



News and Programme of Events
September 2023

Sections at a Glance...

Art	Monday am.	Legs, bums and Tums	Tuesday am.
Art	Tuesday am.	Machine Quilting	Friday pm
Art	Tuesday pm	Mahjong	Thursday pm.
Art	Wednesday pm	Men's Forum	Thursday am.
Bridge Duplicate	See text	Mindfulness	Monday am
Bridge Rubber	Friday pm	Mindful Doodling	Wednesday
Canasta	Thursday evening	Petanque	Monday pm
Cards – Bolivia	Monday pm	Petanque	Tuesday pm
Carpet Bowls	Monday pm	Petanque	Wednesday pm
Carpet Bowls	Friday pm.	Petanque	Thursday pm.
Chess	Monday evening	Petanrque	Fri am and pm
Chi Kung	Friday am.	Photography	Thursday am
Craft	Thursday pm	Pilates	Wednesday am
Cribbage	Wednesday pm.	Poetry	Wednesday am.
Dancing Ballroom	Tuesday pm	Quilting	Tuesday am
Dancing-Circle	Monday pm	Rambling & Ambling	See Text
Dancing-Country	Thurs evening	Rockin Robins	Monday pm
Dancing-Line	Tuesday evening	Rummikub	Tuesday am
Darts	Tuesday pm	Sewing	Wednesday am
Darts	Thursday evening	Table Tennis	Monday am
Discussion	Tuesday pm.	Table Tennis	Thursday am
Playreading/Drama	Thursday pm.	Table Tennis	Saturday am
Flower Arranging	Wednesday am	Whist	Wednesday pm
Fun Chair Exercise	Monday pm	Yoga	Monday noon
Highcliffe	Sunday am	Yoga	Tuesday am
Community Church		Yoga	Tuesday pm
IT Forum	Wednesday pm.	Yoga	Wednesday am
Ladies Forum	Friday pm.		

For more information see relevant entry in Section News below

Languages French Monday am.

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

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Email Newsletter copy: newsletter.editor@highcliffeca.co.uk
Website: www.highcliffecommunityassociation.co.uk

HIGHLIGHTS FOR SEPTEMBER/OCTOBER

Saturday 16th September Quiz and Chips Evening

Friday 6th October Film - Allelujah

Saturday 28th October Autumn Supper

Every Friday – "Music Live" in Room 1 from 10.30am

New.2.U Ladies Boutique open Every <u>Tuesday afternoon</u> (1.30 – 3) <u>Thursday afternoon</u> (1.45 - 3.45) & <u>Friday morning</u> (9.45 - 12.45)



Future Film Nights

Friday 6th October – 'Allelejah'

Friday 3rd November – 'The Unlikely Pilgrimage of Harold Fry'

Friday 1st December – 'Oppenheimer'

Welcome back from our summer break. The weather has not been great, but I hope you have all had a good time, that all our wonderful volunteers have had a rest, and everybody is raring to get back to enjoying what Greystones has to offer.

During the break, many of the Trustees have been continuing to attend to things at Greystones House as everything does not just stop during our closed period.

Finance continued to be monitored and bills paid and the flow of Jigsaws for our 2024 Festival continued.

In addition, we have had a new digital phone system installed and new handsets put in the Reception and the offices. This should improve our phone quality and our network access. All of this was achieved at no extra cost as it fits with BTs' Digital Strategy.

Finally, we had protective boards put around the wall in Room 1 and Rooms 1, 3 & reception were painted. Externally, a number of the windows were re-painted and those that need it have been identified for repair.

Membership

The Membership renewal period has provided plenty of time for renewal. If you did this on-line, please remember to collect your new membership card.

Now we are re-open we will be checking memberships on a random basis, so please ensure you always carry your card when attending.

Open Forums

Our next Open Forum is on Wed 4th Oct @ 4:15 with a presentation about local options for 'Care in the Community' presented by Councillor Lesley Dedman.

For advanced notice, we also have Andrew Lilley from Aldridge Brownlow Solicitors coming on 8th November to cover all things around wills and LPA (Lasting Power of Attorney) and into 2024 we have David Sidwick, the Dorset Police and Crimes Commissioner booked to present to us.

