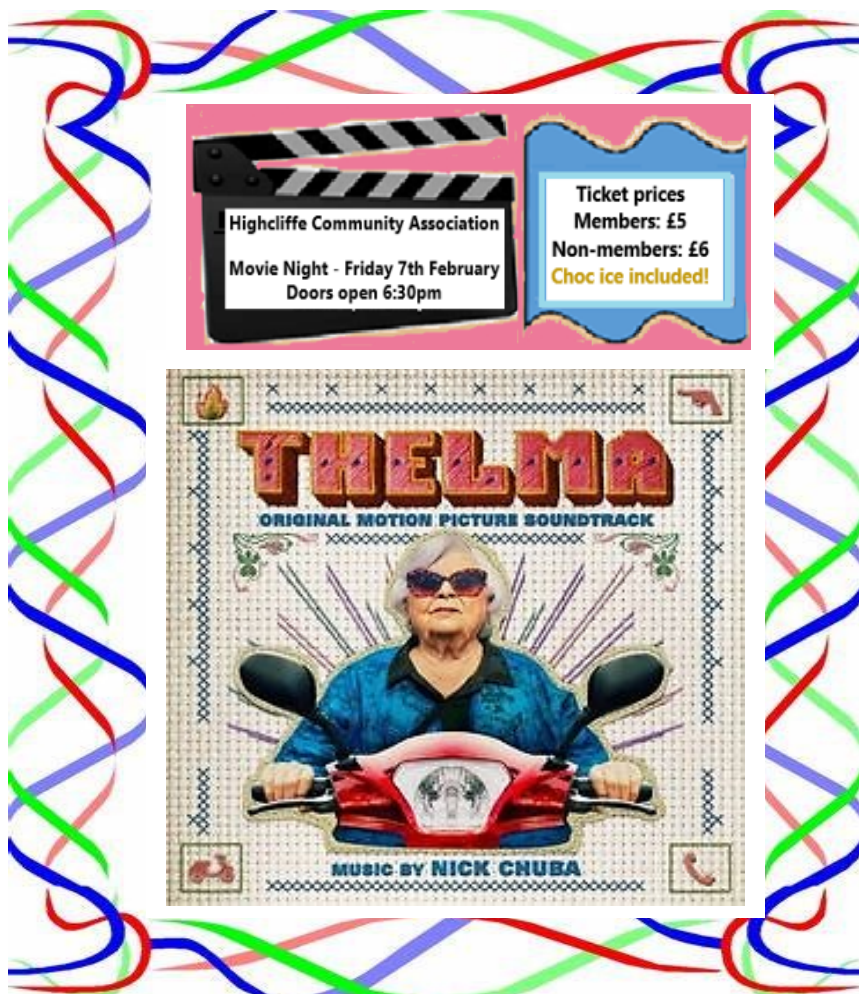




# Highcliffe

Community Association  
at Greystones House



News and Programme of Events

February 2025

## Sections at a Glance...

**Please note that not all groups run every week – contact the leader in “section news”**

**for more details**

Art	Monday am.	Legs, bums and Tums	Tuesday am.
Art	Tuesday am.	Machine Quilting	Friday pm
Art	Tuesday pm	Mahjong	Thursday pm.
Bingo	Saturday pm	Men’s Forum	Thursday am
Book Group	Thursday am	Mindfulness	Monday am
Bridge Duplicate.	See text	Petanque	Monday pm
Bridge Rubber	Friday pm	Petanque	Tuesday pm
Canasta	Thursday	Petanque	Wednesday pm
Cards – Bolivia	Monday pm	Petanque	Thursday pm.
Carpet Bowls	Monday pm	Petanque	Fri am and pm
Carpet Bowls	Friday pm.	Photography	Thursday am
Chess	Monday evening	Pilates	Wednesday am
Chi Kung	Friday am.	Poetry	Wednesday am.
Craft	Thursday 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	Scrabble	Thursday am
Dancing-Line	Tuesday evening	Sewing/Needles	Wednesday am
Darts	Tuesday pm	Table Tennis	Monday am
Darts	Thursday eve.	Table Tennis	Thursday am
Discussion	Tuesday pm.	Table Tennis	Saturday am
Doodle Art	Wednesday	Whist	Wednesday pm
Drama & Play Reading	Thursday pm.	Yoga	Monday noon
Flower Arranging	Wednesday am	Yoga	Tuesday am
Fun Chair Exercise	Wednesday am	Yoga	Wednesday 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](mailto:newsletter.editor@highcliffeca.co.uk)  
**Website:** [www.highcliffecommunityassociation.co.uk](http://www.highcliffecommunityassociation.co.uk)

