

## 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  
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

### Room Hire Available

licensed premises with bar facilities.

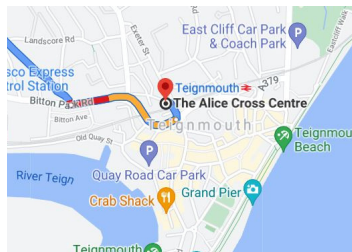
PERFECT FOR FUNCTIONS

HIRE of HALL £15.00 per hr. 01626 778039

Reduced rate for block/regular bookings

Kitchen and smaller rooms available.

## How to find us



## Contact Us



1-3 Bitton Park Road, Teignmouth Devon  
TQ14 9BT

Telephone 01626778039

Email: info@thealicecross.co.uk

www.thealicecross.co.uk

www.facebook.com/alicecrosscentre

## Please Support our work

Legacy donations and Free wills service from  
Tozers Solicitors- Contact directly for more  
information-Call 01626 772376

Charity Lottery—Weekly Draw and only £1 per  
Ticket , you Could win £25.000 Money raised  
will help to support The Alice Cross and other  
community groups in Teignbridge.

<https://www.theweatherlottery.com/charities>

[Homepage.php?client=ALICE](https://www.theweatherlottery.com/charities/Homepage.php?client=ALICE)



If you are a Coop Members Cardholder or Shop at  
the Coop and would like to sign up for a card you  
can select us as your cause and then when you  
shop with the Coop they donate to our Cause on  
your behalf.



<https://membership.coop.co.uk/causes/44157>

### Shopping online

www.Easyfundraising.org.uk

Register & Select The Alice Cross Centre as your chosen Charity.

www.smile.amazon.co.uk

Log in as normal and select Age Concern Teignmouth and Shaldon.

<https://www.giveasyoulive.com>

Sign up and Select Age Concern Teignmouth and Shaldon.



*Come and see us till*

## St Michaels Flower Festival

Weds 14th July- Sun 18th July we are

taking part in 'Dance for Joy'



# The Alice Cross Community Centre



## July Newsletter 2021

Charity Number 800996

### Our Vision

Community Centre of  
Choice for improved  
Health and Wellbeing  
for all

# July Activities

Monday	Time	Where
<b>New IT for the Terrified</b> —see below for more info or Call 01626 778039	10-12pm	Main Hall
<b>Monday Chat Club</b> —Social Group with Games	10-12noon	Room 2
<b>Yoga with Alison</b>	7.15– 8.15	Main Hall
Tuesday		
<b>Line Dancing with Viv Wilson</b>	10.15– 11.45am	Main Hall
<b>Meals delivered to the home</b> —See Menu	12 noon	Home /Main
<b>Mat Yoga with Lisa</b> —all welcome	4.15- 5.15 pm	Main Hall
<b>Wiggles and Giggles</b> —Eastern Dance Class	5.30- 6.30	Main Hall
<b>Chess Club</b>	6.45- 10pm	Main Hall
Wednesday		
<b>*NEW* Bereavement Support Group</b>	10.30– 12noon	Room 2
Call 01626 778039 to book 1st and 3rd week of the month		
<b>Seated Yoga</b>	10.45-11.45am	Main Hall
Thursday		
<b>Memory Café</b> —Support Group for those with memory issues or dementia	10am-12noon	Main Hall
<b>Lunch Club</b> —in the Centre and at home—See menus	12 noon	Home/Main Hall
<b>New Tai Chi</b> —Starting 8th July	2.30pm— 3.30pm	Main Hall
<b>Teignaid - Housing/benefit support</b>	12.30- 2.30	Room 2
<b>New Hatha Yoga with Laura</b>	5.30-6.30pm	Main Hall
Friday / Sunday		
<b>Meals delivered to the home</b> —see Menu	12 noon	Home

## New Classes or returning groups:

- **New IT for the Terrified-** (Starting 5th July)

Mondays 10-12pm in main hall

New Digital Class, all Welcome.

We can supply Ipads or bring your own.