I look forward to seeing you at Greystones, in the meantime, enjoy our wonderful facilities.

Cliff Putterford

Chairman 07720 467695 <u>Cliff.Putterford@highcliffeca.co.uk</u>

<u>Dates for Your Diary</u>				
Date	Event	Tickets on Sale		
Saturday 16 th September	Quiz and Chips	Monday 24th July		
Friday 6 th October	Film - Allelujah	Monday 4 th September		
Saturday 28 th October	Autumn Supper	Monday 2 nd October		
Friday 3 rd November	Film – The Unlikely Pilgrimage of Harold Fry	Friday 6 th October		
Friday 1st December	Film - Oppenheimer	Friday 3 rd November		
Saturday 2 nd December	Quiz and Chips	Monday 6 th November		
Further social events will be announced.				



We appreciate all our wonderful volunteers but we are always in need of more people to join our teams in

- the Kitchen,
- Reception,
- Friday Raffle
- set out tables for Friday Live and events.

Help and advice will be given to help you settle in Contact Lyn - Reception, Barbara - Kitchen or Jan

SECRETARY

Email: secretary@highcliffeca.co.uk
Please would all sections complete the council representative form which has been placed in your hanger in the filing cabinet by the disabled access door. An e-mail address is needed as this is the method of communication we

use. Thank you.

TREASURER

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

Treasurers report.

Welcome back everyone, I hope you had a good summer's break even though the weather wasn't very kind to us.

FUTURE EVENTS

Films

Friday 6th October - Allelujah

Friday 3rd November - The Unlikely Pilgrimage of Harold Fry

Friday December 1st - Oppenheimer. As this is a 3 hour length film we will starting at 6.30pm, doors will be open at 6.00pm.

Socials

Saturday 16th September - Quiz and Chips

Saturday 28th October - Autumn Supper, there will be a two course supper of roast beef, roast potatoes, veg, Yorkshire pudding and a dessert. Tickets £12 each available at reception from Monday 2nd October.

If you have any dietary requirements please let us know when buying the tickets. Bring your own drinks and glasses. Doors open 6.30 for 7pm.

Saturday 2nd December - Quiz and Chips

Thanks Jan

ACCOMMODATION & LETTING NEWS

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

Please could you let me know if your group is not going to need the room at any time as this may affect the staffing of reception and the kitchen. Thanks

RECEPTION

Lyn (274301) Hazel. (540228)

A big thank you to all receptionists for all the help to keep the desk covered; without your help we wouldn't be able to open for groups.

Lyn & Hazel



MAINTENANCE

By law the fire alarm system within the building needs testing weekly, currently we are a team of five and are looking for additional volunteers to be trained on this duty so that we can spread the load. It is not an onerous task and takes about 15 minutes. If you are interested, please contact Jan on 01425 276450

MEMBERSHIP

Email:

membership@highcliffeca.co.uk

At the recent AGM, Mavis Clark stood down as membership secretary. This is a good opportunity to say thank you for the time given and work she has done to keep the membership up to date. Most people will have come across her at some time or other and we all have to use that card that she has generated for us. Her work has been greatly appreciated.

Sandy Gale (regular editor of this newsletter) has stepped up to take on Mavis's shoes. We wish her well.

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

Just to let you all know that your editorial team are humans, I have had fraught month with my computer and without the help of Stephen and Howard at the Computer Repair Centre in Highcliffe, someone else would have had to edit this month's magazine at short notice. My 2012 machine is now working like a dream again, so a major thank you to them and a recommendation from me.

A reminder – this is your Newsletter not ours. If you want to suggest something for publication, please use the email above. The online version of this newsletter can have much more colour than the printed one. We do like colour.

Sharon



TEA AND COFFEE SERVERY

Barbara (620811)

barbara.thacker@highcliffeca.co.uk

Thank you to all the team of wonderful volunteers who help provide refreshments at Greystones.

If anyone would like to join us, please contact me.