**Message from the Trustees**

We know that we have a tremendous team of volunteers who help to keep our association functioning on a day by day basis by working on the reception desk and in the kitchen serving us all drinks and all the different section leaders who give us all so much pleasure in organising the many and varied sections. We wish to thank you all for all your work.

BUT and this is a big BUT your Trustees committee is becoming rather depleted which means that less people are doing the work of keeping the association functioning officially. They work tirelessly in the back ground and now we are in need of some new blood to help carry the weight.

As you will remember our previous chairman left office at the 2024 AGM and we have worked with a stand-in one so far this year but this post will need to be filled at the 2025 AGM. At this meeting we will also need a new Secretary as that position becomes vacant. We are still on the hunt for someone to take on the role of Premises Manager to oversee any contract repair work that needs doing. This role is really important for us as it would free up time for other's who are currently doing the job in addition to their other responsibilities.

Under the Charity Commission rules and our constitution these posts need to be filled at the AGM in 2025, therefore it is imperative that people volunteer as a trustee otherwise the association will have to close.

## **Accommodation Trustee**

You may have noticed that the displays on the boards outside the kitchen are changing. If your poster 'disappears' it is because it has been included on a group poster. For example, Canasta no longer has an individual poster but all contact details are included on the 'Play your Cards right' and line dancing is now included with the 'Let's Face the Music'. This is an ongoing process to give the boards a newer, fresher appearance. It will also leave space for advertising any special, one-off events.

Meryl

## **Trustees Elected at AGM 2024.**

Chair – vacant

Secretary – Linda Norman

Treasurer - Jan Hollowell

Lyn Lash – Reception

Barbara Thacker – Served

Meryl Jones – Accommodation

Pauline Pegram – Governance

Janet Davies - Publicity

Christine Graham

### **Governance – Pauline Pegram**

**Section leaders – please see the revised version of the standing orders with your registers... and a revised copy of the constitution will be on display in the library.**

## **CAR PARKING**

**Please park only outside Greystones House when visiting HCA – the spaces by the pedestrian path are reserved for residents; also, please make sure that you display your parking permit and sign the book on reception if you are double parked.**

**Thank you**

## Dates for Your Diary

### Event

#### Quiz and Chips

##### **Date**

Saturday 1st February 2025

Saturday 1st April

Saturday 7th June

##### **Tickets on Sale**

Monday 3<sup>rd</sup> March

Monday 12<sup>th</sup> May

**Art & Craft Sale** - Every 4<sup>th</sup> Friday, 10.00- 12.00 in the  
Coffee Lounge.



### **Film Night with Choc Ice!**

**Friday February 7<sup>th</sup>** Thelma

**Friday March 7<sup>th</sup>** Paddington in Peru Tickets on sale Friday 7<sup>th</sup> Feb.

**Friday 4<sup>th</sup> April** The Critic Tickets on sale Friday 7<sup>th</sup> March.

**Important message :** There has been quite a decline in the number of film tickets being sold resulting in at least one film being cancelled, this may be due to the time of year or the limited choice of films. As the film hire charges have been increased we need to sell 25 tickets to break even so the trustees will be reviewing the viability of these evenings.

## NEW MEMBERSHIP OFFER

From January 1st 2025 until 30th April 2025 the cost of the remaining 4-month period for the current 2024-2025 Membership will be reduced to **£5**.

This membership will be valid up to 30th April 2025. NOTE: 2025-2026 Membership starts 1st May 2025 valid until 30th April 2026 at full price for 12-month period.

Applications can be made in person at Reception payment by Cash or Cheque, or via the website payment by BACS.

