

Highcliffe Community Association at Greystones House



Autumn Crocus

News and Programme of Events

October 2021

SECTION MEETINGS

Art	Monday am.	Languages French	Monday am.
Art	Tuesday am.	Languages French	Tuesday am.
Art	Tuesday pm.	Literary	Wednesday pm.
Art	Wednesday pm	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	Tues,Wed,Thurs pm.
Cards – Bolivia	Monday pm.	Mindfulness etc.	Thursday pm.
Carpet Bowls	Monday pm.	Music	Monday pm.
Carpet Bowls	Friday pm.	Petanque	Tues pm,
Chess	Monday evening		Wed noon, pm
Chi Kung	Friday am.		Fri am pm.
Craft	Thursday pm.	Photographic	Thursday am.
Cribbage	Wednesday pm.	Pilates	Tues, Thurs pm
Dancing Ballroom	Tuesday pm		Wed evening
Dancing–Circle	Monday pm.	Quilting	Tuesday am.
Dancing-Country	Thurs. evening	Rambling & Ambling	See text
Darts	Tues pm Thurs evenin	Rockin' Robins	Tuesday evening.
Discussion	Tuesday pm.	Rummikub	Tuesday pm.
Playreading/Drama	Thursday pm.	Sewing	Wednesday am.
Family History	Monday pm	Table Tennis	Monday am.
Flower Arranging	Wednesday am.	Table Tennis	Thursday am.
ICT Help	Wednesday am.	Table Tennis	Saturday am.
IT Forum	Wednesday pm.	Whist	Wednesday pm.
Kurling (indoor)	Thurs. am.	Yoga	Monday noon
Ladies Forum	Friday pm.	Yoga	Tues am. Tues 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.1189336

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

VOLUNTEERS REQUIRED

We appreciate all our wonderful volunteers
but we are always in need of more people
to volunteer to help us.
we need people for

Kitchen
Reception
Friday Raffle

Help and advise will be given to help you settle in

HIGHLIGHTS for OCTOBER

Every Friday – “Music Live” in Room 1 from 10.30am

Friday 1 – Film Night – 23 Walks – 6.30 for 7.00pm

Saturday 23 - Social and Supper 6.30 for 7.00pm

Vaccinations and Social Distancing

The trustees have agreed that we will NOT be asking for proof of covid vaccination unless required by government ruling.

Any social distancing recommendations set out by the government after 21 June and in the following months will be adhered to at Greystones.

Acting Chairman (On behalf of the Management Committee)

Email: cliff.putterford@highcliffeca.co.uk Tel: 07720 467695

SECRETARY

Email: secretary@highcliffeca.co.uk

TREASURER

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

NEWSLETTER EDITOR

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

ASSOCIATION MATTERS

AGM

THURSDAY 2 DECEMBER 4.30pm
OLD AND NEW CHARITIES.

Further information to follow in the November newsletter.

FRIDAY LIVE

We urgently require help with the setting out and putting away of tables and chairs on Friday mornings for Friday Live at 9.30/10.00am. Finishing time is 12 noon. Any help would be appreciated.

LETTING NEWS

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

RECEPTION

Lyn (274301) Hazel. (540288)

MEMBERSHIP

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

TEA AND COFFEE SERVERY

Barbara (620811)
barbara.thacker@highcliffeca.co.uk

EQUIPMENT & MAINTENANCE

Martin (07974 542815)

IN MEMORIAM

Mavis ()

I am sad to report the death of the following members-

Graham Haslegrave
Kay Ireland
Dee Guinn
Marjorie Pike

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

BINGO

Every Saturday

GREYSTONES HOUSE
Eyes down at 1.30pm.

GENERAL INTEREST

NEW.2.U LADIES CLOTHING BOUTIQUE

Contact – Monica (07739 420244)

WOW, what a brilliant reopening we had for the wonderfully refurbished New.2.You Ladies Boutique on the 26th August. Thank you to everyone who kindly made donations which meant we had a gorgeous collection of ladies clothing and accessories. You will be pleased to hear we have done very well over the first few weeks-and long may it continue.

As a reminder, 100% of the monies raised from the sale of donated items including those on the sale rail go directly to HCA. So please keep the donations coming in, we are currently looking for donations of new / good as new, handbags, winter hats, and ladies clothing particularly in the size 16 / 18 range.

