

Please Support our work

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
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

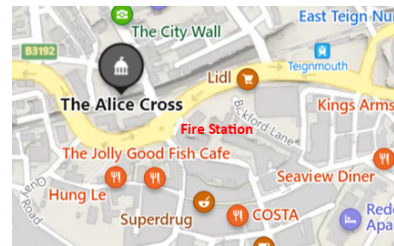
Wills service from Tozers Solicitors

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



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



February 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!

February 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 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 |
| New Zumba Toning with Vicki -£5 | 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 peer support 7 th & 21 st 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 |
| New 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 4 th & 18 th Feb | 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 5th February - Diantha Sings

Monday 12th February - The Teigns

Monday 19th February - Malcolm Tester

Monday 26th February-Viv Wilson

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

Activities in February

New Zumba Toning Tuesdays 12 - 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 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 February

New Air fryer Course

Monday 5th February 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

Sunday Lunch Club

Sunday 4th February & 18th February 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

Events coming soon

Curry and quiz night Saturday 17th February 7pm

Booking required please call 01626 778039

Our popular quiz night returns, enjoy a lovely curry followed by our quiz. Tickets are £12 each www.thealicecross.co.uk/event/curry-and-quiz-night-february

Stitch and B*tch

Sunday 18th February 6-8pm

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

Coming soon

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 available for sellers (£5 small, £10 large *limited* call 01626 778039 to book

News from the Kitchen

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

| | 29 th January | 5 th February | 12 th February | 19 th February | 26 th February |
|--------|---|---|--|--|---|
| MON | Pork Casserole ----- Rice Pudding and Jam | Chicken Casserole ----- Chocolate sponge | Beef Casserole ----- Bakewell tart | Lamb Casserole ----- Rice Pudding | Pork Madras and rice ----- Mixed fruit Crumble |
| TUES | | | | | |
| WED | Midweek Roast of the day – Eat in only Booking required Cottage pie and veg. ----- Syrup sponge | Midweek Roast of the day – Eat in only Booking required Chicken, pancetta in a creamy garlic sauce ----- Jam Sponge | Midweek Roast of the day – Eat in only Booking required Sausage, mash, and onion gravy ----- Apple Pie | Midweek Roast of the day – Eat in only Booking required Pasta Bolognese ----- Apricot and apple Tart | Midweek Roast of the day – Eat in only Booking required Pork Loin with Veg ----- Bread and Butter |
| THURS | | | | | |
| FRIDAY | Catch of the day ----- Chocolate Brownie | Fish and chips with Peas ----- Lemon Meringue | Catch of the day ----- Sticky toffee pudding | Fish and chips with Peas ----- Lemon Drizzle sponge | Catch of the day ----- Treacle tart |
| 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 | Turkey and all the trimmings ----- Lemon Posset (Eat in) 4 th Feb | | Pork and all the trimmings ----- Eton Mess (Eat in) 18 th Feb | | Chicken and all the trimmings ----- Eton Mess (Eat in) 3 rd March |

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