

HELP US MAKE OUR CAMBRIDGE GARDEN SUMMER READY!



Wednesdays
During Cambridge Recovery Cafe



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

June Timetable

MON	TUE	WED	THU	FRI
10:00-13:00 Ely Recovery Café Countess Free Church P3 - 16 th June	10.00 - 12:30 Huntingdon Recovery Drop In 	13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF Access through the blue gate on Mill Road. 	10:00 - 13:00 March Recovery Café March Community Centre 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	11:00 - 12:00 Cambridge Intro to The Edge With Gail The Edge Cafe	14:00-15:00 SMART Friends & Family ID: 723 551 1005 Cancelled until further notice	12.30 -14.00 Cambridge EDGE Art Group The Edge Cafe	13:00 - 14:00 Auricular Acupuncture
12:00 - 13:00 Cambridge EDGE Recovery Support Group The Edge Cafe	10:00 - 13:00 Wisbech Recovery Café St. Peter's Hall, PE13 1BW 	15:00-16:00 Mutual Aid Open Space ID: 723 551 1005	12:45- 14:00 Women's group ID: 723 551 1005 	11:00-12:30 SMART Recovery ID: 723 551 1005
13:30 - 15:00 Cambridge EDGY Womens Wellbeing The Edge Cafe Cafe space for women to chat	13.00 -14.00 Huntingdon 60 + Men's Group CGL Huntingdon	10:30 - 12:00 SMART Friends & Family Saturday 14th June 	18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005 	10:00 - 12:00 March Edgy Women Women's Group Community Centre With Gail
18:30 - 20:00 Cambridge Friends & Family The Edge Cafe	CO-PRODUCTION Get involved with changing the local community with Changing Futures. Wisbech: Tuesday 3rd Ely: Monday 9th	VOLUNTEER TRAINING Support needed at Recovery Cafés in: Huntingdon, St Neots, Ely, and Cambridge. Recovery Coaches needed at all CRS locations. Speak to team member for details! 	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe 	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe
	PODCAST #14 JAMIE'S STORY Part 1 	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.	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.

All EDGE Café groups and workshops are free of charge contact:
Gail@theedgecafecambridge.com
www.theedgecafecambridge.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).

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

Direct contact:
CRS@cgl.org.uk



www.Facebook.com/CambsRecovery
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