

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 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.

Can you 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)



Tozers Will Writing Service

Tozers in Teignmouth are offering a FREE
WILLS service to the public in exchange for a
donation to the Alice Cross Centre. To find out
more Call 01626 772376

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>



Community Engagement Volunteer Wanted!

Are you a people person who loves chatting, connecting and
spreading the word?

We're looking for a **Community Engagement Volunteer** to
help us build fantastic connections with local people, **shops,**
pubs, restaurants and businesses, sharing all the wonderful
events, activities and opportunities happening at **The Alice**
Cross Centre. ♥

If you're friendly, enthusiastic and enjoy meeting people, we'd
love to hear from you



www.thealicecross.co.uk/vacancies
or Email- Yvonne@thealicecross.co.uk for an application form



Card Payments accepted but cash
preferred



The Alice Cross Centre



October 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
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 *possible date change	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 5th October - Diantha
Monday 12th October - The Teigns
Monday 19th October -Malcolm
Monday 26th October - Poppy sings and Games

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 7th and 21st 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**

October Menu

*PLEASE NOTE - BOOKING REQUIRED

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

Sunday Main £8 and Dessert £3

	28th Sept	5th October	12th October	19th October	26th October
MON	Chilli Con Carne (Mild) ----- Syrup sponge	Chicken Casserole ----- Chocolate Brownie	Cottage pie ----- Pineapple upside down cake	Sausage and mash ----- Frangipane	Chicken Curry ----- Sticky toffee pudding
TUES					
WED					
THURS	Cottage pie ----- Fruit Crumble	Beef Stew ----- Lemon meringue	Gammon Ham and Pineapple ----- Bread and Butter pudding	Pork loins and veg ----- Lemon Drizzle	Pasta Bolognaise ----- Apple Pie
Friday	Fish and Chips with peas ----- Cheesecake	Scampi and Chips with peas ----- Black forest Gateaux	Fish and Chips with peas ----- Chocolate Brownie	Scampi and Chips with peas ----- Cheesecake	Fish and Chips with peas ----- Eton Mess
SAT					
SUN		Pork and all the trimmings ----- Sticky toffee pud Takeaway/ Delivery only		Chicken and all the trimmings ----- Trifle Takeaway/ Delivery only	

Menu Choices are subject to change.

Events for October

Curry & Quiz Night

Saturday 3rd October at 7pm

Fire up your neurons and your tastebuds, Tickets are £15 per person. <https://thealicecross.co.uk/curry-and-quiz-night-3>

Ceilidh - Barn dance with band

Dawntreader

At Richard Newton Hall 7pm

Saturday 17th October 7pm

Tickets are £12 pp

<https://thealicecross.co.uk/alice-cross-ceilidh>

Community Litter Pick

Sunday 25th October at 10am

Meeting at the Alice Cross Centre

Everyone welcome. Last Sunday of Month.

Teignmouth Science Cafe-

Sunday 25th October 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

Friendship Group

Saturday 31st October 2- 4pm

FREE - Carers welcome

November Events

- **Bingo Evening** - Saturday 7th November
Doors at 6.30, eyes down at 7pm. Great prizes only £10 for 8 games.
- **Remembrance Sunday Lunch**, Sunday 8th November 12.30pm £15 pp
- **Christmas Craft Fair and Breakfast**- Saturday 21st Nov 9-2pm - Great range of festive Stalls and food!
- **Community litter pick** - Sunday 29th November 10am at the Alice cross
- **Science Cafe**- Sunday 29th November 6.30pm
- **Friendship group** - Saturday 28th November 2-4pm