

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

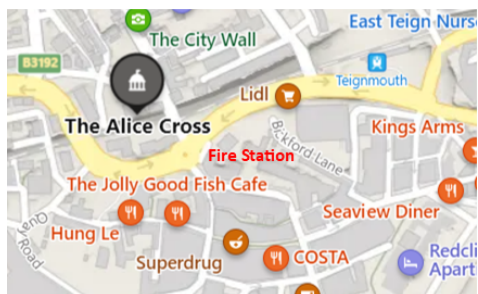
Alternate Wed morning by appointment 01626 778039

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?>

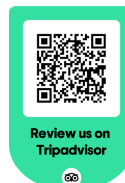
When Shopping online please visit

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.



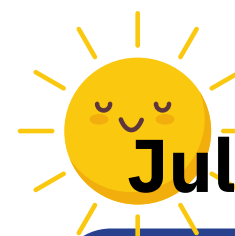
Review us on
Tripadvisor



Card Payments now accepted



The Alice Cross Centre



July 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
Wednesday		
Zumba Gold with Peta £6	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support -2 nd & 16 th July	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
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 2 nd 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
Sunday		
Sunday Lunch Club delivery/Collection 6 th and 20 th July	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 7th July - Diantha Coombes

Monday 14th July - The Teigns

Monday 21st July- Colin and Pete

Monday 28th July - Malcolm Tester

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

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!

July Menu

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

	30 th June	7 th July	14 th July	21 st July	28 th July
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 – <u>Eat in only</u> 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	Quiche and Salad ----- 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 only		Chicken and all the trimmings ----- Lemon Meringue Takeaway and Delivery*

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

Events for July

The Alice Cross day!

Saturday 12th July 10am- 4pm

A day to celebrate all things Alice Cross, a morning of showcasing what we do. An afternoon of celebration and reminiscing with a lovely Cream tea and special presentation. For booking and more details - <https://thealicecross.co.uk/alice-cross-day>

Charity open Gardens - 9 The Rowden's

Saturday 19th July afternoon - 1-4pm

Come and soak up the sun in a beautiful English garden whilst enjoying a glass of Pimm's with Strawberries & cream and cake. Live Music from the Teigns - no need to book

monthly

Teignmouth indoor Market

at The Courtenay TBC

Last Saturday each month- 26 July 10-4pm

We will be serving refreshments and cake at the new indoor market held the last Saturday each month.

Come down and support the market and grab something delicious.

monthly

Teignbridge Learning disability Friendship group

Saturday 26th July 1pm-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**

Teignmouth Carnival 31st July 6pm - Creating a buzz

SAVE THE DATE

Coming up in August

Keep checking our website/centre for more info!

- Tuesday 5th August - Regatta tabletop on the Den**
- Come down and see us, grab a bargain and some tasty treats
- Friday 15th August 6pm - Dawlish Carnival**
We would love you to join us at Dawlish Carnival to showcase our amazing Dragon! Get in touch if you would like to join us or come and support us!
- Kitchen closure - Monday 18th August- Monday 1st September.**

We will not be serving cooked food both in centre or delivery during this time. Frozen meals will be available from the Centre, Some of our regular activities may also have a break during this time.