Barbara

GENERAL INTEREST

NEW.2.U LADIES BOUTIQUE

Contact - Monica (07739 420244)

Hi everyone, just a short message this month by way of a few little reminders. Hope they help but any queries please just ask one of the team:

- **1. Donations from 21 September** As you are aware we stopped taking in donations in July due to high levels of stock. The good news is that we will recommence taking in donations and 50 / 50 from 21 September.
- 2. Sale Rail in readiness for our reopening, we have a brand new sale rail with even more fabulous items, all at the amazing price of £1 per item, for example a two piece suit will be £2. Please Note: If you have insufficient funds at the time to purchase your items please leave a note in the trust box with details of the number of items taken together with your name and telephone number and bring the remainder of the monies owed to us within that week.
- 3. Current 50 / 50 Stock We have quite a few items which have been requested to be returned to the owner if not sold and these items are now available to be collected. Can I ask that you collect them (prior to 21st Sept), after which they will be placed in the storeroom for two weeks and if still not collected will be converted to donations. So if you want your items

returned please come and collect them asap.

4. 50 / 50 Sales - There are monies to be collected from the sales of 50 / 50 items, a list will be displayed on the downstairs notice board so please

come and collect your monies asap.

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

LIBRARY CORNER

Barbara

Hello everybody

Hope you have all have a good summer's break. Unfortunately, as I am looking out of my window (18 Aug) it is pouring with rain! I feel so sorry for all the holiday makers that come to our area, although looking at the forecast, it looks as though a lot of sun is coming soon!

First of all I wish to thank all my regular library users, you are all so appreciated as without you the library would not exist. As I have said in the past, if every member just took out 1 book a month, the library would be able to contribute so much more to the much needed Greystone's funds which benefits us all.

I would like to thank all the members who have contributed books etc. to the library but especially to the member who donated all the travel books. If you do not know, we have an extensive travel section. Why buy a guide book when you can borrow one for only 20p!

I would also like to thank the member who left the box of books, which had some very good paperbacks in it. Much appreciated.

When visiting the library don't forget to do a few pieces of our puzzle as when completed will go towards our Jigsaw Event for next year.

Look forward to seeing you all soon - especially would like to see more members using our facilities in the library.

Barbara Librarian

BINGO

Every Saturday

GREYSTONES HOUSE Eyes down at 1.30pm.

PUBLICITY

Chris (271453)

Thanks to Chris and her friend for producing the lovely posters..... look out for adverts in the shops in the village and our page in the free magazines which are posted through your door.

IN MEMORIAM

Sandy

(membership@highcliffeca,co.uk



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 – Claire (01590 643635) Meetings – 2.00pm Tuesday Weekly

ART - Wednesday pm

Contact – Barry (272878) Meetings – 2.00pm Weds. Weekly

BRIDGE - Duplicate

Contact - John Lee - (279257). Website

www.bridgewebs.com/highcliffe Mon. and Wed. evenings: 6.05 for 6.15 start. Host system operating.

Swiss Teams - 1st Monday of the month.

Improvers Bridge - Wednesday 6.30pm.

Ladder pairs - 4th Mon. & Wed. in month.

BRIDGE - Social

Contact – John Lee (279257) Meetings Friday 1.30 start

BRIDGE - Rubber

Contact – Martin (276971) Or Steve (07922 120918) Meetings – 1.30pm Friday Weekly

CANASTA/CRIBBAGE

Contact - David (07971444463)

Meetings - 6.00 for 6.30 pm until 9.00 pm Thursday Weekly.

We are a friendly group who enjoy a laugh as well as an interesting and absorbing game of Canasta. We also have a separate Crib section at the same meeting so everyone has a choice of which game to play with a tea break half way through the session. If you have any questions, please don't hesitate to contact me on the above number.

CARDS - BOLIVIA

Contact – Carol (627763)Meetings – 1.30pm 2^{nd} , 3^{rd} & 4^{th} Monday

CARPET BOWLS - Monday

Meetings – 1.45pm Monday Contact Linda 07401261568

We have a few vacancies on Monday afternoons. Come along for a fun afternoon and make new friends at the same time.

