

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

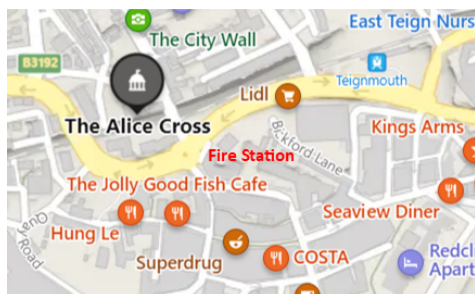
Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND -Teign Counselling Steven
Smyth-Bonfield BA Hons. MBACP. Adv. Dip
Integrative Counsellor. Call 07576 603669
stevenngbonfield@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/](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!

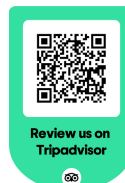


Please take part in
The Alice Cross Impact Survey

www.thealicecross.co.uk/impact-survey

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



May 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
Youth Choir 7-16 years teignmouthyouthchoir@gmail.com	3.45-4.30pm (Term time only)	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 £5	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support -7th and 21 st May.	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 to book	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 -New 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 Teigns	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	Hall
Saturday		
Community Breakfast Café	9am-12pm	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 5th May - CLOSED

Monday 12th May - The Teigns

Monday 19th May - Diantha Coombes

Monday 26th May- CLOSED

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

Please Note we will be closed on the Bank Holidays

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

Community Breakfast Café

Every Saturday - 9am - 12pm

Our Community Café is serving low cost breakfasts It is open to all, no need to book. Last order for breakfast **11.30am**

Alice Cross Social Evening

Thursday 22nd May 7pm (Monthly)

Our fully Stocked Bar will be open, Come and join us! meet some new people and enjoy a few drinks! This is a monthly event 4th Thursday each month!

May Menu

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

	28 th April ↓	5 th May ↓	12 th May ↓	19 th May ↓	26 th May ↓
MON	Spanish Chicken style stew ----- Chocolate Songe and Choc Custard	Bank Holiday Closed	Bangers and Mash ----- Chocolate Sponge	Pork loins with veg ----- Apple Sponge pudding	Bank Holiday Closed
TUES					
WED	Midweek Roast of the day – Eat in only Booking required 12.30pm				
THURS	Pasta Bolognaise ----- White Chocolate and Raspberry torte	Coq au Vin (chicken in white wine sauce) ----- Toffee Apple Sponge	Chicken Stew ----- Pineapple upside down Cake	Chicken, Bacon, tomato Pasta ----- Mix Berry and Apple pie	Marinated Chicken thigh with veg ----- Lemon Drizzle
Friday	Fish and Chips with peas. ----- Cinnamon and raisin Sponge	Catch of the day ----- Fruit Frangipane	Fish and Chips with peas. ----- Treacle Tart	Catch of the day ----- Spotted Dick	Fish and Chips with peas. ----- Rhubarb Fool
SAT	Saturday Breakfast Café 9-12pm Last orders 11.30am				
SUN					
		Chicken and all the trimmings ----- Ginger Sponge Takeaway/Delivery only		Pork and all the trimmings ----- Sticky toffee pudding Takeaway/ Delivery only	

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

Events for May

Walk a mile a day in May- Fundraising challenge

This fun and inclusive sponsored event encourages people of all ages and abilities to get moving, improve their well-being, and raise funds for the Alice Cross Centre

<https://thealicecross.co.uk/walk-a-mile-a-day-in-may>



Dragon Workshop with Sam Lock

Thursday 1.30- 4.30pm

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.

Red Rock Harmony Concert

Friday 2nd May 7pm

Rock Harmony/Torbay Police Choir Fundraiser for the Alice Cross centre at St Peters Church, Shaldon 7pm tickets available from the centre

VE Day music and Lunch.

Friday 9th May 10am-1pm

Music from The Teigns and Viv Wilson, with Tea and cake followed by a traditional Fish Pie Lunch and pudding - Tickets are £12. <https://thealicecross.co.uk/ve-day>

Eurovision Party

Saturday 17th May 7pm

After the success of last year, we are doing it again with a Eurovision party! Fun games while watching the final. come dressed to impress! for more details visit - <https://thealicecross.co.uk/eurovision-party>

Alice Cross the Legacy

Saturday 31st May 10.20- 11.45 at the Heritage Centre

We have collaborated with the Teign Heritage Centre on a new exhibition about the life and legacy of our founder Alice Cross BEM. The display runs until the end of May, with a presentation talk on Saturday 31st May at 11:00am (doors open at 10:20). Alice passed away aged one hundred, thirty years ago this June. Do come along and find out more about her life of service to the people of Teignmouth.



Coming up in June/July

Keep checking our website/centre for more info!

- Thursday 26th June 7pm- 10pm - **Alice Cross Social evening** - Come and enjoy a drink from our bar and meet/Chat to others.
- **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!