

Highcliffe Community Association

at Greystones House



**News and Programme of Events
December 2020 – January 2021**

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

CHRISTCHURCH COMMUNITY PARTNERSHIP

Introducing Telephone Friendship Groups

We are delighted to be setting up a number of Telephone Friendship Groups aimed at bringing people together to offer the opportunity for friendship and to help overcome social isolation.

The Telephone Friendship Groups (TFGs) are the result of an exciting collaboration across the BCP conurbation, which brought together the BCP authority, charities and church groups. The Christchurch Community Partnership (CCP) is thrilled to be part of this initiative.

We offer group telephone chats to groups of 5 people, hosted and facilitated by a CCP trained volunteer.

2020 has highlighted loneliness and isolation across all sectors of our community as normal social activities have been cut back in response to the coronavirus pandemic.

We hope that our TFGs will go some way to helping folk feel less alone, offer them a different focus, a way of maintaining social connections and something to look forward to.

The groups run once a fortnight and last for approximately 45 minutes. To take part all you need is your telephone and we at the CCP will organise the rest.

If you are part of a group of friends or an interest group or alone and wanting an opportunity to chat to like minded folk and would like to participate we would love to hear from you.

Alternatively you may want to train as a volunteer host and work to support this project.

If you would like to find out more please contact Geraldine Brown at the CCP. Geraldine will be happy to give you more information and answer any questions you

have. Geraldine can be contacted by email ccp.coord@gmail.com or phone 07719 867 696.

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 ()

TEA AND COFFEE SERVERY

Barbara (620811)

EQUIPMENT & MAINTENANCE

Martin (07974 542815)

Premises and Maintenance Manager

Highcliffe Community Association needs a Premises and Maintenance Manager to look after Greystones House. The position is voluntary and covers all aspects of maintaining the building and the equipment used by its many Sections who

meet inside..Much of the task involves managing contractors to maintain this lovely building and liaising with the management committee on the finances.

If you might be interested, please send an email to the Secretary at secretary@highcliffeca.co.uk

IN MEMORIAM

Mavis()

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

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

BINGO

Every Saturday

GREYSTONES HOUSE
Eyes down at 1.30pm.

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)

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 – John Lee – (279257)

Website

www.bridgewebs.com/highcliffe/

Details on how to navigate around the website are shown on Home Page. Phyl Hart has retired as Secretary after many years of hard work.

Duplicate - normally Monday and Wednesday evenings at 6.15pm for 6.30pm start.

Arrangements during closure of Greystones House. HDBC have

organised an 'One-Line' pairs weekly tournament on StepBridge. It is played every Wednesday evening at 7pm. Further details can be obtained from Arthur Whittaker on 01425 621 479

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 (276346)
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.

The Machine Quilting group have not been idle during the lockdowns. Earlier in the year, some of our group were making scrubs for the hospital staff, assembling face visors, sewing face masks – and generally doing their bit for the community. Others were involved in making a ‘rainbow’ quilt to be donated to one of the hospital charities for raffling, to help raise funds. For this we each designed and produced a rainbow panel – and these were assembled into a quilt, put together by our group leader Susy. When it was completed, (and before the rule of 6 was imposed!) Susy hung the quilt on a washing line in her garden, so that we could call round and see the results of our efforts. Since then, we have offered it to Southampton MacMillan Cancer Centre, but they cannot raffle it at present. It might be raffled when times become a bit more normal.



More recently we have been busy with Christmas projects for friends and family, including rag dolls, Christmas stockings (photos attached), and we have planned another group quilt, this time with months of the year, each person choosing a month and creating an appropriate panel. These will be combined into a quilt – again destined to be raffled to raise funds for Project Linus (charity for sick babies, children and teenagers), or one of the local hospital charities.



We keep in touch by e-mail – lots of chatter with photos of ongoing work attached, but we do miss the friendly 'Quilt-and-Natter' Friday afternoon sessions at Greystones. Won't it be lovely when we can all get back together again!

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

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 – Lorena (07444847191)

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)

Socially distanced walks, if arranged, will be advised to members by email.

Contact the leader if you have any queries. New members always welcome to our friendly group. Let's hope we can get back to normal soon.

