# **Please Support our work**

# FUNDRAIGING

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.



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

#### To donate by text: Other ways to donate:



## **Contact us**

**1-3 Bitton Park Road, Teignmouth Devon TO14 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

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



## Volunteeer Opportunities

We have many opportunities available and something for all. To find out more please

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**



# November **Newsletter 2023**

Charity Number 800996

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

## **Christmas day lunch at the Alice Cross Centre- Bookings now being**



taken! Visit https//tinyurl/5fjhs8y4 or call 01626 778039

# **November 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	3.45-4.30pm	Hall
teignmouthyouthchoir@gmail.com		
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party	10.30- 12.30pm	Room2
isabel@thecherretts.co.uk		
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	1	
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement	10.30- 12pm	Room2
peer support Session 1st & 15th		
Booking required		
New-Mid week Roast dinner- eat in only	12.30pm	Hall
Main course £6 and optional dessert £2		
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	2.30-4.30pm	Hall
01626 778039		
Thursday	10mm 12mm	Hall
Memory Café	10am-12pm 1-3pm	Room2
Teignaid Housing and Benefit help		Hall
Community Café	1.30-4pm	
World Ship society Second week monthly	7.30pm-9.30pm	Hall
Friday	10 11 20 mm	Hall
Music & Coffee morning	10-11.30pm	Hall
Dramatically Different Youth Drama	4.30- 9.30pm Term time only	Hall
Club—Contact Rachel.swain@hotmail.co.uk	rem une only	
Saturday		
Community Breakfast Café –	8.30-12pm	Hall
pay what you can		
Sunday		
Sunday Lunch Club in the centre 12 <sup>th</sup> November £10 for 2 courses	12pm – 1.30pm	Hall
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#### Monday Music Coffee Morning 10.30 - 12pm in the Hall -

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

Monday 6th November- Diantha Sings Monday 13th November - Viv Wilson Monday 20th November - The Teigns Monday 27th November - Martin and Malcolm Lunch is available in the centre after the music session. Booking required!

# **Activities in November**

#### 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

#### **NEW Mid week Roast Dinner** Starting Wednesday 1st November 12.30pm

Each week there will be either roast pork, beef or chicken with a Vegan option with roast potatoes and vegetables with gravy. A dessert can be added for an extra £2.

## **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 - November**

#### 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. Please wear suitable footwear and bring a bottle of water.

#### **Pre-loved Sale**

#### Saturday 4th November 9am- 12pm

Tabletop of all things preloved, toys, homeware, clothes and lots more. pop along to get breakfast and a bargain.

#### Sunday Lunch- Remembrance Lunch Sunday 12th November 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

# **Events coming soon**

#### Christmas craft fair Saturday 18th November 10-2pm

Local craft makers join us selling wonderful gifts and festive treats. Come browse our wonderful selection and try our Breakfast café for some lovely food or even a festive sweet treat. **Free entry** 

### Stitch and B\*tch Craft Group

#### Sunday 26th November 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

#### Are you looking for a Christmas meal as a group?

We are serving Christmas lunch on

Wednesday 13th December at 12.15.

Call 01626 778039 for more info

## News from the Kitchen

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

	Centre dt 12pm.							
	30th October	6 <sup>th</sup> November	13 <sup>th</sup> November	20th November	27th November			
NOM	Spanish style Stew Ginger sponge	Spaghetti meatballs in a tomato and basil sauce Bakewell	Cottage pie with Veg  Fruit Crumble	Pork Casserole with mash  Jam Sponge	Chicken and chorizo jambalaya  Chocolate Sponge			
TUES								
WED	Midweek Roast of the day – Eat in only Booking required	Midweek Roast of the day – Eat in only Booking required	Midweek Roast of the day – Eat in <u>only</u> Booking required	Midweek Roast of the day – Eat in only Booking required	Midweek Roast of the day – Eat in only Booking required			
THURS	Chicken thigh with hassle back potatoes and veg.  Apple Crumble	Creamy garlic and herb chicken with veg. Rice Pudding and Jam	Sausage and mash with veg.  Bread and butter pudding	Chilli Con Carne with rice Apple Pie and Custard	Marinated pork loin and colcannon mash  Treacle tart			
Friday	Fish and chips with Peas  Trifle	Catch of the day  Lemon Cheesecake	Fish and chips with Peas Lemon drizzle sponge cake	Catch of the day Banoffee pie	Fish and chips with Peas  Lemon posset			
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			
NNS		Roast Pork and all the trimmings  Sticky toffee pudding (Eat in)		Roast Chicken and all the trimmings Eton Mess	_			

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