CARPET BOWLS - Friday

Meetings - Friday 1.30 weekly

Contact – Hazel (540228)
Why not come along and see our Friday group for Carpet Bowls, we have a few vacancies at the moment.

We are friendly, have fun and welcome new members.

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 Meetings – 1.30pm Thursday Weekly

CRIBBAGE

Contact – Derek (07437 705015) Meeting–1.30pm Wednesday Weekly Come and join us for the Cribbage Club every Wednesday at 13.15 for 13.30 start to 15.45. We have some competitions you can join in so contact

Derek Pooley on 07437 705015. We are in room 1.

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 (Note: **NOW** every Tuesday) Room 1.

Only £1 per session! - we have vacancies. Your first time is a free taster session.

DANCING - Circle

Contact - Nancy (277920) Meeting - 2.00pm Monday

DANCING – Country

Contact – Jan (01202 427523) We have enjoyed dancing throughout the summer. It's great to have Anton back with us, sharing the all important task of calling the dances. Anyone interested in joining our waiting list should phone Jan on the number above.

DANCING - LINE (New)

Tuesdays 4.30-5.30 (Full) or 5.45-6.45 Ring Clare 07893 558995

DARTS

Weekly

Contact – Sue (280536) Meetings–1.00 to 4.00pm Tuesday



Contact Brenda (839789) - 7.00pm Thursday Weekly

DISCUSSION

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

We now meet in Room 14 upstairs and would like to reassure prospective new members that there is a lift if stairs prove too challenging.

DRAMA & PLAY READING

Contact - Tom (272822)

- Eddie & Mary (278790)

Meetings - Thursdays at 2pm.

FLOWER ARRANGING

Contact - Valerie (274516)

Meetings – 10.00am 1st & 3rd Wednesday

Are you thinking of a new hobby? Why not join our very friendly flower arranging group? Everyone is welcome with individual schedules for novices.

Please phone Valerie for further information.

FUN CHAIR EXERCISE (New)

2nd and 4th Monday - 4.30 - 5.15 Ring Viv 07786 435333

HIGHCLIFFE COMMUNITY CHURCH

Contact – Jean Davies (01425 279704) Morning Worship - 10.30am every Sunday

Bible Study: Tuesday evening 7:15 - 8:15pm

Prayer Meeting (via Zoom) Tuesday morning 8 - 8:30am

IT FORUM

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



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

27th September - Getting Windows 11 to install on unsupported hardware.

Non IT Forum members £2

LADIES FORUM

Contact – Cherry (01425 274184) Meetings – 1.45pm 2nd Friday each month. New Members welcome.

Was it the wettest day of the summer? The Ladies' Forum Garden Party in July became an indoor one and twenty-two members, bearing plates of food, braved the rain, to attend. Once settled, we all enjoyed tea and then set our minds to find the answers to the quizzes awaiting our attention. Despite the weather, it was much enjoyed. We

were luckier in August when Wendy hosted a fund-raising coffee morning... in her garden!

LANGUAGES

Contact - Christine (275861)

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

The class has a short waiting list. If you would like to be included on the waiting list, please contact Christine on the above telephone number.

LEGS, BUMS and TUMS

Weekly, Tuesdays 9 am sharp – 9.45 Contact MEL 07966 571938

MACHINE QUILTING

Contact - Susy (275403) or Cecilia (672367)

Meetings - 1 to 4 pm Every Friday except 2nd

We have now been making even more Quilts for Care Leavers. New Patterns are being designed by one of our members. Quite a few of the ladies have been making 2 or more even. It is good fun sewing and making the quilts for a good cause.

MAHJONG

Contact - Rowena (278248) Meetings - 1.30pm Thursday weekly Greystones opens again from Monday 4th September and our regular weekly Mahjong sessions restart on Thursday 7th September. Looking forward to seeing you all again and we welcome any newcomers who fancy giving it a go. Come along and join the fun.

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. For those of you that are wary of hands with "pungs", give it a go, it's easier than you think.

