

## 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

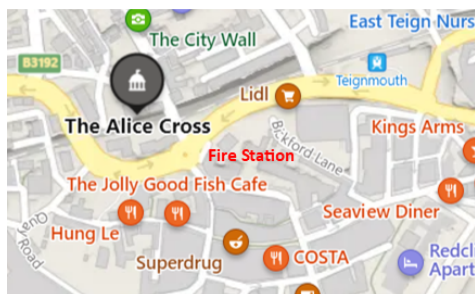
Alternate Wed morning by appointment 01626 778039

**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](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)

## 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](http://www.thealicecrosscentre.co.uk/support-the-alice-cross-centre)

### Save the Date -

Alice Cross Christmas Fayre will be held  
Saturday 15<sup>th</sup> November 9- 2pm  
Table for Hire from £10 -get in touch!

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

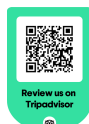
Are you looking to get a Will?

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/](https://www.teignbridge.gov.uk/community-and-people/teignbridge-lottery/teignbridge-lottery/)



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



## SEPTEMBER Newsletter 2025

[www.thealicecross.co.uk/newsletter](http://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 (3 <sup>rd</sup> & 17 <sup>th</sup> Sept)	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 - <b>Currently full</b>	10am-12pm	Hall
Lunch in the Hall and delivered***	12-1pm	Hall
Teignaid Housing and Benefit help	1-3pm	Room2
World Ship Society 2 <sup>nd</sup> 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 14 <sup>th</sup> and 28 <sup>th</sup> Sept	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 1st September - Diantha Coombes**

**Monday 8th September - The Teigns**

**Monday 15th September- Malcolm Tester**

**Monday 22nd September - Viv Wilson**

**Monday 29<sup>th</sup> September - The Teigns**

## 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, Email - swsarah23@gmail.com

## Grief Support Group

**Wednesday 6<sup>th</sup> and 20<sup>th</sup> August**

**10am 12pm**

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

## 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**

## September Menu *\*PLEASE NOTE - BOOKING REQUIRED*

**New pricing for meals from 1<sup>st</sup> September -**

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

**Wednesday & Sunday Main £8 and Dessert £3**

	1 <sup>st</sup> September	8 <sup>th</sup> September	15 <sup>th</sup> September	22 <sup>nd</sup> September	29 <sup>th</sup> September
MON	Cottage Pie ----- Pineapple upside down cake	Chicken Curry with Rice ----- Syrup Sponge	Chicken and leek pie ----- Choc Sponge	Pasta Bolognaise ----- Mixed Berry Crumble	Chicken Chasseur ----- Ginger Sponge
TUES					
WED	Midweek Roast of the day – <a href="#">Eat in only</a> Booking required 12.30pm				
THURS	Bangers and Mash ----- Jam Sponge	Pork Loin with Veg ----- Bread and Butter pudding	Gammon and Parsley Sauce ----- Apple pie	Chicken Casserole ----- Sticky toffee apple sponge	Marinated Chicken Thigh and Veg ----- Treacle Tart
Friday	Scampi and Chips with Peas ----- Sticky toffee pudding	Fish and Chips with peas. ----- Bakewell Tart	Scampi and Chips with Peas ----- Trifle	Fish and Chips with peas. ----- Eton Mess	Scampi and Chips with Peas ----- Frangipane
SAT					
SUN		Chicken and all the trimmings ----- Frangipane Takeaway and Delivery*		Pork and all the trimmings ----- Sticky toffee pudding Takeaway/ Delivery	

Menu Choices are subject to change. Main meal is £7.50, Dessert £2.50

# Events for September

## Teignmouth Pride Weekend

**Saturday & Sunday 6<sup>th</sup> & 7<sup>th</sup> September**

We will be having a table at the market, come and say Hi and grab a treat!

## Walk for Dementia- To raise awareness

**Sunday 7<sup>th</sup> September at 10am**

We will be completing a walk suitable for all, to help raise awareness of dementia, We will be meeting at the lighthouse at 10am. Open to all, please join us!

## monthly Teignbridge Learning disability Friendship group -20<sup>th</sup> Sept 1-3pm

A 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**

## Darts Tournament

**Sunday 21<sup>st</sup> September 1pm onwards**

Can you throw a 180 like Phil Taylor? Why not Enter and have a chance to Win a Cash prize. Tickets are £10 per person, limited spaces\* Bar open and food available!

## Opera Chorus Day

**Saturday 27th September- 9.45- 5pm**

Opera Workshop during the day with a performance at 4pm, open to all! tickets available [www.thealicecross.co.uk/sing-opera](http://www.thealicecross.co.uk/sing-opera)

## Science Cafe

**Sunday 28<sup>th</sup> September 6pm**

Bookable on the Alice Cross Website



## Coming up in October

Keep checking our website/centre for more info!

- **Alice live Band Night** - Saturday 11<sup>th</sup> October 7pm
- **Quiz and Curry night** - Saturday 25<sup>th</sup> October 7pm
- **Science Cafe** - Sunday 26<sup>th</sup> October 6pm