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**CAMBRIDGESHIRE
RECOVERY SERVICE**

LED BY THOSE IN RECOVERY

August Timetable

MON	TUE	WED	THU	FRI
10:00-13:00 Ely Recovery Café Countess Free Church P3: every week	10:00 - 13:00 Wisbech Recovery Café St. Peter's Hall, PE13 1BW 10:30 - 12:30 Creative Instinct	13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF 13:30 - 15:30 Creative Instinct Access through the blue gate on Mill Road.	10:00 - 13:00 March Recovery Café March Community Centre Room 1 & 2 Breakfast & Chats	10:00 - 15:00 Huntingdon Free Flow Friday Café St Mary's Parish Hall 11:00 - 13:00 Creative Instinct
10:00-13:00 St Neots Free Flow Monday Eaton Socon Community Centre 10:00 - 12:00 Cafe 12:00 - 13:00 Acupuncture Soundbath Aug date to be confirmed	10:00-13:00 St Neots Free Flow Monday Eaton Socon Community Centre 10:00 - 12:00 Cafe 12:00 - 13:00 Acupuncture Soundbath Aug date to be confirmed	13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF 13:30 - 15:30 Creative Instinct Access through the blue gate on Mill Road.	18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005	11:00 - 13:00 Creative Instinct 13:00 - 14:00 Auricular Acupuncture
Building Bridges Friends & Family Huntingdon: 2nd Mon of Month 10th August 17:30 - 18:30 Wisbech: 4th Mon of Month 24th August 18:15 - 19:15	Decoupage Lantern Workshops	13:00- 14:00 Women's group ID: 723 551 1005	RECOVERY STREET FILM FESTIVAL Want to be involved in our 2026 short film entry? Join Pete, Dermot & Jamie every Friday at Free Flow	11:00-12:30 SMART Recovery ID: 723 551 1005
Building Bridges Friends and Family Huntingdon: 2nd Mon of Month 10th August 17:30 - 18:30 Wisbech: 4th Mon of Month 24th August 18:15 - 19:15	13:00 -14:00 Huntingdon 60 + Group CGL Huntingdon	15:00-16:30 Building Bridges Friends & Family Mutual Aid ID: 723 551 1005	BUILDING BRIDGES Friends and Family	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe
CREATIVE INSTINCT PODCAST PRODUCTIONS PODCASTS! Haley part 1 LISTEN NOW AT:	ELYPride	PRIDE Saturday 8th August Join Us @ Ely Pride!	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe

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



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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 Groups – A safe place for Women 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.

Direct contact:
CRSecgl.org.uk



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