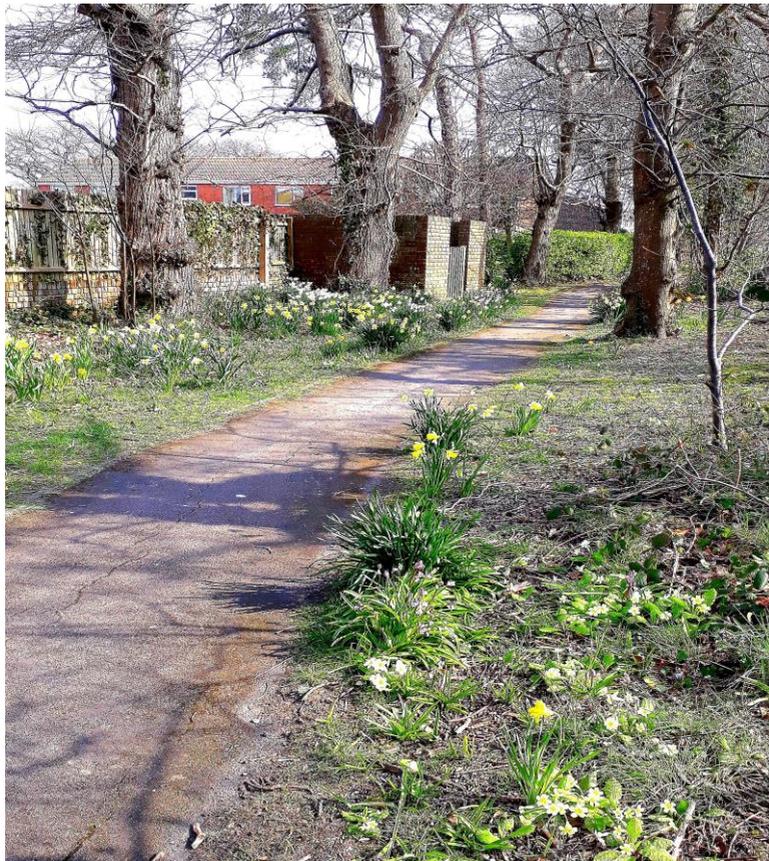


Highcliffe Community Association

at Greystones House



News and Programme of Events
MAY 2020

SECTION MEETINGS

Art	Monday am.	Languages French	Monday am.
Art	Tuesday am.	Languages French	Tuesday am.
Art	Tuesday pm.	Languages Spanish	Wednesday am
Art	Wednesday pm	Literary	Wednesday pm.
Art	Thursday am.	Machine Quilting	Friday pm
Bridge Duplicate	See text	Mahjong	Thursday pm.
Bridge Rubber	Friday pm.	Men's Forum	Thursday am.
Canasta	Thursday evening	Men's Shed	Tuesday pm.
Cards – Bolivia	Monday pm.	Mindfulness etc.	Thursday pm.
Carpet Bowls	Monday pm.	Music	Monday pm.
Carpet Bowls	Friday pm.	Petanque	Tues.pm. Wed.noon Fri.pm
Chess	Monday evening	Photographic	Thursday am.
Chi Kung	Friday am.	Pilates	Tues, Weds, Thurs pm
Craft	Thursday pm.	Quilting	Tuesday am.
Cribbage	Wednesday pm.	Rambling & Ambling	See text
Dancing Ballroom	Tuesday pm	Rockin' Robins	Tuesday evening.
Dancing–Circle	Monday pm.	Rummikub	Tuesday pm.
Dancing-Country	Thurs. evening	Sewing	Monday am.
Darts	Tuesday pm.	Sewing	Wednesday am.
Discussion	Tuesday pm.	Table Tennis	Monday am.
Drama	Thursday pm.	Table Tennis	Thursday am.
Family History	Monday pm	Table Tennis	Saturday am.
Flower Arranging	Wednesday am.	Whist	Wednesday pm.
IPad/iPhone Help	Wednesday am.	Wine Circle	Friday evening
IT Forum	Wednesday pm.	Yoga	Monday noon
Kurling (indoor)	Thurs. am.	Yoga	Tuesday am.
Ladies Forum	Friday pm.	Yoga	Wednesday am

