

## 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, 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.

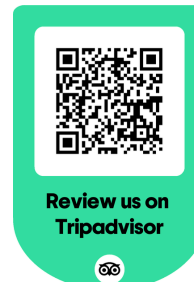


[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

#### 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!



## June 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 – NO SESSION 18 <sup>TH</sup> JUNE 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 5 <sup>th</sup> & 19 <sup>th</sup> 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
NEW 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 9 <sup>th</sup> June Eat in ***	12pm – 1.30pm	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 3rd June - Diantha Sings**

**Monday 10th June - The Teigns**

**Monday 17th June - Peta Howell**

**Monday 24th June - Viv Wilson**

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

# Activities in June

## 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 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 June

### Open Mic Night - Saturday 1st June 7pm -

Looking for performers (Teens) please Visit our Website to book-

[www.thealicecross.co.uk/event/open-mic-night](http://www.thealicecross.co.uk/event/open-mic-night)

### D-Day Evening - Sausage and mash Supper

**Thursday 6th June 6pm-** followed by the Beacon Walk. Only £5 per person Booking required



## Dip for Dementia

**Friday 7th June at 6pm**

Meet us at the ice cream kiosk left of the pier, for a Group dip in the sea fundraising for our Memory Café. Why not raise some sponsorship for us- for taking part? Forms are Available! [www.thealicecross.co.uk/dip-for-dementia](http://www.thealicecross.co.uk/dip-for-dementia)

# Events Continued

## Sunday Lunch Club

**Sunday 9th June from 12pm- 1pm**

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

**Booking required 01626 778039**

## Charity open Gardens

**Saturday 15th June 1-4pm**

Join us in a beautiful English garden, and enjoy some refreshments, Strawberries and cream, cake and Live music from the Teigns. Book your free space by visiting - [www.thealicecross.co.uk/open-gardens](http://www.thealicecross.co.uk/open-gardens)

## Taste of the sea- 3 Course meal

**Saturday 22nd June 7pm**

Fin and fizz, 3 Course menu with a glass of prosecco on arrival, tickets are 24.95 each and booking essential. visit

<https://thealicecross.co.uk/event/taste-of-the-sea>

## News from the Kitchen

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

	3rd June	10 <sup>th</sup> June	17 <sup>th</sup> June	24 <sup>th</sup> June
MON	Chicken Curry and rice ----- Mixed Berry Crumble	Pork Casserole ----- Chocolate Sponge	Beef Goulash ----- Pineapple upside down Cake	Chicken Casserole ----- Bread and Butter Pudding
TUES				
WED	Midweek Lunch – Eat in only Booking required	Midweek Lunch – Eat in only Booking required	Midweek Lunch – Eat in only Booking required	Midweek Lunch– Eat in only Booking required
THURS	Pasta Bolognaise ----- Brownie	Marinated Chicken Thighs with Veg ----- Rice Pudding	Chicken with Pesto and Mozzarella ----- Fruit Salad	Ploughman's Lunch ----- Bakewell Tart
Friday	Catch of the day ----- Lemon Drizzle	Fish and Chips with peas. ----- Trifle	Catch of the day ----- Cheesecake	Fish and Chips with peas. ----- Eton Mess
SAT	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 ----- Lemon Posset Eat in Centre		Chicken and all the trimmings ----- Sticky toffee pudding Takeaway/ Delivery only	

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