If dealt mostly two different suits of mixed numbers there is Gertie's Garter (page 14) a run of 1-7 in two different suits. A nice easy hand that is easy on the brain but still frustrating if you don't pick up the tiles you want!

Alternatively if you potentially have short runs of numbers in all the suits you could try Big Robert (page 14) a run of 4 consecutive tiles (eg. 4-7 or 2-5) in each suit and a pair of winds or dragons.

MEN'S FORUM

Contact - Mike (277370) or Stewart (07857) 566771 Meetings - 10.30am 3rd Thursday. All are welcome.

MINDFULNESS

Debbie – via reception Mondays 10 – 11 am Rm 14 £4 plus £1 to Greystones

MINDFUL DOODLING (New)

1st Wednesday of every month at 10.30.

Ring Maria 07484 757715

PETANQUE

Contact – Carol (280154) Meetings – 1.00pm Tuesday Weekly 1.00pm Friday Weekly Contact Mike (01425 280421

1.00pm Monday Weekly

1.00pm Wednesday Weekly

1.00pm Thursday weekly

Contact - Carol (07812 705031) 10.00 am Friday Weekly

Come along and play pétanque it is a fun competitive game, out in the fresh air and keeps you active. Just pop along or call one of our group leaders you won't regret it as we are all such friendly groups

PHOTOGRAPHIC

Contact – Jeff Palmer (07970608011) Meetings – 3rd Thursday each month. We had another interesting and fun meeting in July and our highest attendance this year! Pat McKean made а presentation on smartphones as cameras and Patrick Jones made one on editing photos with a smartphone. The group found both presentations very interesting. All are very welcome at our next meeting at 10.30am on Thursday 14th September in Room 11. We intend to get out into the Grevstones garden and take with both cameras smartphones. We'll then appraise the results back in Room 11.

PILATES

Contact – Lorena (07444847191)

Meetings –

Mat Pilates – Wednesday 8.45 –
9.45am

QUILTING - Tuesday

Contact – Anna (01202 809700) Meetings – 9.30am Tuesday Weekly Email: anne.hutton27@sky.com A new sewing project has started. Hazel is showing us making two different bags, one for the arm or shoulder and the other for shopping. The ladies have started enthusiastically and much time will be spent making the bags. We are looking forward to see the final results.

POETRY (new Section)

Contact: Maria Swanston (07484 757715)

Email: swanston49@btinternet.com The group meets the third Wednesday of the month from 10.30 - 12.30, with a tea/coffee break. Rosemary Williams will be leading the group.

New members welcome

RAMBLES AND AMBLES



SOCIAL EVENTS

Skittles will restart on the 16th October 2023 and booking will commence on Friday 15th Sept 2023. Please bring membership card with you to book.

In line with Highcliffe Community Association's policy, those wishing to attend social events are required to be members of HCA and the Rambling and Ambling section.

September

RAMBLES

Contact - Nigel (0789 675 0059)

Walks start at 1000hrs and are about 5 miles long, unless otherwise stated.

Any alterations will be advised to members by email. Contact the walk leader or the above if you have any aueries. New members alwavs welcome to our friendly group - contact the above or walk leader for details. Unfortunately dogs are not allowed.

Wed 6th Secret Stanpit Marsh

Leaders - Mila (07963288206) & James Wheildon (07946462054) Meet - Mudeford Cricket Ground play area, Ref 175/923, junction of Pauntley Street (BH23 3JL) and Warren Avenue, Mudeford. Park in either Pauntley Street or, if needing the cricket ground toilets, Ledbury Road (BH23 3LB) L off Pauntley Street if coming via Highcliffe. Walk is approx 4 miles. Includes Mudeford Sailing Club & the old Stanpit golf course, but "the secret part" (a bit off the beaten track) is a quite challenging section involving a stile, walking through marsh reeds, and across narrow railway sleepers under the watchful eyes of the marsh ponies. If it is wet, or has recently been wet, advise waterproof boots or wellies

Wed 13th Bramshaw Wood/ Shepherd's Gutter

Leaders - Andrew and Diana Taylor (07749 206567)