### **SECRETARY**

Email: [secretary@highcliffeca.co.uk](mailto:secretary@highcliffeca.co.uk)

To help us find ways of encouraging more participation in the overall organisation we have organised a meeting for ALL section reps/leaders to attend on **THURSDAY 6TH FEB 2025 @ 2.00P.M.** We hope that a representative from all our sections will attend and if you could please advise me of your representative asap that would be helpful.

Thanking you all in advance.  
Linda Norman  
Secretary

### **TREASURER**

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

### **Christmas Jigsaw and Craft Fayre.**

Thanks to everyone who helped in any way with the Fayre. Now we have held the Fayre we have the normal jigsaws available in reception ready for making up for the next jigsaw fayre in August.

Thanks also to Jill Ceeley, Dave Saunders and the flower arranging group for our lovely Christmas Decorations.

Would all group treasurers please make sure that you are being given the correct money by your members as we have been receiving quite a number of old £1 coins, euros and other foreign coins. Anyone that has old £1 coins or notes can pay them in to their own bank account.

Thanks Jan.

Heating Greystones will be even more expensive this year, but keeping warm in winter is a problem for us all, so in the words of the artic explorer who thought of it 'please layer up'.

### **ACCOMMODATION NEWS**

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

We have recently suggested starting a Scrabble group as this has proved very popular at other Community Hubs. Seonaid has agreed to lead the section and we are hoping that we will have members who are interested in joining.

There are also spaces in the proposed 'Social Jigsaw Group'

For more information please contact [meryl.jones@highcliffeca.co.uk](mailto:meryl.jones@highcliffeca.co.uk) or leave your name and contact details at reception.

Could I ask that any section leader who is cancelling a section meeting inform the members in good time. Thank you

## **RECEPTION**

Lyn (274301) Hazel. (540228)

Reminder to all groups

If you open doors & widows, or alter the radiator settings, please change everything back when you have finished your session. Many thanks

## **MAINTENANCE**

Room 1 floor has been repolished and your help in keeping it in good order would be much appreciated by lifting chairs and not dragging them. When moving the table tennis tables would you make sure that all the brakes are off and please be aware of door frames and walls. Thanks everyone.

## **MEMBERSHIP**

Email:

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

New year, new ideas, are you looking to meet new people, explore new hobbies and interests or revive previous interests?

We have many sections available for you to try out. Check out the section lists within our Newsletter or our website for information :-

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

Highcliffe Community Association has 45 clubs and meet at Greystone House. We sing, dance, play cards, petanque, table tennis and events

Perhaps a friend or neighbour would be interested in joining you, please spread the word. New members are always welcome, come along and try a Section or come to the Friday Live coffee morning we will be happy to see you.

Membership Secretary  
Sandy Gale

## **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.

This month we have been able to include another poem written by Anne Jacobs called 'River', and a challenging Photographic Section Word Search and poster advertising their next meeting's topic on Night & Low Light photography, both produced by Patrick Jones.

We intend that the newsletter also continues to bring you important news about the Association such this month's important messages from the Trustees, the continuation of film night, and the introduction of new Section activities such as Beginners Bridge, Scrabble and Backgammon.

## 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.

Thank you

Barbara

## PUBLICITY

Janet Davies

Congratulations to five of our volunteers who attended the day on a first aid course. Well done to everyone on passing. Their certificates can be seen on the wall by the kitchen

The December/January newsletter was distributed to local shops in the high street at the beginning of December hoping to attract new members.

Please take an extra one yourself and pop it in your neighbour's letter box if they are new to our area introducing them to what is available at Highcliffe Community Association (Greystones )

## **BINGO**

**Every Saturday**

**GREYSTONES HOUSE  
Eyes down at 2.00 p.m.**

## GENERAL INTEREST

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

Contact – Talk to a  
Team Member



### **YOUR SHOP NEED YOU !**

We are looking for a member to join the shop team who would enjoy taking the lead role in co-ordinating the running of the shop

If you like clothes, enjoy socializing, or just feel the need to exercise those work skills, we would love to see you.

Meet & Talk with your shop team

## LIBRARY CORNER

Hi Everyone

I hope that you all had a fabulous Christmas and New Year.

### **THOUGHTS FOR 2025**

If every Greystone's member borrowed just **one 20p item per month** from the library it would increase the Library's takings thereby putting more money for the upkeep and enjoyment of the wonderful Greystone's facilities which we all enjoy **PLUS** it would mean more room on our shelves for more donated books!

