



# CAMBRIDGESHIRE RECOVERY SERVICE

LED BY THOSE IN RECOVERY

## January Timetable

MON	TUE	WED	THU	FRI
<p><b>10:00-13:00</b> <b>Ely</b> Recovery Café Countess Free Church</p>	<p><b>10.00 - 12:30</b> <b>Huntingdon</b> Recovery Drop In </p>	<p><b>12:00 - 15:00</b> <b>Cambridge</b> Recovery Café 82 Akeman St, Arbury, Cambridge CB4 3HG</p>	<p><b>10:00 - 13:00</b> <b>March</b> Recovery Café March Community Centre Breakfast &amp; Chats</p>	<p><b>10:00 - 15:00</b> <b>Huntingdon</b> Free Flow Friday Café St Mary's Parish Hall <b>11:00 - 13:00</b> Creative Instinct <b>13:00 - 14:00</b> Auricular Acupuncture <b>Mark's Quiz!</b></p>
<p><b>10:00-13:00</b> <b>St Neots</b> Free Flow Monday Eaton Socon Community Centre <b>10:00 - 12:00</b> Cafe <b>12:00 - 13:00</b> Acupuncture</p>	<p><b>11:00 - 12:00</b> <b>Cambridge</b> Intro to The Edge With Gail The Edge Cafe</p>	<p><b>12:00 - 14:00</b> Creative Instinct, Community Games, Food, Advice &amp; Support</p>	<p><b>12.30 -14.00</b> <b>Cambridge</b> EDGE Art Group The Edge Cafe</p>	<p><b>11:00-12:30</b> <b>SMART Recovery</b> ID: 723 551 1005  Link on website</p>
<p><b>12.00 -13.00</b> <b>Cambridge</b> EDGE Recovery Support Group The Edge Cafe</p>	<p><b>13:00 - 15:00</b> <b>Huntingdon</b> "The Modern Man" Men's group </p>	<p><b>14:00-15:00</b> <b>Friends &amp; Family Group</b> ID: 723 551 1005 <b>10:30 - 12:00</b> <b>SMART Friends &amp; Family</b> <i>Saturday - Cancelled</i> </p>	<p><b>18:30 - 19:30</b> <b>Road to Recovery</b> Recovery Group ID: 723 551 1005 </p>	<p><b>10:00 - 12:00</b> <b>March</b> Edgy Women Women's Group Community Centre <i>With Gail</i></p>
<p><b>13.30 - 15:00</b> <b>Cambridge</b> EDGY Womens Wellbeing The Edge Cafe Cafe space for women to chat</p>	<p><b>SOUND &amp; COLOURS</b> Starting on 10th Jan Running at: Huntingdon, Wisbech &amp; Cambridge. Discover how listening to music influences colours and shapes while drawing with pastel chalks.</p>	<p><b>MINI RAFFIA BASKETS</b> Learn the art of raffia weaving. </p>	<p><b>Cambridge</b> 15th Jan 12:30 - 14:00 <b>Huntingdon</b> 24th Jan 11:00 - 13:00</p>	<p><b>14.15 - 15:45</b> <b>Cambridge &amp; Online</b> EDGE Recovery Writing The EDGE Cafe  ID 892 5883 6870 Password: writing</p>
<p><b>18:30 - 20:00</b> <b>Cambridge</b> Friends &amp; Family The Edge Cafe</p>	<p>CREATIVE INSTINCT PODCAST PRODUCTIONS <b>PODCAST #10</b> CHRIS'S STORY PART 2   Coming 15th Jan:</p>	<p><b>VOLUNTEER TRAINING</b> Volunteer training is coming to Huntingdon in January. For more information contact us at: <a href="mailto:crs@cgl.org.uk">crs@cgl.org.uk</a></p>		

[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](mailto: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)  
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