Co-Production

Monday 11th August Ely Recovery Cafe

Changing Futures
"Counting Every Voice"



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

August Timetable

MON

TUE

WED

13:30 - 15:30

Cambridge

Garden Gate

Recovery Café

351 Mill Road,

Cambridge,

CB1 3DF

Access through the blue

gate on Mill Road.

13:00-14:00

Women's group

ID: 723 551 1005

THU

10:00 - 13:00

March

Recovery Café

March Community

Centre

Breakfast & Chats

12.30 -14.00

Cambridge

EDGE Art Group

The Edge Cafe

18:30 - 19:30

Road to Recovery

Recovery Group

ID: 723 551 1005

zoom

FRI

10:00-13:00

Ely

Recovery Café

Countess Free Church

Co-Pro: 11th Aug

10:00-13:00 St Neots

Free Flow Monday
Eaton Socon
Community Centre

10:00 - 12:00 Cafe

12:00 - 13:00 Acupuncture

12.00 - 13.00 Cambridge

EDGE Recovery Support Group The Edge Cafe

13.30 - 15:00

Cambridge

EDGY Womens Wellbeing The Edge Cafe

Cafe space for women to chat

18:30 - 20:00 Cambridge

Friends & Family
The Edge Cafe

1 U E 10.00 - 12:30

Huntingdon

Recovery Drop In



11:00 - 12:00 Cambridge

Intro to The Edge With Gail The Edge Cafe

> 10:00 - 13:00 Wisbech

Recovery Café

St. Peter's Hall, PE13 1BW



13.00 -14.00 Huntingdon

60 + Group CGL Huntingdon

Wisbech Rock Festival

Sunday 3rd August

Ely Pride Saturday 9th August

CREATIVE INSTINCT PODCAST PRODUCTIONS

PODCAST #16



zoom

15:00-16:00 Friends & Family

Mutual Aid Open Space ID: 723 551 1005

200m



GARDENING AT GARDEN GATE!

ALL OF AUGUST!
351 MILL ROAD, CAMBRIDGE,
CB1 3DF



CREATIVE INSTINCT

WEEKLY AT: HUNTINGDON, WISBECH & CAMBRIDGE

OPEN ART SPACE - FREE TO JOIN.

MATERIALS PROVIDED. WEEKLY SESSIONS.

For anyone in recovery — come create, connect, and express.

10:00 - 15:00 Huntingdon

Free Flow Friday Café St Mary's Parish Hall

> 11:00 - 13:00 Creative Instinct



12:00

(first Friday of month) **Have Your Say**

12:00

(remaining Fridays)

Marks Games Hour Quiz, games and

shenanigans

13:00 - 14:00

Auricular Acupuncture

11:00-12:30

SMART Recovery

ID: 723 551 1005



Link on website

14.15 - 15:45 Cambridge &

Online

EDGE Recovery Writing The EDGE Cafe



(Cambs Recovery

ID 892 5883 6870 Password: writing

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.

www.CambsRecoveryService.co.uk **Q**



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).

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:

CRS@cgl.org.uk



www.Facebook.com/CambsRecovery
Follow us on Facebook to keep up to date!



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