As usual my thanks go to all the members who have donated items to the library. It is so appreciated.

Unfortunately due to lack of space on our shelves we only accept as new and latest paperbacks and jigsaw puzzles.

**REMEMBER :** you can help



yourselves to any book or jigsaw on display in the windows or shelves.

Please put all returns and donations in baskets on library table - do not borrow from these baskets as I need to check books in and out.

Hoping to see all our members using and enjoying the library facilities this year.

Barbara

Librarian

### **IN MEMORIAM**



Contact Sandy

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

#### **BACKGAMMON (NEW SECTION?)**

We are hoping to start a Backgammon section this year possibly after Easter.

We have a very enthusiastic teacher,

Paul Webb, and now we need members who would be interested in playing or learning how to play. Once we know that there is enough interest we can decide on a day and time. Please register your interest at reception or contact

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

#### **BEETLE DRIVE**

**4<sup>th</sup> Wednesday in month**

**Time: 2.pm start.**

Contact Monica 07739 420244

Susan 07504 255754.

As we play in teams of 4 per table, we have a max attendance of 24 so please don't delay in registering to avoid disappointment. The cost is £2 to join the group, this is an annual fee. Plus, to attend each beetle drive please pay £2 on the day, £1 of which goes towards running the group, prizes etc and the other £1 goes to Greystones. There will be a short break during the event for refreshments. Cake will be provided free of charge; drinks are available from the kitchen as usual.

All are welcome including non-members, so please come along with any family or friends, but remember to register. We look forward to enjoying a fun afternoon with you.

There will be a prize for winner and runner up.

Many Thanks  
Monica

## **BINGO – Saturday 2pm.**

Contact–Brian Lockyer 07889 247360

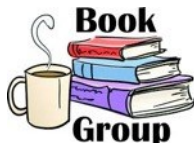
We are a very friendly group and all are welcome and can be contacted by texting Brian on the above number.

## **BOOK GROUP**

Contact. - Helen

Meeting. - 3rd

Thursday of the month. 10 am,



Our next meeting is on 20th Feb at 10am when we will be discussing two novellas;

Alan Bennett The Uncommon Reader

JL Carr A Month in the Country

March's meeting will be on 20th March.

Each month we will choose a book to read and discuss and we will also have time for a cuppa followed by shared recommendations. We hope to cover a wide range of books and hopefully to sometimes step outside our comfort zone!

Happy reading

Helen

## **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

## **BRIDGE – Beginners**

Contact John Lee (279257) or

Thelma 01425 501587

Meetings Fridays 10 am to 11.30 am

A new group starts on 31st January for those with little or no experience of playing bridge. For more information please get in touch with either Thelma or John.

## **CANASTA**

Contact - David (07971444463)

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

We are a friendly group who enjoy an interesting and absorbing game as well as a good laugh along the way.

New learners as well as experienced players are very welcome.

We begin to assemble every Thursday evening at 6pm. Play is from 6.30 pm until 9.00 pm with a tea break half way through the evening.

We would love you to give it a no obligation try, you will be surprised at how quickly the three hours fly by.

## **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 now have a vacancy if anyone is interested.

Come and join our friendly group.

## **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)



Hazel & Meryl would like to thank all of the members who have supported the section. It continues to be well attended and new members are always welcome. We focussed on creating goods to sell at the Xmas Jigsaw and Craft Fayre in October/November and we are pleased to announce that over £330 was raised for Greystones at that event. We have some knitted items left

and these will be donated to Knit for Peace. Our focus for 2025 will be Knit for Peace and the local SCBUs at Southampton and Poole. We are always looking for no longer wanted balls of 4ply, DK or Aran wool. Donations can be left at reception. Thank you

## **DANCING - Ballroom and Latin**

Contact - Graeme  
(07874 327087)



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

As well as dancing the waltz, quickstep, rumba, cha cha, rock jive etc. we are now learning some sequence dances. We enjoyed the Sally Anne Cha Cha sequence dance during December, and we've been trying to master the Saunter Together during January. In February we hope to move on to the Catherine Waltz.

Very friendly and informal. Instruction given. Only £1 per session! Your first time is a free taster session.

