

## Please Support our work

## Fundraising

Donate to us directly using-  
**[www.paypal.me/thealicecross](https://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.**

## Room Hire Available

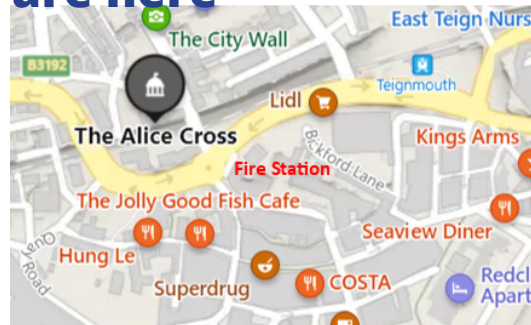
**Licensed premises with bar facilities.**

**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](mailto:info@thealicecross.co.uk)**

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/alicecrosscentre](http://www.facebook.com/alicecrosscentre)

[www.instagram.com/thealicecross](http://www.instagram.com/thealicecross)

## 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**

**Kieran de Lange- Foot Health Practitioner - Foot care at  
the Alice Cross. Every Tuesday 10-2pm  
Call 07523086994**

**WELLNESS IN MIND -Teign Counselling Steven  
Smyth-Bonfield BA Hons. MBACP. Adv. Dip  
Integrative Counsellor. Call 07576 603669  
[stevengbonfield@gmail.com](mailto:stevengbonfield@gmail.com)**

## Volunteer Opportunities

We have many opportunities available and something for all. To find out more please visit - **[www.thealicecross.co.uk/volunteer-for-us](http://www.thealicecross.co.uk/volunteer-for-us)**

**Download an application form or please**

**email [Yvonne@thealicecross.co.uk](mailto:Yvonne@thealicecross.co.uk)**

Please register interest with us by calling **01626 778039**



**Card Payments now accepted**



# The Alice Cross Centre



# June 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.**

## June Activities

## Activities in June

## Future Events

### Community Cafe

**Thursday from 1.30pm-4.00pm.** Open to all, food and refreshments on a pay what you can in a friendly café setting.

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

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

- Monday 5th June- Diantha Sings
- Monday 12th June - The Teigns
- Monday 19th June - Malcolm
- Monday 26th June - Peta Howell

**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

We can help you with many devices, laptops, phones and tablets. We welcome donations to keep the service running.

### Big Green Week Events.

### Pre-loved Sale and Breakfast cafe

### Saturday 10th June 9-12pm

Come and browse our preloved sale and enjoy a pay what you can breakfast too- Free entry.  
Tables for sale at only £5 Call **01626 778039** to book.  
**Cake donations welcome!**

### Charity Litter Pick

### Tuesday 13th June at 1pm

Meeting at the Alice Cross Centre and walking to Milford Park to do a litter pick, all equipment provided.

### Plant Based Taster Day

### Saturday 17th June 11am-3pm

In partnership with Whole life you will learn about the benefits of plants in your diet. Cooking demo & delicious lunch provided. Competition bring a vegan dish. The judges favourites win a prize. Suggested donations £5.00 or pay what you can. Book by phone.

### Charity Table Top on the Den

### Sunday 18th June 10-4pm

Come down and support us, we will be selling bric-a-brac and cakes. Donations of cake are welcome!

### Sunday Lunch

### Sunday 11th and 25th June

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**

### Spanish evening

### Saturday 24th June at 7pm

**£15.00 per head for 3 courses**

Spanish themed evening at the Alice Cross, Bar will be open selling a variety of drinks, come along and join us for something different.

### Stitch & B\*\*\*h

### Sunday 25th June - 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**

## News from the Kitchen

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

	29th May	5th June	12th June	19th June	26th June
MON	Bank holiday	Cottage pie with Veg Salted Caramel Cheesecake	Turkey and veg pie with potatoes. Rice Pudding and Jam	Beef Goulash Chocolate Sponge	Chilli con Carne with Rice Fruit Crumble
TUES					
WED					
THURS	Spaghetti Bolognaise Mixed berry crumble	Pork Loin Colcannon Mixed berry Cheesecake	Chicken in mushroom and tarragon sauce with potatoes and veg Treacle tart	Sausage and mash Ginger sponge and Custard	Turkey madras curry (mild) with rice Pineapple upside down cake
Friday	Fish and chips with peas Chocolate Brownie	Catch of the day with veg. Jam Sponge and Custard	Fish and chips with peas Trifle	Catch of the day with veg. Bakewell tart	Fish and chips with peas Lemon Posset
SUN		Roast Beef and all the trimmings Bread and Butter pudding		Roast Pork and all the trimmings Sticky toffee pudding	

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

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Chat Club—Ladies Social Group	10am-12pm	Room2
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	Room2
Chair Yoga with Lisa 07714 644468	2.30- 3.30	Hall
Mat Yoga with Lisa	4.15- 5.15pm	Hall
Mat Yoga with Lisa	5.30- 6.30pm	Hall
Thursday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support Session one off change thurs *8th & Wed 21st booking required	10.30- 12pm	Room2
Seated Yoga with Lisa 07714 644468	10.45- 11.45am	Hall
1:1 Digital support Booking needed 01626 778039 to arrange a time	2.30-4.30pm	Room2
Table Tennis	1.30-3.30pm	Hall
Friday		
Music & 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
Saturday		
Community Breakfast Café -NEW	8.30-12pm	Hall
Sunday		
Sunday Lunch Club 11th and 25th June	12pm – 2pm	Hall

NEW

### Community Breakfast Cafe

**every Saturday 8.30 - 12pm**

Our Community Café will be open Saturday mornings offering breakfasts on a pay what you can basis!  
Community café is open to all, no need to book.

### Additional Yoga Classes Added!

**Starting Tuesdays 6th June (term time only)**

**Chair Yoga - 2.30-3.30 / Mat Yoga - 5.30-6.30**

Book a place call 07714 644468 or email  
lisayogaforall@gmail.com