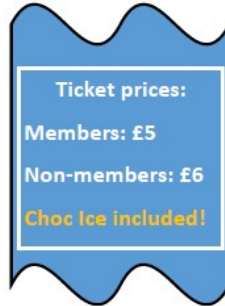




# Highcliffe

Community Association  
at Greystones House



News and Programme of Events

April 2024

## 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	Petanque	Monday pm
Canasta	Thursday ev	Petanque	Tuesday pm
Cards – Bolivia	Monday pm	Petanque	Wednesday pm
Carpet Bowls	Monday pm	Petanque	Thursday pm.
Carpet Bowls	Friday pm.	Petanque	Fri am and pm
Chess	Monday evening	Photography	Thursday am
Chi Kung	Friday am.	Pilates	Wednesday am
Craft	Thursday pm	Poetry	Wednesday am.
Cribbage	Wednesday pm.	Quilting	Tuesday am
Crochet, Knit and Natter	Tuesday am	Rambling & Ambling	See Text
Dancing-Ballroom & Latin	Tuesday pm	Rocking Robins	Monday pm
Dancing–Circle	Monday pm	Rummikub	Tuesday am
Dancing-Country	Thurs evening	Sewing/Needles	Wednesday am
Dancing-Line	Tuesday evening	Table Tennis	Monday am
Darts	Tuesday pm	Table Tennis	Thursday am
Darts	Thursday eve.	Table Tennis	Saturday am
Discussion	Tuesday pm.	Whist	Wednesday pm
Doodle Art	Wednesday	Yoga	Monday noon
Drama & Play Reading	Thursday pm.	Yoga	Tuesday am
Flower Arranging	Wednesday am	Yoga	Wednesday am
Highcliffe Community Church	Sunday am		
IT Forum	Wednesday pm.		
Ladies Forum	Friday pm.		
Languages French	Monday am.		

For more information see 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 Newsletter copy:**

newsletter.editor@highcliffeca.co.uk

**Website:**

www.highcliffecommunityassociation.co.uk

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



**FRIDAY LIVE**



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

**10.30am – NOON**

**REFRESHMENTS AVAILABLE  
GRAND RAFFLE  
ADMISSION FREE**



# Chairman Report April 2024

Spring is 'sprung,' well sort of. The weather is slightly improved, and it is a bit warmer but I'm sure we are all looking forward to Summer. There remains a lot of activity at Greystones, some good some not so good but all of it will come good soon.

## **Be Our Guests**

Saturday 16th March saw this event take place at Greystones. Our thanks go to Ann Ponting and her team for putting on the show and as ever to Jan Hollowell and her helpers for the food on the evening.

## **Open Forums**

Our Open forum on Wednesday 3rd April @ 4:15 will see Lianne Haddock, the PCSO (Police Community Support Officer) for Highcliffe come to introduce herself. She will spend a little time explaining her role and how to contact her and other Police departments as appropriate. It is often said "you never see a local policeman these days" so here is your chance.

Andy Martin (Parish & BCP Councillor) is booked for Wednesday 1st May. He will be giving us an update of all things to do with Highcliffe and will also answer questions.

## **HCA Publicity**

I am pleased to be able to announce that Freda Schaefer has kindly stepped in to the role previously held by Chris Nichols. Freda is incredibly enthusiastic about what HCA offers the community (as we all are) and will be producing posters and advertising materials out to as many media outlets and poster places as possible. Thank you, Freda.

## **Section Publicity**

I have spoken to a few sections recently. I'm pleased to say many are thriving. However, a couple have been bemoaning the reduction in their attendees. We have a wonderful monthly newsletter and a talented team editing it, so I urge you to use it as the tool to promote your group.

## **Congratulations to Rothesay Lodge**

I would like to congratulate our many members from Rothesay Lodge who, along with other residents of the Retirement Home featured in the local press having recently collected in excess of 100 Easter Eggs that they duly donated to the Christchurch Foodbank for distribution. This wonderfully selfless gesture will ensure many children, and adults too, will be able to share in celebrating the biggest Christian festival in the annual calendar with an Easter egg.

