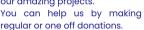
Please Support our work

FUNDRAIGINE

The Alice Cross Centre is a charity and we rely on grants and donations to help us run all our amazing projects.





l - 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 Funding Scheme (Charly No. 1148900), 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://easydonate.org/DZFR01



Beacon:



Total Giving:

www.totalgiving.co.uk/donate/age-concern-teignmouth-and-shaldon

Teignbridge Lottery:



https://tinyurl.com/y24hrrsm

Make The Alice Cross your chosen charity! There are many ways you can get involved in fundraising for us. You could start an individual fundraising challenge and collect sponsorship, or you could hold an event for us (eg bake sales, music night, quiz)

Your support will make a real difference.

Telephone: 01626 778039 Email: info@thealicecross.co.uk ₩ WWW.THEALICECROSS.CO.UK

@ @ALICECROSSCENTRE

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

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 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



January Newsletter 2023

Charity Number 800996

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

A Happy & Healthy
New Year
From the Alice Cross
Centre Team

January Activities

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Club—Ladies Social Group £3pw	10am-12pm	Room2
New Monday Community Café	1-3.30pm	Hall
Youth Choir 7-16 years	3.45-4.30pm	Hall
teignmouthyouthchoir@gmail.com	(Term time only)	
Tuesday		
Line Dancing with Viv Wilson	10.15-11.45am	Hall
Quilters Tea Party	10.30- 12.30pm	Room2
isabel@thecherretts.co.uk		
New Zumba Toning Starting 9th January	12-12.45	Hall
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	10.30- 12pm	Room2
peer support 3 rd & 17 th Booking required		
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		
Memory Café	10am-12pm	Hall
Teignaid Housing and Benefit help	1-3pm	Room2
Community Café	1pm-3.30pm	Hall
World Ship society Second week monthly	7.30pm-9.30pm	Hall
Friday		
Music & Coffee morning	10-11.30pm	Hall
New Community Café	1pm- 3.30pm	Hall
Dramatically Different Youth Drama	4.30- 9.30pm	Hall
Club—Contact Rachel.swain@hotmail.co.uk	Term time only	
Saturday		
Community Breakfast Café –	9am-12pm	Hall
pay what you can		
Sunday		
Sunday Lunch Club 7th and 21st January	12pm - 1.30pm	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 8th January - Diantha Sings Monday 15th January - The Teigns Monday 22nd January - Malcolm Tester Monday 29th January - Peta Howell

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

Activities in January

Monday 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. £3 per week

New Zumba Toning Tuesdays 12pm - 12.45pm

New Dance based exercise class using light weights. Suitable for most abilities. Friendly instructor, only £5 per session

Mid week Roast Dinner Every Wednesday 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.

Community Café

Monday from 1pm-3.30pm
Thursday from 1.30pm-4.00pm
Friday from 1pm-3.00pm

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

Community Breakfast Cafe Every Saturday - 9am- 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 for January

Well-being Walk

Wednesday 3rd January at 2pm

Meeting at the pier at 2pm! Suitable for all levels of fitness. please bring a drink and suitable footwear.

Events coming soon

Sunday Lunch Club Sunday 7th January & Sunday 21st January at 12pm

Come and join us at the Centre for a roast dinner and all the trimmings, Only £10 per person and includes main, pudding and dessert as well as tea/coffee. Bar will be open with a selection of drinks for sale.

Booking required 01626 778039

Burns Night at the Alice Cross Wednesday 25th January 7pm

Burns Night supper, 3 course meal with music and blessing of the haggis. Tickets are only £16.95 per person. Booking required please call 01626 778039

Stitch and B*tch Sunday 28th January 6-8pm

Social craft group, open to all. Bring your own crafts/ projects. £3 included tea/coffee

News from the Kitchen

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

	1st January	8 th January	15 th January	22 nd January	29 th January
MON	Bank Holiday	Irish Stew Apple Strudel	Chicken Casserole Chocolate Sponge	Beef StewBakewell tart	Pork Casserole Rice Pudding and Jam
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 only Booking required	Midweek Roast of the day – Eat in only Booking required	Midweek Roast of the day – Eat in only Booking required
THURS	Marinated pork loin with veg. Rice pudding and Jam	Faggots mash and veg Apple and apricot tart	Pork loins with colcannon Apple Pie	Pasta Bolognaise Lemon Drizzle cake	Cottage pie and veg Syrup sponge
FRIDAY	Catch of the day Chocolate Brownie	Fish and chips with Peas Frangipane	Catch of the dayGinger sponge	Fish and chips with Peas Trifle	Catch of the day Sticky toffee pudding
SAT	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm	Saturday Breakfast Café 9am-12pm
SUN	Pork and all the trimmings Mixed fruit Crumble (Eat in)		Beef and all the trimmings Eton Mess (Eat in)		Turkey and all the trimmings Lemon Posset (Eat in)

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