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**We are a support group for those who have experienced the trauma of life-threatening critical illness.** You are welcome to our informal, drop-in meetings no matter where you have been hospitalised, the meetings are open to anyone who have experienced intensive care as a patient, relative or health care professional.

You will have the opportunity to chat with people who have been through the same. We also invite guest speakers to discuss subjects that will interest everyone.

**Drop in Calendar 2018**

* **Thursday 15 March 2018**
* **Thursday 26 April 2018**
* **Thursday 7 June 2018**
* **Thursday 19th July 2018**

All meetings start at 7.00 pm with tea or coffee and biscuits and end at 8.30pm.

The meetings are held at All Saints Church Community Centre, Hoole, CH2 3HZ

The entrance to the Centre is on Vicarage Road.

For more information visit

<https://icusteps.org/support/chester>

[https://icusteps.org/](https://icusteps.org/assets/files/IntensiveCareGuide.pdf)guide

Answerphone : 07955848596

Email : icustepscandd@gmail.com

Registered Charity No. 1169162

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