

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](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/)



TRUSTEE OPPORTUNITIES



Read all about it on our website:

<https://thealicecross.co.uk/treasurer-opportunity>

**CHOOSE US
AS YOUR
LOCAL CAUSE**

Co-op Members can help us
receive a share of £5m from the
Local Community Fund.

Choose us on the Co-op App
or at coop.co.uk/membership



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

Card Payments accepted but cash
preferred



The Alice Cross Centre



APRIL

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
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 1ST & 3RD WEDNESDAY	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 SEE MENU FOR DATES*** NOTE: delivery/Collection only	12pm – 1pm	Hall

***Booking essential

Events for APRIL

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

1st & 3rd Wednesday of the month 10.30am 12pm

A bereavement peer support group held in our meeting room, Booking required - info@thealicecross.co.uk

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**

April Menu

*PLEASE NOTE - BOOKING REQUIRED

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

Wednesday & Sunday Main £8 and Dessert £3

	30 th March	6 th April	13 th April	20 th April	27 th April
MON	Pasty and Chips Sticky Toffee Gateau	Easter Monday Closed	Pork Curry (V) & Jam Sponge	Sausage & Mash Brownie	Chicken & Bacon Pasta Double Choc Sponge
TUE	Mid-Week Roast – Eat in Only from 12.30pm Booking Required				
WED	Bolognaise Pasta Apple pie	Sausage & Mash Bread & Butter Pudding	Hunters Chicken Lemon Drizzle	Cottage Pie Fruit Crumble	Gammon Ham & Pineapple Rice Pudding
THUR	Good Friday Closed	Scampi and Chips with peas Sticky Toffee Gateaux	Fish and Chips Frangipane	Scampi and Chips with peas Lemon Meringue	Fish and Chips Bakewell
FRI	Mid-Week Roast – Eat in Only from 12.30pm Booking Required				
SAT		Pork and all the trimmings Rhubarb Fool Takeaway/ Delivery only		Chicken and all the trimmings Cheesecake Takeaway/ Delivery only	

Menu Choices are subject to change.

Quiz and Curry

Saturday 11th April

7pm

£15pp Inc. meal

FIRE UP THOSE NEURONS & TASTEBUDS!

Friendship Group

Saturday 25th April 2- 4pm

FREE - Carers welcome

Science Café

Sunday 19th April

6.15pm

National Emergency

Briefing Film & Discussion

Sunday 26th April

6.15pm

TBC

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

Games Night

Saturday 25th April 7pm

£15pp Inc. meal

Coming up in May

- Bingo - Sat 2nd May 6.30pm
- Eurovision Night - Sat 16th May 7pm
- Friendship Group - Sat 30th May 2-4pm
- Science Cafe - Sun 31st May 6pm

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

PLEASE NOTE: THE CENTRE WILL BE CLOSED
ON MONDAY 4TH MAY & MONDAY 25TH MAY
FOR THE BANK HOLIDAYS

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 6th April - CLOSED

Monday 13th April - The Teigns

Monday 20th April - Julie with music and games

Monday 27th April - Malcolm