**For more details of section meeting dates and times refer
to relevant entry in Section News**

Highcliffe Community Association
Greystones House, Waterford Road, Highcliffe
Dorset BH23 5JL

Registered Charity No.278035

An Independent organisation run voluntarily by members for members and financially self-supporting

CONTACT US

Telephone: 01425 271604
Email Photocopying: printroom@highcliffeca.co.uk
Email Newsletter copy: newsletter.editor@highcliffeca.co.uk
Website: www.highcliffecommunityassociation.co.uk

CORONAVIRUS

Please note that following the government guidelines Greystones House is now closed until further notice. Many section meetings, events and functions outlined in this newsletter will not now take place. If any doubt exists please make contact with your section leader or committee.

Need support during Covid-19?

Our community response helpline is open 8am to 8pm, 7 days a week for people in vital need of food and essential household items

 **0300 1237052**
bpcouncil.gov.uk/TogetherWeCan

**Are you self-isolating?
No family or friends on hand to help?**

We can help with:

- ✓ deliveries of food and other essentials
- ✓ advice about food banks
- ✓ loneliness and wellbeing issues

You are not alone. We have a dedicated helpline and online information for vulnerable local people and can support you by putting you in touch with local volunteers, council staff and others.

For all other council services visit bpcouncil.gov.uk, or contact us in the normal way:

- Bournemouth **01202 451451**
- Christchurch **01202 795000**
- Poole **01202 633633**

 myBCPcouncil  BCPcouncil  #TogetherWeCan 

REMEMBERING BETTY MUMFORD



It is with great sadness that we have to inform you that our lady President, Betty Mumford, passed away in early April after a short stay in hospital. Betty and her husband Tony, joint Presidents this year, have been members of HCA since 2010 and have been involved in many aspects of Greystone's life. Betty had been a member of the Craft section, Ladies Forum and the Music section but her main involvement was in the print room office. Betty was an extremely talented lady on her computer, keeping up with modern technology despite a stroke which impaired her sight. She was someone who loved a project and it's thanks to her that we have enjoyed the colourful and creative posters around the building advertising our various events. Betty was the kindest person who was always willing to help anyone and we will all miss her enormously. Our thoughts are with Tony and his family at this sad time.

CHAIRMAN'S CHAT

Email: chair@highcliffeca.co.uk

SECRETARY

Email: secretary@highcliffeca.co.uk
Linda (271604)

TREASURER

Email: treasurer@highcliffeca.co.uk
Jan (276450)

NEWSLETTER EDITOR

Email: newsletter.editor@highcliffeca.co.uk
Norman (275674)

ASSOCIATION MATTERS

LETTING NEWS

Email: lettings@highcliffeca.co.uk
Pauline (273563)

RECEPTION

Lynn (07754 216164)

MEMBERSHIP

Email: membership@highcliffeca.co.uk
Mavis ()

Membership renewals

This year, we will be trialling a new membership renewal system whereby members will not be asked to complete a renewal application form.

We will simply print off new membership cards on thick coloured card (with a plastic sleeve) for all current members: these will be in alphabetical order for receptionists to allocate when members renew and pay.

All we would ask is that all members check that we hold their correct information on file. Any change of address, phone numbers, email addresses etc. should still be advised to the Membership Secretary as normal.

Also any member who has signed up for gift aid previously, please confirm that nothing has changed and that the Association can still claim the gift aid back.

Renewals will only be available from 1 April onwards and the cost is £10 as per last year. There will be a dedicated table in the foyer from that date to deal with all renewals/queries.

We will have a rubber stamp with our name on available for cheques and you will need to bring your old membership card with you for us to keep.

We hope this new system proves more efficient for all and look forward to your continued support.

In addition, we are looking to hold emergency contact details for all members, for use in the case of an emergency. Again, this will be requested at renewal for those that wish to supply this information.

Many thanks.

TEA AND COFFEE SERVERY

Barbara (620811)

EQUIPMENT & MAINTENANCE

Martin (07974 542815)

IN MEMORIAM

Mavis ()

I am sad to report the death of the following member :-

Betty Mumford
Michael Fay

Our thoughts and sympathy are with her loved ones and friends.