In addition, on the 9 Sept. we opened up the 50 / 50 section of the shop. This means that members can bring along up to 3 items, the proceeds upon sale being split between the member and HCA. Items must again be in new / as good as new condition please.

Please be aware that all donations are now only accepted into the shop on Thursday afternoons.

Change of shop opening times below:

Thursday 1.45 – 3.45

Friday 9.45 – 12.45

So come up and see what's changed and view our wonderful new stock for late summer and autumn, as well as

great sale items. Don't miss the opportunity to grab a great deal and update your wardrobe.

Thank you all for your support, looking forward to seeing you soon.

LIBRARY CORNER

Barbara ()

Hello everyone,

Many thanks to my regulars and new members who have supported the library over the last few weeks. I have so enjoyed all our chats especially after not seeing Greystone's members for such a long time.

We still need more members to make use of our wonderful library facilities as it is our contributions, at only 20p per item to borrow anything from the library, which helps to pay for electricity, heating etc. of our wonderful 'Greystones' and all it's facilities.

DONATIONS

As usual all our shelves are extremely full and at the moment I can only accept latest and good condition fiction paperbacks and 'complete' jigsaw puzzles.

Special thanks to Terry and Terry for their generous large donation. It is appreciated by us all. Also my thanks go to all who have donated over the past few weeks.

APOLOGIES

We have had a slight hiccup in the library due to a leg coming off our gorgeous round table. Apologies for any disruption and for the little adjacent room not being available due to storing the glass table top in that room. My thanks go to 'Men's Shed' who dismantled the table for me and to Tim our maintenance man who is repairing it. Hopefully everything in the library

will be back to normal by the time you read this.

I look forward to seeing the library 'regulars' this autumn but especially want to see more members using our wonderful library facilities.

PUBLICITY

Chris (271453)

Saturday 23 October Social and Supper. 6.30 for 7pm. Tickets £10. for members.

Sunday 14 November. Remembrance Day Lunch.

Time 12.30 for 1pm. The Great British Meal of Bangers and Mash (veggie option) followed by apple pie and cream. Music by Don and Dave. Tickets which are on sale now will be £10 for members. Non members will be put on a waiting list, ticket price £12. Please bring your own drinks and glasses. Any special dietary requirements or any questions, please ring Jan on 07999831649

Friday 26 November Quiz and Chips.

Time 6.30 for 7pm. Tickets £10 members.

Friday 17 December Friday Live
Mulled Wine and Mince Pies. Time 10.30 - 12noon.

CINEMA

Future Friday Films.

Friday 5 November 'Nomadland' starring Frances McDormand and David Strathairn

Friday 3 December 'Dream Horse' starring Toni Collette and Damian Lewis.

Doors open at 6.30pm, performance at 7pm. Tickers available from Reception.

SECTION NEWS

ART – Monday am

Contact - Diane (01202 426472)

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

At last we are getting into the right frame of mind to get back to producing some glorious “masterpieces”.

We are all suggesting new subjects and ideas to make our meetings fun and interesting. We are a friendly group and would also be happy to welcome new members.

Contact Claire on 01590 643635

ART – Wednesday pm

Contact – Barry (272878)

Meetings – 2.00pm Weds. Weekly

BRIDGE – Duplicate

Contact – John Lee – (279257)

Website . Contact

www.bridgewebs.com/highcliffe

Bridge at Greystones: 6.15 for 6.30 start. No host system for the time being. If you do not have a partner please contact a member of the Committee.

Monday evenings: starting 13 Sept.

Wed. evenings: starting 29 Sept.

StepBridge: From 23 Sept we will play on Thursday evenings. Please Logon the day before. We urgently need more volunteers to act as TDs. Please contact either David Charlton or Arthur Whittaker on 01425 621479

AGM: Wednesday 22 September.
Refreshments from 5.30pm and AGM starts at 6pm. We will play fun bridge after the meeting.

Bridge/Lunch: Friday 29 October at South Lawn Hotel. Sign Up Sheet available at Greystones on Club Nights

BRIDGE – Rubber

Contact – Martin (276971)

Or Steve (07922 120918)

Meetings – 1.30pm Friday Weekly

CANASTA

Contact – David (0797144463)

Meetings – 6.30pm Thursday Weekly

CARDS – BOLIVIA

Contact – Avril (276346)

Meetings – 1.30pm 2nd & 4th Monday

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 – 10.30 & 11.30am Friday Weekly

CRAFT

Contact – Brenda ()

Email: CRAFT to bimarv@gmail.com

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) or Dawn (07979 963935)

Meetings – 2.00 to 4.00pm Tuesday Weekly
Please note for the time being, due to current health & safety concerns, we

can only accommodate couples, and we currently have space for several more.

