



## Groups & Workshops: F2F & Online

Dates: 21 - 27<sup>th</sup> April

All EDGE Café groups and workshops are free of charge.

Contact Gail for more information:

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

### MONDAY

**Cafe Closed  
EASTER MONDAY**

### 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

**13.00 – 14.30**  
Woolly Wonders  
@ 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

**10 – 11** Coffee  
morning with Gail  
Meeting ID:  
860 3591 0273

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

**13.00 -14.00**  
Seated Tai Chi with  
Sam, on Zoom ID  
840 0843 5061

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

**19.00 – 20.15**  
SMART  
Recovery NEW

### SATURDAY

**11 – 12**  
Meditation with  
Arlette. Wear  
comfortable  
clothing, bring a  
mat if you have  
one – contact  
[meditationwitharlette@pm.me](mailto:meditationwitharlette@pm.me)  
to book a place

### 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: 27 April - 4<sup>th</sup> May

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Contact Gail for more information:

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

### MONDAY

**12 – 1pm** EDGE Recovery Support Group  
Peer led support group for addiction recovery.

**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 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

**18.30 - 20.00**  
Drumming Circle – just turn up!!

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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 @ Fulborn

**12.00– 15.00**  
PoHwer Session – drop in and find out more about advocacy

**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** Coffee morning with Gail  
Meeting ID: 860 3591 0273

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

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

**19.00 – 20.15**  
SMART Recovery NEW

### SATURDAY

Yoga with Vicky is back

As before there will be 2 class times **11-11.50** and **12-12.50**, this time with 2 different class options.

Contact Vicky for more information and to book – as places are limited

yogawithvicky@gmail.com

### 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