Lead by Sue Yates and supported by Volunteers.

1 to 1 sessions can be arranged. Starting with beginners level.

- **New Tai chi with Nick Taylor**

Thursdays 2.30– 3.30pm in the main hall

To book call:07968174934

Email:info@devontaichicentre.com

Website: www.devontaichicentre.com

- **New Social chat drop in session**

Friday at 10am - 12pm the Hall will be available to come in and enjoy a coffee and a chat. Restrictions in place.

# July Activities

- **New Grief Support Group**

every 1st and 3rd Wednesday each month at 10.30am-12noon

Our group is for those who would like to meet others who grieve, to share in a safe place and to see life in a new way.

We will be running a grief support group in the centre, available for anyone in the community who could benefit.

- **New Hatha Yoga with Laura**

Starting 24th June at 5.30-6.30pm

Whether you're new to yoga and just want to see what it's all about, or have been practicing for a while, join me for a fun, flowing class to help you de-stress, breathe and connect.

**Booking essential.** Please bring a blanket and a yoga / exercise mat **Laura at - seatreeyoga@gmail.com, 07923 468843**

- **New Drumming for fun!** - Alice Bangers

Starting soon at the Alice Cross-

Drumming with a difference, fun and upbeat class no drums needed. For more info or to be added to the list call 01626 778039



- **Returning Chess Club**

Tuesday Evenings at 6.45 - 10pm

Contact the centre for more info.

- **Returning Table Top Charity days on the Lawn and the Den. Saturday 17th July on the Den**

Come along and support us, 10- 4pm on the den for the Charity table top and grab a bargain.

## Pathways to Health

This month we offer the following activities aimed at improving health and well-being:

- **Talk and walk-**

Has your Mobility suffered over the last year, through not going out or being so active and not getting out as much as they did previously. **Talk and Walk** aims to pair individuals with a volunteer(Buddy), Call Vanda at the Centre if you would like a mobility Buddy.



# Volunteer Opportunities

Can you spare an hour or two to help a local Charity?

Do you want to gain some experience?

Volunteering within the community is a great way to give back and meet ne friends!

- **Digital Buddies for 1 to 1 support**

Are you experienced and knowledgeable with digital devices?

Could you enable and support others to learn some basics? we will be offering Classes and 1 to 1 drop in sessions.

- **Mobility Buddies - 1 to 1 support**

Could you help to support individuals gain confidence and support them in engaging with activity in the community again. Working to clients needs to offer a bespoke service. Could be going for a walk or getting them to shop for themselves again.

- **Support Group Leaders**

We would love to offer more support groups for the community but we need leader, do you have knowledge on.

- **Focus Group Volunteers Needed**

We are looking for about 6 Volunteers who have vision and flair to participate in a focus session aimed at ideas for the centre going forward. if this is something you would like to be part of please let us know!

**Training will be given and resources available**

## July's Menu

	28 <sup>th</sup> June	5 <sup>th</sup> July	12 <sup>th</sup> July	19 <sup>th</sup> July	26 <sup>th</sup> July
MON					
TUES	Beef Casserole, Mash and Fresh Veg	Moussaka served with Salad and Garlic Bread	Pie, chips and mushy peas (either Chicken or Steak pie)	Chicken Curry with Rice and Chips	Beef Stroganoff served with Rice
WED					
THURS	Roast Chicken and all the trimmings	Fish pie, with new potatoes and Mushy peas	Lamb Hotpot, Roast potatoes and Seasonal Veg	Lasagne with Garlic Bread and	Quiche New Potatoes with beans or Salad
FRI	Fish and Chips and Mushy/ Garden peas		Fish and Chips and Mushy/ Garden peas		Fish and Chips and Mushy/ Garden peas
SUN		Roast Dinner with Pork and all the trimmings		Roast Dinner with Beef and all the trimmings	

**\*PLEASE NOTE:** - -Menu Choices are subject to change, please Call us to be added to the delivery list and/or book a meal. - Suggested Donation for 2 course lunch £5.