First Time is a free taster session

DANCING – Circle

Contact - Nancy (277920)

Meeting – 2.00pm Monday

DANCING – Country

Contact – Jan (01202 427523)

Meetings – 7.30pm Thursday

Our callers are now planning the evening programmes to ensure we practice certain steps and moves. This is not only helping our new members but is a great refresher for the rest of us. Our Figures of Eight and our Ladies Chains are improving!

DARTS

Contact – Wendy (271390)

Meetings – 2.00pm Tuesday Weekly

Contact Brenda (839789)

- 7.00pm Thursday Weekly

DISCUSSION

Contact – Jill (280247)

Meetings – 2.00pm First Tuesday

The September meeting began with the election, by ballot, of a new chairperson. We thank the outgoing chairperson for his excellent contribution to the group and wish him well.

A lively and enjoyable afternoon ensued and various topics were offered for discussion. We touched briefly on global warming and agreed that it can take at least a generation to change attitudes. We talked about the new N.I. contributions and future plans for social care. Use of mobility scooters and electric scooters were discussed and rules of use should be clarified. Not surprisingly, no one took up the challenge of wanting to be the Prime Minister when the question was raised!!!

The next meeting is on Tuesday 5 October in room 2 at 2pm. Please do come along and join us. You would be most welcome.

PLAY READING & DRAMA

Contact - Tom (272822)

Or Mary & Eddie (278790)

Meetings - 2:00pm Thursday (Weekly)

The Glass Menagerie is beginning to reveal the secret dreams of its doomed characters and newcomers Peter and Josie seemed to find our group most enjoyable.

For October the library have been able to obtain Harold Pinter's THE BIRTHDAY PARTY: some sinister men will be a top priority.

We did have a special lunch to thank Beryl for all her enthusiasm over the years and she was on fine form.

FAMILY HISTORY

Contact – Pauline (273563)

Meetings – 2.00pm 3rd Monday

FLOWER ARRANGING

Contact – Valerie (274516)

Meetings – 10.00am 1st & 3rd Wednesday

6 October

Titles: Harvest Collectables or
Autumn Rays

20 October

Titles: Changing Seasons

We have given a warm welcome to several new members. Our meetings are informal and guided along by Valerie. As we leave Greystones with our varied designs, friendship, satisfaction and pride is visible to all.

ICT HELP

Contact – Derek (07437 705015)

Meetings – 11am Wednesday Weekly

IT FORUM

Contact – Norman (275674)

Meetings – 2.00pm 2nd & 4th Wednesday

13 Oct. – Discussion group session. A general discussion of any computer matter raised by a member or new featured in the computer world.

27 Oct. – Desktop Publishing - Demonstrations of different types of desktop publishing software suitable for projects ranging from books and reports to brochures and photographs. New section members are always welcome to join us at any meeting subject to an attendance fee of £2.

KURLING (indoor)

Contact – TBA

Meetings – 10.00am. 1st & 3rd Thursday

LADIES FORUM

Contact – Margaret (via Greystones)

Meetings – 1.45pm 2nd Friday each month

At last! The Ladies' Forum met again at Greystones after the long lockdown gap. We were delighted to see a mixture of twenty-eight returning and new members as well as receiving apologies from a further eight unable to attend in September but intending come along as soon as possible. Our speaker was Ian Schulz who talked knowledgeably about his visit, with his wife, to Indonesia. His fascinating talk was illustrated by the beautiful photos he had taken. He showed us mammals, including the proboscis monkey and various apes. In addition there were butterflies, insects, lizards... including the Komodo dragon and its prey... as well as scenery and other points of interest. Next month we will hold our very delayed, shorter than usual, 2021 AGM followed by home-grown entertainment.

LANGUAGES

Contact – Christine (275861)

Meetings – 10.00am Mon. French Weekly

- 10.30am Tues. French Weekly

- 10.00am Weds. Spanish Weekl

10 a.m. Monday French, weekly (Mr. Clive Sampson)

The class is still full. Please contact Christine on the above number if you wish to be included on the waiting list.