Ideal for those who wish to get back into dancing. Experienced dancers also welcome.

## **DANCING – Circle**

Contact - Nancy (07712 400621)

Meetings – 2.00pm. The 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>  
Monday of the month.

Do pop in if you would like to see what Circle Dance is all about and no it's not like Line Dancing!

We dance to a selection of music from around the world around a meaningful centrepiece. All steps are taught, and you do not need a partner. Some dances are lively, some are slow and meditative. You do need to have a reasonable level of physical fitness to participate, and previous experience of dance is useful but not essential.

### **DANCING – Country**

Contact – Jan (01202 427523)

Meetings - Thursday evenings 7.00 for 7.30 pm start

It's good to be back dancing and to welcome some new beginners. Many thanks to Janet for taking on the important task of introducing newcomers to some basics so they can join in with more confidence. Now we are looking forward to our Dinner Dance on 20th February. Members should make sure they have handed in their menu choices by end January.

### **DANCING – LINE**

Tuesday 4.30-5.30pm.

Contact – Clare (07983 558995)

Line Dancing for Beginners.

Class currently full - please put your name on the waiting list if you would like to join our fun class!

### **DARTS**

Meetings–Tuesday

1.00 to 4.00pm

Full but offer a waiting list.

Contact Sue (280536)



Darts meeting Thursday 7.00pm

Have vacancies for new members.

Contact Brenda (839789)

### **DISCUSSION**

Contact – Jill (280247)

Meetings – 2.00pm First Tuesday of the month in Room 14.

### **DOODLE ART**

1st Wednesday of every month at 10.30.

Ring Maria 07484 757715

### **DRAMA & PLAY READING**

Contact - Tom (272822)

- Eddie & Mary (278790)

Meetings - Thursdays at 2pm.

Due to Section Leaders / Trustees Meeting we will be in Room 3 on Feb. 6.

Well, it was very exciting having Arnold Ridley's GHOST TRAIN rushing through Room 1, with some of the characters not being quite what they seemed, and everyone seems to be enjoying the menace of Patrick Hamilton's now topical GASLIGHT. Our 'Company' has now been enhanced by some lively 'good companions' and to celebrate Bradford's Year of Culture I've booked another J.B. Priestley play - EDEN END. But first - Dion Boucicault's riot of fun - LONDON ASSURANCE.

### **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**

Wednesdays 11:45 am  
Ring Viv 07786 435333

We now meet every Wednesday morning at 11:45am for a 45 minute class.

This is low level exercise for people who are unfit and would enjoy partaking in a class to gain more strength in both top body and legs. All done to music and with a little apparatus to inspire more movement. Standing behind the chair is also encouraged at some point in the class.

This section has become very popular with members embracing the opportunity to improve their range of movement. It has been decided to move the section to a more accessible time of the day and will now take place every Wednesday at 11.45 – 12:30. For more information please contact Viv 07786 435333

## **IT FORUM**

Contact – Norman  
(275674)

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



12 Feb — Using generative AI. Generative AI offers a seamless, integrated approach to content creation, making it easier for individuals and businesses to produce well-crafted, professional documents with less effort and more creativity.

26 Feb — Discussion and advice. An informal discussion of IT and related matters raised by members. Visitors are welcome to seek help and advice

on computers, tablets and smart-phones.

Non IT Forum members £2.

## **LADIES FORUM**

Contact – Cherry (01425 274184)

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

Our December meeting was in the form of a Xmas tea with members bringing a wonderful array of food. We sat round small tables of six and before tea-time took part in a number of quizzes, some with a very festive feel to them and the winners each received a small prize. Tea was accompanied by crackers and lots of chat. After tea there was an extensive raffle to end an enjoyable afternoon.


For our first meeting of the new year Steve Roberts gave a talk on Dads Army Fact or Fiction in which he gave a detailed history of the real Home Guard and amusing details of the tv series with a background to the actors involved in the comedy.

Our Feb meeting will be our annual lunch to be held at the Globe Highcliffe.

Our membership has now reached the capacity of room 1 so any new members wishing to join us will be held on a waiting list.

Enquiries to Cherry, 01425 274184

We are now full, but Cherry has a waiting list; just give her a ring if you are interested in joining us.

