

## 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

**Bea Reitmeier** - HAIRDRESSER for Dry Cuts Contact on  
07966435123 or email beatricereitmeier@hotmail.com  
for appointment.

## We are here

WHAT 3 WORDS- Headless.Herb.Dialects



**Room Hire Available-**

<https://thealicecross.co.uk/room-hire>

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.

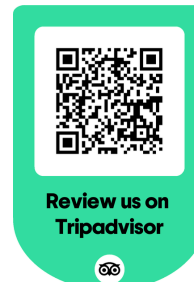


**[www.thealicecross.co.uk](http://www.thealicecross.co.uk)**

#### 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!



## August Newsletter 2024



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

Charity Number 800996

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
<b>NEW</b> Gentle Chair Exercise with Sheila £3 per session	2pm-2.45pm	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 *Back 3 <sup>rd</sup> Sept	2.30- 3.30	Hall
Mat Yoga with Lisa *Back 3 <sup>rd</sup> Sept	4.15- 5.15pm	Hall
Teignmouth Chess Club *Back 3 <sup>rd</sup> Sept		
Wednesday		
Zumba Gold with Peta £5 from 21 <sup>st</sup> Aug	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support 7 <sup>th</sup> 21 <sup>st</sup> Aug Booking required	10.30- 12pm	Room2
Chair Yoga with Lisa 07714 644468 * Back 4 <sup>th</sup> Sept	10.45- 11.45am	Hall
Mid-week Lunch- eat in only. *** Main course £6 and optional dessert £2	12.30pm	Hall
Table Tennis £2	1.30-3.30pm	Room 2
1:1 Digital support 01626 778039 Booking required	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
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* Rachel.swain@hotmail.co.uk Back 6 <sup>th</sup> Sept	4.30- 9.30pm	Hall
Saturday		
Community Breakfast Café – pay what you can	9am-12pm	Hall
Sunday		
Sunday Lunch Club Take away only in Aug! next eat-in meal 15 <sup>th</sup> September	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 5th Aug - Music and Games/ puzzles**

**Monday 12th Aug - The Teigns**

**Monday 19th Aug- Viv Wilson**

**Monday 26th Aug - Closed for Bank Holiday**

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

## New - Gentle Chair Exercise Starting Monday 12th August

2-2.45pm only £3 per session

A gentle chair based exercise class suitable for all. Great for improving posture, mobility and balance.

## Mid week Lunch - Eat in only 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 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**

## Please note,

We will be closed on Monday 26th August for the Bank holiday, many of our groups take a break during August (marked on the timetable) Full timetable back in Sept.

## Events for August

### Dawlish Carnival

**Friday 16th August 7pm**

We will 'bee' taking part in Dawlish carnival. Our theme is "Creating a buzz in the community."

### Charity Table Top

**Sunday 18th August 10-4pm**

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

# Dates for the Diary!

- Teignmouth Pride Table top - 14th & 15th September - in the Triangle 10-4pm
- Open Mic Night -Teens. Saturday 28th September at 7pm! Do you know of any musicians (aged 12-19) who would like an opportunity to showcase their talent?

## Did you know -

We now sell frozen meals that have been made in the Centre by our Chef. The are available in the hall freezer.

Current choice available are - \*subject to change

- Pasta Bolognese £3
- Sweet potato Curry (V) £2.50
- Pork Curry £3.50
- Chicken & Chorizo Spanish Stew £3
- Shepherd pie £3.50
- Liver and Bacon with mash £3.50
- Fish Pie £3.50
- Chicken/ Mushroom soup £2

# August Menu

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

	29 <sup>th</sup> July	5 <sup>th</sup> August	12 <sup>th</sup> August	19 <sup>th</sup> August	26 <sup>th</sup> August
MON	Beef Stew Ginger sponge cake	Chicken Casserole Fruit Crumble	Pork Curry Chocolate Sponge	Lamb Casserole Rhubarb Fool	Bank Holiday
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	Cottage pie Bread and butter pudding	Sausage and mash Lemon Drizzle cake	Chilli and Rice Cheesecake	Cottage Pie frangipane	Pork loins and Veg Pineapple upside down Cake
Friday	Catch of the day Frangipane	Fish and Chips Eton Mess	Catch of the day Ginger Sponge	Fish and Chips Fruit Brulee	Catch of the day 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	Beef and all the trimmings. Lemon Posset Takeaway/ Delivery only		Pork and all the trimmings. Lemon Posset Takeaway/ Delivery only		Chicken and all the trimmings. Syrup Sponge Takeaway/ Delivery only

Menu Choices are subject to change.  
Main meal is £6, dessert £2