

Other Services

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

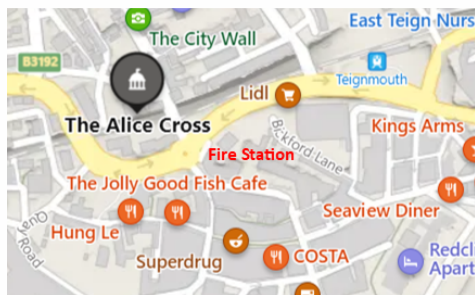
JANE THOMAS - CHIROPODIST BSc (Hons) MCPod
HCPC registered
Alternate Wed morning by appointment 01626 778039

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 £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



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

Contact us on- 01626 778039



PROUDLY SUPPORTED BY

**COMMUNITY
FUND**

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		Time	Room
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 ➡ Back in September		7-10pm	Hall
Wednesday		Time	Room
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		Time	Room
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		Time	Room
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		Time	Room
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 6th July- Diantha

Monday 13th July - The Teigns

Monday 20th July -Malcolm

Monday 27th July - Poppy sings and Games

Please Note - we will be offering less classes and meals during August due to staff holidays & classes take a break! more info to follow!

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. £3pp

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

July Menu

*PLEASE NOTE - BOOKING REQUIRED

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

Wednesday & Sunday Main £8 and Dessert £3

	29 th June	6 th July	13 th July	20 th July	27 th July
MON	Pork Curry ----- Treacle Tart	Marinated chicken thigh ----- Jam Sponge	Spanish Stew ----- Rice Pudding	Chicken curry and rice ----- Bakewell	Pasta Bolognaise ----- Pineapple upside down cake
TUES					
WED	Mid-week Roast returning in September				
THURS	Chicken Chasseur ----- Apple Pie	Cottage pie ----- Apple pie	Gammon Egg and pineapple ----- Bread and Butter pud	Pork loins ----- Sticky toffee apple sponge	Sausage and mash ----- Treacle and Ginger tart
Friday	Scampi and Chips with peas ----- Rhubarb Fool	Fish and Chips with peas ----- Honeycomb cheesecake	Scampi and Chips with peas ----- Eton Mess	Fish and Chips with peas ----- Brownie	Scampi and Chips with peas ----- Biscoff cheesecake
S A					
SUN	Pork and all the trimmings ----- Lemon meringue Takeaway/ Delivery only		Chicken and all the trimmings ----- Fruit Frangipane Takeaway/ Delivery only		Pork and all the trimmings ----- Trifle Takeaway/ Delivery only

Menu Choices are subject to change.

Events for July

Taste of the Caribbean

Saturday 4th July 7pm

An unforgettable dining experience celebrating the flavours, rhythms and spirit of the Caribbean. 2 Course £30 or 3 Courses £35.

www.thealicecross.co.uk/taste-of-the-caribbean

Empower yourself - Free Talk

An incredible story of Courage, Faith and Hope-

Leprasy mission

Friday 10th July from 12pm

Fish and Chips Lunch at 12pm (£7.50 main £2.50 Pudding) followed by Talk at 1pm. Bar is open for refreshments.



Alice Cross Day

Saturday 11th July 9-2pm

A Day to celebrate all things Alice, we will offering Breakfast & showcasing demos of our classes, music and games. we will be hosting an Alice themed tea party -12-2pm with a cream tea £5pp.



Alice Cross Garden party

Saturday 2-4pm

Our annual Garden party with refreshments and music in beautiful surroundings, held at

9 The Rowdens



Friendship Group

Saturday 25th July 2- 4pm

FREE - Carers welcome

Community Litter Pick

Sunday 26th July at 10am

Meeting at the Alice Cross Centre

Everyone welcome. Last Sunday of Month.



Science Café

Sunday 27th July 6.15pm

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



Carnival week

25th-1st August on the den!

We are involved in table top sales during the week and come and support us in the procession on Thursday 30th July from 6pm

For more info, head to our website -

To book tickets for events and find out more or call us on 01626 778039