CAMBRIDGESHIRE RECOVERY SERVICE
LED BY THOSE IN RECOVERY

Christmas Closures
23/12 ELY – CLOSED
25/12 CAMBRIDGE – CLOSED
26/12 MARCH – CLOSED
27/12 HUNTINGDON – CLOSED
30/12 ST NEOTS – CLOSED
01/01 CAMBRIDGE – CLOSED

December Timetable

MON

10:00-13:00
Ely
Recovery Café
Countess Free Church
Closed 23rd

10:00-13:00
St Neots
Free Flow Monday
Eaton Socon Community Centre
10:00 – 12:00 Cafe
12:00 – 13:00 Acupuncture
Closed 30th

12.00 –13.00
Cambridge
EDGE Recovery Support Group
The Edge Cafe

13.30 – 15:00
Cambridge
EDGY Womens Wellbeing
The Edge Cafe
Cafe space for women to chat

18:30 – 20:00
Cambridge
Friends & Family
The Edge Cafe

TUE

10.00 – 12:30
Huntingdon
Recovery Drop In
Change Grow Live

11:00 – 12:00
Cambridge
Intro to The Edge With Gail
The Edge Cafe

10:00 – 13:00
Wisbech
Recovery Café
St. Peter's Hall, PE13 1BW

13:00 – 15:00
Huntingdon
"The Modern Man" Men's group
Change Grow Live

WINTER CRAFT
Creative Instinct
Running all December at: Hunts, Wis & Cambs
Festive Macrame
Ornament Painting
Felt Badges
Card making
& more!

CREATIVE INSTINCT PODCAST PRODUCTIONS
PODCAST #9
CHRIS'S STORY PART 1: ACCEPTING I HAD A PROBLEM.
PODCASTS Creative Instinct
Coming 15th Dec:

WED

12:00 – 15:00
Cambridge
Recovery Café
82 Akeman St, Arbury, Cambridge CB4 3HG
12:00 – 14:00
Creative Instinct, Community Games, Food, Advice & Support
14:00 – 15:00
Wellbeing Hour Acupuncture
Closed 25th + 1st Jan

14:00-15:00
Friends & Family Group
ID: 723 551 1005

10:30 – 12:00
SMART Friends & Family
Saturday 14th Dec
zoom

THU

10:00 – 13:00
March
Recovery Café
March Community Centre
Breakfast & Chats
Closed 26th

12.30 -14.00
Cambridge
EDGE Art Group
The Edge Cafe

12:45- 14:00
Women's group
ID: 723 551 1005
zoom

18:30 – 19:30
Road to Recovery
Recovery Group
ID: 723 551 1005
zoom

FRI

10:00 – 15:00
Huntingdon
Free Flow Friday Café
St Mary's Parish Hall
11:00 – 13:00 Creative Instinct
13:00 – 14:00 Auricular Acupuncture
Mark's Quiz!
Closed 27th

11:00-12:30
SMART Recovery
ID: 723 551 1005
zoom
Link on website

10:00 – 12:00
March
Edgy Women Women's Group
Community Centre
With Gail

14.15 – 15:45
Cambridge & Online
EDGE Recovery Writing
The EDGE Cafe
zoom
ID 892 5883 6870
Password: writing

CHRISTMAS PARTIES!
16th Ely
16th St Neots
17th Wisbech
18th Cambridge
19th March
20th Huntingdon + Mark's Quiz

www.CambsRecoveryService.co.uk/podcasts

@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 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
Follow us on Facebook to keep up to date!

Change Grow Live

Meetings with Change Grow Live logo are exclusively for CGL 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