



Groups & Workshops: F2F & Online

Dates: 26 January – 1 February

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

Gail@theedgecafecambridge.com

MONDAY

12 – 1pm EDGE Recovery Support Group
Peer led support group

13.30 – 15.00
Womens Create and chat – free, friendly women only group

15.30 – 16.30
Lego Club, open to all – under 16's can leave their adult in the cafe!

18.30 – 20.00
EDGE Family and Friends Group – for people who have someone they love experiencing addiction issue

TUESDAY

13.15 -15.15
Oblique Arts beginner's guitar and songwriting workshop – FREE.
Book your place at:
mail@obliquearts.co.uk or phone 07950656799

13.00 – 14.30
Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE
NOT a teaching group – more a craft together

14.00 – 15.00
Mens Friendship Group

18.30 - 20.00
Drumming Circle – just turn up!!

WEDNESDAY

Cheap Wednesday – lunch for **£4.50**

9.30 – 10.45
Cambridge Online, supporting with access to the Internet

13.00 – 15.00 – Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.

18.30– 20.00
NA meeting @ The EDGE

THURSDAY

13.00 – 14.30
Woolly Wonders, and Mindful Colouring at Fulbourn Resource Centre

13.15 -15.00 Art Wellbeing Group, All welcome (over 16) all abilities!

19:15 -20.15
Cambridge Primary Purpose Meditation meeting of A A

FRIDAY

10.00 – 12.00
Good Mood Cafe @ The EDGE, drop in for a friendly chat

13.00 -14.00
Seated Tai Chi with Sam online
Zoom ID 840 0843 5061

14.15-15.45
EDGE Recovery Writing -Hybrid f2f @ The EDGE
ID 892 5883 6870
Password: writing

SATURDAY

SUNDAY

13.00 – 14.00
Seated Tai Chi with Sam at The EDGE

16.00 - 17.00
NA meeting @ The EDGE

19.30- 20.30
SAA meeting @ The EDGE



Groups & Workshops: F2F & Online

Dates: 2 – 8 February

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SATURDAY

Patchwork with Molly 1 -4pm

Patchwork and quilting tuition. Hand sewing. This week we will be looking at Kawandi Kantha Quilting

All free – although donations gratefully received

Email Gail to reserve your chair

SUNDAY

13.00 – 14.00
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NA meeting @ The EDGE

19.30- 20.30
SAA meeting @ The EDGE