



# JOIN US

**Community Garden Group**  
in conjunction with Cambridge Sustainable Foods  
**Akeman (Cambridge)**

Open to all on Cambridge Recovery Cafe dates.



## 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>10:00 - 13:00</b> <b>March</b> Recovery Café March Community Centre Breakfast & Chats	<b>10:00 - 15:00</b> <b>Huntingdon</b> Free Flow Friday Café St Mary's Parish Hall <b>10:00</b> Breakfast!
<b>10:00-14:00</b> <b>St Neots</b> Free Flow Monday Eaton Socon Community Centre Snacks, chats, support, acupuncture	<b>11:00 - 12:00</b> <b>Cambridge</b> Intro to The Edge With Gail The Edge Cafe	<b>12:00 - 14:00</b> Creative Instinct, Community Games, Food, Advice & Support	<b>12:30 - 14:00</b> <b>Cambridge</b> EDGE Art Group The Edge Cafe	<b>10:00 - 12:00</b> Recovery College <b>11:00 - 13:00</b> Creative Instinct
<b>12:00 - 13:00</b> <b>Cambridge</b> EDGE Recovery Support Group The Edge Cafe	<b>10:00 - 13:00</b> <b>Wisbech</b> Recovery Café St. Peter's Hall, PE13 1BW	<b>14:00-15:00</b> <b>Friends &amp; Family Group</b> ID: 723 551 1005 <b>10:30 - 12:00</b> <b>SMART</b> <b>Friends &amp; Family</b> Saturday 14th Sep 	<b>12:45- 14:00</b> <b>Women's group</b> ID: 723 551 1005 	<b>13:00 - 14:00</b> Auricular Acupuncture <b>14:00 - 14:30</b> Service User Forum <b>Mark's Quiz!</b>
<b>13:30 - 15:00</b> <b>Cambridge</b> EDGY Womens Wellbeing The Edge Cafe Cafe space for women to chat	<b>13:00-14.30</b> <b>Cambridge &amp; Online</b> EDGE Recovery Writing The EDGE Cafe ID 892 5883 6870 Password: writing	<b>14:00-15:00</b> <b>Friends &amp; Family Group</b> ID: 723 551 1005 <b>10:30 - 12:00</b> <b>SMART</b> <b>Friends &amp; Family</b> Saturday 14th Sep 	<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: 723 551 1005  Link on website
<b>18:30 - 20:00</b> <b>Cambridge</b> Friends & Family The Edge Cafe 2nd + 16th September	<b>Cromer Finds</b> Tues 17th Sep 10:30 - 12:30 Wisbech St. Peters Hall PE13 1BW 	 <b>London 2024</b> <b>UK Recovery Walk</b> FAVORUK Sign up at Free Flow Friday or email: CRSeegl.org.uk	<b>Saturday 14th September</b> Bus departs from Huntingdon CGL at 9am Bus departs from Crystal Palace at 4pm Sign up at Free Flow Friday or email: CRSeegl.org.uk	<b>10:00 - 12:00</b> <b>March</b> Edgy Women Women's Group Community Centre With Gail
		<b>CROMER BEACH TRIP</b> <b>WISBECH</b> <b>TUESDAY 10TH SEPTEMBER</b> Bus leaves at 10am Sign up at Wisbech Recovery Cafe		<b>NEW PODCAST</b> CREATIVE INSTINCT PODCAST PRODUCTIONS "GARY'S STORY PART 1: FROM A SHOP FLOOR TO MY OWN DOOR"  LISTEN NOW AT:

[www.CambsRecoveryService.co.uk/podcasts](http://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](http://www.theedgecafecambridge.org)

@CambsRecovery

[www.CambsRecoveryService.co.uk](http://www.CambsRecoveryService.co.uk)

[CRS@cgl.org.uk](mailto: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 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).

**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](https://www.facebook.com/CambsRecovery)  
Follow us on Facebook to keep up to date!



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