

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

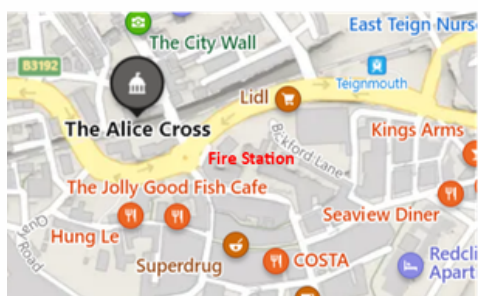
Alternate Wed morning by appointment 01626 778039

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



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		
Monday Music - Singalong music session (See below)	10.30- 11.45am	Hall
Monday Club —Ladies Social Group £3pw	10am-12pm	Room2
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	7pm-9pm	Hall
Wednesday		
Zumba Gold with Peta £6	9.30-10.15am	Hall
Grief Support Group – Bereavement peer support	10- 12pm	Room2
Chair Yoga with Lisa 07714 644468	10.45-11.45am	Hall
Table Tennis £3	1.30-3.30pm	Hall
Tia Chi with Emma *New	4.15-5.15	Hall
Thursday		
Memory Café	10am-12pm	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
Dramatically Different Youth Drama - rachel.swain@hotmail.co.uk	4.30-8.30 (Different sessions)	Hall

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 7th Sept - Diantha
Monday 14th Sept - The Teigns
Monday 121st Sept -Malcolm
Monday 28th Sept - Poppy sings and Games
Monday 31st Aug - Bank Holiday Closed

For more info, head to our website -

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

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 2nd and 16th September 10am-12noon

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

Tai Chi with Emma Thom

Wednesdays at 4.15- 5.15

New* Class for all levels- Everyone welcome!

For more information, please contact Emma on 07929 630910 £6 per session

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**

September Menu *PLEASE NOTE - BOOKING REQUIRED

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

Sunday Main £8 and Dessert £3

	31 st Aug	7 th sept	14 th Sept	21 st sept	28 th Sept
MON	Bank Holiday closed	Meat Pie and Veg ----- Bakewell	Chicken Curry and rice ----- Treacle Tart	Spanish Stew ----- Rhubarb fool	Chilli Con Carne (Mild) ----- Syrup sponge
TUES	Menu Choices are subject to change.				
WED					
THURS	Sausage and mash ----- Apple pie	Pork loins and Veg ----- Lemon Drizzle	Beef Casserole ----- Bread and Butter pud	Gammon and Pineapple ----- Sticky toffee apple cake	Cottage pie ----- Fruit Crumble
FRI	Fish and Chips with peas ----- Gateaux	Scampi and Chips with peas ----- Jam Sponge	Fish and Chips with peas ----- Brownie	Scampi and Chips with peas ----- Lemon Posset	Fish and Chips with peas ----- Cheesecake
SAT					
SUN			Pork and all the trimmings ----- Sticky toffee pud Takeaway/ Delivery only	Chicken and all the trimmings ----- Trifle Takeaway/ Delivery only	

Events for September



Tabletop

Saturday 5th September in the triangle 10- 4pm

We will be there with our Human fruit machine!
 and other games

Last night at the Proms - Breakfast Cafe

Saturday 12th September 9-12pm

Breakfasts for £7 with hot drink and toast.
 entertainment at 10.30 am.

Diva Fever-

A Night of Cabaret

Saturday 19th September 7pm- 11pm

Join us for an evening of glitz and glamour with

Diva Fever cabaret show. Only £8pp

<https://thealicecross.co.uk/diva-fever>

Friendship Group



Saturday 26th September 2- 4pm

FREE - Carers welcome

Community Litter Pick

Sunday 27th September at 10am

Meeting at the Alice Cross Centre

Everyone welcome. Last Sunday of Month.

Teignmouth Science Cafe-

Your brain on climate change

Sunday 27th September 6.30pm

Doors open at 6.30pm, we will be serving meals

6.30- 7.30pm from the bar*, talk begins at 8pm.

Donations welcome and *meals are chargeable

OCTOBER EVENTS

- **Curry and Quiz night** -Saturday 3rd October 7pm
- **An evening of Ceilidh Dance** at Richard Newton hall - Saturday 17th October, Details to be confirmed.
- **Community litter pick** - Sunday 25th October 10am at the Alice cross
- **Science Cafe**- Sunday 25th October 6.30pm
- **Friendship group** - Saturday 30th October 2-4pm