



Cambridgeshire Recovery Service is a recovery community that operates throughout Cambridgeshire. We host weekly Recovery Cafés in: Whittlesey, Wisbech, March, Ely, Huntingdon, St Neots and Cambridge.

**C**ambridgeshire Recovery Service's Recovery Cafés provide a friendly and safe space for people aged over eighteen at any stage of recovery from drug and alcohol dependency, including friends and family with a loved one affected by drug and alcohol use.

Everyone is at different stages of their recovery journey and waiting lists to access services and treatments can be long. Our Recovery Cafés provide immediate support regardless of whether it's your very first step towards recovery, you are in treatment, you are looking for a post-treatment community or if you are a friend or family member looking for support. Our only requirement is that our community members are well enough to attend and engage appropriately.

As a charity organisation provided by Change Grow Live, all our Recovery Cafés are free, drop-in events with no appointment needed to attend. We provide food and drink, creative activities, community, support, connection, and fun.

The purpose of Cambridgeshire Recovery Service is to facilitate people affected by drugs and alcohol through social, community and creative aspects of recovery. Alcohol and drug use can affect our lives in many ways resulting in isolation from a support network.

An important part of recovery is reintegrating into a supportive community. We understand that learning something in theory and applying that in the context of our real everyday lives can take practice. Recovery Cafés provide a space to learn, develop and use recovery tools in a relaxed environment. A very popular part of our Whittlesey Recovery Café is our creative space for arty activities, led by Lorraine from The Salvation Army Studio – we often find having a creative project to work on helps people relax and connect to themselves and others even if they don't feel like talking.

At Cambridgeshire Recovery Service we know it can be hard to walk into a new environment alone. You will be greeted with a warm welcome whether you come alone or bring a friend or support worker with you.

**Come along to our Whittlesey Recovery Café on Tuesdays between 10am-12.30pm and see if our community can help you find connection and purpose. Location: Salvation Army, Church Street, Whittlesey, Peterborough PE7 1DB. Date: Tuesdays. Time: 10am-12:30pm.**

**For more information about our Recovery Cafés or the services we offer visit our website at [www.camsrecoveryservice.co.uk](http://www.camsrecoveryservice.co.uk) For information on drug and alcohol treatments, testing and safer practices visit [www.changegrowlive.org](http://www.changegrowlive.org)**



# Whittlesey Recovery Cafe

TUESDAYS | 10AM-12:30PM

**COFFEE • BREAKFAST • SOCIAL • SUPPORT  
• ARTS • FRIENDS & FAMILY WELCOME**

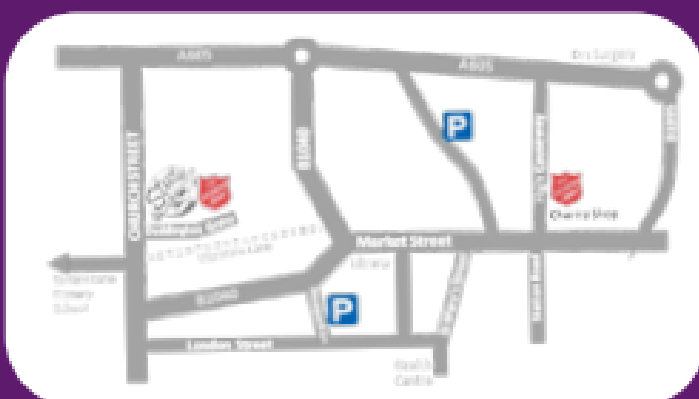
Led by those in recovery



Provided by



**Change  
Grow  
Live**



SALVATION ARMY  
CHURCH STREET  
WHITTLESEY  
PETERBOROUGH  
PE7 1DB



@CambsRecovery

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