

**P3**

Every Monday at Ely Cafe

Free for all to pop in and talk with Jeni about housing related issues



# CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

## March Timetable

MON	TUE	WED	THU	FRI
<p><b>10:00-13:00</b> <b>Ely</b> Recovery Café Countess Free Church P3: every week</p>	<p><b>10:00 - 13:00</b> <b>Wisbech</b> Recovery Café St. Peter's Hall, PE13 1BW</p> <p><b>10:30 - 12:30</b> Creative Instinct</p> 	<p><b>13:30 - 15:30</b> <b>Cambridge</b> Garden Gate Recovery Café</p> <p>351 Mill Road, Cambridge, CB1 3DF</p> <p><b>13:30 - 15:30</b> Creative Instinct</p> <p>Access through the blue gate on Mill Road.</p> 	<p><b>10:00 - 13:00</b> <b>March</b> Recovery Café March Community Centre Breakfast &amp; Chats</p> <p><b>18:30 - 19:30</b> <b>Road to Recovery</b> Recovery Group ID: 723 551 1005</p> 	<p><b>10:00 - 15:00</b> <b>Huntingdon</b> Free Flow Friday Café St Mary's Parish Hall</p> <p><b>11:00 - 13:00</b> Creative Instinct</p>  <p><b>12:00</b> (Most Fridays) <b>Marks Games Hour</b> Quiz, games and shenanigans</p> <p><b>13:00 - 14:00</b> Auricular Acupuncture</p>
<p><b>10:00-13:00</b> <b>St Neots</b> Free Flow Monday Eaton Socon Community Centre</p> <p><b>10:00 - 12:00</b> Cafe</p> <p><b>12:00 - 13:00</b> Acupuncture</p>	<p><b>13:00 - 14:00</b> <b>Huntingdon</b> 60 + Group CGL Huntingdon</p>	<p><b>13:00-14:00</b> <b>Women's group</b> ID: 723 551 1005</p> 	<p><b>WATERCOLOUR BIRDS</b> Create simple vibrant watercolour birds with Sonia</p>  <p><b>CAMBS: 11<sup>RD</sup> MARCH</b> <b>13:30 - 15:30</b></p>	<p><b>11:00-12:30</b> <b>SMART Recovery</b> ID: 723 551 1005</p>  <p>Link on website</p>
<p><b>Building Bridges</b> Friends &amp; Family</p> <p><b>Huntingdon:</b> 2<sup>nd</sup> Mon of Month 17:30 - 18:30</p> <p><b>Wisbech:</b> 4<sup>th</sup> Mon of Month 18:15 - 19:15</p> 	<p><b>MARK'S GAMES HOUR</b> 12:00 FFF (most weeks)</p> <p>Quiz, games and shenanigans</p> 	<p><b>15:00-16:00</b> <b>Building Bridges</b> <b>Friends &amp; Family</b> <b>Mutual Aid</b> ID: 723 551 1005</p> 		<p><b>AR(T)EA ART</b> Create art using tea stains with Caroline &amp; Jenna</p> <p><b>WISBECH: 3<sup>RD</sup> MARCH</b> <b>10:30 - 12:30</b></p> 
<p>CREATIVE INSTINCT PODCAST PRODUCTIONS</p> <p><b>NEW PODCAST</b></p> <p>AN INTRODUCTION TO THE CREATIVE INSTINCT PODCASTS MADE FOR THE CAMBRIDGESHIRE RECOVERY SERVICE.</p>  <p>LISTEN NOW AT:</p> 	<p><b>CREATIVE INSTINCT</b> <b>WEEKLY AT: HUNTINGDON, WISBECH &amp; CAMBRIDGE</b></p> <p>OPEN ART SPACE - FREE TO JOIN. MATERIALS PROVIDED. WEEKLY SESSIONS.</p> <p>For anyone in recovery — come create, connect, and express.</p> 			

[www.CambsRecoveryService.co.uk/podcasts](http://www.CambsRecoveryService.co.uk/podcasts)



Meetings with Change Grow Live logo are exclusively for CGL or CRS members and not open to the community at this time.

All EDGE Café groups and workshops are free of charge contact: Gail@theedgecafecambridge.com www.theedgecafecambridge.org

  @CambsRecovery

[www.CambsRecoveryService.co.uk](http://www.CambsRecoveryService.co.uk) 

[CRS@cgl.org.uk](mailto:CRS@cgl.org.uk)

# What do our events look like?

**Recovery cafes and Free Flow Groups** - an open relaxed place to come and be social have a cup of coffee, check in and chat with the CRS team.

**Women's / Men's Groups** - A safe place for Women and Men to discuss a range of topics, week to week, helping to provide support and strategies to cope with feelings (open).

**Building Bridges Friends and Family Groups** - Support groups for Family and Friends of those in active addiction (open to Friends and Family members only).

**Road to Recovery** - "A peer-based group supporting those in recovery."

**Smart recovery** - SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.

**Creative Instinct** - Some of our recovery cafes (Cambridge/ Wisbech/ Huntingdon) host the Creative Instinct - a space to bring out your more creative side. You do not need to be an artist to enjoy the therapeutic value of being creative. Sometimes these are structured workshops and other times they are an open art spaces for you to work on your own art / craft projects.

**Intro to the Edge** - A chance to meet with Gail from The Edge Recovery Cafe to see everything The Edge has to offer and build your confidence in becoming part of an established recovery community.

**Co-Pro** - with Marie Ludlum from Changing Futures. Improving outcomes for people with multiple disadvantage.

Direct contact:  
**CRSecgl.org.uk**



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