

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

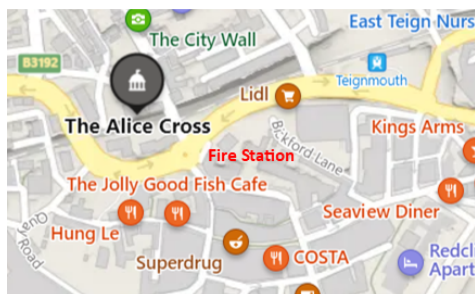
Alternate Wed morning by appointment 01626 778039

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/Shoppingonline?>

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

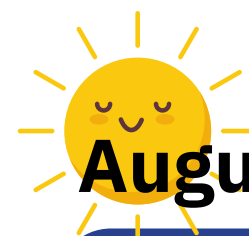
Visit our website for all up and coming events,
activities and menus.



Card Payments now accepted



The Alice Cross Centre



August 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*** 4 th and 11 th only!	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
Back in Sept	Chair Yoga with Lisa 07714 644468	2.30- 3.30	Hall
Back in Sept	Mat Yoga with Lisa	4.15- 5.15pm	Hall
Wednesday			
Back 10 th Sept	Zumba Gold with Peta £6 6 th and 13 th only	9.30-10.15am	Hall
	Grief Support Group – Bereavement peer support 6 th and 20 th Aug.	10.30- 12pm	Room2
	Mid-week Lunch- eat in only. 6 th & 13 th only	12.30pm	Hall
Back in Sept	Chair Yoga with Lisa 07714 644468	10.45-11.45am	Hall
	Table Tennis 6 th & 13 th only	1.30-3.30pm	Hall
Thursday			
	Memory Café -currently full	10am-12pm	Hall
	Lunch in the Hall and delivered** 7 th & 14 th only	12-1pm	Hall
	Teign aid -Housing and Benefits Booking needed 07519347021	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*** 1 st , 8 th and 15 th only	12-1pm	Hall
Please note- No meals available in the centre or delivered between 17 th Aug and 1 st Sept Kitchen Closed			

Monday Music Coffee Morning

10.30 - 12pm in the Hall -



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

Monday 4th August - Diantha Coombes

Monday 11th August - The Teigns

Monday 18th August- Colin and Pete

Monday 25th August - Closed

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, Email - swsarah23@gmail.com

Line Dancing with Viv

Tuesdays at 10.15- 11.45am

Come along and learn to line dance in a fun and friendly class. £4 a session

Grief Support Group

Wednesday 6th and 20th 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**

August Menu

***PLEASE NOTE - BOOKING REQUIRED**

	28 th July ↓	4 th August ↓	11 th August ↓	18 th August ↓	25 th August ↓
MON	Chicken Chasseur ----- Ginger Sponge	Bangers and Mash ----- Brownie	Chicken Casserole ----- Frangipane	Summer Kitchen shut down Kitchen closed Sunday 17 th August until Monday 1 st September The Centre is open reduced hours during this period.	
TUES					
WED	Midweek Roast of the day – <u>Eat in only</u> Booking required 12.30pm				
THURS	Quiche and Salad ----- Treacle Tart	BBQ Pork Belly with Veg ----- Eton Mess	Marinated Chicken Thigh with Veg ----- Jam Sponge		
Friday	Scampi and Chips with Peas ----- Sticky toffee pudding	Fish and Chips with peas. ----- Bakewell Tart	Scampi and Chips with Peas ----- Trifle		
SAT					
SUN	Chicken and all the trimmings ----- Lemon Meringue Takeaway and Delivery*				

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

Events for August

Teignmouth regatta Table top sale

Tuesday 5th August 10am-4pm The Den

Come down and see us, grab a bargain and some tasty treats

Dawlish Carnival Procession

Friday 15th August from 5pm

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!

monthly

Teignbridge Learning disability Friendship group

Saturday 30th August 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**



Kitchen closure -



Monday 18th August- Monday 1st September.

We will not be serving cooked food in centre or delivery during this period.

Frozen meals can be purchased from the Centre, Some of our regular activities may also have a break during this time.

SAVE THE DATE

Coming up in September

Keep checking our website/centre for more info!

- **Sunday 7th September - Walk for Dementia**
- Time and place to be confirmed!

- **Saturday & Sunday 6th & 7th September**
Teignmouth Pride weekend
We will be having a table at the market, come and say Hi and grab a treat!

- **Saturday 27th September-**
Opera Chorus Day starts at 9:45 am.
Opera Workshop during the day with a performance at 4pm, open to all!
tickets available www.thealicecross.co.uk/sing-opera