centre  
Stokesley Road, Marton  
Middlesbrough, TS7 8JU

Gosforth St. Nicholas,  
Church Rd, Newcastle upon  
Tyne NE3 1BJ

St Begh's Social Centre  
Coach Road,  
Whitehaven, CA28 7TE

St Luke's Church,  
Pavillion,  
Merle Terrace,  
Sunderland

Our local groups offer on-going support to patients following their stay in critical care. Coming together helps develop support and reassurance to both patients and relatives and dispels many of their worries. Healthcare professionals always attend these meetings and are happy to offer advice and support if needed. Please join us for a cuppa and a chat!