GENERAL INTEREST

Nu.2.U. LADIES CLOTHES SHOP

Open Thursday 1.15 – 3.45pm

Friday 9.30 – 12.30 pm

Shop Team: Angie, Mary, Chris, Hazel.

4 Men 2 Shop

Managed by John Crimes

LIBRARY CORNER

Barbara ()

PUBLICITY

Chris (271453)

QUIZ

Audrey (278643)

Thanks to Dr Mike Thacker for this summary of the current crisis:-

A sideways look at Coronavirus

2020 will be remembered for several things beginning with B, but we will move on to the next letter of the alphabet, **C**.

Again several words come to mind, namely **C**oughs and **C**olds, leading on to the dreaded word **C**oronavirus, although not the beer of the same name, which would have made many people a lot happier.



However the beer and the virus do have one thing in common – the

Corona word borrowed from the Latin *corōna* meaning "garland worn on the head as a mark of honour or emblem of majesty". The virus, when looked at under a powerful microscope, does have this "Crown" appearance which enables it to stick onto certain human cells.

What is a coronavirus, I hear you say?

This is a type of common virus that infects humans, typically leading to an upper respiratory infection (runny nose, sore throat, feeling unwell, cough, and fever). Seven different types of human coronavirus have been identified. The viruses are spread through the air by coughing and sneezing, close personal contact, touching an object or surface contaminated with the virus. The illness caused by most coronaviruses usually lasts a short time, and on most occasions is mild; however a few can be more severe, such as MERS and SARS, and now the dreaded **C** word.

Where did it come from, I hear you say?

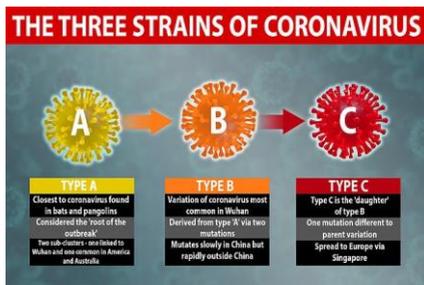
Here we have another "**C**" word, and China seems to be in the dock, although history may say differently. The present theory is that the virus, which seems to have a home in Pangolins and Bats without causing them any particular harm, was passed onto humans.



What is the western world missing by not eating the scales from Pangolins and horns from Rhinos? SARS also originated in **China**, and was (again) spread from bats to humans.

What can we do to overcome it?

There are two ways of looking at this question, the first being **Prevention**, and the second being **Treatment**. At the present time there is no form of specific treatment, but in due course a vaccine will be produced (similar to the annual "flu" vaccine) which will be aimed at prevention; however, like the flu vaccine, which has to be modified each year because the flu virus alters itself, the same will probably occur with any **Coronavirus** vaccine (this virus already has three slightly different formats).

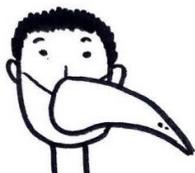


The main form of "prevention" is not to get the disease, hence the government's approach of self-isolation.

The virus is enclosed in a fatty coating, hence the advice to wash ones hands in soap and water, which breaks down the fatty coating and destroys the virus. **FAT** Coronavirus spreads when an infected person coughs or sneezes small droplets - packed with the virus - into the air. These can be breathed in, or cause an infection if you touch a

surface they have landed on, then your eyes, nose or mouth. So, **C**oughing and sneezing into tissues, not touching your face with unwashed hands, and avoiding **C**lose **C**ontact with infected people are important.

Simple **face masks** are unlikely to make any difference, although if someone who is infected coughs or sneezes whilst wearing a mask, it is likely that any droplet spread will be reduced.



The Bird Man Mask

**Remember, when all else fails,
there are other words
beginning with C such as
Chocolate, Cereal bars,
Croissants, and Candyfloss.
Keep smiling!**

SECTION NEWS

New Group

Mindfulness, Meditation and Breath Work

Meetings: 4.15pm Thursdays

£3 per session paid termly (including £1 group fee)

Ring Debbie 07523 408368 for more details.

