

Other Services

Gary Glanvill – 07966 381802 -
Massage therapy from relaxing to deep tissue.
Vanda Halina Therapies – 01626 772694 – Swedish
Aromatherapy & Sports Massage, Reiki Healing

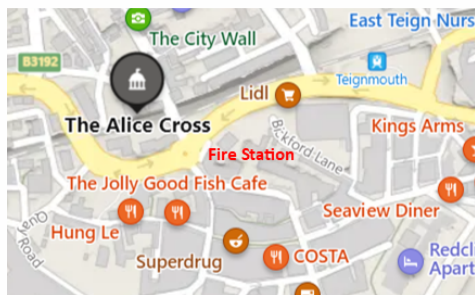
JANE THOMAS - CHIROPODIST BSc (Hons) MCPod
HCPC registered
Alternate Wed morning by appointment 01626 778039

WELLNESS IN MIND -Teign Counselling Steven
Smyth-Bonfield BA Hons. MBACP. Adv. Dip
Integrative Counsellor. Call 07576 603669
steven@teigncounselling.co.uk

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

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!!

The Alice Cross Centre is a small self run and self funding
local charity, we rely on kind donations and applying for
grants to do what we do. 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](http://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/](https://www.teignbridge.gov.uk/community-and-people/teignbridge-lottery/teignbridge-lottery/)

Easy fundraising:

[https://www.easyfundraising.org.uk/causes/theali-
cecrosscommunitycentre](https://www.easyfundraising.org.uk/causes/thealicecrosscommunitycentre)

When you shop online with participating retailers, they'll donate
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



January Newsletter 2026

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 7 th & 21 st Jan	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-	4.30-8.30 (Different sessions)	Hall
Sunday		
Sunday Lunch Club 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 5th January -Diantha Coombes

Monday 12th January- The Teigns

Monday 19th January- Music & Games with Julie

Monday 26th January-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

Bereavement Peer Support Group

Wednesday 7th and 21st January 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.

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

January Menu

**PLEASE NOTE - BOOKING REQUIRED*

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

Wednesday & Sunday Main £8 and Dessert £3

	5th January	12th January	19th January	26th January
MON	Chicken Chasseur ----- Ginger Sponge	Pasta Bolognaise ----- Biscoff Cheesecake	Chicken Casserole ----- Black Forest Gateau	Chicken & Bacon Pasta ----- Brownie
TU ES				
W ED	Mid-Week Roast – Eat In Only from 12.30pm Booking Required			
TH U RS	Cottage Pie ----- Treacle Tart	Gammon in Parsley Sauce ----- Frangipane	Pork Loins ----- Jam Sponge	Sausage & Mash ----- Apple Pie
Fr id ay	Fish and Chips ----- Honeycomb Cheesecake	Scampi and Chips with peas ----- Eton Mess	Fish and Chips ----- Lemon Meringue	Scampi and Chips with peas ----- Bakewell
SA T				
S U N			Pork and all the trimmings ----- Trifle Takeaway/ Delivery only	Chicken and all the trimmings ----- Sticky Toffee pudding Takeaway/ Delivery only

Menu Choices are subject to change.

Events for January

THE ALICE CROSS RE-OPENS 5TH JANUARY



Bingo at the Alice

17 Saturday 17th January

7pm - Eyes Down 7.30pm

Eyes down, spirits up—it's Bingo Night!

£10pp

Science Café

17 Sunday 25th January

6.15pm

Social Lives of Rabbits with

Libby Chapman.

Free - **BOOKING REQUIRED**



Friendship Group

17 Saturday 31st January

1 - 3pm

FREE - Carers welcome.



60's Dance Party

17 Saturday 31st January

7pm

Peace, love, and a whole lot of

dancing.

£7pp



Coming up in February/March

Keep checking our website/centre for more info!

- Saturday 7th February - 7pm - **Volunteer Party**
- Sunday 22nd February- **Science Café**
- Saturday 28th February - **Friendship Group** meeting 1-3pm
- Saturday 7th March - **Divas Night for International Women's day**
- Sunday 8th March - **International Women's Day - In Teignmouth Triangle**