

Other Services

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- 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 steven@teigncounselling.co.uk

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

Please Support our work

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>

Wills service from Tozers Solicitors-
-Call 01626 772376

Tozers will waive their fee for a simple will if a donation is made to The Alice Cross.

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

Join us for our March Challenge

<https://thealicecross.co.uk/support-the-alice/walk-a-mile-a-day-in-march-challenge>



**SIGN
UP
TODAY**



Card Payments now accepted



The Alice Cross Centre



March Newsletter 2023

Charity Number 800996

Newsletter online at

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

Our Vision

To be the Community
Centre of choice for
improved health and
well-being for all.

March Activities

Activities in March

Future Events

Monday		
Monday Music – Singalong music session	10.30– 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room 2
Monday hEAT Café	1.30pm-4pm	Hall
Proud2be Youth Group – 13-17years booking on website – proud2be.org.uk	5pm- 7pm	Hall
Wednesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party isabel@thecherretts.co.uk	10.30- 12.30pm	Room 2
Craft Group £2 per session 7 th & 21 st March	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
Teignaid Housing and Benefit help	12.30- 2.30pm	Room 2
heat Café	1.30-4pm	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
Dramatically Different Youth Drama Club—Contact Rachel.swain@hotmail.co.uk	4.30- 9.30pm Different age groups	Hall

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

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

- Monday 6th March - Diantha
- Monday 13th March- The Teigns
- Monday 20th March- Diantha
- Monday 27th March- Malcolm & Martin

Pilates with Kelly Thursday 5.30 - 6.30pm
£5 per session- all levels welcome

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 2.30- 4.30 Booking required

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?

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.



Cafe

Every Monday & Thursday from **1.30pm-4.00pm.**

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.

News from the Kitchen Exciting news- we are having a kitchen refurb

We are closing the kitchen down from
Friday 3rd March until Friday 24th March
for the refurbishment.

The last meal delivery will be on Thursday
2nd March and will start again on Monday
27th March (all going to planned schedule of
works).

Apologies for any inconvenience caused!

Wellbeing walk with the Alice Cross Centre.



Wednesday 1st March meeting at the pier at 2pm! Suitable for all levels of fitness.

Exeter Community Energy (ECOE) Drop in

Thursday 16th March at 1.30pm

Do you have questions about energy or need some help? Paul from ECOE will be joining us for a drop in and will be happy to answer any questions. Come along to our heat cafe between 1.30 and 4pm to chat!

Learn Devon, Digital Drop in Monday 13th March 2-4pm

Learn Devon will be here to help with any digital problems you may have, come along and speak to them.

Sunday Lunch in the Centre

Due to kitchen shut down, we will not be holding

**a Sunday lunch in March. Dates for April are-
Sunday 16th April and 30th April from 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

**Booking required for all our events please call
01626 778039**

Walk a mile a day in March

and raise funds and awareness for the
Alice Cross Centre
#31milesforalice
[www.thealicecross.co.uk/
walk-a-mile-a-day-in-march-challenge](http://www.thealicecross.co.uk/walk-a-mile-a-day-in-march-challenge)

Sign up via our website today to receive your free fundraising pack and access to our challenge Facebook group.

You will receive a limited edition T-shirt when you raise your first £15!



I'd rather be walking

Join us in our
**Sponsored Challenge
Walk a Mile a day in
March**

Paper sponsorship forms available from the Centre. Get a free T-shirt when you raise £15

**Complete your first
mile with us on
Wednesday 1st
March 2pm at the
pier for our
wellbeing walk.**