

## The EDGE Café – Zoom and F2F Groups 21 Oct – 3<sup>rd</sup> Nov 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>21 – 27 Oct</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</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>10.15 – 12.15 Music for Wellbeing</b> Book a place <a href="mailto:Mail@obliquearts.co.uk">Mail@obliquearts.co.uk</a> <b>07950656799</b></p> <p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p>	<p><b>9.30 – 10.45</b> Cambridge Online, supporting with access to the internet</p> <p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30 – 20.00</b> NA meeting @ The EDGE</p>	<p><b>13.00 – 14.30 Woolly Wonders @ Fulbourn</b></p> <p><b>13.15 -15.00</b> Art Wellbeing Group, All welcome (over 16) all abilities!</p> <p><b>2 -3.30pm</b> CAB Digital Inclusion drop-in</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</b></p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p> <p><b>14.00-15.00</b> EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 <b>Password: writing</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>
<b>28 Oct – 3 Nov</b>	<p><b>12.00 -13.00</b> EDGE Recovery Support Group Peer led support group for addiction recovery.</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>10.15 – 12.15 Music for Wellbeing</b> Book a place <a href="mailto:Mail@obliquearts.co.uk">Mail@obliquearts.co.uk</a> <b>07950656799</b></p> <p><b>13.00 – 14.30 –</b> Woolly Wonders – Crochet, knit, pompoms..... here at The EDGE</p> <p><b>14.00 – 15.00</b> Mens Friendship Group</p> <p><b>18.30 – 20.00</b> Drumming Circle</p>	<p><b>9.30 – 10.45</b> Cambridge Online, supporting with access to the internet</p> <p><b>13.00 – 15.00 –</b> Games Club, open to all (over 16's) board games, cards, Scrabble + hot drink.</p> <p><b>18.30– 20.00</b> NA meeting @ The EDGE</p>	<p><b>13.00 – 14.30 Woolly Wonders @ Fulbourn</b></p> <p><b>13.15 – 15.00</b> Art Wellbeing Group All welcome (over 16), all abilities!</p> <p><b>2 -3.30pm</b> CAB Digital Inclusion drop-in</p> <p><b>19:15 -20.15</b> Cambridge Primary Purpose Meditation meeting of A A</p>	<p><b>10.00 – 12.00</b> Good Mood Cafe @ The EDGE, drop in for a friendly chat</p> <p><b>10.00 – 12.00 EDGY Women on tour @ March Community Centre -Room 3</b></p> <p><b>13.00 -14.00</b> Seated Tai Chi with Sam, on Zoom <b>ID 840 0843 5061</b></p> <p><b>14.00-15.00</b> EDGE Recovery Writing - Hybrid f2f @ The EDGE ID 892 5883 6870 <b>Password: writing</b></p>	<p><b>11 – 1 (2 x sessions) Yoga with Vicky</b> <a href="mailto:yogawithvicky@gmail.com">yogawithvicky@gmail.com</a> to book your place</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.com](mailto:Gail@theedgecafecambridge.com) for more information