<b>Ladies Forum Meetings 2024/25</b>	
<b>14 February 2025</b> Annual Lunch, 12.30 Venue TBA	
<b>14 March 2025</b> Alice May The house that sat down.	
<b>11 April 2025</b> Kevin Patience 'The African Queen' the story behind the film	

Members Annual Subscription £2.00

Members Monthly Meeting Fee £4.00

Visitors Meeting Fee £4.50

### LANGUAGES - FRENCH

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

We 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>

Christmas and the New Year festivities are now behind us. We will be making more quilts for Care Leavers. Patterns have been cut for us in preparation and they are a delight to make. Most of our people have been able to attend during last year and it will be lovely to see a full room again.

### MAHJONG

Contact - Rowena (278248)

Meetings - 1.30pm  
Thursday weekly



The evenings are getting lighter, so they tell us, but while the afternoons are still short and cold why not try something new that will keep your brain active. Or perhaps you have played Mahjong before and would like to play again. No experience necessary. We only play for fun so come along and join us!

It's always good to practise "Ordinary Hand" as this is the basis of the game but it is fun to try some of the trickier hands and very satisfying if you actually go Mahjong with them. Of course, often the tiles you start with dictate what hand you end up doing.

Ordinary Mahjong (page 42) – 4 pungs and a pair all in one suit or one suit with winds and dragons. IF there are four players one of the pungs can be replaced by a chow. This is an exposed hand so if you have a pair in your hand you can say "pung" and pick up a discarded tile to make the pung. A nice easy hand for beginners is Gertie's Garter (page 20) – A run of 1-7 in two separate suits.

Another nice simple hand is Knitting (page 20) - a tile from one suit paired with the same number tile from a second suit.

Why not come along a join us for a fun afternoon!

### **MEN'S FORUM**

Contact Mike Smith 277370, or  
Stewart Partridge 07857 566771

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 can also attend any meeting or talk, for a guest fee.

The full programme is available now, to get your copy, either email: [stewart.partridge@ipcv.co.uk](mailto:stewart.partridge@ipcv.co.uk) or pick up a printed copy from the Notice Boards at Greystones House.

### **MINDFULNESS**

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

### **NEEDLES GROUP**

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

The Needles group, is a friendly, informal group, enjoying projects such as embroidery, tapestry, hand sewing, crochet, knitting, as well as making and altering clothes. We have 2 sewing machines and 2 overlockers, and various haberdashery items. We

always have a laugh and a chat, and welcome new members.

### **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

We had such enjoyable afternoons together, if you would like a game come along and join us.

### **PHOTOGRAPHIC**

Contact–Jeff Palmer  
(07970608011)

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



In our January meeting we had well received presentations from Patrick Jones on GIMP editing for laptops and from John Lewis on Snapseed editing for smartphones. We also critiqued photos that members had uploaded to our Facebook page on this month's topic of Winter.

Our next meeting is on Thursday 13th February at 10.30am in Room 11. Michael Price will be presenting on Night and low-light photography. We will also be critiquing photos uploaded to our Winter folder, edited with GIMP or Snapseed.

As ever we welcome new and returning members.

## **PILATES**

Contact – Debbie (07523 408368)  
Meeting Wednesday 8.45 – 9.45am

## **POETRY**

Contact - Maria (07484 757715)  
Meeting – 10.30am on 3rd  
Wednesday of the month

This is a poetry reading and discussion group which meets at 10.15am on the 3rd Wednesday of the month. Group members decide on a topic for the month and poems are researched or written ready to present to the group. Suitable for anyone with an interest in poetry.

Books can be provided for anyone new to the subject.

Cost is £1 per meeting

## **QUILTING**

Contact – Anna (01202 809700)  
Meetings – 9.30am Tuesday Weekly  
Email: anne.hutton27@sky.com

We are settling in again after the Christmas break. The Christmas Fair was a great success. We are finishing and making plans for our next project and are looking forward to catching up with each other again.

## **RAMBLES AND AMBLES**

### **Rambles for February 2025**



Contact - Nigel (0789 675 0059)

Unless otherwise stated, walks start at 1000hrs and are between 5 & 6 miles long. Any alterations will be advised to members by email. Contact the walk

leader or the above if you have any queries. New members always welcome to our friendly group. Unfortunately, dogs are not allowed.