ART – Monday am

Contact - Jeanne (271810)

Meetings – 10.00am Monday Weekly

ART – Tuesday am

Contact – Rosemary (274056)

Meetings – 10.00am Tuesday Weekly

ART – Tuesday pm

Contact – Margaret (280162)

Claire (01590 643635)

Meetings – 2.00pm Tuesday Weekly

ART – Wednesday pm

Contact – Barry (272878)

Meetings – 2.00pm Weds. Weekly

ART – Thursday am

Contact – Pat (275563)

BRIDGE – Duplicate

Contact – Phyl (612337)

New members (experienced or improvers) and visitors are always welcome

Website

www.bridgewebs.com/highcliffe/

Details on how to navigate around the website are shown on Home Page.

BRIDGE – Rubber

Contact – Martin (276971)

Or Steve (07922 120918)

Meetings – 1.30pm Friday Weekly

CANASTA

Contact – Olive (274813)

Meetings – 6.30pm Thursday Weekly

CARDS – BOLIVIA

Contact – Avril (277346)

Meetings – 1.30pm Monday 27th April

CARPET BOWLS

Contact – John (277553)

Meetings – 2.00pm Monday
2.00pm Friday

CHESS

Contact – Ron (277514)

Meetings – 7.00pm Monday Weekly

CHI KUNG

Contact – Karen (07786 304105)
Meetings – 11.30am Friday Weekly
4.15pm Tuesdays Weekly

CRAFT

Contact – Brenda (278842)
Meetings–1.30pm Thursday Weekly.

CRIBBAGE

Contact – Eric (621334)
Meeting–1.30pm Wednesday Weekly

DANCING TUITION. Ballroom and Latin

Professional tuition from Dawn [of Dawn Dance]
Contact – Graeme (07874 327087)
Meetings – 2.00pm Tuesday Weekly
(except first week in the month)
First Time is a free taster session

DANCING – Circle

Contact - Nancy (277920)
Meetings – 2.00pm Monday

DANCING – Country

Contact – Denise (629704)
Meetings – 7.30pm Thursday 2,9,16,23,30

DARTS

Contact – Wendy (271390)
Meetings – 2.00pm Tuesday Weekly
- 7.00pm 2nd and 4th Thursday

DISCUSSION

Contact – Jill (280247)
Meetings – 2.00pm First Tuesday

DRAMA

Contact – Beryl (275535)
or Mary & Eddie (278790)
Meetings– 2.00pm Thursday Weekly

FAMILY HISTORY

Contact – Jean (277905)
Meetings – 2.00pm 3rd Monday

FLOWER ARRANGING

Contact – Valerie (274516)
Meetings –10.00am 1st & 3rd Wednesday

IPAD / IPHONE HELP

Contact – Derek (07437 705015)

Meetings – 11am Wednesday Weekly

IT FORUM

Contact – Norman (275674)
Meetings – 2.00pm 2nd & 4th Wednesday

KURLING (indoor)

Contact – Hazel (540228)
Meetings – 10.00am. 1st & 3rd Thursday

LADIES FORUM

Contact – Margaret via Greystones
Meetings – 1.45pm 2nd Friday each month

LANGUAGES

Contact – Christine (275861)
Meetings – 10.00am Mon. French Weekly
- 10.30am Tues. French Weekly
-10.00am Weds. Spanish Weekly

French, Mondays – 10 a.m. (Mr. Clive Sampson)

French, Tuesdays – 10.30 a.m. (Mrs. Frances Morley)

Spanish, Wednesdays – 10 a.m. (Mr. Nicholas Hester)

LITERARY

Contact – Tom (272822)
Meetings – 2.00pm Wednesday 1

MACHINE QUILTING

Contact – Susy (275403)
Cherry (272593)
Meetings– 1.00pm Every Friday except 2nd.

