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@CambsRecovery



**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

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

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



**BUILDING
BRIDGES**
Friends and Family

CREATIVE INSTINCT PODCAST
PRODUCTIONS

PODCASTS!

Haley part 1



LISTEN NOW AT:

10:00 - 13:00

Wisbech

Recovery Café
St. Peter's Hall,
PE13 1BW

10:30 - 12:30

Creative Instinct



**Decoupage
Lantern
Workshops**

13.00 -14.00

Huntingdon

60 + Group

CGL Huntingdon



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.



**Chasing
Pebbles
Workshops**

13:00- 14:00

Women's group

ID: 723 551 1005



15:00-16:30

Building Bridges

Friends & Family

Mutual Aid

ID: 723 551 1005



10:00 - 13:00

March

Recovery Café
March Community
Centre
Room 1 & 2

Breakfast & Chats

18:30 - 19:30

Road to Recovery

Recovery Group

ID: 723 551 1005



Want to be involved
in our 2026 short
film entry?

Join Pete, Dermot &
Jamie every Friday at
Free Flow



**BUILDING
BRIDGES**
Friends and Family

10:00 - 15:00

Huntingdon

Free Flow Friday
Café
St Mary's Parish
Hall

11:00 - 13:00

Creative Instinct



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 Café



ID 892 5883 6870

Password: writing



Saturday 8th August

Join Us @

Ely Pride!

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@theedgecafe.cambridge.com
www.theedgecafe.cambridge.org



@CambsRecovery

www.CambsRecoveryService.co.uk

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:
CRS@cgl.org.uk



[www.Facebook.com/CambsRecovery](https://www.facebook.com/CambsRecovery)

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