**5th Feb-** Walk to be advised by email if offered

**12th Feb** - Walk to be advised by email if offered

**19th Feb-** Walk to be advised by email if offered

**26th Feb** - Anderwood Inclosure  
Leaders Ann & Bryn (274363 / 07535 331875) Meet - Anderwood CP, Ref: 249/057. Go north on A35 and turn sharp left about 3-4 miles after Holmsley junction onto Burley road. Anderwood CP is approx 1 mile on RHS.

## **AMBLERS WALKS February 2025**

Contact: Graham (07858 569656)  
Any forthcoming ambles will be notified by email.

Please send a short email reply to Graham if attending, so that we can cater appropriately.

**Wed 5<sup>th</sup> Feb 2025 @ 10.00 am**  
**Hatchet Pond CP Ref SZ 369 016**  
**(SO42 7WE)**

Leader: Graham.

Take the B3054 out of Lymington heading to Beaulieu and after 5.2 miles Hatchet Pond & CP is on your left. Alternatively, from Brockenhurst turn R at Balmer Lawn on the B3055 sign



posted for Beaulieu, and after 4.7 miles the CP is on your right.

Walk is approx 3.4 miles, passes through Hawkhill Inclosure and includes a coffee stop.

**Wed 12<sup>h</sup> Feb 2025 @ 10.00 am**  
**TBA**

**Wed 19<sup>th</sup> Feb 2025 @ 10.00 am**  
**Wooton Bridge** CP ref SZ 250 997  
(BH25 5TZ )

Leaders; Nigel and Charlotte  
From the Rising Sun Public House at Bashley, take the Brockenhurst Road and just after crossing the bridge, the CP is on your immediate left.  
The route, which is a gentle forest walk is approx. 3.5 miles through Broadley Inclosure.

**Wed 26<sup>th</sup> Feb 2025 @ 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)**



Rockin' Robins are having a great time singing for fun. We have proved so popular that we are unable to take any new members at present. However, please contact either Meryl or Jenny if you would like to go onto our waiting list. If any current members are not going to return, please let us know and if we could have your folder of music back we would be extremely grateful. Many thanks

## **RUMMIKUB**

Contact – Ann Power 07854 421157  
Tuesday – 1.30pm to 4 pm

A good start to the new year was our visit to The Globe for our annual lunch. A bonus was that they were doing half price deals!

Our group continues to almost full attendance, what a joy to be out of the cold winds and among friends. Happy new year to you all.

## **SCRABBLE (NEW SECTION)**

Meetings – 10:00am on 1<sup>st</sup> and 3<sup>rd</sup> Thursday each month in Room 3.

We are pleased to announce the introduction of a Scrabble section. The group will meet on the first and third Thursday of each month in Room 3 at 10:00 with the first meeting on January 16<sup>th</sup> 2025. The section leader is Seonaid (Shona) Phillips. If you are interested in joining the group please contact Seonaid at [seonaid.phillips@googlemail.com](mailto:seonaid.phillips@googlemail.com)

If you have a Scrabble game that you no longer use and are happy to donate to HCA please hand it to one of our receptionists. Thank you.

## **TABLE TENNIS**

Contact – John  
(274813)

Meetings – 9.30am  
Monday weekly

9.30am Thursday

1<sup>st</sup> 2<sup>nd</sup> and 4<sup>th</sup> 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 –

Monday - 11.30am

Wednesday - 10.00am

Contact Karen (07786 304105)

Meeting - Tuesday 10.30am.



## **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, 3 February at 7.30pm (doors open at 7.00pm). A talk by David Tite entitled 'Carnivorous Plants'. 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.highcliffehorticulturalsociety.co.uk](http://www.highcliffehorticulturalsociety.co.uk)

Enquiries to Linda Law on 07769 748187.

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

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

(Christchurch Library – 01202 127200)

(Highcliffe Library - 01202 127369)

Contact - Jan Clarke – 01425 277635:

Highcliffe Library - New Opening hours

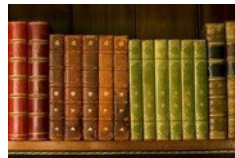
Monday and Friday - 9.30 a.m. - 5.00 p.m.

