



ICUsteps

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.



22nd February 2018
26th April 2018
28th June 2018
30th August 2018
25th October 2018
29th November 2018

1.30pm – 3.30pm
Sheriff Hill Methodist Church
86 Sheriffs Highway
Gateshead
NE9 5UQ



24th January 2018
7th March 2018
18th April 2018
30th May 2018
11th July 2018
22nd August 2018
3rd October 2018
14th November 2018
19th December 2018

3pm – 5pm
St. Cuthbert's Parish Centre
Stokesley Road, Marton
Middlesbrough
TS7 8JU



26th January 2018
23rd March 2018
18th May 2018
13th July 2018
7th September 2018
2nd November 2018

2pm – 4pm
The Linskill Centre,
Linskill Terrace,
North Shields
NE30 2AY



18th January 2018
1st March 2018

2pm – 4pm
Currock Community Centre
Lediard Avenue,
Currock, Carlisle, CA2 4BS



24th January 2018
7th March 2018
18th April 2018
30th May 2018

2pm – 4pm
St Begh's Social Centre
Coach Road,
Whitehaven



30th January 2018
27th March 2018
29th May 2018
31st July 2018
25th September 2018
13th November 2018
December meeting TBC

2pm-4pm
St Luke's Church,
Pavillion,
Merle Terrace,
Sunderland, SR4 6SF

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!