10.30 a.m. Tuesday French, weekly (Mrs. Frances Morley)

We are pleased to be back at HCA for our weekly class.

The content is varied and includes discussing items of news from the French website as well as practising our pronunciation.

LITERARY

Contact – Tom (272822)

Meetings – 2.00pm Wednesday 6th

The three of us had a lively chit-chat at our September meeting, and Ali Smith's SUMMER reads very well with its time-shifting themes of wartime detention centres, present day refugees, Shakespeare's Winter's Tale, Barbara Hepworth's sculpture and an idyllic summer encounter in an English churchyard.

For October I will report on The Edward Thomas Festival (Petersfield) 27 September- 3 October which people can sample on line.

MACHINE QUILTING

Contact – Susy (275403)

Cherry (272593)

Meetings– 1.00pm Every Friday except 2nd.

MAHJONG

Contact – Rowena (278248)

Meetings - 1.30pm Thursday weekly

We are all really back into the swing of things now with our weekly Mahjong sessions. Even our newer members are progressing well and are now able to tackle some of the more advanced hands.

A quick reminder of the basics, an Ordinary Hand (page 42) is 4 pungs (or 3 pungs and 1 chow) and a pair all in one suit but can include winds and/or dragons. This hand is exposed making it easier, i.e. if you have a pair of tiles

and someone discards a third matching tile you can shout "pung" and pick it up.

Another hand with pungs is Windvane (page 28). This is a pung in each suit and one of each wind with one wind paired. Unfortunately this is a concealed hand so you can't pick up any discarded tiles to make up a pung, making it slightly harder.

If dealt a hand with a good run of numbers in the same suit an easy hand to try is 5 Odd Honours (page 11). A run of numbers 1-9 all in the same suit with 5 odd winds or dragons, no duplicates allowed.

If you would like to join us on Thursday afternoons you would be very welcome.

MEN'S FORUM

Contact - Mike (277370)

Meetings – 10.30am 3rd Thursday

MEN'S SHED

Contact – John (07547 922246)

Ring for more information

MINDFULNESS and MEDITATION

Contact – Debbie (07523 408368)

Meeting – 4.15pm Thursday

MUSIC

Contact – Mike (270378)

PETANQUE

Contact – Carol (280154)

Meetings – 1.00pm Tuesday Weekly

1.00pm Friday Weekly

Contact – Bernard (07578 967622)

12.00pm Wednesday Weekly

Contact Mike (01425 280421)

2.00pm Wednesday Weekly

Contact - Carol (07812 705031)

10.00 am Friday Weekly

Due to people's interest we have more sessions running these have become very popular but there may still be places available so please call the contact numbers for the days you are interested in to find out if there is

availability. We play all year in all weathers. It is a game which is simple and competitive but most of all we have a lot of fun.

PHOTOGRAPHIC

Contact –

Meetings – 9.45 am 2nd Thursday

Apologies for the non-meeting on 9 September Let's try again!

Thursday 14 Oct meeting at 9.45am.

For this session, we are extending a welcome to those on our Waiting List, to try to sort the way forward. The Theme for photos is "Taken Locally". Please will existing members bring photos for the walls and prospective new members please bring a large (at least A5 but preferably A4) print for the same theme.

Be ready to talk about your photo - what inspired you to take it, how was it taken, and any post-processing you did.

(New members - these photos are NOT judged. But sometimes members may come up with questions or suggestions.)

We need to set our program for future sessions so please think about what you would like. Also think, if you normally take a certain type of photo, are you prepared to talk about your interest and show some of your photos in an informal session (or with the projector - your choice)?

PILATES

Contact – Lorena (07444847191)

Meetings –

Chair Pilates - Tuesday 12.15 - 1.15pm

Thursday 12.00 – 1.00pm

Mat Pilates – Wednesday 6.00pm

QUILTING – Tuesday

Contact – Anna ()

Meetings – 9.30am Tuesday Weekly

Email: anne.hutton27@sky.com

Our Tuesday Quilting Meetings started again on 7 September. We are now meeting in room 11, which was much appreciated by the members. We discussed the changes made in the Greystones' Constitution. At our next meeting we will discuss our next quilting projects. Please bring any quilts etc. which have been made during Lockdown to show to us all. We look forward to welcome all members back again.