MAHJONG

Contact – Rowena (278248)
Meetings - 1.30pm Thursday weekly

MEN'S FORUM

Contact - Mike (277370)
or Ron (277739)
Meetings – 10.30am Thursday

MEN'S SHED

Contact – John (07547 922246)
Meeting – 2.00pm 1st Tuesday

The following brain teaser has been kindly contributed by John Pegram from Men's Shed :-

1	7D in a W	
2	1066 B of H	
3	13 U F S	
4	5R on the O F	
5	W F at 32 D F	
6	180 M S with 3 D	
7	6 W of H the E	
8	2468 W D W A	
9	1666 G F of L	
10	2 P in a P	
11	12 S of the Z	
12	29 D in F in a L Y	
13	10 C	
14	3 B M	
15	7 A W of the W	
16	1966 E W the W C	
17	180 D in a T	
18	23A S G D	
19	14 D in a F	
20	64 S on a C B	
21	16 O in a P	
22	14 F, V D	
23	9 L of a C	
24	57 H V	
25	101 D	
26	3 W M	
27	1 H on a U	
28	1969 F M on M	
29	SW and the 7 D	
30	52 C in a D	
31	10 D S	
32	1000 M in a L	
33	24 H in D	
34	25D, C D	
35	100,000 C in a K	

MINDFULNESS and MEDITATION

Contact – Debbie via reception

Meeting – 4.15pm Thursday

Come and discover this wonderful class, to help beat the stress of modern life

MUSIC

Contact – Mike (270378)

PETANQUE

Contact – Carol (280154)

Meetings – 1.00pm Tuesday Weekly

1.00pm Friday Weekly

Contact – Bernard Gilbert (07578 967622)

12.00pm Wednesday Weekly

PHOTOGRAPHIC

Contact – Anna (274926)

Meetings – 9.45 am Thursday 9th

PILATES

Contact –

Meetings – Tuesday 12.15 – 1.15pm

Wednesday 6.00pm **NEW**

Thursday 12.00 – 1.00pm

QUILTING – Tuesday

Contact – Anna (274926)

Meetings – 9.30am Tuesday Weekly

Email: anne.hutton27@sky.com

RAMBLING & AMBLING

Members Social Events

RAMBLES.

Contact - Nigel Hicks (277456)

AMBLERS

Contact – Trish [280427]

ROCKIN' ROBINS

Contact – Freda (275059)

Meetings – 7.00pm Tuesdays

RUMMIKUB

Contact – Margaret via Greystones

Meeting – 1.30pm 2nd & 4th Tuesday 10, 24

SEWING

Contact – Karen (839519)

Meetings – 10.00am Monday. Weekly

10.00am Wed. Weekly

Members of the sewing/craft group are making scrub bags for the hospitals and masks for the public using resources from the craft room at Greystones. Ring Brenda for more information.

TABLE TENNIS

Contact – John (274813)

Meetings – 9.30am Monday Weekly
- 9.30am Thursday 2,9,23.30
- 9.30am Saturday Weekly

WHIST

Contact – Olive (274813)

Meeting – 1.45pm Weds. Weekly

WINE CIRCLE

Contact – Jenny (240082)

Meetings - 7.30pm Friday

YOGA

Contacts - Sandy (270786)

Meetings – Mon & Wed Yoga

Class 11.30 Mondays

Class 10.00 Wednesdays

There are currently places available on Monday.

AFFILIATED ORGANISATIONS

CHRISTCHURCH PROBUS CLUB

Contact – David Dunsmore (838672)

Ours is a friendly club for retired men from business and professional backgrounds, meeting at 10.15am on the first Tuesday of every month at the Christchurch Harbour Hotel, Mundeford Road. Interesting speakers, excellent lunch, welcoming, friendly atmosphere and regular social events.

To find out more, visit our website www.probuschristchurch.com, or contact our Secretary, David Dunsmore on 838672.

CHRISTCHURCH HISTORY SOCIETY

SOCIETY

Contact – Geoff Bush (272773)

Because of the coronavirus problem and the uncertain situation in the near

future, the Society has decided to cancel future evening meetings until Tues 1st September 2020. Speakers that have been cancelled are being re-booked for later this year.

FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES

Contact - Jan Clarke (277635)

(Christchurch Lib. 01202 485938)

(Highcliffe Lib. 01425 272202)

(Times for all events are 2.30 – 4.30pm with refreshments served at the end.

