



## Groups & Workshops: F2F & Online

Dates: 8<sup>th</sup> - 14<sup>th</sup> September

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

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

### MONDAY

**10 – 12 am** 5-a side Chess with James – your first move is HELLO!

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

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

**17.30 – 18.30**  
Online Create and chat  
ID: 828 8499 8595  
P/w: 218398

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

### 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

**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 – 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

**13.30 – 14.30**  
Woolly Wonders, and mindful colouring at Fulbourn resource Centre - open to all  
**Wellbeing Walk** at Fulbourn 1.30 – 2.30

**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 – 11** Womens Coffee morning with Gail  
Meeting ID: 860 3591 0273

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

**10.00 – 11.00**  
PoHwer Session – drop in and find out more about advocacy

**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

**12 -2**

#### JUMBLE SALE

Donations gratefully received -clean, good condition clothes and bric-a-brac can be dropped off to the cafe!

### 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: 15<sup>th</sup> - 21<sup>st</sup> September

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Contact Gail for more information:

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

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Peer led support group

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**18.30– 20.00**  
NA meeting @ The EDGE

### THURSDAY

**13.30 – 14.30**  
Woolly Wonders, and Mindful Mandala Colouring at Fulbourn

**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

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Seated Tai Chi with Sam, on Zoom ID 840 0843 5061

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

### SATURDAY

**11 – 12**  
**Yoga with Vicky**  
Contact Vicky for more information and to book – as places are limited

yogawithvicky@gmail.com

**1 -4 Crochet with Laura**

Focussing on crochet and felt flowers. Open to all – free, although donations gladly received

Please book your place:

[gail@theedgecafecmbridge.com](mailto:gail@theedgecafecmbridge.com)

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