

**ICUsteps, the Intensive Care Unit Support Teams for ex-patients** was founded in 2005 by ex-patients, their relatives and ICU staff to support patients and their families through the long road to recovery from critical illness.

Our aims are to:

- support patients and relatives affected by critical illness,
- promote recognition of the physical and psychological consequences of critical illness through education of the medical profession and the general public, and
- encourage research into treatment and the prevention of these issues.

**ICUsteps** is the United Kingdom's only support group for people who have been affected by critical illness and has helped many former patients, their relatives and medical staff from organisations around the world.

**North of England Critical  
Care Network**

**Tel. 01642 624328**

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



For more information  
about ICUsteps Tees drop-  
in sessions please contact:

**North of England Critical  
Care Network**  
**Tel. 01642 624328**



[www.noeccn.org.uk](http://www.noeccn.org.uk)



01642 854643  
ICU  
James Cook  
University Hospital



01642 382720  
ICU  
North Tees  
University Hospital



01609 764011  
ICU  
Friarage Hospital



***ICUsteps Tees***

***Next drop-in dates and  
location***

30th January 2019  
13th March 2019  
24th April 2019  
5th June 2019  
17th July 2019  
4<sup>th</sup> September 2019  
9th October 2019  
13th November 2019  
18th December 2019

**At St Cuthbert's Parish**  
Stokesley Road  
Marton  
TS7 8JU  
2 - 4pm

**Contact 01642 624328**



**ICUsteps Tees** is a support group for ex-ICU patients, their families and friends run by former intensive care patients, relatives and health professionals.

It was developed to provide ongoing support during and after discharge for patients and relatives who have encountered critical illness.

This support is provided in the form of “drop-in meetings” where patients and relatives can come and talk to others who may be further down the recovery journey to share similar experiences.

Sharing experiences with others has helped people understand that they’re not alone in what they feel and think, and that more often than not, what they’ve experienced is normal for someone who’s been through a period of critical illness.

Meeting others who've been through similar experiences and are at different stages in their recovery can help reassure patients and relatives that there is light at the end of the tunnel and dispel much of their worry.

Whether you're an ex-patient or a relative, being able to talk about what you've been through with people who understand, because they've been through it too, can really help.

If you feel ready to talk, listen and share your experiences, or just want to drop in for a *cuppa*, we'd like to meet you.

**Maybe you can help someone else!**