RAMBLING & AMBLING SOCIAL EVENT

Christmas lunch at Annie's – 1 December.
Booking date commences 5 November.

RAMBLES

Contact - Nigel Hicks (0789 675 0059)

Walks start at 1000hrs and are about 5 miles, unless otherwise stated. Any alterations will be advised in the first instance by email, then website. Contact the leader, or the above, if you have any queries. New members always welcome to our friendly group.

Wed 6th - TBA

Wed 13th - TBA

Wed 20th Beaulieu Airfield & Stockley Inclosure

Leader – Nigel Hicks (277456 / 0789 675 0059)

Meet - Beaulieu Heath CP, Ref 358/006. From Lymington, take B3054 towards Beaulieu. After approx. 4 miles, CP on LHS. Head into CP & turn R. Park by the Information Board if possible.

Wed 27th Stoney Cross Airfield & Slufers Inclosure.

Leaders - Ann & Bryn Male (274363 / 0777 330 6035)

Meet - Canadian War Memorial, Ref 241/093. Turn off A35 into Bolderwood Ornamental Drive. Continue past Canadian War Memorial. CP 150yards on RHS before A31 underpass

AMBLERS

Contact –Linda (547405)

Please note change of time of walks as agreed some weeks ago by the group.

Wed. 6th Oct. 10.00am

Vereley Car Park Coach Hill Lane BH24 4HH

Leader Gary Rolph 01202 474905

B3347 towards Ringwood. Stay on for about 10 miles. After Ringwood sign TR at Texico Garage into Moortown Lane. Stayon road for 3 miles going over cattle grid, pass Smugglers Rd CP on left. When you see the Burley signit is an immediate left turn onto slip road, if you miss it TL at T junction. Carry on towards tall BT Tower/Beacon. Car Park 1/2 mile on Right. Lots of parking. Walk approx 3 and half miles.

Wed. 13th Oct. @ 10.00am

Burley CP opposite cricket ground SU 213 028

Leaders: Marilyn and Debbie Tel 01425 511409

Take A35 towards Lyndhurst. Take left turn off A35 signposted Burley. At junction turn left to Burley. C.P. which is on the left after approx. 2 miles just as you reach the village opposite the cricket ground..

Mixture of open heathland with good views and along the old railway line. Undulating with 3 slight inclines, mainly on good paths but a couple of grassy areas which may be muddy if wet. Approx. 3.5 miles.

Wed 20th Oct. @ 10.00am

Millyford Bridge CP

Leader: Linda Turenhout 280296

Take A35 to Lyndhurst. TL at Swan Green towards Emery Down. Go past church and after pub bear Left. Carry on approx 1 mile CP on Right. 3.5 miles.

Wed 27th Oct. @ 10.00am

Wilverley Plain CP

Leaders: Margaret Relf and Brian Charles

Take A35 to Holmsley junction. T.L and then T.R towards Brockenhurst. Follow road for approx 1.5 miles. C.P. is on Left just after 'lonely tree'. Walk approx 3 miles.a

ROCKIN' ROBINS

Contact – Freda (275059)

Meetings – 7.00pm 1st & 3rd Tuesdays
(Singing for fun group)

We celebrated our much awaited comeback on tuesday 7th and it was good to welcome back so many of our members.

We have had to make a few ground rules for our meetings due to the nature of our activity and the continued covid problem.

It was agreed that members should either:

1. Have had a double vaccination unless medically exempt, or
2. Take a lateral flow test before coming that registers negative.

Also, ventilation is very important and so we will have all possible doors and windows open. At the moment, the temperature is mild but if we continue into the colder weather, we must still ventilate the room so warm clothing will be required.

Masks are optional but wear one if you feel safer.

Thanks are due to Hazel and Joyce as well as all the willing hands who helped move chairs and musical instruments.

RUMMIKUB

Contact – Margaret via Greystones

Meeting – 1.30pm 2nd & 4th Tuesday

Now we are back to our regular meetings twice each month we can extend a big welcome to new members. Look forward to seeing you all.

SEWING

Contact – Karen (839519)

Meetings – 10.00am Wed. Weekly

At last we are almost back to normal having had our first meeting since COVID on 8th September. Eight members attended with several members off sick, we send them get better wishes, other members on holiday. All skills welcomed ie crochet, knitting, embroidery and of course dress making. So we are hoping to welcome new members.

