



# CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

MON	TUE	WED	THU	FRI
<b>10:00-13:00</b> <b>Ely</b> Recovery Café Countess Free Church	<b>10.00 - 12:30</b> <b>Huntingdon</b> Recovery Drop In 	<b>12:00 - 15:00</b> <b>Cambridge</b> Recovery Café  82 Akeman St, Arbury, Cambridge CB4 3HG  <b>12:00 - 14:00</b> Creative Instinct, Community Games, Food, Advice & Support	<b>10:00 - 13:00</b> <b>March</b> Recovery Café March Community Centre Breakfast & Chats  <b>12.30 -14.00</b> <b>Cambridge</b> EDGE Art Group The Edge Cafe  <b>12:45- 14:00</b> <b>Women's group</b> ID: 723 551 1005 	<b>10:00 - 15:00</b> <b>Huntingdon</b> Free flow Friday café St Mary's Parish Hall  <b>10:00</b> Breakfast!  <b>11:00 - 13:00</b> Creative Instinct  <b>13:00 - 14:00</b> Auricular Acupuncture  <b>14:00 - 14:30</b> Service User Forum
<b>10:00-14:00</b> <b>St Neots</b> Free Flow Monday Eaton Socon Community Centre  Snacks, chats, support, acupuncture	<b>10.00 - 12:00</b> <b>Whittlesey</b> Recovery Cafe & Art Drop In Salvation Army, Church Street, PE7 1DB  <b>11:00 - 12:00</b> <b>Cambridge</b> Intro to The Edge With Gail The Edge Cafe	<b>14:00 - 15:00</b> Wellbeing Hour Acupuncture  <b>14:00-16:00</b> <b>Friends &amp; Family  Group</b> ID: 723 551 1005 	<b>18:30 - 19:30</b> <b>Road to Recovery</b> Recovery Group ID: 723 551 1005 	<b>11:00-12:30</b> <b>SMART Recovery</b> ID: 370 217 109 144 Password: D5AMjA  Microsoft Teams Link on website
<b>12.00 -13.00</b> <b>Cambridge</b> EDGE Recovery Support Group The Edge Cafe	<b>11:00 - 14:30</b> <b>Wisbech</b> Recovery Café St. Peter's Hall, Church Terrace, Wisbech PE13 1BW Art & snacks	<b>10th November</b> Trip to Aspire Peterborough Abstinence Hub  Transport from Huntingdon: Leaving 10:00 Returning 15:00 	<b>WATERCOLOUR  WORKSHOP</b> Experimenting with negative painting - painting around the subject.  <b>Cambridge  Wednesday  15th November  12:30-14:30</b> Akeman Street Recovery Cafe 	<b>10:00 - 12:00</b> <b>March</b> Edgy Women Women's Group Community Centre With Gail
<b>13.30 - 15:00</b> <b>Cambridge</b> EDGY Womens Wellbeing The Edge Cafe  Cafe space for women to chat	<b>13:00 - 15:00</b> <b>Huntingdon</b> "The Modern Man" Men's group 	<b>EXPERIMENTING  WITH CLAY</b> Experimenting with textures and shapes using clay.  <b>Huntingdon  Friday  3rd November  11:00-13:00</b> Free Flow Friday St. Mary's Parish Hall	<b>CLAY CREATURES</b> Create and sculpt clay creatures!  <b>Cambridge  Wednesday  8th November  12:30-14:30</b> Akeman Street Recovery Cafe 	<b>MIXED MEDIA  STILL LIFE</b> Running in our Creative Instinct slot at Wisbech Recovery Cafe over a few weeks.  <b>Wisbech  Tuesdays  Starts:  14th November  12:30-14:30</b> St Peters Hall PE13 1BW
<b>18:30 - 20:00</b> <b>Cambridge</b> Friends & Family The Edge Cafe  13th & 27th Nov Every other Monday	<b>13.00-14.30</b> <b>Cambridge &amp;  Online</b> EDGE Recovery Writing The EDGE Cafe  ID 892 5883 6870 Password: writing			



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



RecoveryServiceCambs.SPOC@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:

[RecoveryServiceCambs.SPOC@cgl.org.uk](mailto:RecoveryServiceCambs.SPOC@cgl.org.uk)



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