

# 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](mailto:info@thealicecross.co.uk)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk)

[www.facebook.com/alicecrosscentre](https://www.facebook.com/alicecrosscentre)

[www.instagram.com/thealicecross](https://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](http://coop.co.uk/membership)



**CO-OP**  
OWNED BY YOU.  
RIGHT BY YOU.



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

Card Payments accepted but cash  
preferred



# The Alice Cross Centre



**Newsletter 2026**

[www.thealicecross.co.uk/newsletter](http://www.thealicecross.co.uk/newsletter)  
Contact us on- 01626 778039



PROUDLY SUPPORTED BY

**COMMUNITY  
FUND**

[www.thealicecross.co.uk](http://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 <sup>nd</sup> 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		

## 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 4th May - CLOSED**  
**Monday 11th May - The Teigns**  
**Monday 18th May -Diantha**  
**Monday 25th May - CLOSED**

### 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

**1<sup>st</sup> & 3<sup>rd</sup> 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!

### 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**

### May Menu

**\*PLEASE NOTE - BOOKING REQUIRED**

**Monday, Thursday & Friday Mains for £7.50 & Dessert £2.50.**  
**Wednesday & Sunday Main £8 and Dessert £3**

	27 <sup>th</sup> April ↓	4 <sup>th</sup> May ↓	11 <sup>th</sup> May ↓	18 <sup>th</sup> May ↓	25 <sup>th</sup> May ↓
MON	Chicken & Bacon Pasta ----- Double Choc Sponge	Closed May Bank Holiday	Beef and Ale pie ----- Frangipane	Pasta Bolognaise ----- Apple and Cinnamon Sponge	Closed May Bank Holiday
TUE	Mid-Week Roast – Eat in Only from 12.30pm				
WED	Booking Required				
THURS	Gammon Ham & Pineapple ----- Rice Pudding	Sausage and Mash ----- Apple Pie	Chicken Casserole ----- Toffee Apple Sponge	Chicken Chasseur ----- Bread and butter pudding	Hunters Chicken ----- Lemon Drizzle
FRIDAY	Fish and Chips ----- Bakewell	Scampi Chips and peas ----- Black Forest gateaux	Fish and Chips ----- Lemon Meringue	Scampi Chips and peas ----- Brownie	Fish and Chips ----- Cheesecake
SAT	Mid-Week Roast – Eat in Only from 12.30pm				
SUN	Pork and all the trimmings ----- Sticky Toffee pudding Takeaway/ Delivery only		Chicken and all the trimmings ----- Rhubarb Foal Takeaway/ Delivery only		

Menu Choices are subject to change.

# Events for May



### Bingo at the Alice

**17 Saturday 2nd May**

**6.30pm - Eyes Down 7pm**

Eyes down, spirits up—it's Bingo Night! £10pp

### Eurovision

**Saturday 16<sup>th</sup> May 7pm**

Come dressed as your Favourite Eurovision Country, prizes for best dressed. Play Eurovision Bingo as you watch on the big screen.

...and lots more fun a games!

**Fully licensed bar and great food available**

### Friendship Group

**17 Saturday 30th May**

**2- 4pm**

FREE - Carers welcome

### Community Litter Pick

Meeting at the Alice Cross Centre at 10am

Everyone welcome. Last Sunday of Month.

### Science Café

**17 Sunday 31st May**

**6.15pm**

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

## Coming up in June

- **Big Green Week - 6<sup>th</sup> - 13<sup>th</sup> June** - Wellbeing walks TBC
- **Folk Festival -19<sup>th</sup> - 21<sup>st</sup> June**- please check Folk Festival website.
- **Friendship Group** -Saturday 27<sup>th</sup> June 2-4pm
- **Sip and Paint Event** -27<sup>th</sup> June 7pm more info to follow, Check our Website soon
- **Community Litter pick** -10am 28<sup>th</sup> June at the Alice Cross
- **Science Café**- 28<sup>th</sup> June 6.15pm  
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 4<sup>TH</sup> MAY & MONDAY 25<sup>TH</sup> MAY** FOR THE BANK HOLIDAYS