HIGHCLIFFE DEMENTIA SUPPORT GROUP

Contact – Sally Palmer (07541 331881)

We are a totally independent group serving anyone in the Christchurch area with any kind of dementia together with a friend or carer. There is no charge for joining but we do ask for a modest payment towards expenses and refreshments when you are present.

Our leader has a wide experience of nursing and is herself a carer. She can discuss any queries you have in private. We meet at St Mark's Church Library in Hinton Wood Avenue, Highcliffe, from 2.0pm until 3.45 pm on the first and third Wednesdays of each month. It is a warm and comfy venue and parking is free. There is always plenty of fun and laughter in the room.

The programme is very varied and there is a chance to make new friends over refreshments. Why not give us a try?

HIGHCLIFFE FRIENDS IN NEED

Contact – Cressida Belbin (279328)

Volunteer Car Service

Due to the seriousness of the Coronavirus situation, Highcliffe Friends in Need will not be taking

any bookings for transport to ANY medical appointments until further notice.

HIGHCLIFFE & DISTRICT HORTICULTURAL SOCIETY

Contact – Judy (01202 477350)

The Highcliffe & District Horticultural

HIGHCLIFFE MEDICAL CENTRE

Patients Participation Group

Contact – Michael Williams (07484 778364)

or highcliffeppg@gmail.com

Building Works: From Monday 2nd March we are commencing major building works at the surgery this will affect the availability of parking spaces in the Practice car park.

If patients can possibly park off site for the duration of the building works this would be most appreciated.

Do you have symptoms of a cough, cold or fever? If you have symptoms of a cough, cold or fever and have recently come back from travelling abroad or been in contact with someone who has recently travelled abroad, **please DO NOT come to the surgery**, please telephone 111 for advice.

For more information, contact the medical centre or go to the website: www.highcliffemedicalcentre.co.uk

HIGHCLIFFE ROTARY CLUB

Contact – Dave Foot (613652)

HIGHCLIFFE THEATRE GROUP

Contact - CELIA ROSKILLY – 272566

At this difficult time, we are hoping that you are well and keeping your spirits up. With theatres closed and shows cancelled, we now have news from one theatre on how to watch one of their shows on our computer and/or

television. Perhaps more theatres will follow.

We have shows booked in the later part of the year; i.e. making a judgement on the coughing Major in Quiz, the London Concert Orchestra playing Spectacular Classics, and feeling the cold, cold snow in White Christmas. We are also getting notices of next year's shows, which we will book when we can.

If you live in Highcliffe/Friars Cliff area, and you are not a member, then now is the time to join. A luxury coach will collect you and drop you back, near to your home, and we look forward to meeting you. Bring your husband, your wife, a special friend, or just come on your own, you will be very welcome.

We travel to many, many places and keep trying new venues too. We have already celebrated over 50 years of visiting theatres and concert halls and, despite this current set back, we have plans for at least another 50 years.

Call Celia on 01425 272566, before 6pm please – and join us – you will be most welcome.

HIGHCLIFFE WOMEN'S INSTITUTE Amberwood

Contact –

NEW FOREST ORGAN SOCIETY

Contact – Pat Heath (611438)

Live Music For Everyone

Contact Stewart Langton 618074

or Email: jenart08@gmail.com

ROYAL NAT. LIFEBOAT INSTITUTION

Highcliffe Branch

Contact Jan Wilson (271202)

TWYNHAM PROBUS CLUB

Contact – Alec Payne (01425 838259)

NEWSLETTER PREPARATION DATES 2020

Newsletter Issue	Preparation Month	Copy Date	Print Date	Publication Date
June	May	18 MON	27 WED	28 THU
July/August	June	15	24	25
September	July	13	22	23
October	September	14	23	24
November	October	19	28	29
December/January	November	16	25	26

COPY DATE FOR JUNE NEWSLETTER

MONDAY 18 May

PUBLICATION THURSDAY 28 May

Note from the Editors:-

During the coronavirus crisis the editors of the newsletter would welcome appropriate, interesting or useful items from members to include in the forthcoming issues of the magazine. Please email to Newsletter.editor@highcliffeca.co.uk*

** Contributions to be published at the Editor's discretion.*