



Dear Practice Manager/ Reception,

Please find enclosed a flyer for our Patient & Relative support group.

We are a group of ex-patient's, Relative's and Intensive Care Nurse's who have set up a support group to help others.

This group is for anyone who has experienced Intensive Care.

We are based in Cambridge and our nurses who work with us are from Addenbrookes Neuro and General Intensive Care Units.

Due to Addenbrookes large service area we have had patients from Sandy, Potton and surrounding areas. We welcome anyone that might need to talk to other people who have been through an intensive care admission and the rehabilitation following this.

Following an Intensive Care admission, Patient's and Relative's often go on to experience Post traumatic stress disorder, Anxiety and other mental health problems. Research has shown that talking to people who have been through similar experiences can be beneficial.

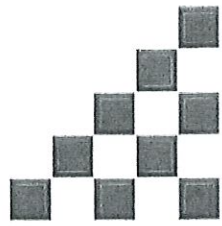
If you feel it would be appropriate, please can you display the flyer for your patients to see.

Any problems please call or email our secretary Anna:

07800537710 or icustepscambridge@yahoo.com

Many thanks for your time.

ICUsteps Cambridge Core Group.



ICUsteps

Cambridge

Patient and Relative support after Intensive Care

NEW VENUE

Every 2nd Tuesday of the month

Drop-in between 10:30am–12:30pm

8th May

11th September

12th June

9th October

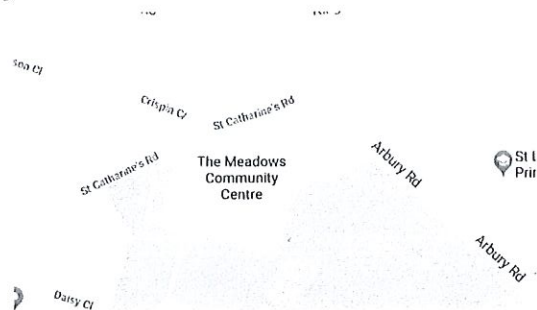
10th July

13th November

14th August

11th December

Meadows Community Centre
St Catherine's Road
Cambridge
CB4 3XJ



For further information please email us at
icustepscambridge@yahoo.com
Tel: 07423586672