

## 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

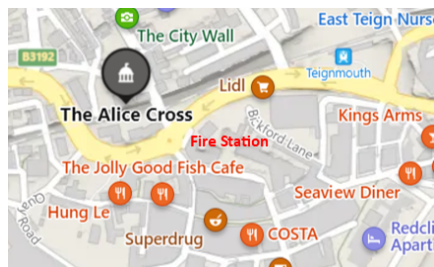
Alternate Wed morning by appointment 01626 778039

**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-

<https://thealicecross.co.uk/room-hire-at-the-alice-cross-centre-teignmouth>

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](mailto:info@thealicecross.co.uk)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/alicecrosscentre](https://www.facebook.com/alicecrosscentre)

[www.instagram.com/thealicecross](https://www.instagram.com/thealicecross)

## Please Support our work

### Volunteer Opportunities

We are looking for Volunteers for -  
Meal deliveries, reception volunteers, helping  
at our table top sales (weekends) and cake  
bakers!

[www.thealicecross.co.uk/volunteer-for-us](http://www.thealicecross.co.uk/volunteer-for-us)  
Download an application form or please  
email [Yvonne@thealicecross.co.uk](mailto:Yvonne@thealicecross.co.uk) /  
01626778039

### 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/>



### Give a little, Help a lot

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

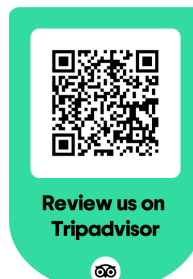


[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

#### 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



Review us on  
Tripadvisor



Card Payments now accepted



# The Alice Cross Centre

Ask in the centre  
about our new  
FROZEN MEALS  
available to buy  
NOW!



## July 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 (See below)	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
Wednesday		
Zumba Gold with Peta £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support 3 <sup>rd</sup> & 17 <sup>th</sup> July Booking required	10.30- 12pm	Room2
Mid-week Lunch- 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 01626 778039 to book	2.30-4.30pm	Hall
Thursday		
Memory Café	10am-12pm	Hall
Lunch in the Hall and delivered***	12-1pm	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 with the Teigns	10-11.30pm	Hall
Lunch in the Hall and delivered***	12-1pm	Hall
Craft Group £3 includes Cuppa *	1.30-3.30pm	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 7 <sup>th</sup> July Eat in ***	12pm – 1pm	Hall
*Term time only ***Booking essential		

## 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 July- Diantha Sings**

**Monday 8th July - Classical music and board games**

**Monday 15th July - The Teigns**

**Monday 22nd July- The Teigns**

**Monday 29th July- Diantha Sings**

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

## Mid week Lunch

**Every Wednesday 12.30pm**

Join us for a freshly cooked lunch by our Chef, A dessert can be added for an extra £2. **Booking in advance ESSENTIAL.**

## 1:1 Digital support for handheld devices

**Wednesday 2.30 - 4:30pm. Booking required.**

We offer one-to-one help and advice for using devices such as, mobiles and tablets.

Donation welcome

## 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 Café is serving breakfasts on a pay what you can basis! It is open to all, no need to book. last order for breakfast **11.30am**



## Craft Group



**Fridays 1.30-3.30pm (Term Time)**

£3 per week will include a cuppa! Come and learn something **All Welcome!**

## Events for July

### Sunday Lunch Club

**Sunday 7th July bookings from 12pm- 1pm**

Roast dinner and all the trimmings, £10 per person (main, and dessert finished with tea/coffee). **Booking required 01626 778039**

### Charity Table Top

**Sunday 21st July 10-4pm on the Den**

Come along and join us! Pick up a bargain and some tasty cake!

### Regatta Table Top

**Tuesday 30th July 10-4pm**

We have a stall booked at the regatta children's day, pop down and visit us! We will be selling cakes and other items at low prices.

# The Alice Cross Day

**Saturday 13th July**

**9am -2pm**

We are holding an open day during our Saturday Breakfast. Activities include a Craft Table, Music, Tombola, Bric-a-brac for sale, Volunteering info, and other therapies we offer and FREE Taster sessions in seated Yoga, Zumba and Table tennis.

**We will be CLOSED Thursday 4th July for Polling!**

## July Menu

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

	1 <sup>st</sup> July	8 <sup>th</sup> July	15 <sup>th</sup> July	22 <sup>nd</sup> July	29 <sup>th</sup> July
MON	Spanish Stew ----- Lemon Cheesecake	Chicken Casserole ----- Chocolate Sponge	Pork Madras with rice ----- Sticky Toffee Pudding	Chicken Curry and rice ----- Rhubarb Fool	Beef Stew ----- Ginger sponge cake
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 loins and Colcannon mash ----- Chocolate Brownie	Marinated Chicken thigh with Veg ----- Fruit Salad	Pasta Bolognaise ----- Pineapple upside down cake	Sausage and mash ----- Lemon Drizzle cake	Cottage pie ----- Bread and butter pudding
Friday	Catch of the day ----- Bakewell Tart	Fish and Chips with peas. ----- Lemon Posset	Catch of the day ----- Mixed Berry Crumble	Fish and Chips with peas. ----- Trifle	Catch of the day ----- Frangipane
SAT	Saturday Breakfast Café 9-12pm	Saturday Breakfast Café 9-12pm	Saturday Breakfast Café 9-12pm	Saturday Breakfast Café 9-12pm	Saturday Breakfast Café 9-12pm
SUN	Pork and all the trimmings ----- Eton mess Eat in Centre		Chicken and all the trimmings ----- Fruit Brulee Takeaway/ Delivery		Beef and all the trimmings. ----- Lemon Posset Takeaway/ Delivery

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