# **Please Support our work**

# 

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-thealice/donations

#### **Teignbridge lottery for communities**

Support the Alice cross and join our weekly lottery for £1 per week.

#### 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
www.thealicecross.co.uk
www.facebook.com/alicecrosscentre
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 <a href="mailto:stevengbonfield@gmail.com">stevengbonfield@gmail.com</a>

# **Volunteeer 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



**Card Payments now accepted** 





# July Newsletter 2023

Charity Number 800996

Newsletter online at <a href="https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter">https://thealicecross.co.uk/activities/calendar-2/monthly-newsletter</a>

**Our Vision** 

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

# **July Activities**

Monday					
Monday Music - Singalong music session	10.30-12pm	Hall			
Monday Chat Club — Ladies Social Group	10am-12pm	Room2			
Proud2be Youth Group – 13-	5pm- 7pm	Hall			
17years ** booking on website – proud2be.org.uk	Term time only				
Tuesday					
Line Dancing with Viv Wilson	10.15-11.45am	Hall			
Quilters Tea Party isa- bel@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			
Wednesday					
Zumba Gold with Peta £5	9.30-10.15am	Hall			
Grief Support Group – Bereave- ment peer support Session 5 <sup>th</sup> & 19 <sup>th</sup> July- 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			
Thursday					
Memory Café	10am-12pm	Hall			
Teignaid Housing and Benefit help	12.30-2.30pm	Room2			
Community Café	1.30-4pm	Hall			
World Ship society Second week monthly	7.30pm-9.30pm	Hall			
Friday					
Music & Coffee morning	10-11.30pm	Hall			
Dramatically Different Youth Drama Club**—Contact Ra- chel.swain@hotmail.co.uk	4.30- 9.30pm Term time only	Hall			
Saturday					
Community Breakfast Café – pay what you can	8.30-12pm	Hall			
Sunday					
Sunday Lunch Club 9 <sup>th</sup> July only	12pm – 2pm	Hall			
** Term time groups only – Don't run in Schools Holidays					

# **Activities in July**

#### Thursday Community Café

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

#### 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.

# 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.

#### **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 July- Diantha Sings
- Monday 10th July The Teigns
- Monday 17th July- Viv Wilson
- Monday 24th July Guest- Gillian Legault
- Monday 31st July- Malcolm and Martin

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

#### **Yoga Classes**

Tuesdays - Chair Yoga - 2.30-3.30, Mat Yoga 4.15-

5.15 & Mat Yoga - 5.30-6.30

Wednesday- 10.45- 11.45

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

#### Monday Chat Club- Ladies social group Monday 10- 12pm in Room 2

Social club, come along and meet new friends, enjoy some games, have a chat and enjoy a drink together. Small Donation for refreshments

# **EVENTS-**

# Wellbeing Walk

#### Wednesday 5th July 2pm-3pm

Meeting at the pier this walk is suitable for people who would like to increase there fitness levels, it includes some slopes and uneven surfaces. Please wear suitable footwear and bring a bottle of water.

# **Events**

# **Charity Open Gardens**

Saturday 8th July 1-4pm

Serving Pimms, Strawberries & Cream, Refreshments & Cake, Featuring the Teigns.

9 The Rowdens, Teignmouth, TQ14 8TT

# **Sunday Lunch**

#### **Sunday 9th July**

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

## **Charity Table Top on the Den**

#### Sunday 16th July 10-4pm

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

### **News from the Kitchen**

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

	3 <sup>rd</sup> July	10 <sup>th</sup> July	17 <sup>th</sup> July	24 <sup>th</sup> July	31st July
MON	Sausage casserole with mash.	Cottage pie and Veg	Spanish Style chicken and chorizo stew	Bolognaise Penne Pasta	Chicken with a Blue cheese Sauce
	Raspberry and apple Sponge	Jam sponge	Rice pudding and Jam	Fruit Salad	Treacle Tart
TUES					
WED					
THURS	Hunters Chicken with potatoes  Treacle Sponge	Sausage Mash and gravy  Apple Crumble	Chilli Con Carne and Rice (mild)  Bread and butter pudding	Chicken Thigh, potatoes, and Mediterranean Veg  Apple and berry pie	Pineapple upside
Friday	Catch of the day with Veg Bakewell	Fish and Chips with peas (Garden and Mushy) ————————————————————————————————————	Catch of the day with Veg Salted Caramel cheesecake	Fish and Chips with peas (Garden and Mushy)	Catch of the day with Veg Ginger Sponge and Custard
SUN	Roast Chicken and all the trimming  Sticky toffee pudding		Roast Pork and all the trimmings  Lemon Posset		Honey Roast Gammon Ham and all the trimmings  Mixed berry Fragipan

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