

Other Services

Gary Glanvill – 07966 381802 -

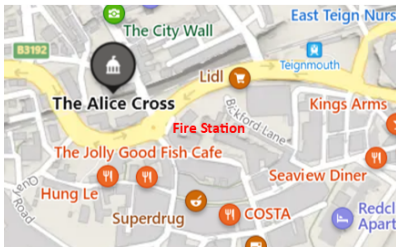
Massage therapy from relaxing to deep tissue.

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

We are here



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/](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



March Newsletter 2024

Charity Number 800996

**[https://thealicecross.co.uk/monthly-
newsletter](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!**

March Activities

Monday		
Monday Music – Singalong music session	10.30– 12pm	Hall
Monday Club—Ladies Social Group £3pw	10am-12pm	Room2
Monday Community Café	1-3.30pm	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 6 th & 20 th Booking required	10.30- 12pm	Room2
Mid-week Roast dinner- eat in only. Main course £6 and optional dessert £2	12.30pm	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
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
Community Café	1pm- 3.30pm	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	9am-12pm	Hall
Sunday		
Sunday Lunch Club 3 rd & 17 th March	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 4th March - Music with Peta

Monday 11th March - The Teigns

Monday 18th March - Malcolm Tester

Monday 25th March -The Teigns

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

Activities in March

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 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

Mon, Thursday & Friday 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 March Pre-loved Sale

Saturday 2nd March 9am-12pm

Running alongside our popular Breakfast café, we will be selling lots of bargains. A wide variety of items including craft and hobbies.

Tables have now sold out!

Sunday Lunch Club

Sunday 3rd & 17th March at 12pm

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

New Air Fryer Course

Monday 11th, 18th & 25th March 6-8pm

Do you have an air fryer at home and would like to learn how to use it to its full potential? join our new and free class. Booking Essential-
www.thealicecross.co.uk/event/air-fryer-course-2

Events

Mad Hatters Tea Party

Saturday 9th March 2-5pm

Join us for an afternoon of High Tea and entertainment. Fancy dress/mad hats encouraged! Tickets are £7.95 and transport can be arranged. **Please call 01626 778039 or visit our website to book.**

Stitch and B*tch

Sunday 31st March 6-8pm

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

Coming soon

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. Call 01626 778039 or book Via our website.

News from the Kitchen

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

	W/c 26 th Feb	4 th March	11 th March	18 th March	25 th March
MON	Pork Madras and rice ----- Mixed fruit Crumble	Chicken Casserole ----- Fruit Crumble	Beef Casserole ----- Sticky toffee Sponge	Pork Casserole ----- Treacle Tart	Chicken Casserole ----- 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 only Booking required	Midweek Roast of the day – Eat in only Booking required	Midweek Roast of the day – Eat in only Booking required
THURS	Pork Loin with Veg ----- Bread and Butter	Pasta Bolognese ----- Lemon Drizzle	Chicken Curry and Rice ----- Rice Pudding	Sausage and Mash ----- Apple Pie	Pork Loin and Colcannon ----- Jam Sponge
Friday	Catch of the day ----- Treacle tart	Fish and Chips ----- Bakewell tart	Catch of the day ----- Syrup Sponge	Fish and Chips ----- Brownie	Good Friday Closed
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	Chicken and all the trimmings ----- Eton Mess (Eat in) 3 rd March		Pork and all the trimmings ----- Lemon Posset		Easter Sunday Closed

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 £6, dessert £2