

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

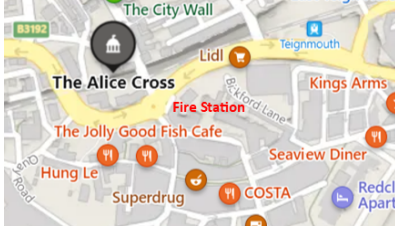
WELLNESS IN MIND -Teign Counselling Steven
Smyth-Bonfield BA Hons. MBACP. Adv. Dip
Integrative Counsellor. Call 07576 603669
stevengbonfield@gmail.com

Andrew Henderson PGDip (MNCPS accred)
Betterlivescounselling@gmail.com 07435644250
Website- betterlivescounselling.co.uk

We are here

WHAT 3 WORDS

Headless.Herb.Dialects



Room Hire Available

Licensed premises with bar facilities.

HIRE of HALL £15.00 per hr. 01626 778039

Reduced rate for block/regular bookings

Smaller rooms available. We can also cater your events- speak to us to discuss options

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

Please Support our work

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**

FUNDRAISING

Teignbridge lottery for communities

Join our local Lottery for only £1 per week select The Alice cross to support our cause.

<https://www.teignbridge.gov.uk/community-and-people/teignbridge-lottery/teignbridge-lottery/>

www.easyfundraising.org.uk/

Choose to support The Alice Cross Centre, when shopping online through easy fundraising you will be supporting us at no cost to yourself.

Donate

If you would like to make a donation to the Alice cross Centre to help us continue our local work, please visit our website where you can make one off donations or regular monthly donations.

www.thealicecross.co.uk

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**

Card Payments now accepted



The Alice Cross Centre



April Newsletter 2024

Charity Number 800996

<https://thealicecross.co.uk/monthly-newsletter>

We are a community centre for health and well-being offering meals, events, lots of great activities and volunteering opportunities!



Weekly Timetable

Monday		
Monday Music - Singalong music session	10.30- 12pm	Hall
Monday Club—Ladies Social Group £3pw	10am-12pm	Room2
Lunch in the Hall and delivered***	12pm-1pm	Hall
Youth Choir 7-16 years* teignmouthyouthchoir@gmail.com	3.45-4.30pm (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 3rd th & 17th Booking required	10.30- 12pm	Room2
Mid-week Roast dinner- eat in only. Main course £6 and optional dessert £2	12.30pm Please book	Hall
Seated Yoga with Lisa 07714 644468*	10.45- 11.45am	Hall
Table Tennis £2	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	1-3pm	Room2
Lunch in the Hall and delivered***	12-1pm	Hall
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
Lunch in the Hall and delivered***	12-1pm	Hall
Dramatically Different Youth Drama Club*—Contact Rachel.swain@hotmail.co.uk	4.30- 9.30pm	Hall
Saturday		
Community Breakfast Café – pay what you can	9am-12pm	Hall
Sunday		
Sunday Lunch Club 14 th April	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 1st April - Closed
Monday 8th April - Diantha sings
Monday 15th April - The Teigns
Monday 22th April -Malcolm
Monday 29th April- Peta Howell
Lunch is available in the centre after the music session. Booking required

Activities in April

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. **BOOKING ESSENTIAL.**

1:1 Digital support for handheld devices
Wednesday 2.30 - 4:30pm. Booking required.
We can help using with many devices, laptops, phones and tablets. We welcome donations to keep the service running.

Community Café
Every Thursday 1 - 3:30pm
Open to all, food and refreshments on a pay what you can basis, in a friendly café setting. Great for small meetings or to come and work. Free WIFI.

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 April
Wellbeing Walk
Wednesday 3rd April 2pm
Join us for a wellbeing walk suitable for all, we meet at the pier. Please wear suitable shoes and bring a drink. This is free for all to take part.

Sunday Lunch Club
Sunday 14th April from 12pm- 1pm
Roast dinner and all the trimmings, Only £10 per person and includes main, and dessert finished with tea/coffee. Bar will be open with a selection of drinks for sale.
Booking required 01626 778039

Stitch and B*tch
Sunday 28th April 6-8pm
Social craft group, open to all. Bring your own crafts/ projects. £3 included tea/coffee

Events

The Alice Great British Menu Event
Saturday 20th April 7pm.
Featuring the best of our local produce: in the form of a 3 course evening meal, Bar will be open and tickets are £16.95. booking essential Call 01626 778039 or www.thealicecross.co.uk/event/great-british-menu

Date for your diary
Challenge yourself to a dip a day in May. To raise funds for the Alice Cross-
Visit our website for more info!

Eurovision Party!
The Alice cross are holding a spectacular Eurovision extravaganza! **Save the Date - Saturday 11th May 7pm.**

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

	1 st April	8 th April	15 th April	22 nd April	29 th April
MON	Bank Holiday	Beef Goulash Jam Sponge	Hunters chicken Mixed Berry Crumble	Chicken Casserole Sticky Toffee Pudding	Chicken Curry and Rice Chocolate sponge and choc Custard
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	Chicken & Bacon in garlic Cream Sauce Pineapple upside down cake	Cottage Pie Bread and Butter	Bangers and mash Rice pudding and Jam	Pasta Bolognaise Ginger Sponge cake	Pork loins and Colcannon Apple Pie
Friday	Fish and Chips with peas Lemon Cheesecake	Catch of the day Lemon Drizzle	Fish and Chips with peas Eton Mess	Catch of the day Syrup sponge	Fish and Chips with peas Lemon Posset
SAT	Saturday Breakfast Café 9am-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 Bakewell (Eat in)		Chicken and all the trimmings Treacle Tart	

Menu Choices are subject to change. Please call on 01626 778039 to book or for more info.
Main meal is £6, dessert £2