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

YOGA

Contacts – Debbie (07523 408368)

Meetings – Mon & Wed Yoga

Class 11.30am Mondays

Class 4.30pm Tuesdays

Class 10.00am Wednesday

Contact ; Karen (07786 304105)

Class !0.00am Tuesday

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. Debbie

FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES

Contact - Jan Clarke (277635)

(Christchurch Lib. 01202 485938)

(Highcliffe Lib. 01425 272202)

Throughout the year we try to put on talks and events at both libraries alternately, with a small charge to cover the cost of speakers etc. With any profits we pay for items for both children's and adults libraries that the council does not provide.

HIGHCLIFFE MEDICAL CENTRE

Patients Participation Group

Contact – Michael Williams (07484 778364)

or highcliffepgg@gmail.com

Highcliffe Medical Centre continues to offer care based on clinical need. Thus face-to-face appointments are available to all patients where there is a clinical need. This is as well as continuing to support the delivery of the COVID-19 vaccination programme.

You will be asked to first discuss your conditions over the 'phone with a member of the healthcare team to assess what would be most appropriate for you and which practice member would best provide it.

As well as telephone consultations we also offer online and video consultations. These can be convenient and flexible ways to receive your healthcare. Where a patient needs to be seen by a health professional face-to-face, this will be arranged. If you have a preference about how to access the surgery you can discuss it with us.

Please do not come to the surgery unless you have an appointment

As well as calling the surgery (01425 272203) patients can visit our surgery website www.highcliffemedicalcentre.co.uk and complete, for non-urgent medical needs, a confidential online form to request advice or treatment. You will receive a response as soon as possible, usually within two working days.

For urgent issues or out of hours call the NHS on 111.

For minor health concerns please visit a local pharmacy for advice.

HIGHCLIFFE ROTARY CLUB

Contact – Dave Foot (613652)

Meets each Thursday from 6.30pm.

Friendly club, new members welcome.

Contact Dave Foot (01425) 613652 or Stewart Partridge (07857) 566771 for more information.

HIGHCLIFFE THEATRE GROUP

Contact - CELIA ROSKILLY – 272566

- BEFORE 6PM PLEASE

Theatres are welcoming us back and we have numerous shows booked and seats reserved, over the coming months. Numerous shows at the Mayflower Theatre, Southampton, as well as Wiltshire Creatives in Salisbury and the Yvonne Arnaud Theatre in Guildford.

If you live in the Highcliffe area, we can pick you up, near to your home and return you later. Please join our Theatre Group. Call Celia on 272566, before 6pm, you will be very welcome.

SWINDLEY COMPUTER REPAIRS

Contact–Jonathan Swindley

(01590 676668)

A small family-run business for support and repairs. I carry out computer repairs and supply a range of new machines and peripherals as well as good used desktops, laptops and monitors.

Website <http://swindleycomputers.com>

NEW. 2. U. LADIES BOUTIQUE

Introducing the team of your ladies clothing boutique:

Hazel, Barbara, Monica, Mary, Angie.



Opening Times

Thursday afternoon's 1.45pm – 3.45pm

Friday morning's 9.45am – 12.45pm

Why not come along with your friends and grab a bargain, relax with a lovely cup of tea / coffee, and enjoy the wonderful atmosphere at Greystones.

Donations and 50 / 50

The New. 2. U. boutique welcomes unwanted new and as good as new ladies clothing, on either a donation, or 50/50 basis with the proceeds of the sale being split between HCA and the seller. Goods stay in the shop for 6 weeks, after which they can either be returned to the seller or become the property of HCA for later sale / disposal.

Thursday is now our day for accepting donations & 50/50, please be aware that this is limited to 3 items. Larger donations or 50/50 please contact Monica directly through the shop to make the necessary arrangements.

FRIDAY LIVE

**ENJOY LIVE MUSIC IN A
FRIENDLY CAFÉ ATMOSPHERE
EVERY FRIDAY**

10.30am – NOON

REFRESHMENTS AVAILABLE

GRAND RAFFLE

ADMISSION FREE

COPY DATE FOR NOVEMBER NEWSLETTER

MONDAY 18 October

PUBLICATION THURSDAY 28 October