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

## **Car Parking – During Sewage work disruption**

Some of you will be aware from the membership e-mail and the notice on the notice board that CHS (our landlord) is having significant work done to its Sewage system. This involves significant parking disruption at the lower end of the estate and will have a knock-on effect for the parking generally.



This will be ongoing until the end of April, during which time on occasions there will be a need to find alternate parking off the estate.

The CHS management team are kindly asking their residents not to park directly in front of Greystones House during our operating hours (the yellow areas highlighted on the map).

HCA members should only be parking in the area highlighted in yellow on the map. It is not permissible for non-residents to park elsewhere on the estate (highlighted in red and blue). If there is no space available, unfortunately you will need to park in the Cliffhanger Public Car Park, or if you have an appropriate disabled badge, on the adjoining roads.

Cliff Putterford  
Chairman

[cliff.putterford@highcliffeca.co.uk](mailto:cliff.putterford@highcliffeca.co.uk) 07720 467695



## Future Film Nights

Tickets on sale

Friday 5 <sup>th</sup> April	Scrapper	
Friday 3 <sup>rd</sup> May	One Life	5 <sup>th</sup> April
Friday 7 <sup>th</sup> June	The Holdovers	3 <sup>rd</sup> May
Friday 5 <sup>th</sup> July	The Lesson	7 <sup>th</sup> June
No film in August		

## More Dates for Your Diary

### Event

#### Quiz and Chips

#### Tickets on Sale

Saturday 11 <sup>th</sup> May	8 <sup>th</sup> April
Saturday 27 <sup>th</sup> July	3 <sup>rd</sup> June
Saturday 12 <sup>th</sup> October	2 <sup>nd</sup> September

### Highcliffe food Festival June 8<sup>th</sup> and 9<sup>th</sup>

### Jigsaw Festival

Tuesday- Saturday 6<sup>th</sup>- 10<sup>th</sup> August

### Open Forums –

#### Wednesday April 3<sup>rd</sup> 4.15 pm

LIANE HADDOCK OUR LOCAL PCSO (Police Community Support Officer) who will advise us on how best to communicate with various police Departments.

#### Wednesday 1<sup>st</sup> May 4.15 pm

ANDY MARTIN OUR LOCAL AND BCP COUNCILLOR who will talk about local plans and be open to any questions from the floor regarding council matters.



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](mailto: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](mailto:treasurer@highcliffeca.co.uk)

Jan (276450)

Jan

### **ACCOMMODATION NEWS**

Email:

[meryl.jones@highcliffeca.co.uk](mailto:meryl.jones@highcliffeca.co.uk)

Thank you to everyone for your patience while I got used to organising posters, timetables, room allocation etc. Please contact me for more information.

### **New Sections**

Have you ever considered running your own section? We are currently seeking leaders for Indoor Curling (equipment provided), Board Games (equipment provided), drawing for absolute beginners and calligraphy. You may have a suggestion of your own.

For more information please contact Meryl

### **RECEPTION**

Lyn (274301) Hazel. (540228)

### **MAINTENANCE**

We are still in need of a maintenance manager, this is not an onerous task as it really only means liaising with our existing trades people and occasionally carrying out a small

repair. If you are interested please speak to Jan or Cliff.

## **MEMBERSHIP**

Email:

[membership@highcliffeca.co.uk](mailto:membership@highcliffeca.co.uk)

An important reminder that Membership renewals will be due from 1st May onwards. Renewals can be done online via our website if paying by BACS or through Reception if paying by cash or cheque.

We are pleased to inform you that the full 12-month membership will remain at £10 and covers the period of 1st May 2024 - 30th April 2025.

This year we will be providing preprinted Renewal forms, we ask that you check your details are correct before signing. Or indeed amending your details if necessary. We are hoping the preprinted forms will enable a quicker process for us all.

The Renewal forms will be available from Reception Wednesday 1st May and online if paying by BACS.

