

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

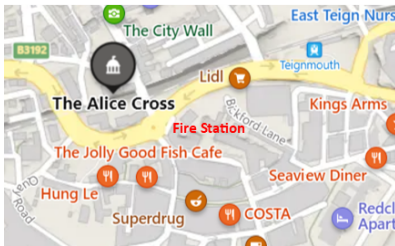
WELLNESS IN MIND -Teign Counselling Steven
Smyth-Bonfield BA Hons. MBACP. Adv. Dip
Integrative Counsellor. Call 07576 603669
stevengbonfield@gmail.com

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/>

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**

Please Note- The Alice cross will be closed Thursday 2nd May due to polling, we will also be closed on Monday 6th May and Monday 27th due to Bank Holiday.



The Alice Cross Centre

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



May 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 1 st & 15 th May 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
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 12 th May in the Centre	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 13th May - The Teigns

Monday 20th May - Diantha Sings

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

Activities in MAY

Mid week Roast Dinner Every Wednesday 12.30pm

Each week there will be either roast pork/beef/ chicken or vegan option with roast potatoes, vegetables and 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 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**

NEW Craft Group

Starting Friday 10th May 1.30-3.30pm

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

All Welcome!

Events for May

Eurovision Party!

Saturday 11th May 7pm

Spectacular Eurovision extravaganza!

Join us to watch the performances on a big screen and for fun and games.

Bar will be open, **FREE ENTRY**

Sunday Lunch Club

Sunday 12th May from 12pm- 1pm

Roast dinner and all the trimmings, £10 per person (main, and dessert finished with tea/coffee). Bar will be open selling a selection of drinks **Booking required 01626 778039**

Date for your diary

These Events are running in June, more details to follow! **Please register interest by emailing info@thealicecross.co.uk or call us on 01626778039**

- Open Mic Night - Saturday 1st June 7pm - looking for performers (Teens) and attendees (All Welcome)
- D-Day Evening - Fish and Chip Supper Thursday 6th June 6pm followed by the Beacon Walk. **FREE Event Spaces are limited!!**

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

News from the Kitchen

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

	29th April	6th May	13th May	20th May	27th May
MON	Chicken Curry and Rice ----- Chocolate sponge and choc Custard	Bank Holiday Closed	Beef goulash. ----- Pineapple upside down cake	Chicken Casserole ----- Sticky toffee pudding	Bank Holiday Closed
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 and colcannon ----- Apple Pie	Chilli Con Carne with Rice ----- Lemon Drizzle cake	Hunters Chicken with potatoes and veg. ----- Bread and butter pudding	Sausage and mash ----- Chocolate Brownie	Cottage Pie ----- Treacle sponge
Friday	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	Fish and Chips with peas. ----- Bakewell Tart
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 ----- Rhubarb Fool 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