Meet at Nomansland: Turn L from A31 eastbound at Stoney Cross and head north on Forest Road past Fritham. Take the left fork to stay on Forest Road (fingerpost marked to Nomansland and Godshill). straight across at junction with B3078 follow Forest Road and into Nomansland. Parking area is on the right opposite the Lamb Inn (Ref SU 254/173)

Wed 20th St Catherines Hill

Leaders – Barry (0774 291 6442) & Heather (0759 731 1393) Kerrison Meet, SE Corner of Hillside Drive, Ref 144/950 (Google Earth Coordinates: 50 deg 45' 15.87N,1 deg. 47' 55.69W. From Fountains roundabout, take Fairmile Road towards Hurn (B3073). After 2nd roundabout, take 2nd turning on the R into Hillside Drive. Continue up the short hill, around LH bend to park on roadside opposite grass. (The road is a Bus Route, so park on same side)

Wed 27th - TBA

AMBLERS Contact - Graham (07858 569656)

Wed 6th September @ 10.00 Burley Village.

Leaders: Yvonne & Jerry 07773 479445

Meet in the public car park behind the Queens Head pub in Burley (£2.50 for three hours)

Circular Walk around and through the village of Burley with some views over the countryside. About 3.25 miles. The route is mainly over even paths but partly up a steady climb for the views over the countryside and it has one stile. Coffee stop half way. Toilets and cafes in the village.

Wed 13th September @ 10.00 Boldre Church car park

Leaders: Keith and Nigel

Meeting place Boldre Church car park. Take the A337 out of Brockenhurst over the level crossing heading towards Lymington. Boldre

Church is signposted on the left after Settley Ridge garden centre and The Filly Inn (now closed) . Turn left into Sandy Down. Follow road for approx 1 mile to Church on your left before the car park.

Circular walk approx 3.5 miles.

Wed 20th September @ 10.00 Burbush CP

Leaders: Liz and Russell . Burbush CP is on the Bransgore to Burley road. Before you enter Burley you go over a bridge (which crosses the old railway line) and the CP is immediately on the right hand side. Details of walk to follow

Wed 27th September @ 10.30 note later time. Bournemouth Main Square

Leaders: Val and Gary 07733 298470 Meet at Bournemouth main square outside Bobby's. Note the later start to allow bus journey into Bournemouth. Walk from Bournemouth to Coy Pond and return via tarmac path, 3 miles, lunch at end of walk in Wetherspoons if desired.

ROCKIN' ROBINS

Contact – Freda (275870) or Hazel (540228)

Meetings – 2.00pm 2nd & 4th Mondays (Singing for fun group)

I would like to thank all our members for sticking with us during our past rather rough patch. We have struggled to keep things on an even keel and thank you all for your patience.

Our big thanks to David who is now back with us after having some 'heart

work !!' and also a well earned break and holiday.

RUMMIKUB

Contact – Margaret via Greystones
Tuesday – 1.30pm to 4 pm
We've had a good year with our
members now able to play every
Tuesday.

SEWING

Contact: Sue – (07771647150)
Meet 10am Wednesday (Weekly)
Our 2 sewing machines and 2
overlockers have been serviced and
returned. They sound very different
and we can't wait to try them out!!

TABLE TENNIS

Contact – John (274813) Meetings - 9.30am Monday weekly 9.30am

Thursday 1st 2nd and 4th weeks only 9.30am Saturday weekly

We are looking for any new members wishing to join our group. Pop along and see if you can rekindle an interest you had to leave behind due to other

pressing commitments. We are of mixed ability, friendly, patient and sociable. Spare bats are available.

WHIST

Contact – Olive (274813) Meeting – 1.45pm Weds. Weekly

YOGA

Contacts – Debbie (07523 408368) Meetings– Mon&Wed Yoga

T YOCA

Class 11.30am Mondays Class 10.00am Wednesday

Contact; Karen (07786 304105) Class10.30 am Tuesday

AFFILIATED ORGANISATIONS

HIGHCLIFFE HORTICULTURAL SOCIETY

Linda Law

email: lindarosslaw@hotmail.co.uk

mobile: 07769 748187

www.highcliffehorticulturalsociety.co.uk

Monday 7th August at 7.30pm. A talk entitled 'BHUTAN, THE KINGDOM OF RARE PLANTS' by Rosemary Legrand. At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Doors open 7.00pm. Plant sales, refreshments and a raffle. Nonmembers very welcome £3.