## **NEWSLETTER EDITOR**

[Newsletter.editor@highcliffeca.co.uk](mailto:Newsletter.editor@highcliffeca.co.uk)

Don't forget – if you have something to be considered for publication in the newsletters, then send it to the email above. This can be of any item or subject which you think would be of interest to readers.

A small request to regular section submissions – please always make it clear in your emails to which section your news refers. Thanks.

## **TEA AND COFFEE SERVERY**

Barbara (620811)



[barbara.thacker@highcliffeca.co.uk](mailto: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

## **PUBLICITY**

Freda 275870

Owing to the sad passing of our dear friend Chris, I have taken over publicity. Before 'new membership' in May,

I am hoping to increase awareness of Greystones House and our Community Association in an effort to boost membership. With costs continuing to rise we need to sign up more members. If any of you have any bright ideas as to how we can spread the word, please contact me.

## **GENERAL INTEREST**

### **NEW.2.U LADIES BOUTIQUE**

Contact – Monica (07739 420244)

The One Week Sale was a great success, thank you for supporting us. But now we look forward to Easter and hopefully a drier Spring / Summer. I don't know about you but I will be glad to see some more sunshine. On that note, I am happy to report that the shop has been transformed with our Spring / Summer fashion and accessories. We have an amazing selection of dresses, trousers, skirts etc to suit all sizes and



occasions. If you are going on holiday or preparing for a bbq / summer party then there is bound to be something that will fit the bill. The first week has been a little slow so if you think there is something you are looking for and we don't currently stock it then please just let one of the team know.

We also have our Mens Rail and a new selection of ladies sandals and shoes for the warmer days. Plus our sales rail with items at £1 too so please pop along a grab a bargain while you still can.

Thank you  
Monica

### LIBRARY CORNER

Hi everyone

Many thanks to everyone that has contributed to the library over the past month.

Once again I must ask that only as new and latest paperbacks and complete jigsaws in undamaged boxes are needed at the moment as all are shelves are very full.

With holiday season nearly upon us, have a look at our travel books which are in the reference section. Why pay over £10 for a travel book when you can borrow it from Greystones for only 20p !!

I would ask all Greystone's members to come up and have a look in our fabulous library. The more items that are taken out, the more I can put out on the shelves. **Remember that all**

**items, whether it be a DVD box set or a puzzle or a book - all items are only 20p for up to a 3 week hire.**

You can also borrow any items displayed on the window shelves etc. as I put the latest donations there for you all to see

Barbara Griessel – Librarian



### IN MEMORIAM

Contact Sandy

[membership@highcliffeca.co.uk](mailto:membership@highcliffeca.co.uk)

### **MEMBERSHIP OFFER**

**A message to prospective new members and members who did not renew their membership in 2023. An offer almost too good to be true – but it is!**

**From January 1st until 30th April the cost of membership will be reduced to £5. Have you seen the new sections available? We would love to see you again. Application can be made in person at Reception, or via the website.**

## NEXT HCA COUNCIL MEETING

11<sup>th</sup> April 2024 at 16:30

### **Important Information to All Section Leaders**

The Trustees have been working hard on updating our current Procedures and Guidelines for Sections, this also includes Emergency contacts, Fire/Emergency Evacuation, Safeguarding, Grievance, Anti- Harassment and Anti-Bullying Policies.

We will be issuing this updated Section Information as a complete bound file for each Section to collect and sign for at the next Council meeting scheduled for Thursday 11<sup>th</sup> April @ 16.30. It is important that you or a representative of your Section attends this meeting, collects and signs for this document.

We look forward to seeing you at the Council Meeting.



## Easter Raffle Winners

Hamper – Pauline,  
Proseco - Caroline  
Easter Egg – Heather,

Winners have been notified.

