# **Please Support our work**

### **Fundraising**

We would welcome any support you can offer whether its a one off donation or a monthly contribution. Use the QR Code or visit https://tinyurl.com/45p3s389



#### Teignbridge lottery for communities Support the Alice cross and join our weekly lottery for £1 per

week. https://www.teignbridgelotteryforcommunities.c o.uk/support/the-alice-cross-centre

### 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 stevengbonfield@gmail.com

# **Volunteeer Opportunities**

We have many opportunities available and something for all. To find out more please visit -<u>www.thealicecross.co.uk/volunteer-for-us</u> Download an application form or please email Yvonne@thealicecross.co.uk

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



# <u>The Alice</u> <u>Cross Centre</u>



# August Newsletter 2023

Charity Number 800996

Newsletter online at <u>https://thealicecross.co.uk/activities/calendar-</u> <u>2/monthly-newsletter</u>

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

### **August Activities**

Monday						
Monday Music - Singalong music session	10.30– 12pm	Hall				
Monday Chat Club—Ladies Social Group	10am-12pm	Room2				
Tuesday	day					
Line Dancing with Viv Wilson	10.15-11.45am	Hall				
Quilters Tea Party	10.30- 12.30pm	Room2				
isabel@thecherretts.co.uk		10000 (CR/0000) 1				
Wednesday						
Zumba Gold with Peta £5 from 16 <sup>th</sup> Aug	9.30-10.15am	Hall				
Grief Support Group – Bereavement peer support 2 <sup>nd</sup> &16 <sup>th</sup> booking required	10.30- 12pm	Room2				
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		28				
Music & Coffee morning	10-11.30pm	Hall				
Saturday						
Community Breakfast Café	8.30- 12pm	Hall				
Sunday	5					
Sunday Lunch Club 3rd Sept	12pm – 2pm	Hall				

#### During August many activities take a break, they will all return in September. We will also be clefenday 28th August- No meal delivery

# 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

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

# **Activities in August**

#### **Mondav Music Coffee Morning** 10.30 - 12pm in the Hall -

Come along and meet new people, have a chat and singalong. Refreshments available. Monday 7th August- Diantha Sings Monday 14th August- The Teigns Monday 21st August - Viv Wilson

Monday **2**8th August -Closed Bank holiday 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.

# Community Breakfast Cafe Every Saturday - 8.30- 12pm

Our Community Cafe is serving breakfasts on a pay what you can basis! It is open to all, no need to book.

# **EVENTS - AUG**

# Teignmouth Regatta Table top Tuesday 1st August 10- 4pm on the Den Join us on the Den and pick up a bargain, we will have

teddies and toys for sale, as well as our delicious cakes

and treats

#### **Charity Table Top on the Den** Come down and support us, we will be setting bric-abrac and cakes. Donations of cake are welcome!

## EVENTS - COMING SOON

### Alice's Cocktail Club

Friday 1st September 7pm Join us for a fundraising evening of cocktails and

#### live music in aid of **Dawlish Community Transport**

- Free Entry (all welcome)

# **Sunday Lunch**

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

### **Events coming soon** Wellbeing Walk

# Wednesday 6th September 2pm- 3pm Meeting at the pier, this walk is suitable for people who

would like to increase their fitness levels. It includes some slopes and uneven surfaces. Please wear suitable footwear and bring a bottle of water.

#### **Teignmouth Pride - Table top** September 16th & 17th in the triangle.

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

#### **Family Games evening** Saturday 23rd September 6.30- 9.30pm



Back by popular demand a family friendly event suitable for ages 8-100, to include fish and chip supper for adults and pizza for the children. £12 per person (1 Child free per Adult) teams of 4.

SCAN THE OR TO REGISTER tinvurl.com/ 4cz7rkfe

**Booking essential!** 

## News from the Kitchen

\*PLEASE NOTE - Monday, Thursday and Friday meals can be enjoyed in

	31 <sup>st</sup> July	7 <sup>th</sup> Aug	14 <sup>th</sup> Aug	21 <sup>st</sup> Aug	28 <sup>th</sup> Aug
MON	Chicken with a Blue cheese Sauce Treacle Tart	Cottage pie and Veg Rhubarb fool	Sweet and sour Pork with rice Chocolate brownie	Pork loin with colcannon mash and veg. Ginger sponge and custard	Bank Holiday
TUES					
WED					
THURS	Meatball tomato penne pasta Mixed fruit Crumble	Sausage mash  Rice pudding and jam	Beef stroganoff with Rice Sticky toffee	Chicken thigh with garlic and herb hassle back pots Lemon Cheesecake	Hunters chicken with potatoes and Veg Apple Pie and custard
Friday	Catch of the day with Veg Mixed berry Fragipan	Fish and Chips with peas Pineapple upside down cake	Catch of the day Bakewell tart	Fish and Chips with peas Chocolate Sponge and Custard	Catch of the day Bread and butter pudding
SUN	Honey Roast Gammon Ham and all the trimmings Treacle Sponge and Custard		Roast Chicken with all the trimming Trifle		Roast Pork and all the trimmings  Fruit Salad

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, dessert £2

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