

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

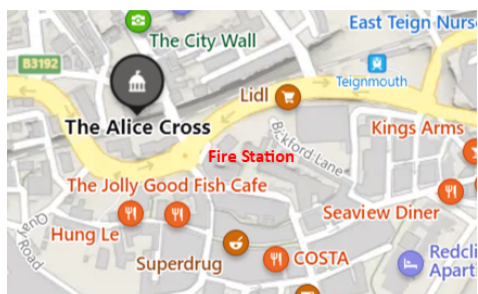
Alternate Wed morning by appointment 01626 778039

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>

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 you be alone this Christmas? We are
now taking booking to join us for
Christmas lunch at the Alice Cross. for
more info head to our website or give us
a call 01626 778039

Will writing with Tozers

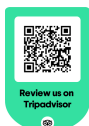
Are you looking to get a Will?

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/>



www.thealicecross.co.uk

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

Card Payments accepted but
Cash preferred



The Alice Cross Centre



Newsletter 2025

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	Time	Room
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	7-10pm	Hall
Wednesday		
Zumba Gold with Peta £6	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support 1st & 15th Oct	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 £3	1.30-3.30pm	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
World Ship Society 2nd week monthly	7.30pm-9.30pm	Hall
Friday		
Music & Coffee morning with the Teigns	10-11.30pm	Hall
Men's Group	10am-12pm	Room2
Lunch in the Hall and delivered***	12-1pm	Hall
Dramatically Different Youth Drama	4.30-8.30 – (Different sessions)	Hall
Sunday		
Sunday Lunch Club delivery/Collection 12th & 26th Oct	12pm – 1pm	Hall
***Booking essential		

Monday Music Coffee Morning 10.30 - 12pm in the Hall -

Come and meet new people, have a chat and singalong. Refreshments and lunch available.

Monday 6th October - Diantha Coombes

Monday 13th October - The Teigns

Monday 20th October- Colin and Pete

Monday 27th October - Malcolm Tester

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

Grief Support Group

**Wednesday 1st and 15th October
10am 12pm**

A Grief peer support group held in our meeting room,
Please call to book a place

Table Tennis

Wednesdays 1.30- 3.30pm

Join us for a few games of Table Tennis, enjoy some refreshments and have a friendly chat with others!
runs weekly after lunch.

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. **Free to attend**

October Menu *PLEASE NOTE - BOOKING REQUIRED

Monday, Thursday & Friday Mains for £7.50 and Dessert £2.50.

Wednesday & Sunday Main £8 and Dessert £3

	29th September ↓	6th Oct ↓	13th Oct ↓	20th Oct ↓	27th Oct ↓
MON	Chicken Chasseur ----- Ginger Sponge	Hunters Chicken ----- Apple Crumble	Cottage pie ----- Syrup Sponge	Chicken Casserole ----- Lemon Drizzle	Chicken and Bacon Pasta ----- Chocolate Sponge
TUES					
WED	Mid-Week Roast – Eat in only Booking Required in advance, Serving at 12.30pm				
THURS	Marinated Chicken Thigh and Veg ----- Treacle Tart	Pasta Bolognaise ----- Jam Sponge	Chicken Curry ----- Apple pie	Pork loin ----- Rice Pudding	Bangers and mash ----- Toffee apple sponge
Friday	Scampi and Chips with peas ----- Brownie	Scampi and Chips with peas ----- Eton Mess	Fish and Chips ----- Trifle	Scampi and Chips with peas ----- Lemon Cheesecake	Fish and Chips ----- Bakewell
SAT					
SUN		Chicken and all the trimmings ----- Frangipane Takeaway and Delivery*		Pork and all the trimmings ----- Sticky toffee pudding Takeaway/ Delivery only	

Menu Choices are subject to change.

Events for October

Bring on the Bands - Charity Fundraiser

Saturday 11th October 7pm

Come and enjoy Live Music from **3 local bands**, for an americana themed evening. The bar will be open serving a range of drinks and food.

Tickets are available for only £5

<https://thealicecross.co.uk/bring-on-the-bands-americana-night>

Teignbridge Learning disability Friendship group.

Halloween Party

Saturday 25th October 1-3pm

Come and meet others for an afternoon social, this month we are having a party. Enjoy a drink and a chat.

This is a Free event

Curry and QUIZ! night

Saturday 25th October 7pm

Join us for another Curry and Quiz night, Enter as a team of 4 or join others on the night. A delicious selection of Curries for you to choose from – Chicken Curry, Vegan Curry or Beef Madras. Tickets are £15 and includes entry in to the quiz.

<https://thealicecross.co.uk/curry-and-quiz-night>

Science Cafe

Sunday 26th October 6pm

Doors open at 6pm when we will be serving some delicious food, The talk starts at 8pm

<https://thealicecross.co.uk/teignmouth-science-cafe>



Coming up in November

Keep checking our website/centre for more info!



Remembrance Sunday lunch -

Sunday 9th November

from 12.30pm Service from 1pm. £12 includes main, pudding and Tea/coffee. With Entertainment!
<https://thealicecross.co.uk/remembrance-sunday>



Christmas Fayre -

Saturday 15th November 9-2pm

Our Annual Christmas Fayre is returning, full of festive fun and atmosphere, come and browse/Buy some lovely gifts from local and talented crafters. Enjoy some music and games and festive food.