Meeting Dates			
09.04.24	Tuesday	14.00	Trustees Meeting
11.04.24	Thursday	16.30	Council Meeting
14.05.24	Tuesday	14.00	Trustees Meeting
11.06.24	Tuesday	14.00	Trustees Meeting
13.06.24	Thursday	16.30	Council Meeting
09.07.24	Tuesday	14.00	Trustees Meeting
26.07.24	02.09.24		CLOSED
10.09.24	Tuesday	14.00	Trustees Meeting
12.09.24	Thursday	16.30	Council Meeting
08.10.24	Tuesday	14.00	Trustees Meeting
12.11.24	Tuesday	14.00	Trustees Meeting
14.11.24	Thursday	16.30	Council Meeting
10.12.24	Tuesday	14.00	Trustees Meeting
20.12.24	06.01.25		CLOSED

## **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](http://www.bridgewebs.com/highcliffe) Mon.

and Wed. evenings: 6.00 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<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>  
Monday

## **CARPET BOWLS – Monday**

Meetings – 1.30pm Monday

Contact Linda 07401261568

We are now full but offer a waiting list

## **CARPET BOWLS - Friday**

Meetings - Friday 1.30 weekly

Contact – Hazel (540228)

We are a friendly group who play for fun. New members welcome, come along one Friday and see for yourselves

## **CHESS**

Contact – Ron (277514)

Meetings – 7.00pm Monday Weekly

## **CHI KUNG**

Contact – Karen (07786 304105)

Meetings – Two session every Friday morning: at 10.30am & 11.30am

## **CRAFT** Contact – Brenda ()

Email: CRAFT to bimarv@gmail.com

Meetings – 1.30pm Thursday Weekly

## **CROCHET,KNIT & NATTER**

Contact Hazel (540228) or Meryl (277325)

The group will meet on alternate Tuesdays (weeks 1 & 3) and is open to everyone of any and all abilities. Come along and find out more about us.

## **CRIBBAGE**

Contact – Derek ( 07301135356)

Meeting–1.30pm Wednesday Weekly  
Come and join us for the Cribbage Club  
1 We have competitions you can join in so contact Derek on 07437 705015..

## **DANCING - Ballroom and Latin**



Contact - Graeme (07874 327087) or

Meetings – 2.00 to 4.00pm Tuesday Weekly, Room 1.

Room 1.

Only £1 per session! - Your first time is a free taster session

## **DANCING – Circle**

Contact - Nancy (277920)

Meeting – 2.00pm Monday

## **DANCING – Country**

Contact – Jan (01202 427523)

Meetings - Thursday evenings 7.00 for 7.30 pm start

Thank you everyone for helping to make our Dinner Dance such a happy occasion.

Janet will be running a 6 week beginners group from 22nd February. Following tuition, the small group will amalgamate with seasoned dancers for second half of the evening. Anyone interested should contact Jan on number above.

## **DANCING – LINE**

I am Clare and I run the line dancing classes at Greystones

Tuesdays 4.30-5.30

Fun class for beginners! Please

contact Clare on 07983 558995 for more info.

### **DARTS**

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



Contact Brenda (839789)  
Thursday 7.00pm.

### **DISCUSSION**

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

Another enjoyable afternoon putting the world to rights! A great deal of topical issues to select from, both home and abroad. Assisted dying, the population explosion and George Galloway winning a place at the House of Commons all had a good airing. We also talked about the Noel Coward Theatre in London that held 2 performances of the film Slave Play for predominantly black audiences. As the PM quoted, it was wrong and divisive. The police force also got a mention. Following the Sarah Everard case, we asked, can the police ever be trusted? When we were children we used to be told to always find a policeman if in trouble. Does that still hold true? I sometimes doubt it.

Our next meeting is on Tuesday April 2nd in Room 14 upstairs at 2pm. A lift is available for those who find the stairs challenging. We welcome all newcomers and do bring along any topics for discussion that you may like to be included.

