

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 £18.00 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

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!!

We are a small self run and self funding local charity!

We are a community Centre for everyone, we run lots of events and activities each week. Keeping people active and stopping isolation.

There are lots of ways you can help to support the Alice cross and the work we do in our community, full info on the ways you can help are on our Website

www.thealicecrosscentre.co.uk/support-the-alice-cross-centre

Some of the key ways to support us are-

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 -

**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/>

Easy fundraising:

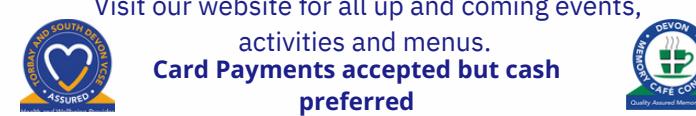
<https://www.easyfundraising.org.uk/causes/thealicecrosscommunitycentre>

When you shop online with participating retailers, they'll make a donation as part of what you spend to your chosen cause.

Whether you shop on your phone, laptop or tablet, you can earn free cashback donations for your cause.



Visit our website for all up and coming events, activities and menus.
Card Payments accepted but cash preferred



The Alice Cross Centre



www.thealicecross.co.uk/newsletter

Contact us on- 01626 778039



www.thealicecross.co.uk

We are a community centre for health and well-being offering meals, events, lots of great activities and volunteering opportunities!

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 4 th & 18 th Feb	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	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
Dramatically Different Youth Drama - rachel.swain@hotmail.co.uk	4.30-8.30 (Different sessions)	Hall
Sunday		
Sunday Lunch Club 1st and 15 th Feb. delivery/Collection only	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 2nd February - Diantha Coombes

Monday 9th February - The Teigns

Monday 16th February - Malcolm T

Monday 23rd February - Julie - Music and Games



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

Bereavement Peer Support Group

Wednesday 4th & 18th February 10am 12pm

A bereavement 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.

Music and Coffee Morning with the Teigns

Friday at 10am-12pm

Join us for some upbeat and fun music and enjoy some refreshments. Free to attend for all all!

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**

February Menu

*PLEASE NOTE - BOOKING REQUIRED

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

Wednesday & Sunday Main £8 and Dessert £3

MON	2nd Feb	9th Feb	16 th Feb	23rd Feb
TUE	Chicken Curry ----- Treacle Tart	Chicken in Garlic & Herb Cream Sauce ----- Cheesecake	Pasta Bolognase ----- Brownie	Sausage & Mash ----- Syrup Pudding
WED	Mid-Week Roast – Eat In Only from 12.30pm Booking Required			
THURS	Chilli Con Carne ----- Apple Pie	Cottage Pie ----- Bread & Butter Pudding	Pork Steaks ----- Ginger Sponge	Hunters Chicken ----- Jam Sponge
FRIDAY	Fish and Chips ----- Chocolate Sponge	Scampi and Chips with peas ----- Frangipane	Fish and Chips ----- Lemon Meringue	Scampi and Chips with peas ----- Eton Mess
SAT				
SUN		Pork and all the trimmings ----- Sticky Toffee pudding Takeaway/ Delivery only		Chicken and all the trimmings ----- Bakewell Takeaway/ Delivery only

Menu Choices are subject to change.

Eat in, Takeaway or Delivery – booking needed 01626 778039

Events for February

Science Café



Sunday 22nd February

6.15pm

Full Menu available 6.15- 7.30 followed by an informative talk/ Presentation at 8pm. Bar open for drinks and refreshments.

Friendship Group



Saturday 28th February

1 - 3pm

FREE - Carers welcome



Coming up in March

- Saturday 7th March - Divas Night for International Women's day TBC
- Sunday 8th March - International Women's Day - In Teignmouth Triangle 10-4pm
- Saturday 14th March - Come and Sing Opera 9-3.30 followed by a performance, Light snacks available. £20 per ticket
- Saturday 28th March- Friendship Group 1-3pm
- Sunday 29th March - Science Cafe 6.15pm

For more info, head to our website - To book tickets and find out more or call us on 01626 778039

EXCITING NEWS!

We're delighted to share that The Alice Cross Centre has been awarded a five-year grant from The National Lottery Community Fund.



COMMUNITY FUND

Read all about it on our website:
www.thealicecross.co.uk/category/latest-news

