

Good Luck
Caroline &
Shelly!

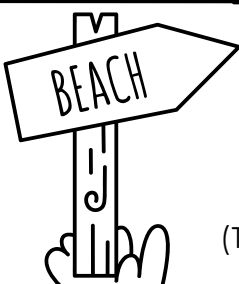
Jumping for
CRS 1st July!



CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

July Timetable

MON	TUE	WED	THU	FRI
10:00-13:00 Ely Recovery Café Countess Free Church P3: every week	10:00 - 13:00 Wisbech Recovery Café St. Peter's Hall, PE13 1BW	13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF	10:00 - 13:00 March Recovery Café March Community Centre Room 1 & 2 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 Soundbath 20th July 12pm	10:30 - 12:30 Creative Instinct  "Edge of the Shore" -Inspired by our trip to the coast  Sculpted Jars A Mixed Media Project	13:30 - 15:30 Creative Instinct Access through the blue gate on Mill Road. 	18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005 	 13:00 - 14:00 Auricular Acupuncture
Building Bridges Friends & Family Huntingdon: 2nd Mon of Month 13th July 17:30 - 18:30 Wisbech: 4th Mon of Month 27th July 18:15 - 19:15 	13.00 -14.00 Huntingdon 60 + Group CGL Huntingdon 	13:00- 14:00 Women's group ID: 723 551 1005 	 Want to be involved in our 2026 short film entry? Join Pete, Dermot & Jamie every Friday at Free Flow	SKETCHBOOK CLUB HUNTINGDON, FREE FLOW @11:00 - 13:00 
CREATIVE INSTINCT PODCAST PRODUCTIONS PODCASTS! Arlene & Mum Pt2   LISTEN NOW AT:	 Wednesday 8th July Huntingdon & Cambridge Beach Trip (Talk to cafe facilitators to sign up)			11:00-12:30 SMART Recovery ID: 723 551 1005  Link on website
		GET YOUR GARDEN ON! ALL SUMMER @ GARDEN GATE CAFE 		14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe  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).

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



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