### **DOODLE ART**

3<sup>rd</sup> Wednesday of every month at 10.30.  
Ring Maria 07484 757715

### **DRAMA & PLAY READING**

Contact - Tom (272822)  
- Eddie & Mary (278790)  
Meetings - Thursdays at 2pm.  
The innocent naughtiness of Feydeau's A FLEA IN HER EAR resolved happily and now we have secured one of the most intriguing dramas of the last century - Pirandello's unsettling theatrical experiment SIX CHARACTERS IN SEARCH OF AN AUTHOR

### **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**

2<sup>nd</sup> and 4<sup>th</sup> Monday - 4.00 – 4.45  
Ring Viv 07786 435333



## HIGHCLIFFE COMMUNITY CHURCH

Contact: Jean Davies (01425 279704)

Morning Worship: 10:30am Sundays

Bible Study: Tuesday 2:15 - 3:30pm

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

If anyone would welcome prayer please get in touch

## IT FORUM

Contact – Norman  
(275674)

Meetings – 2.00pm 2<sup>nd</sup> & 4<sup>th</sup> Wednesday



10 April – Discussion Group – an informal discussion of computer and related matters raised by members. Visitors are welcome to seek help and advice on computers, tablets and smart-phones.

24th April – LibreOffice Writer: LibreOffice is a free office suite (word processor, spreadsheet, presentations, drawings and database). Here we focus on the word processor, including page layout, paragraph styles, headers/footers, lists, tables and images.

Non IT Forum members £2

## LADIES FORUM

Contact – Cherry (01425 274184)

Meetings – 1.45pm 2<sup>nd</sup> Friday each month. New Members welcome.

We were delighted to welcome five new members to our March meeting as well as some visitors. Our speaker was Wendy Orpwood who told us all about “Colours for Confidence”. As well as her very professional slides, Wendy brought along a large number of colour drapes and accessories to illustrate her

talk. Afterwards members were able to ask her advice as well as try the drapes to get ideas on what would suit them. Cherry reminded members about our outing to the Swanage Railway and the Purbecks on Wednesday, 8<sup>th</sup> May. Our speaker on 12<sup>th</sup> April will be Phil Griffin from the Dorset and Somerset Air Ambulance service.

Enquiries to Cherry, 01425 274184”

## LANGUAGES

10 a.m. Monday French, weekly (Clive Sampson 279029).

We now have a few vacancies for accomplished French speakers able to maintain conversation in this language. Please phone Clive if you are interested

## 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 2<sup>nd</sup>

Many Heart Cushions have been made for the Mastectomy patients who have sent us a lovely thank-you letter which was printed in the March Edition.

We are making more and different quilts for the Care-Leavers and are

including herewith a picture showing one of the quilts in the Newsletter.



Many have been made in many different designs.

## **MAHJONG**

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

As promised last month more about changing your hand if you are failing to pick up the tiles you need for your initially chosen hand. So for all our regulars have a look at these hands in your book to see the similarities and differences:-

If you start with a good chance of getting a run of 1-9 in one suit you might try for Wiggly Snake (page 10) 1-9 in one suit with one of each wind and any tile paired, or Wiggly Dragon (page 11) 1-9 in one suit with one of each dragon and a pair of dragons. If you are struggling to pick up the required winds or dragons for these hands you can always swap over to Five Odd Honours (page 11) 1-9 in one suit with a mixture of 5 off winds and dragons – no pairs.

Gertie's Garter (page 20) a run of 1-7 in two different suits can always be swapped over to Knitting (page 20) 7 pairs of corresponding numbers in two different suits if you start picking up 8s, 9s or duplicates instead of a straight run of 1-7 in the two suits.

Another interchangeable pair of hands would be Greta's Garden (page 13) 1-7 in one suit with one of each wind and one of each dragon, and Greta's Dragon (page 13) 1-7 in one suit with one of each wind and a pung of dragons. Alternatively if getting the run of 1-7 is a problem you could always

swap your hand over to Dragonette (page 24) 3 pairs in the same suit, no 1s or 9s, with one of each wind and one of each dragon with any wind or dragon paired.

We meet every Thursday at 1.30 – 4 pm to play some fun games of Mahjong. All welcome, come and join us!

