

Please Support our work

Other Services

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

DONATE

<http://easydonate.org/DZFR01>

THANK YOU!

Telephone: 01626 778039
Email: info@thealicecross.co.uk

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

Contact us

1-3 Bitton Park Road, Teignmouth
Devon TQ14 9BT

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www.facebook.com/alicecrosscentre

www.instagram.com/thealicecross

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

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
Download an application form or please

email Yvonne@thealicecross.co.uk

Please register interest with us by

calling **01626 778039**

Card Payments now accepted



The Alice Cross Centre



October 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.

October Activities

| Monday | | |
|--|--------------------------------|--------|
| Monday Music - Singalong music session | 10.30- 12pm | Hall |
| Monday Chat Club—Ladies Social Group | 10am-12pm | Room2 |
| Youth Choir 7-16 years teignmouthyouthchoir@gmail.com | 3.45-4.30pm | Hall |
| 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 |
| Chess Club | 7-9pm | Hall |
| Wednesday | | |
| Zumba Gold with Peta £5 | 9.30-10.15am | Hall |
| Grief Support Group – Bereavement peer support Session 4th & 18 th Booking required | 10.30- 12pm | Room2 |
| Seated Yoga with Lisa 07714 644468 | 10.45- 11.45am | Hall |
| Table Tennis | 1.30-3.30pm | Room 2 |
| 1:1 Digital support Booking needed 01626 778039 | 2.30-4.30pm | 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 Not running 28 th oct | 8.30-12pm | Hall |
| Sunday | | |
| Sunday Lunch Club in the centre 1 st Oct | 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 2nd October - Diantha Sings

Monday 9th October - The Teigns

Monday 16th October - Peta Howell

Monday 23rd October - Martin and Malcolm

Monday 30th October - Viv Wilson

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

Activities in October

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 - OCTOBER

Sunday Lunch

Sunday 1st October 12pm

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

Rotary curry & quiz! evening

Saturday 7th October at 7pm

Quiz night run by the Teignmouth rotary club, Will include a delicious curry.

(Meat/Veggie) and dessert. Bar will be open selling selection of drinks. Tickets are £15

Charity Table top on the den

Sunday 15th October 10-4pm

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

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

Events coming soon

Stitch and B*tch Craft Group

Sunday 28th October 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

Wellbeing Walk

Wednesday 1st November 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.

Pre-loved Sale

Saturday 4th November 9am- 1pm

Tabletop of all things preloved, toys, homeware, clothes and lots more. pop along to get breakfast and a bargain or hire a table for £5 for your own sale. To book a table call

01626 778039

News from the Kitchen

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

| | 2 nd October | 9 th October | 16 th October | 23 rd October | 30 th October |
|--------|--|--|---|---|---|
| MON | Sausage and mash Sticky toffee pudding | Cottage pie with Veg Bread and butter | Beef casserole Jam Sponge | Marinated Pork Loins with veg. Mixed fruit Crumble | Spanish style Stew Ginger sponge |
| TUES | | | | | |
| WED | | | | | |
| THURS | Chicken Curry with rice Lemon drizzle sponge | Sweet and Sour pork with rice Apple pie | Chilli con Carne and Rice Fruit Salad | Chicken and Veg pie Rice pudding | Chicken thigh with hassle back potatoes and veg. Apple Crumble |
| Friday | Fish and chips with Peas Bakewell tart | Catch of the day Chocolate Brownie | Fish and chips with Peas Lemon Posset | Catch of the day Treacle tart | Fish and chips with Peas Trifle |
| SAT | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm | Saturday Breakfast Café 8.30-12pm |
| SUN | | Roast Pork and all the trimmings Eton Mess | | Roast Chicken and all the trimmings Mixed berry Cheesecake | |

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