

CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

OCTOBER 2025

01

**Unlocking Wellbeing
Wisbech: Our Biggest
Celebration Yet**

02

**Creating Change: A
Film Premiere at
Wisbech**



UNLOCKING WELLBEING WISBECH: OUR BIGGEST CELEBRATION YET

Unlocking Wellbeing Wisbech was our biggest community event so far — and what an incredible day it turned out to be!

Wisbech Castle came alive with inspiring recovery talks from people who truly know the way, hands-on creative workshops, live music, art displays, and even the underground premiere of *Creating Change*. From acupuncture tasters to cooking demonstrations, there was something for everyone, and the energy throughout the day was full of connection, laughter, and hope.

At Cambridgeshire Recovery Service, our values are creativity, community, and opportunity - and this event embodied them all. It was a space where people could come together, try something new, share their stories, and celebrate the incredible creativity and talent of our recovery community.

A special thank you goes to Emma, our Creative Arts and Wellbeing Coach, who worked tirelessly to bring the whole day together. Her creativity, organisation, and dedication made Unlocking Wellbeing Wisbech possible, and we are so grateful for the warmth and passion she brings to our community.

We also want to give heartfelt thanks to Trevor, the Castle Caretaker, whose patience, enthusiasm, and humour were

genuinely invaluable both in the lead-up to the event and on the day itself. And a shout-out to Luke from Nightlife Entertainment for his expert lighting support.



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We'd also like to thank our wonderful partners - Change Grow Live, The SUN Network, and The Ferry Project — for their support in helping us plan, organise, and deliver this event. These community celebrations wouldn't be possible without your collaboration and dedication.

Most importantly, thank you to everyone who came along, shared your stories, gave your time, and filled the day with creativity and connection.

Together, we showed the power of recovery and the magic that happens when our community comes together to celebrate it.



Cambridgeshire Recovery Service Recovery Cafes

JOIN US FOR:

COFFEE • BREAKFAST • SOCIAL • GAMES
• CREATIVE INSTINCT (ARTS) • SUPPORT & SIGNPOSTING •
ACUPUNCTURE

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Change
Grow
Live

OUR RECOVERY CAFES RUN WEEKLY IN:
ELY, ST NEOTS, WISBECH, CAMBRIDGE, MARCH,
HUNTINGDON



If you'd like to get involved in our recovery community or be apart of our future events, visit:
www.CambsRecoveryService.co.uk
Email: CRS@cgl.org.uk.

CREATING CHANGE: A FILM PREMIERE AT WISBECH

One of the highlights of Unlocking Wellbeing Wisbech was the premiere of *Creating Change*, our short film submission to the Recovery Street Film Festival 2025.

What began in 2024 as a small idea between sessional worker Pete, podcast tech wizard Jamie, and community member Dermot has grown into something truly special. Over the course of the project, voices were gathered from across all three Creative Instinct hubs, a Huntingdon café, multiple filming locations, and no fewer than forty-two people connected to Change Grow Live including clients, community members, and staff.

The film itself is just three minutes long, but every second is full of meaning. As Pete, Jamie, and Dermot explain:

"At its heart is the theme of creativity in recovery. The film has been created by, and for, members of the CRS recovery community. It is constructed around a universal wish to escape a life of dependency and the hope for something better after life in addiction."

That sense of hope carries through in every voice. The producers reflect:

"With one message told through many voices, the film communicates a spirit of hope, as hope is the one tool that we all have in times of crisis. Hope for change and the hope in finding self-belief in the face of the many obstacles we all face in our lives."

While *Creating Change* wasn't shortlisted for the 2025 RSFF, it stands as a powerful community



achievement. A work of fiction built from lived experience, it has "involved the contribution of at least 40 individuals from the recovery community. This has given a work of fiction a genuine heart, based around the life experience of this project's many contributors."

At its centre, the film captures a simple but powerful conversation: two people talking about their fears and hopes around self and recovery. Each voice adds a new layer of depth, reminding us that while everyone's path may look different, many of us share the same doubts - and the same desire for growth, healing, and change.

A heartfelt thank you to Pete, Jamie, and Dermot for their dedication in writing, directing, and producing *Creating Change*. Their work is a shining example of what can be achieved when creativity and community come together to tell stories of recovery.



Provided by



**Change
Grow
Live**



BEHIND THE SCENES: FILM MAKING

TAKE A LOOK AT SOME OF THE PRODUCTION WORK THAT
WENT INTO 'CREATING CHANGE'.