## **MEN'S FORUM**

We are a friendly men's group that meet in the main hall at Greystones on the third Thursday of every month, 10.15am arrival for 10.30am start, followed by a learned presentation and coffee. New members are welcome at any time, and men or lady guests are can also attend any meeting or talk, for a guest fee. Our Programme of Talks for 2024-25 commences Thu 18 April, and spans history, travelogues, science, engineering, famous biographies, nature and the environment. The full programme is available now, and to get your copy, either

email: [stewart.partridge@ipcvc.co.uk](mailto:stewart.partridge@ipcvc.co.uk) and request a copy, or pick up a printed copy from the Notice Boards at Greystones House. For more information, please contact either Mike Smith (tel. 01425 277370) or Stewart Partridge (07857) 566771

## **MINDFULNESS**

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

## NEEDLES GROUP

The Needles group covers embroidery, hand sewing, crochet, knitting, as well as making clothes, altering clothes we have in our wardrobe, as well as those we have just purchased to give a better fit. We have 2 sewing machines and 2 overlockers, which were serviced a few months ago.

We have just started our new project, an apron, with pockets and zips and a number of sewing methods that are new to us. One of our members is leading the project giving help and advice. We have aimed to use up materials that we have in our stash. It will take a number of weeks. Joining in the project is not compulsory but it is good fun.

We always have a good chat and look forward to new members joining.

Contact Lee on 07444 562082  
Meet 9.30am Wednesday (Weekly)

## PETANQUE

All meetings are held weekly.



Contact – Carol (280154)  
1.00pm Tuesday  
1.00pm Friday

Contact Mike (01425 280421)  
1.00pm Monday  
1.00pm Wednesday  
1.00pm Thursday

Contact - Carol (07812 705031)  
10.00 am Friday

Come along to play pétanque it is good way to keep fit without being too strenuous it's out in the fresh air and lots of fun, we have all the equipment so just give us a call or just turn up you will be most welcome.

## PHOTOGRAPHIC

Contact – Jeff Palmer  
(07970608011)

Meetings – 2<sup>nd</sup> Thursday each month.



We had a very good turnout for our March meeting. John Lewis made a very stimulating presentation on Composition and creative effects in camera.

Our April meeting is at 10.30am on Thursday 11th in Room 11. Our main topic will be presented by Patrick Jones. It is Viewpoint & Perspective: avoiding distortion and exploring the relationship between viewpoint, zoom (focal length) and perspective. A brief primer will be followed by a practical session at Greystones House.

I know that is a mouthful but I'm assured it's easier to follow than some might think.

Everyone is welcome, from beginners to experts. And why not bring a friend it's a very sociable 2 hours!

## PILATES

Contact – Debbie (07523 408368)  
Meetings –

Mat Pilates – Wednesday 8.45 – 9.45am

## **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.

### **QUILTING – Tuesday**

Contact – Anna (01202 809700)  
Meetings – 9.30am Tuesday Weekly  
Email: anne.hutton27@sky.com  
We are back again in Room 11 upstairs now the lift has been mended. We have started a new project together to make a quilt to be sent to Ukraine. Sally provided the pattern and we look forward to making this.

We have a couple of vacancies. If you like to join please contact Christine Dunkling on 01425 613076

### **RAMBLES AND AMBLES**



### **RAMBLERS WALKS FOR APRIL 2024**

**Contact - Nigel (0789 675 0059)**  
Walks start at 1000hrs and are about 5 miles long, unless otherwise stated. For the dates where walks are marked 'TBA' details will be advised by email to members nearer the time. Likewise, any alterations will be advised by email. Contact the walk leader or the above if you have any queries. New members always welcome to our friendly group – contact the above or walk leader for details. Unfortunately dogs are not allowed.

### **Wed - 3rd Fritham**

Leaders – Barry (07386903082) & Heather (07918891141)  
Meet Fritham CP, Ref 230/141. On A35 turn L into Bolderwood Ornamental Drive. At far end, turn L at T Junction. After going under A31, take first R signed 'Stoney Cross'. After 2 miles TL at T Junction & then turn L (signposted 'Fritham' thro' Fritham village. CP is on L, 100yds after Royal Oak pub.

