

## The EDGE Café – Zoom and F2F Groups 18<sup>th</sup> September - 1<sup>st</sup> October 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>18 – 24 September</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group</p> <p><b>13.15 – 14.45</b> EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p> <p><b>18.30 – 20.00</b> EDGE Family and Friends Group – for people who have someone they love experiencing addiction issues – a safe space.</p>	<p><b>13.00 – 14.30</b> – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.30</b> EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p>	<p><b>19.00 – 20.30</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 -15.00</b> Art Wellbeing Group All welcome, all abilities! This weeks theme is: ‘Helping Hands’ focussing on how to draw hands, with Natasha</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p> <p><b>9.30 – 15.30 @ -Willow</b> Edge Angling – Cambridge based, all welcome contact Paul 07765274520 for more info.</p>		<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00 –17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>
<b>25 September – 1 October</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group</p> <p><b>13.15 – 14.45</b> EDGY Women – Cafe space for women to connect and chat – in the Hayman Room</p>	<p><b>13.00 – 14.30</b> – Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>13.00-14.30</b> EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p> <p><b>18.30 -20.00</b> Drumming – Djembe and Agogo rhythm -Best fun and all welcome!!</p>	<p><b>14.00 – 16.00</b> <b>Two Crows</b> –will be dropping in for a song – live, acoustic foot-tapping, smiley music!</p> <p><b>19.00 – 20.30</b> NA meeting @ The EDGE</p>	<p><b>11.00 -13.00</b> Oblique Arts beginners guitar and songwriting workshop – <b>FREE</b>. Book your place at: <a href="mailto:mail@obliquearts.co.uk">mail@obliquearts.co.uk</a> or phone 07950656799</p> <p><b>13.00 – 15.00</b> Art Wellbeing Group All welcome, all abilities! This week we are doing collage/mosaics</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of Alcoholics Anonymous</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p>		<p><b>13.00 – 14.00</b> Seated Tai Chi with Sam at The EDGE</p> <p><b>16.00-17.00</b> NA meeting @ The EDGE</p> <p><b>19.30- 20.30</b> SAA meeting @ The EDGE</p>

*All EDGE Café groups and workshops are free of charge  
contact [Gail@theedgecafecambridge.co](mailto:Gail@theedgecafecambridge.co)*

## What's on at the Edge – Workshops/Groups/Events

**The Edge Recovery Support Group** – We are an independent Peer Support Group for people in recovery from alcohol/substance misuse and/or mental health issues. This group runs twice weekly (Monday 12-1 & Wednesday 12 – 1)

**12 Step Fellowships – AA (Alcoholics Anonymous). NA (Narcotics Anonymous). SAA (Sex Addicts Anonymous)** – 12 Step Fellowships have been around for 80 years and offer a structured programme of recovery. These are spiritual, not religious programmes. Please see our timetable for days and times.

**Woolly Wonders** – Unwind, be creative and have a chat at our knitting and crochet group Every Tuesday 1 – 3.

**Art Group** – Self-expression through painting, drawing or modelling A creative, therapeutic aid in recovery. Every Thursday 12.30 -2.

**Tai Chi** – Tai Chi is an ancient Chinese system of physical exercises and breathing control. Every Friday 1-2.

**Recovery Writing Group** – This session is for all kinds of writing, designed to aid recovery from substance misuse and mental health issues. Journaling, 12 Step work, SMART recovery work, life story writing, creative writing, whatever works for you. Every Tuesday 1-2.30

**Walking from The Edge** – Walking is great physical exercise and beneficial for positive mental health and general wellbeing. Walking with others has the added bonus of providing company, support and nature combined. See our timetable for dates/times.

**Other Events: Open Mic & Drumming at The Edge.** These are therapeutic music sessions, all abilities welcome. **Clothes Swap.** Please see notice board and timetable for details, dates/times.

*All groups and workshops are FREE. For further details of our programme see our notice boards and information table or ask our Recovery Coordinator:*

*Gail ([seniorrecovery@theedgecafecambridge.com](mailto:seniorrecovery@theedgecafecambridge.com))*