

Please Support our work

## FUNDRAISING

The Alice Cross Centre is a charity and we rely on grants and donations to help us run all our amazing projects. You can help us by making regular or one off donations.



1 - 3 Bitton Park Road  
Teignmouth  
TQ14 9BT

**THE ALICE CROSS CENTRE**  
"TEIGNMOUTH'S COMMUNITY HUB"

To donate by text: Other ways to donate:

To donate £1\*  
text **DZFR01** to **70201**  
To donate £3\*  
text **DZFR01** to **70331**  
To donate £5\*  
text **DZFR01** to **70970**  
To donate £10\*  
text **DZFR01** to **70191**  
\*Text will cost your donation amount + standard network message charge

Your donation is processed and administered by the National Fundraising Scheme (Charity No: 1149800), operating as DONATE and registered with the Fundraising Regulator. Texts will be charged at your standard network rate. For Terms & Conditions, see [www.easydonate.org](http://www.easydonate.org)

**DONATE**

<http://easydonate.org/DZFR01>

**THANK YOU!**

Telephone: 01626 778039  
Email: [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)

[WWW.THEALICECROSS.CO.UK](http://WWW.THEALICECROSS.CO.UK)  
[@ALICECROSSCENTRE](https://www.facebook.com/alicecrosscentre)

## 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](https://www.facebook.com/alicecrosscentre)  
[www.instagram.com/thealicecross](https://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

**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)

### Wills service from Tozers Solicitors-

Tozers will waive their fee for a simple will if a donation is made to The Alice Cross.  
-Call 01626 772376

### 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



## 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



## September 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.

## September Activities

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
Tuesday		
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
Wednesday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support Session 6 <sup>th</sup> & 20 <sup>th</sup> - 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	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 Rachel.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 3 <sup>rd</sup> sept	12pm – 2pm	Hall

### Monday Music Coffee Morning

10.30 - 12pm in the Hall -

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

Monday 4th September- Malcolm Tester

Monday 11th September - Peta Howell

Monday 18th September - The Teigns

Monday 25th September - Martin and Malcolm

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

## Activities in September

### 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

### 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.

### Thursday Community Café

Thursday from 1.30pm-4.00pm.

Open to all, food and refreshments on a pay what you can basis, in a friendly café setting.

### 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. last order for full breakfast 11.30am

## EVENTS - September

**SOLD OUT** 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) booking required

### Sunday Lunch

Sunday 3rd September

Two Course Lunch followed by tea and coffee, Bar will be open selling a selection of drinks, £10 for two courses

Booking essential- Please call 01626 778039

### 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!

## Events coming soon

### Family Games evening

Saturday 23rd September 6.30- 9.30pm



SCAN THE QR  
TO REGISTER  
tinyurl.com/  
4cz7rkfe

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.

Booking essential!



### Rotary curry and quiz evening

Saturday 7th October at 7pm

Quiz night run by the Teignmouth rotary club, Tickets are £15 and include a delicious curry. (Meat/Veggie)

Bar will be open selling selection of drinks.

### 60s and 70s Song and Dance Night

21st October at 7.30pm

Social evening with music from the 60- 70s. Bar will be open selling a range of drinks. Fancy Dress welcome!

booking required

### News from the Kitchen

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

	28th August	4th September	11th September	18th September	25th September
MON	Bank Holiday Closed	Sausage and mash Ginger sponge and Custard	Cottage pie with Veg Bread and butter pudding	Pork and apple Casserole with mash Jam Sponge	Lasagne with Garlic Bread Apple Pie and custard
TUES					
WED					
THURS	Hunters chicken with potatoes and Veg Sticky toffee pudding	Turkey and veg pie with potatoes. Rice Pudding and Jam	Chilli con Carne with Rice Fruit Crumble	Beef Stroganoff with basmati rice Apple Pie	Chicken thigh & Garlic and Herb with Veg Treacle tart
Friday	Catch of the day Salted Caramel Cheesecake	Fish and chips with Peas Trifle	Catch of the day Fruit Salad	Fish and chips with Peas Eton Mess	Catch of the day Chocolate Brownie
SAT	Saturday Breakfast Cafe 8.30-12pm	Saturday Breakfast Cafe 8.30-12pm	Saturday Breakfast Cafe 8.30-12pm	Saturday Breakfast Café 8.30-12pm	Saturday Breakfast Cafe 8.30-12pm
SUN	Roast Pork and all the trimmings Fruit Salad (Eat in)		Roast Chicken and all the trimmings Mixed berry Cheesecake		Roast Beef and all the Trimmings Lemon Posset

Menu Choices are subject to change. Please call 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