

Opening  
Soon!

# Alice Cross Community Centre



From April 12th—

**April 2021—Spring time**

Memory Café will re-start— up to 15 people Thursdays 10-12pm. Booking essential.

## May 17th

Indoor dining allowed, tables of six rule applies.

Indoor sports classes / exercise can re start— please see may newsletter.

Small Support Groups can meet indoors

Wedding receptions/ wakes and Christenings can have up to 30 guests—Hall at the Centre Available to hire.

Variety of rooms available to hire!

## June 21st

Activities can take place, numbers may be restricted but we will hopefully have a programme of activity and events offer a again.

**Please contact us for updates and check the May Newsletter for more info.**

## Up and Coming

**If you are interested in taking part or volunteering to any of these please email [info@thealicecross.co.uk](mailto:info@thealicecross.co.uk)**

| Activity/ Day                               | Time/ Place                             | Comments                      |
|---|---|-------------------------------|
| <u>MONDAY</u>                               |   |                               |
| <u>TUESDAY</u>                              |   |                               |
| Meals available to be delivered to the home | 12pm—advance booking essential          | See menu and details overleaf |
| <u>WEDNESDAY</u>                            |   |                               |
| Chiropody with Jane                         | By Appointment only<br>Alternate weeks  | Call 01626 778039             |
| <u>THURSDAY</u>                             |   |                               |
| Memory Café                                 | 10– 12pm in the Hall                    | Booking needed                |
| Meals available to be delivered to the home | 12pm—advance booking essential          | See menu and details overleaf |
| Teignaid-Homeless Support                   | 12.30-2.30pm Room 2                     |                               |
| <u>FRIDAY/SAT/SUNDAY</u>                    |   |                               |
| Meals Delivered to the home                 | Alternative Fridays and monthly Sunday. | See Menu overleaf.            |

### Drive, Dine, Connect

#### Digital Days out and 1 to 1 support

This past year, has shown how we now rely on Technology and the internet to stay connected with our loved ones. We are looking for individuals who need help to use devices and those who can offer help to others. **Would you like to learn more?**

The aim is to enable people to use the internet, Games, Zoom and Alexa across different devices to keep in touch with key services, family and friends.

We will be needing Volunteers to help with this roll out initially, it could be working 1 to 1 with someone or as part of a small class at the Centre when we are allowed.

### Pathway to Health— Walking/activity Buddy

Many individuals are struggling more with their mobility as a result of lockdown and not getting out as much as they did previously.

Pathways to health is hoping to combat this. The programme involves pairing up a client with a buddy (Volunteer) who will go for a walk or activity together.

The aim of each session is to improve the mobility of the client, improving their confidence and helping them to meet new people and make friends.

Maybe, also encouraging them to attend an exercise session at the Centre or outdoors, when restrictions allow.

### Bereavement Support and Befriending

We have seen an increase in the need for Grief support. We have been offering bereavement befriending over the past year and now we are hoping to develop face to face groups and training sessions for individuals and organisations on how to deal with loss and also how to talk to those bereaved.

Ann—the lead Volunteer who has been offering the service is looking to extend her team, so we can help more people.

We will also like to run a grief support group in the centre, available for anyone in the community who could benefit.

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

Telephone 01626778039 Email: [info@thealiscross.co.uk](mailto:info@thealiscross.co.uk)

[www.thealicecross.co.uk](http://www.thealicecross.co.uk) [www.facebook.com/alicecrosscentre](https://www.facebook.com/alicecrosscentre)

# Alice Cross Community Centre



|                 | 28 <sup>th</sup> March 21   | 5 <sup>th</sup> April   | 12 <sup>th</sup> April   | 19 <sup>th</sup> April                 | 26 <sup>th</sup> April            |
|-----------------|---|---|--|--|-----------------------------------|
| <b>MONDAY</b>   |   |   |  |  |                                   |
| <b>TUESDAY</b>  | Roast Chicken and all the Trimmings                                   | Tuna pasta Bake with fresh Veg                                | Campfire Stew (Sausage, beans and Mushrooms Hot pot) with Wedges | Irish Stew and Mash potatoes           | Spaghetti Bolognaise              |
| <b>WED</b>      |   |   |  |  |                                   |
| <b>THURSDAY</b> | Vegetable Lasagne with Meat Balls (optional) served with Garlic bread | Stuffed Peppers with Savoury mince and Rice, with Roasted Veg | Tuna Fishcakes with New potatoes and spaghetti Hoops             | Corned Beef Hash with fresh Veg        | Chicken Curry with Rice and Chips |
| <b>FRIDAY</b>   |   | Fish and Chips with Mushy/ Garden peas                        |  | Fish and Chips with Mushy/ Garden peas |                                   |
| <b>SUNDAY</b>   | Roast Gammon and all the trimmings                                    |   | Roast 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.

## Please support our work

**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 Teign-bridge. <https://www.theweatherlottery.com/charitiesHomepage.php?client=ALICE>



**Coop Community Fund**—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>

### Legacy donations and Free Wills service via Tozers solicitors.

[www.Easyfundraising.org.uk](http://www.Easyfundraising.org.uk)

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

[www.smile.amazon.co.uk](http://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

**Also AT THE ALICE**  
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](mailto:stevengbonfield@gmail.com)  
**Room Hire 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.

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

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