### **Wed 10th– Fritham**

Leaders: Andrew and Diana 07749 206567/07749 836351)  
Meet Janesmoor Pond CP SU 24678 13594. From the A35 take Bolderwood Ornamental Drive turning L at the end and going under the A31. Take the first turn right signposted 'Stoney Cross.' At the T-junction turn L towards Fritham and the car park is on the right. Alternatively, from the A31 eastbound turn left at Stoney Cross and head northwards on Forest Road until you get to the car park on the right. In either case, **take the second entrance into the car park, not the first.**

### **Wed 17th - Holmsley Ridge & Inclosure**

Leader -Nigel (07896750059)  
Meet - Holmsley Airfield CP Ref 210/993. On A35 take next L after The Retreat Hotel and then first R. CP is on R after 0.75 mile. If full, park on side of tarmac road. (This walk passes through the remains of the old WW2 RAF Holmsley airfield.)

### **Wed 24th – TBA**

Leaders Bryn & Ann (07773 306035)

## **AMBLERS WALKS for April 2024**

**Contact:** Graham (07858 569656)

**Wed 3rd April 2024 @ 10.00 am**  
**TBA**

**Wed 10<sup>th</sup> April 2024 @ 10.00 am**  
**TBA**

**Wed 17<sup>th</sup> April 2024 @ 10.00 am**  
**Meet by Cafe Riva (BH5 2EL) map**  
**ref SZ130 913**

**Leader:** Linda N

Coastal walk from Southbourne to Boscombe and back again, approx 2.5 miles. Park near to Commodor Hotel on Southbourne Overcliffe Drive and meet near to Cafe Riva. Walk along cliff top to Boscombe pier, coffee stop and return along promenade.

**Wed 24<sup>th</sup> April 2024 @ 10.00 am**  
**TBA**



## **ROCKIN' ROBINS**

Contact – Meryl (277325) or Jenny (272628)

Meetings – 2:00pm 2<sup>nd</sup> & 4<sup>th</sup> Mondays  
**(Singing for fun group)**

The first session with Mark, the new musician, went really well and he is really looking forward to future sessions with Rockin' Robins.

## **RUMMIKUB**

Contact – Margaret via Greystones  
Tuesday – 1.30pm to 4 pm

Easter is almost here. I can't believe the year is going so quickly, still time though to join our friendly group. We regularly have over 18 people attending each week. Good to welcome Betty back to the group after a stay in hospital following a car accident just before Christmas. New members always welcome, it's an easy game to play.

## **SEWING (now see under NEEDLES)**

Contact: Sue – (07771647150)  
Meet 10am Wednesday (Weekly)

## **TABLE TENNIS**

Contact – John  
(274813)

Meetings - 9.30am  
Monday weekly

9.30am Thursday  
1st 2<sup>nd</sup> 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



Class 11.30am Mondays  
Class 10.00am Wednesday  
Contact ; Karen (07786 304105)  
Class 10.30 am Tuesday

## **AFFILIATED ORGANISATIONS**

### **HIGHCLIFFE HORTICULTURAL SOCIETY**

Linda Law

email: [lindarosslaw@hotmail.co.uk](mailto:lindarosslaw@hotmail.co.uk)

mobile: 07769 748187

[www.highcliffehorticulturalsociety.co.uk](http://www.highcliffehorticulturalsociety.co.uk)

Monday, 8 April at 7.30pm (doors open at 7.00pm). A talk by Nick Gilbert entitled "The Gilbert's Dahlia Year". At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments, plant sales and a raffle. Non-members very welcome £3. Enquiries to Linda Law on 07769 748187. [www.highcliffehorticulturalsocty.co.uk](http://www.highcliffehorticulturalsocty.co.uk).

### **FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES**

(Christchurch Library – 01202 127200)

(Highcliffe Library - 01202 127369)

Contact - Jan Clarke – 01425 277635:

Talks start at 2.00 p.m. (please note change of time) followed by refreshments.

Friends - £3.00 Non-members £5.00

Please telephone relevant library for tickets.

