

Other Services

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 BSc (Hons) MCPod
HCPC registered

Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND -Teign Counselling Steven Smyth-
onfield BA Hons. MBACP. Adv. Dip Integrative Counsellor.
call 07576 603669 stevengonfield@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**

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](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**



**We will be closed on Friday
7th and Monday 10th April -
for Easter**



Card Payments now accepted



The Alice Cross Centre



April 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.**

April Activities

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 Term time only	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 4 th and 18 th	1pm – 3pm	Hall
Mat Yoga with Lisa 07714 644468	4.15- 5.15pm	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 Term time only	Hall

Pilates with Kelly

Thursday 5.30 - 6.30pm

£5 per session or £25 for 6 weeks suitable for all levels

Alice Crafters - 4th and 18th April

£2 Alternate Tuesdays 1-3pm in the Hall

Offering a variety of crafts to try, suitable for all. All materials supplied and refreshments available.

Zumba Gold -

Wednesdays at 9.30-10.15am £5 per session.

A fun and lively exercise class with upbeat music and fun routines suitable for all abilities.

Activities in April



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.

Monday Music Coffee Morning

10.30 - 12pm in the Hall -

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

- Monday 3rd April- Diantha Sings
- Monday 10th April - Closed
- Monday 17th April - Martin and Malcolm
- Monday 24th April - The Teigns

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

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?

Events

Sunday Lunch Club returns!

Sunday 16th and 30th April

Two Course Lunch followed by tea and coffee,

Bar will be open selling a selection of Drinks

Only £10 for two courses

Booking essential- Please call 01626 778039

Stitch & B***h



Sunday 16th April - 6-8pm

Evening Craft and chat session, bring along something you enjoy and relax and chat with others. Donation of £3 to cover refreshments and Biscuits. All welcome no booking required

Learn Devon, Digital drop in.

Monday 17th April 1.30pm- 4pm

Stuart will be joining us, during our heat cafe session to help with any digital device questions. no booking required. FREE

Future Events

Art Course by Learn Devon at The Alice.

27th April 9am-12pm, £24.00 per person.

"Time for Tea" – Paint your teatime treat and then eat it with a cuppa. All supplied.

To book call 01392 384094 or go to their website www.learndevon.co.uk



Alice Cross Social

Saturday 22nd April at 7pm

Tickets £5

An informal evening of music and dancing. Bar will be selling a selection of drinks and nibbles available.

Air show table top on the den 10-4pm

Saturday 29th and Sunday 30th April

Come down to the den and visit us! We will be selling Cakes, Jewellery, and Bric & Brac!

News from the Kitchen

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

	27th March	3rd April	10th April	17th April	24th April
MON	Kitchen Closed	Cottage Pie and veg. Rice pudding and fruit compote	Close Easter Monday	Spaghetti bolognaises. Lemon Cheesecake	Chilli con carne with Rice (mild) Treacle sponge
TUES					
WED					
THURS	Turkey and Mushroom pie, with potatoes and veg. Treacle tart	Chicken Cacciatore with new potatoes and veg. Date and walnut sticky toffee pudding	Pork loin steaks with colcannon Mash and seasonal veg. Bread & Butter pudding	Marinated chicken thigh roasted veg and new potatoes. Ginger sponge cake	Turkey Madras curry with Rice (Mild) Mixed berry Crumble
FRI	Sustainable catch of the day Bakewell tart	Good Friday Closed	Fish Pie and seasonal Veg Jam Sponge	Fish and chips with peas Lemon posset	Sustainable catch of the day Chocolate Brownie
SUN	Roast Pork and all the trimmings, Lemon Cheesecake		Roast Chicken and all the trimmings Trifle		Roast Beef and all the trimmings Raspberry and apple sponge cake

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