

Groups & Workshops: F2F & Online

Dates: 4th - 10th May

All EDGE Café groups and workshops are free of charge and based at The EDGE Café, Brookfields Hospital Site, 351 Mill Rd, Cambridge unless stated otherwise.

Contact Gail for more information: Gail@theedgecafecambridge.com

Monday

CLOSED
Bank Holiday

Tuesday

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

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

14.00 – 15.00
Mens Friendship
Group

Wednesday

Cheap
Wednesday –
lunch for **£4.50**

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

13.00 – 14.30
Games Club,
open to all
(over
16's) board
games, cards,
Scrabble + hot
drink.

18.30– 20.00
NA meeting @
The EDGE

Thursday

11 – 12.30pm
Gardening with
Cat – informal
chat and advice
at The EDGE,
supplies
provided

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

12.00 – 13.15
CA meeting @
The EDGE

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

14.15-15.15
EDGE Recovery
Writing -Hybrid
f2f @
The EDGE
ID 892 5883
6870
Password:
writing

Saturday

Sunday

16.00 - 17.00
NA meeting @
The EDGE

19.30- 20.30
SAA meeting @
The EDGE



Groups & Workshops: F2F & Online

Dates: 11 - 17 May

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Monday

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

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

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, here at The EDGE NOT a teaching group – more a craft together

14.00 – 15.00 Mens Friendship Group

Wednesday

Cheap Wednesday – lunch for **£4.50**

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

13.00 – 14.30 Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.

18.30– 20.00 NA meeting @ The EDGE

Thursday

11 – 12.30pm Gardening with Cat – informal chat and advice at The EDGE, supplies provided

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

12.00 – 13.15 CA meeting @ The EDGE

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

14.15-15.15 EDGE Recovery Writing -Hybrid f2f @ The EDGE ID 892 5883 6870 Password: writing

Saturday

Crochet with Gail 1 – 4pm

Bring any WIP's or start something new

Email gail@theedgecafecambridge.com to book your space

Sunday

16.00 - 17.00 NA meeting @ The EDGE

19.30- 20.30 SAA meeting @ The EDGE