

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

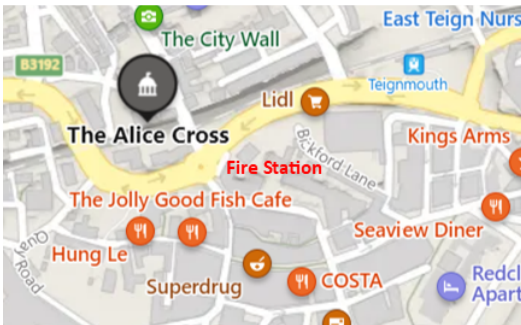
Alternate Wed morning by appointment 01626 778039

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



Please Scan and Donate

We are very happy Emma
Hodnett (local lady) is running
the Manchester half Marathon in
aid of the Alice Cross centre.
Please show some support by
donating if you can -

<https://tinyurl.com/4rwubjr5>

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 need Drivers and delivery Volunteers for
our meal service. (1-2 hours per week)

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 Monday 1st, 8th
and 29th May due to Bank Holidays**

Closed Thursday 4th May
due to polling

Card Payments now accepted



The Alice Cross Centre



May Newsletter 2023

Charity Number
800996

Newsletter online at
[https://thealicecross.co.uk/activities/calendar-
2/monthly-newsletter](https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter)

Our Vision

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

May 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
Mat Yoga with Lisa 07714 644468	4.15- 5.15pm	Hall
Chess Club bill.ingham@ymail.com	6.30pm- 10pm	Hall
Thursday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support Session 3 rd & 17 th booking required	10.30- 12pm	Room 2
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	Room 2
Table Tennis	1.30-3.30pm	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

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.



Cafe



Every Monday & Thursday from 1.30pm-4.00pm.

Come along for 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.

Mondays Heat Cafe is changing to Saturday Brunch in June!

Activities in May

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 1st May - Closed
- Monday 8th May - Closed
- Monday 15th May - The Teigns
- Monday 22nd May - Martin and Malcolm
- Monday 29th May- Closed

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

Events

Kings Coronation Brunch

Saturday 6th May- at 10am onwards

Join us to watch the Coronation celebrations and enjoy a pay what you can breakfast. Open to all. Help us celebrate by wearing something red, white and Blue!

Coronation street party & the BIG help out

Sunday 7th and Monday 8th May

We will be celebrating down on the den with lots of other organisations, Coronation party on Sunday with music, dancing and food and a stall on Monday showcasing our volunteer opportunities and selling Cakes and other items! ,

NEW

Community Breakfast Club

Starting Saturday 13th May 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.

Alice Cross Song and Dance evening

Saturday 20th May at 7.30pm

A fun and social Musical evening with nibbles

Bar will be open selling a wide selection of drinks.

Tickets are £5- booking recommended

Future Events

Sunday Lunch Club returns!

Sunday 14th and 28th May

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

Exeter energy (ecoe) drop in

Thursday 25th May 1.30-4pm

Do you have any questions about energy? are you looking for advice on saving some money on your energy bills? Come along and speak to Paul from ECOE, he will be happy to help

Stitch & B***h

Sunday 28th May - 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.

	1st May	8th May	15th May	22nd May	29th May
MON	Bank Holiday	Bank Holiday	Sausage and Mash with onion Gravy Rice Pudding and Jam	Beef Stroganoff with basmati rice Trifle	Bank Holiday
TUES					
WED					
THURS	Polling day	Chicken thigh & Garlic and Herb Hassel back potatoes with Veg Mixed berry Cheesecake	Sweet and Sour Chicken and rice Treacle tart	Hunters chicken, Potatoes and veg Ginger sponge and Custard	Spaghetti Bolognese Mixed berry crumble
Friday	Fish and chips with peas Lemon Posset	Salmon and Broccoli Linguine Jam Sponge and Custard	Fish and chips with peas Lemon Cheesecake	Salmon and Cod fishcakes with salad Bakewell tart	Fish and chips with peas Chocolate Brownie
SUN		Roast Pork and all the trimmings Bread and Butter pudding		Roast Chicken 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