



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

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<p>10:00-13:00 Ely Recovery Café Countess Free Church</p> <p><i>Closed on 6th & 27th bank holidays</i></p>	<p>10.00 - 12:30 Huntingdon Recovery Drop In</p> 	<p>12:00 - 15:00 Cambridge Recovery Café</p> <p>82 Akeman St, Arbury, Cambridge CB4 3HG</p> <p>12:00 - 14:00 Creative Instinct, Community Games, Food, Advice & Support</p> <p>14:00 - 15:00 Wellbeing Hour Acupuncture</p>	<p>10:00 - 13:00 March Recovery Café March Community Centre</p> <p>Breakfast & Chats</p>	<p>10:00 - 15:00 Huntingdon Free flow Friday café St Mary's Parish Hall</p> <p>10:00 Breakfast!</p> <p>10:00 - 12:00 Recovery College</p> <p>11:00 - 13:00 Creative Instinct</p> <p>13:00 - 14:00 Auricular Acupuncture</p> <p>14:00 - 14:30 Service User Forum</p>
<p>10:00-14:00 St Neots Free Flow Monday Eaton Socon Community Centre</p> <p>Snacks, chats, support, acupuncture</p> <p><i>Closed on 6th & 27th bank holidays</i></p>	<p>11:00 - 12:00 Cambridge Intro to The Edge With Gail The Edge Cafe</p>	<p>14:00-16:00 Friends & Family Group ID: 723 551 1005</p> <p>10:30 - 11:30 SMART Friends & Family <i>Saturday 11th May</i></p> 	<p>12.30 -14.00 Cambridge EDGE Art Group The Edge Cafe</p>	<p>11:00-12:30 SMART Recovery ID: 723 551 1005</p>  <p>Link on website</p>
<p>12.00 -13.00 Cambridge EDGE Recovery Support Group The Edge Cafe</p>	<p>11:00 - 14:30 Wisbech Recovery Café St. Peter's Hall, PE13 1BW</p>	<p>CANVAS PENCIL CASE DECORATING</p> <p>Use acrylic pens / paint or sow to create your own unique pencil case!</p> <p>Running throughout May from start date show.</p>  <div data-bbox="981 1534 1165 1881" style="background-color: yellow; padding: 5px;"> <p>Wisbech 7th May 12:30 - 14:30</p> <p>Cambridge 8th May 12:30-14:30</p> <p>Huntingdon 10th May 11:00 - 13:00</p> </div>	<p>12:45- 14:00 Women's group ID: 723 551 1005</p> 	<p>10:00 - 12:00 March Edgy Women Women's Group Community Centre <i>With Gail</i></p>
<p>13.30 - 15:00 Cambridge EDGY Womens Wellbeing The Edge Cafe</p> <p>Cafe space for women to chat</p>	<p>13:00 - 15:00 Huntingdon "The Modern Man" Men's group</p> 		<p>YARN BOMBS Continue making Yarn Bombs throughout May. Lyncroft will not be present.</p> <p>Wisbech 12:30 - 14:30 St Peters Hall PE13 1BW</p> 	
<p>18:30 - 20:00 Cambridge Friends & Family The Edge Cafe</p> <p>13th May (closed for bank holidays)</p>	<p>NEEDLE FELTING Join us at Free Flow Friday for an ongoing needle felting project running throughout May.</p> <div data-bbox="550 1691 662 1792" style="background-color: yellow; padding: 2px;"> <p>Huntingdon 11:00 - 13:00 FFF during May</p> </div> 			



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

CRS@cgl.org.uk

What do our events look like?

Recovery cafes – an open relaxed place to come and be social have a cup of coffee check in and chat with the CRS team. Online and Face to Face.

Women's Groups/ 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)

Family Group– Support Group for Family or 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

Direct contact:
CRS@cgl.org.uk



www.CambsRecoveryService.co.uk/feedback

Leave us feedback about our service!



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