

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

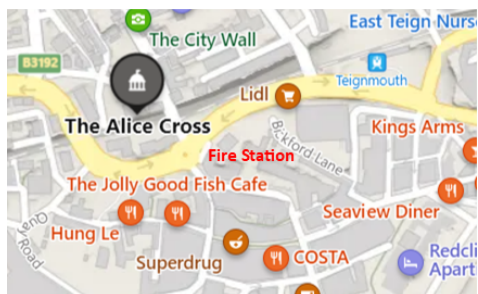
Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND -Teign Counselling Steven
Smyth-Bonfield BA Hons. MBACP. Adv. Dip
Integrative Counsellor. Call 07576 603669
steven@bonfield@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>

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

We need support from you!!

Give a little, Help a lot-

We need local support

We need support from the community to keep
our services and activities going. Please help with
a regular or one-off contribution to the centre
please visit -

www.thealicecrosscentre.co.uk/support-the-alice-cross-centre

Will writing with Tozers

Are you looking to get a Will?

Tozers Teignmouth are offering a free Will service in
return for a donation to us. Call them for more info -
01626 772376

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/>

Shopping online?

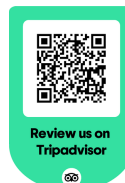
When Shopping online please visit

www.easyfundraising.org.uk and select the

Alice Cross as your Charity, this will raise
funds for us without costing you any extra!

www.thealicecross.co.uk

Visit our website for all up and coming events,
activities and menus.



Review us on
Tripadvisor



Card Payments now accepted



The Alice Cross Centre



June Newsletter

Have you got your Raffle tickets yet?
Available from the Centre

www.thealicecross.co.uk/newsletter

Contact us on- 01626 778039

We are a community centre for
health and well-being offering
meals, events, lots of great
activities and volunteering
opportunities!
Charity Number 800996

Weekly Timetable

Monday		
Monday Music - Singalong music session (See below)	10.30- 11.45am	Hall
Monday Club—Ladies Social Group £3pw	10am-12pm	Room2
Lunch in the Hall and delivered***	12pm-1pm	Hall
Gentle Chair fit- £3 per session	2- 2.45pm	Hall
Slimming World Group	7pm	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
Chess Club	7pm – 10pm	Hall
Wednesday		
Zumba Gold with Peta £6	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support -4 th and 18 th June	10.30- 12pm	Room2
Mid-week Lunch- eat in only.	12.30pm	Hall
Chair Yoga with Lisa 07714 644468	10.45-11.45am	Hall
Table Tennis	1.30-3.30pm	Hall
1:1 Digital support 01626 778039 Booking required	2.30-4.30pm	Hall
Thursday		
Memory Café -currently full	10am-12pm	Hall
Lunch in the Hall and delivered***	12-1pm	Hall
Teignaid Housing and Benefit help	1-3pm	Room2
Dragon Workshop - Craft group	1.30-4.30pm	Hall
World Ship Society 2 nd week monthly	7.30pm-9.30pm	Hall
Friday		
Music & Coffee morning with the Teiqns	10-11.30pm	Hall
New Men's Group	10am-12pm	Room2
Lunch in the Hall and delivered***	12-1pm	Hall
Dramatically Different Youth Drama Club Rachel.swain@hotmail.co.uk	4.30- 9pm Term time only	Hall
Sunday		
Sunday Lunch Club delivery/Collection	12pm – 1pm	Hall
***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 2nd June - Diantha Coombes

Monday 9th June - The Teiqns

Monday 16th June - Viv Wilson

Monday 23rd June- Malcolm Tester

Monday 30th June- Colin and Pete

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

Gentle Chair exercise Monday at 2pm- 2.45pm

A chair based exercise class aimed at improving balance and stability for those with limited mobility.

£3 per session

Slimming world Group Every Monday 7pm

New Slimming world group with Sarah every monday evening, just attend to find out more

Seated Yoga - Tuesdays at 2.30pm & Wed at 10.45am


Lisa currently has space in her seated Yoga classes, please call her on or email to book your place now

07714 644468 lisayogaforall@gmail.com

NEW Mens Brew and Chat

Friday 10-12pm room 2

A fun and friendly group where we they share interests and hobbies or play a few games and quizzes. all welcome



Do you know anyone who would benefit from our Hot meal delivery service?

Hot meals delivered to the home 3/ 4 times a week by our caring Volunteers to those that are housebound, or struggle to get out and about or cook for themselves. Call us for more info!

June Menu

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

	2 nd June ↓	9 th June ↓	16 th June ↓	23 rd June ↓	30 th June ↓
MON	Chicken Pesto Pasta Apple Crumble	Pork loins and Veg Treacle Sponge	Lasagne Lemon Meringue	Spanish Stew Chocolate Sponge	Cottage Pie Pineapple upside down cake
TUES	Midweek Roast of the day – Eat in only Booking required 12.30pm				
WED					
THURS	Gammon and Parsley Sauce Ginger Sponge	Chicken Stew Sticky Toffee and apple sponge	Pasta Bolognaise Mixed fruit crumble	Chicken and mushroom Pie Lemon Drizzle	Bangers and Mash Apple Pie
Friday	Scampi and Chips with Peas Carrot cake Sponge	Fish and Chips with peas. Bakewell Tart	Scampi and Chips with Peas Sticky toffee pudding	Fish and Chips with peas. Eton Mess	Scampi and Chips with Peas Frangipane
SAT					
SUN					
	Chicken and all the trimmings Rhubarb Fool Takeaway and Delivery*			Pork and all the trimmings Trifle Takeaway/ Delivery only	

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

Events for June



Dragon Workshop with Sam Lock

Thursday 1.30- 4.30pm (Not 19th June)

A Craft Group for all ages running from 3rd April to the 26th June, Creating a Chinese Dragon for the Dawlish Carnival! Free to attend and open to all, you are then welcome to join us for the procession in August.

Folk Festival Weekend

Friday, Saturday and Sunday day and Evenings

Folk Festival workshops are taking place at the Alice Cross on Saturday and Sunday, see Folk festival posters for more info - <https://teignmouthfolkfestival.co.uk/workshops-ceilidh-and-sessions>

St Michaels Flower Festival

Wednesday 25th June - Sunday 29th June

Visit St Michaels and see our floral display along with many others from the community. the theme tis year is - Potpourri of Poetry

monthly Teignmouth indoor Market at The Courtenay

Last Saturday each month- 28th June 10-4pm

We will be running the coffee bar and cake stand at the new indoor market that will be held the last Saturday each month. Come down and support local people and grab something delicious.

monthly Teignbridge Learning disability Friendship group

Saturday 28th June 1pm-3pm

New group for adults with learning disability and their supporters. Come and meet others for an afternoon social. enjoy a drink and a chat. **This is a Free event**



Coming up in July

Keep checking our website/centre for more info!

• Saturday 12th July 9am- The Alice Cross Day!

A day to celebrate all things Alice Cross and showcase what we do. more details to follow!

• Saturday 26th July afternoon - Garden Party,

Cake, Refreshments and music in beautiful surroundings. come and join is for a lovely afternoon!