### **Christchurch Library**

Thursday, 21st March

"The Beginnings of Children's TV - Puppets Rule"

Speaker - John Lay-Flurrie

### **Highcliffe Library**

Wednesday, 3rd April

"Go With The Flow - The River Stour from Stourhead to Stanpit"

Speaker - Ron Taylor



### **HIGHCLIFFE MEDICAL CENTRE**

#### **Patients Participation Group**

**Contact – Michael Williams (07484 778364) or [highcliffepgp@gmail.com](mailto:highcliffepgp@gmail.com)**

**Medicines waste** - Only order what you need!

Approximately 1.6 million medicine items are wasted unnecessarily in Dorset each year. Your help is needed to reduce this.

NHS Dorset have launched a new campaign asking people to check their order to help reduce waste and save money.

Please check what medicines you have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still be able to order others again in future. Only ordering what you need means that you are helping the environment to make sure that waste medicines do not pollute our rivers and seas because once medicines have left the pharmacy, they cannot be recycled or used by anyone else.

## **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](http://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

## **CHRISTCHURCH PROBUS CLUB**

Contact Maurice Dowling  
07769897955

### **Highcliffe Food Festival June 8<sup>th</sup> and 9<sup>th</sup>.**

To help promote HCA we have agreed with the organisers of the Food Festival to man a gazebo on the recreation ground where we will be acting as an information centre for the Festival.

This will enable us to advertise HCA possibly by having different groups represented showing skills etc that are part of HCA. At Greystones itself we will be serving tea, coffee and homemade cakes, planning for an art exhibition is also underway.

This proved to be a great success last year and brought in new members and people who did not know anything about HCA. Obviously, we will need people to help so if you are available that weekend and can spare a couple of hours to help either on the recreation ground or at Greystones it would be much appreciated.

Please contact Jan or Barbara.

## FREDA'S COOKERY CORNER

### MEATY EGG NOODLES FOR 1

Tinned meat of some sort would make this simpler. You will probably have to buy a 500g pack of mince so divide into 4 or cook off the lot. Either way, freeze the remaining 3 portions.

1 or 2 nests of egg noodles, depending on how hungry you are

olive oil - enough to cook the onion.

125 g (4oz) mince of your choice

1 medium chopped onion

1 clove of garlic - chopped

1/2 cube of vegetable stock dissolved in 2  
tabsp. boiling water

a small quantity of any vegetables that you  
might wish to add - thinly sliced or in small  
pieces

1 tbsp. soy or hoisin sauce (Worcester sauce would do)



Prepare the noodles as instructed on the packet. In a frying pan heat a glug of oil and when hot add the mince to brown over highish heat. Remove meat onto a plate, leaving oil behind. Then cook the onion in the remaining oil. Add a little more oil if required. Add the garlic. Add the stock liquid, stir well ,adding vegetables at this stage if required. Cover with a lid and cook on low heat for 20 mins. Add the sauce and cook for a further 2 mins. Finally add the drained noodles, mix well until all heated through.

**If you have any suitably, simple recipes with no exotic ingredients please send to Freda at .....[kafreschaffer@gmail.com](mailto:kafreschaffer@gmail.com)**

## **Art / Craft Sale**

Art/Craft sale on the 4<sup>th</sup> Friday of  
every month

26 April and 24 May.

### **For your safety in the event of an emergency evacuation**

If you are **not** attending a section, please inform the  
receptionist of your arrival and departure.

This will be recorded in the diary and will be used to  
check that everyone is out of the building.

Thank you



**This month's guest speakers**

**Sunday 7<sup>th</sup> April Jean Davies**

**Sunday 14<sup>th</sup> April Barrie Taylor**

**Sunday 21<sup>st</sup> April Tom Rothwell**

**Sunday 28<sup>th</sup> April David Craig**

**Come and join us,  
everyone is very welcome!**



**COPY DATE FOR APRIL 2024  
NEWSLETTER**

**Submissions to be received by  
MONDAY 15<sup>th</sup> April 2024**

**PUBLICATION DATE  
25<sup>th</sup> April 2024**

*This issue of the newsletter edited by: Pauline Pegram*



Photo  
graphic

## Viewpoint & Perspective

Avoiding distortion and exploring the relationship between viewpoint, zoom (focal length) and perspective.



A brief primer followed by a practical session outside Greystones House.

11 Apr | 10:30 – 12:30 | room 11