Monday 2 October at 7.30pm. A talk by Ben Turner entitled "Far-flung exotics as houseplants". At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Doors open 7.00pm. Plant sales, refreshments and a raffle. Non-members very welcome £3.

The Open Autumn Show

Saturday 2nd September at 2.00pm. Come along and see the Horticulture, Floral Art, Home Produce and Photographic entries at St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Doors open 2.00pm. Plant sales, refreshments and a tombola. Non-members very welcome £3. Enquiries to 01425 274537.

FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES

(Christchurch Library – 01202 127200) (Highcliffe Library - 01202 127369) Contact - Jan Clarke – 01425 277635:

HIGHCLIFFE MEDICAL CENTRE
Patients Participation Group
Contact - Michael Williams (07484
778364) or highcliffeppg@gmail.com

Flu Vaccinations.

Flu vaccinations for 2023 will commence, in September, at Highcliffe Medical Centre.

Please <u>do not</u> telephone the surgery as they will contact you to book your slot.

For more information go to the website: www.highcliffemedicalcentre.co.uk

HIGHCLIFFE RESIDENTS ASSOCIATION

Highcliffe Residents Association has been serving the community of Highcliffe for more than 75 years. We are a pressure group, working with local councillors and other bodies campaigning for the future of Highcliffe. Membership is open to anyone who lives, works, or owns property in Highcliffe and you can join us on line for £5 per year per household at www.highclifferesidents.co.uk,

where you will find further details on our activities. Highcliffe Residents Association, The Old School, 254 Lymington Road, Highcliffe BH23 5ET





Sunday Morning Worship at 10:30am.

Upcoming services:

Sunday 3rd September: Barrie Taylor - Communion

Sunday 10th September: Derek Stringer

Sunday 17th September: Doug Croucher - Harvest

Sunday 24th September: Open Service

October we commence our new themed preach from Mark's Gospel.

Sunday 1st October: Barrie Taylor - Mark 1: 1-8

We hold a Bible Study group, every Tuesday evening 7:15 - 8:15pm, to study our weekly preach.

We also hold a weekly prayer meeting via Zoom on a Tuesday morning 8 - 8:30am.

Please come & join us, a warm welcome awaits you!



FRIDAY LIVE



ENJOY LIVE MUSIC IN A FRIENDLY CAFÉ ATMOSPHERE EVERY FRIDAY

10.30am - NOON



REFRESHMENTS AVAILABLE GRAND RAFFLE ADMISSION FREE





Come and join us as we celebrate God's good gifts to us at this special harvest time.

Donations of tinned and dried foods, along with any cash donations received, will be passed on to Christchurch Food Bank to help those in need of short-term food support.

At the moment, the Food Bank particularly need:

Cereals * Coffee * Pasta sauce (jar) * Tinned Fruit Tinned Vegetables * Tinned Sausages * Tea Biscuits * Savoury snacks * Shampoo

Publication Date of October Newsletter – 28th September 2023

Last submission date for October Newletter – 18th September 2023

Why was Cinderella so bad at football!

She kept running away from the Ball!!!

Not something that can be said for our Women's football team. Better luck next time.

Somebody said something about the Rugby World Cupthis editor will be supporting Ireland - good luck to whatever team you support.

Note to all Sections: if you would like a coloured photo to be included of your Section activities please send them to

newsletter.editor@highcliffeca.co.uk

Readers viewing either the email or online version of the newsletter will now be able to enjoy your photo in colour.

This issue of the newsletter edited by Sharon Jones



Camera v. Smartphone

Bring a camera or smartphone (or both) for a photo-shoot in the environs of Greystones House.



Followed by an appraisal of the images from both sets of devices.

14 Sep | 10:30 - 12:30 | room 11