AMBLERS

Contact – Trish [280427]

ROCKIN' ROBINS

Contact – Freda (275059)

Meetings – 7.00pm Tuesdays

RUMMIKUB

Contact – Margaret via Greystones

Meeting – 1.30pm 2nd & 4th Tuesday

Just to wish all friends at Rummikub a peaceful Christmas. I do hope that we will be able to meet up at Greystones in 2021!

Also a huge Thankyou to our Executive committee for all their endeavours (both physical and mental!) on our behalf during the past year. Much Appreciated.

SEWING

Contact – Karen (839519)

Meetings – 10.00am Monday. Weekly

10.00am Wed. Weekly

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, Mudeford 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

Contact – Geoff Bush (272773)

FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES

Contact - Jan Clarke (277635)
(Christchurch Lib. 01202 485938)
(Highcliffe Lib. 01425 272202)

As with other clubs / societies, we have had to cancel all our talks / events for the rest of the year and will restart, hopefully, in 2021. All the speakers we had booked are willing to reschedule their talk for next year, but at the moment we are obviously unable to set any dates. It is such a shame.

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

To help Highcliffe Medical Centre Staff get through this pandemic listed below are some suggestions on how patients can help.

- Use e-Consult – available through the practice website (this is a system where patients email their medical query in, and a doctor responds via email) – to avoid visiting the surgery and to enable the surgery to handle queries more efficiently.
- You may be offered a bookable telephone appointment. This frees up clinicians face to face time and lowers any risk.

- Continue to phone the surgery if you are ill with a condition other than Covid-19. Triage is still available through the practice for emergency illnesses other than Coronavirus. Patients can phone in the normal way - but should be prepared for a slightly longer wait to get through any recorded messages and phone queueing. Be reassured you will get through.

- Patients should not sit and wait out an illness, trying to be helpful by staying away. A delay in treatment can result in you later becoming seriously ill, which will put even more strain on the NHS. By staying away you are not always helping the NHS by not talking to a clinician.

- Use the wide range of NHS services correctly if you are ill. These services have been designed to reduce strain on frontline services by encouraging patients to self-serve, or to seek support from the right NHS service (such as pharmacists, or walk-in centres).

- Use the NHS 111 online Coronavirus service if you are worried that you may have Coronavirus. Only call 111 if you cannot get online, your symptoms worsen or have been instructed to. Lastly call 999 if you believe someone's life is at risk.

HIGHCLIFFE ROTARY CLUB

Contact – Dave Foot (613652)

HIGHCLIFFE THEATRE GROUP

Contact - CELIA ROSKILLY – 272566

- BEFORE 6PM PLEASE

The Highcliffe Theatre Group Committee are working hard during this difficult time, but we are seeing a light at the end of the long tunnel. Theatres are gradually opening again and productions are being planned in the coming months. We have reserved seats for shows in 2021 and,

as a Highcliffe Theatre Group member, you will have the first choice. We keep all our members informed as to what we are doing and what plans we have in the next few months.

We are also in close contact with Excelsior, the coach company we use, receiving regular updates from them.

The theatres and concert halls are trying SO hard to survive, we must do all we can to help.

If you live in Highcliffe or Friars Cliff and are not a member, then now is the time to join. 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.

Call Celia on 01425 272566, before 6pm please – and join our Group – you will be very welcome.

ROYAL NAT. LIFEBOAT INSTITUTION

Highcliffe Branch

Contact Jan Wilson (271202)

TWYNHAM PROBUS CLUB

Contact – Alec Payne (01425 838259)

COPY DATE FOR FEBRUARY NEWSLETTER

MONDAY 18 January

PUBLICATION THURSDAY 28 January

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.*

Need support during Covid-19?

Our community response helpline is open 9am to 5pm
Monday to Friday, for people in urgent need of food
and support.



0300 1237052

Do you know someone who is self-isolating who might need assistance?

Or do you need help with access to food and support?

We can help with:

- ✓ deliveries of food
- ✓ and other essentials advice about
- ✓ access to food loneliness and
- ✓ wellbeing issues prescription collection

bcpcouncil.gov.uk/TogetherWeCan

