

# COMING SOON

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

Anyone interested contact:  
Jo.Burgess@cgl.org.uk



# 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 P3 1st, 15th & 29th	<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>13:00 - 15:00</b> <b>Huntingdon</b> "The Modern Man" Men's group 	<b>14:00-16:00</b> <b>Friends &amp; Family Group</b> ID: 723 551 1005	<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>10:30 - 12:00</b> <b>SMART</b> <b>Friends &amp; Family</b> Saturday 13th July 	<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 8th + 22nd July	<b>Found Poetry</b> Running at: Huntingdon, Wisbech & Cambridge Week starting: 8th July 	 RCE Wellbeing Hub will be joining Cambs Recovery Service at Free Flow Friday!	<div> <div>JULY 26</div> <div>FFF - Huntingdon</div> </div> <div> <div>AUGUST 09</div> <div>FFF - Huntingdon</div> </div> <div> <div>AUGUST 16</div> <div>FFF - Huntingdon</div> </div> <div> <div>AUGUST 23</div> <div>FFF Huntingdon</div> </div>	<b>10:00 - 12:00</b> <b>March</b> Edgy Women Women's Group Community Centre With Gail
		 <b>FENLAND PRIDE</b> The Kite Trust	<b>Wisbech Pride</b> Saturday 6th July Queen Mary Centre 11:00 - 17:30	CREATIVE INSTINCT PODCAST PRODUCTIONS <b>NEW PODCAST</b> "JAMES' STORY PART 1: EMERGING FROM A HOLE"  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

# 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:  
**CRS@cgl.org.uk**



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

Leave us feedback about our service!



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