

I - 3 Bitton Park Rd. Teignmouth Devon TQ14 9BT
Telephone: 01626 778039 email: info@thealicecross.co.uk
www.thealicecross.co.uk www.facebook.com/alicecrosscentre

October 2020

Welcome Back!

We are very happy to be in the process of Re-opening the Centre. It feels like a long time but we have been busy. We are Covid Compliant with Track and trace and following government guidelines to keep people safe.

During Lockdown we have worked with a team of over 50 newly recruited Furloughed volunteers to support local Vulnerable and shielding people.

We have been providing a Covid response Help-line which has received over 3500 calls and we have regularly helped over 400 individuals with shopping, prescription pick up, meals and telephone befriending.

We have procedures in place so operate as safely as possible and its important these are followed at all times. A Copy of this is available when attending the Centre. Face coverings are required by law to be used.

We currently cook and deliver hot meals to homes on Tuesdays, Thursdays and every other Friday (Fish and Chips.) we have started a monthly Sunday Lunch delivery.

Classes and sessions are slowly returning, places will need to be booked prior to attending so we can keep track of numbers.

For more information please contact us on **01626 778039** or email info@thealicecross.co.uk

We really hope to see you all very soon!

DATE FOR THE DIARY!! -

Alice Cross AGM

10th November 2pm Via Zoom-



Activity/ Day	Time/ Place	Comments
MONDAY		
Mat Yoga	6pm –7pm	with Alison (Class Full)
TUESDAY		
Virtual Zumba	9.30 –10.30am Starting 6th OCT	With Vicki via zoom on a big Screen
Trim Teign Weigh-loss	10.30- 12pm hall Starting 13th OCT	with Dee
Chair Fit easy exercise	11-11.45 am Starting 6th Oct	with Sheila
Meals available to be delivered to the home	12pm—advance booking essential	See menu and details overleaf
Mat Yoga	4.15-5.15pm	with Lisa
Wiggles and Giggles— Eastern Dancing	5.30– 6.30pm	All Welcome with Helen
Chess Club	7pm—10pm	
WEDNESDAY		
Seated Exercise	10-10.30am in the Hall	with Clive £4
U3A Classes— Returning soon	Various types	see www.Teignmouthu3a.org.uk
Table Tennis	2.30-4.30pm in the hall	£2 with Doreen
Chiropody with Jane	By Appointment only Bi weekly	Call 01626 778039
THURSDAY		
Memory Café	10– 12pm in the Hall	Booking needed
Meals available to be delivered to the home	12pm—advance booking essential	See menu and details overleaf
Teignaid-Homeless Support	12.30-2.30pm Room 2	
FRIDAY/SAT/SUNDAY		
Meals Delivered to the home	Alternative Fridays and monthly Sunday.	See Menu overleaf.

Please contact the office for the link and more information

Previously known as —The Alice Cross Centre

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Meal delivery to the home – only available on Tuesday, Thursdays and every other Friday.

Please call us for more information, we hope to invite more people to eat here very soon.

	w/ c 28 th September	w/c 5th October	w/c 12 th October	w/c 19 th October	W/c 26th October
MONDAY					
TUESDAY	Quiche, Chips and Beans	Roast Gammon, Roast potatoes and Fresh Veg	Sausage Casserole, Mash and Veg	Chicken, Mushroom and Leek pie with Roast potatoes and Veg	Lasagna, New Potatoes and Veg
WEDNESDAY					
THURS-DAY	Beef Stew, Dumplings and Mash	Cottage pie, Chips and Veg	Chicken Curry, Rice / Chips	Beef Cobbler, Roast potatoes and Veg	Fish Pie and Veg
FRIDAY		Fish and chips With Mushy/ Garden peas		Fish and chips With Mushy/ Garden peas	
SUNDAY			Sunday Lunch Roast Beef		Sunday Lunch Roast Pork

***PLEASE NOTE - Menu Choices are subject to change, please Call us to be added to the delivery list and/or book a meal. Suggested Donation for 2 course lunch £5.**

Funding the future

Keeping our doors open to the public and supporting people is going to be our greatest challenge in the next months. We do not receive regular local government or council funding, we self-fund in a variety of ways, we have to apply for grants along side all the other worthy charities locally. We cannot support ourselves in the way we have previously by charging for lettings and fundraising, as social distancing and rule of 6 restrictions are preventing this from happening. So we need your help. If you are interested in supporting this charity by a regular or one off donation or in leaving a legacy, or have a suggestion of another way to raise funds, then please contact me , Julia Street –

julia@thealicecross.co.uk



Also AT THE ALICE
Gary Glanvill – 07966 381802 - Massage therapy from relaxing to deep tissue
Vanda Halina Therapies – 01626 772694 – Swedish Aromatherapy & Sports Massage, Reiki Healing.

JANE THOMAS - CHIROPODIST
Alternate Wed morning by appointment
01626 778039

WELLNESS IN MIND
Teign Counselling
Steven Smyth-Bonfield
 BA Hons. MBACP.
 Adv. Dip Integrative Counsellor.
 call **07576 603669**
stevengbonfield@gmail.com

We are a licensed premises with bar facilities.
PERFECT FOR FUNCTIONS
 HIRE of HALL £15.00 per hr. **01626 778039**
 Reduced rate for block/regular bookings

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