

Please Support our work

Gary Glanvill – 07966 381802 -Qualified Raynor Massage Therapist, offering personalised treatments, from relaxing through to deep tissue, as required.

Vanda Halina Therapies – 01626 772694 – Swedish Aromatherapy & Sports Massage, Reiki Healing.

Carole Ann 0788 740 1639- Call for more info!

Qualified with International Institute of Holistic Therapists & ITEC in reflexology and Indian head massage. Also offering facials and manicures & pedicures, Reiki healing stages 1 and 2, reflexology and sports massage.



JANE THOMAS - CHIROPODIST BSc (Hons) MCPod
HCPC registered

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 stevenbonfield@gmail.com

Room Hire Available

Licensed premises with bar facilities.

HIRE of HALL £15.00 per hr. 01626 778039

Reduced rate for block/regular bookings

Kitchen and smaller rooms available.

We are here



Contact us

1-3 Bitton Park Road, Teignmouth
Devon TQ14 9BT

Telephone 01626778039

Email: info@thealicecross.co.uk

www.thealicecross.co.uk

www.facebook.com/alicecrosscentre

www.instagram.com/thealicecross

Fundraising

Donate to us directly using-

www.paypal.me/thealicecross

Gift aid gives us an extra 20%, The Alice Cross Gift Aid

form can be found at

<https://thealicecross.co.uk/support-the-alice/donations>

Would you be able to support our big Challenge?

Walk 30 miles in March to help raise funds for the Alice Cross.

Contact for more information.

Free Wills service from Tozers Solicitors-
-Call 01626 772376

Volunteer Opportunities

We have many opportunities available and something for all. To find out more please visit -

www.thealicecross.co.uk/volunteer-for-us

Download an application form or please email

Yvonne@thealicecross.co.uk

Please register interest with us by calling **01626**

778039



Card Payments now accepted



The Alice Cross Centre



January Newsletter 2023

Charity Number 800996

Newsletter online at

<https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter>

Our Vision

Community centre of choice for improved health and well-being for all.

January Activities

Activities in January!

News from the Kitchen

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room 2
Lunch Club and Meal Delivery	12 noon	
New Monday hEAT Café	2-4.30pm	Hall
Wednesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isabel@thecherrett.co.uk	10.30- 12.30pm	Room 2
Craft Group £2 per session 10 th & 24 th only	1pm – 3pm	Hall
Mat Yoga with Lisa 07714 644468	4.15- 5.15pm	Hall
Wiggles and Giggles—Eastern Dance Class	5.30-6.30pm	Hall
Chess Club bill.ingham@ymail.com	6.30pm- 10pm	Hall
Thursday		
Memory Café	10am-12pm	Hall
Lunch Club and meal delivery	12noon	Hall
Teignaid Housing and Benefit help	12.30- 2.30pm	Room 2
heat Café	2-4.30pm	Hall
Pilates -£5 a session	5.30- 6.30	Hall
World Ship society Second week each month	7.30pm-9.30pm	Hall
Friday		
The Teigns Rehearsal & Coffee morning	10-11.30pm	Hall
Lunch Club and meal delivery		
Dramatically Different Youth Drama Club— Contact Rachel.swain@hotmail.co.uk	4.30- 9.30pm Different age groups	Hall
Sunday		
Meals delivered to the home—see Menu		

Zumba Gold - Wednesdays 9.30-10.15am £5
A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.

£2 Alice Crafters
Alternate Tuesdays 1-3pm in the Hall
Offering a variety of crafts, suitable for all abilities. All materials supplied and tea and coffee available.

hEAT Cafe

Every Monday & Thursday from 1.30pm-4.30pm.
Come along and be warm and cosy, with great company and plenty of activities to do. There will be hot food and refreshments in a friendly café setting. Donate what you can afford for food.

Pilates with Kelly Thursday 5.30 - 6.30pm
£5 per session or £25 for 6 weeks - all levels

Wiggles & Giggles - Eastern Dancing
Tuesday evenings 5.30pm - 6.30pm.
Lively, fun and vibrant dance class for all abilities. Just pop along to find out more! All levels welcome!



1:1 Digital support for handheld devices

Wednesday 14.30- 16:30 Booking needed

Do you struggle with a device? Would you like to improve your knowledge and skills, or are you having issues with your device and would like some help?

Monday Music Coffee Morning
10.30 - 12pm in the Hall -

Come along and meet new people, have a chat and singalong. Refreshments available.

- Monday 9th January- Diantha Sings
- Monday 16th January - The Teigns
- Monday 23rd January- Dawlish Songbirds
- Monday 30th January - Malcolm and Martin

Lunch is available in the centre after the music session. Booking required!

***PLEASE NOTE - Monday, Thursday and Friday meals can be enjoyed in the Centre at 12pm.**

	2 nd January 2023	9 th January 2023	16 th January	23 rd January	30 th January
MON		Cottage pie served with a selection of seasonal vegetables	Chicken casserole, buttered baby potatoes and seasonal vegetables	Hungarian beef goulash, crème fraiche and bread roll	Spaghetti bolognese topped with parmesan cheese
TUES					
WED					
THURS	Beef stroganoff served with basmati rice	Chicken in a creamy garlic mushroom sauce, with roasted potatoes and seasonal vegetables	Beef bourguignon served with mashed potatoes and seasonal vegetables	Marinated pork steak served with bacon, garden cabbage mash, garden peas and gravy	Butcher's sausages served with spring onion mash, seasonal vegetables, and gravy
FRI	Sustainable catch of the day served with baby potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Sustainable catch of the day served with baby potatoes and seasonal vegetables	Beer battered cod loin served with homemade thick cut chips, garden peas and tartar sauce *Freshly prepared and cooked by Steve and Sophie*	Sustainable catch of the day served with baby potatoes and seasonal vegetables
SUN	Roast shoulder of pork served with roast potatoes, seasonal veg, Yorkshire pud and gravy Delivery only		Roast turkey & stuffing served with roast potatoes seasonal veg, Yorkshire pud & gravy		Roast beef served with roast potatoes, seasonal veg, Yorkshire pud and gravy Delivery only

Future Events

Sunday Lunch in the Centre
Sunday 22nd January at 12 noon

Two course Sunday lunch with all the trimmings followed by tea/coffee. Bar open to serve drinks, Doors open at 12 noon. £10 per person

Burns Night

Wednesday 25th January, at 7pm

Come and join us for a hearty Burns Night meal (which includes haggis, neeps and tatties. Veggie option available) celebrating the life of Robert Burns with poetry and readings. £15 per head

Curry and Quiz night

Saturday 18th February at 7pm

Join us in a team of 4 or you can join a team on the night and compete for the trophy. The evening will include a curry (Meat or Veggie) and entry into the team quiz. Bar will be open and doors at 7pm! Tickets are £12 each.

Booking required for all our events please call 01626 778039

Menu Choices are subject to change. Please call The Alice Cross Centre on 01626 778039 if you would like to be added to the delivery list- (subject to criteria) or to book a meal. For paying clients: Main meal is £5, plus £2 if you would like a dessert