Tuesday - 2.30 p.m. to 6.00 p.m.

Wednesday - Closed

Thursday - 9.30 a.m. - 1.00 p.m.

Saturday - 9.30 a.m. to 1.00 p.m.



### **HIGHCLIFFE FRIENDS IN NEED**

Volunteer Car Driver Scheme.

If you need transport to your medical or other healthcare appointments, please call our dedicated number 01425 524100 between 9.30am-12.30pm (Monday, Tuesday, Thursday, Friday) and one of our Coordinators will try to find you a volunteer driver. Please book a week in advance where possible, minimum 2 weekdays notice. Users will be invited to make a suggested voluntary donation to cover driver's costs. Please note we are unable to take clients in wheelchairs

and those requiring assistance attending appointments will need to be accompanied by a friend or carer.

## **DRIVERS URGENTLY NEEDED**

**If you would like to join us, or need more information, please contact the Chairman Rod Hatcher on 01425 270898**

### **HIGHCLIFFE MEDICAL CENTRE**

**Patients Participation Group**

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

### **Support Highcliffe Medical Centre by Getting Vaccinated**

We encourage all our patients to book their flu and COVID-19 vaccinations with us at Highcliffe Medical Centre. By choosing to get vaccinated here, you directly support our practice. The funding we receive from these vaccinations is reinvested into improving our services and enhance patient care throughout the year. With NHS funding under increasing

pressure, your support is crucial in helping us meet the growing demand for healthcare.

Booking your vaccination with us not only protects your health but strengthens our ability to serve the entire community.

## **HIGHCLIFFE COMMUNITY CHURCH**

Everyone is welcome to join a friendly group of Christians for fellowship, to worship God and to hear from Him every Sunday 10.30am.

We now meet at our new venue of Greystones Hall, Waterford Road, Highcliffe, BH23 5JQ. For more information please email: [info@highcliffecommunitychurch.org.uk](mailto:info@highcliffecommunitychurch.org.uk) or visit our website at [www.highcliffecommunitychurch.org.uk](http://www.highcliffecommunitychurch.org.uk)



# Want to Volunteer?



**Thank You** to all of our wonderful volunteers who give up time to make HCA a great place to be.....

If you would like to join our team, please contact:-

Lyn Lash (reception)	01425 274301
Barbara Thacker (tea and coffee servery)	01425 620811
Jan Hollowell to help at Friday Live and raffle	01425 276450



HCA Opening 2025		
Closes	Opens	Reason
Friday 18th Apr 2025		<u>Good Friday</u>
Monday 21st Apr2025		<u>Easter Monday</u>
Monday 5th May 2025		<u>Early May Bank Holiday</u>
Monday 26 May 2025		<u>Spring Bank Holiday</u>
Friday 1st August 2025	Friday 18th August 2025	Jigsaw Fayre
Monday 25th August 2025		<u>Late Summer Bank Holiday</u>
19th December 2025		Christmas Break

**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



**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.

## Christmas at Greystones



### Xmas Raffle

We would like to thank everyone who bought a ticket for our Christmas draw .

The fantastic amount raised was £550.88 so once again a big thank you all

The prize winners are as follows..

- 1<sup>st</sup>. The Hamper ticket No 107 (Georgie)
- 2<sup>nd</sup>. The unisex fleece ticket No492 Erica ( unclaimed )
- 3<sup>rd</sup>. Yankee Candles. ticket No 556 (Ruth)
- 4<sup>th</sup>. Lily O Brien Chocs. ticket No 424 (Mallory)
- 5<sup>th</sup>. Bottle of Champagne. ticket No 589 (Tom)
- 6<sup>th</sup> Filled Stocking (Marilyn ticket)

Thank You  
Janet Davies



## RIVER



Gliding River, rippling by,  
Fish are leaping after fly,  
Willows trail their leaves in stream,  
Darting swallows dive and scream;

Shadows move like water wheels,  
The swiftly moving current steals  
The cornflower colours from the sky  
Between the bushy banks so high;

The splash of otter – there he is,  
Spink marks in the mud, are his,  
Swimming Vs floating down  
Among the waving weeds of brown;

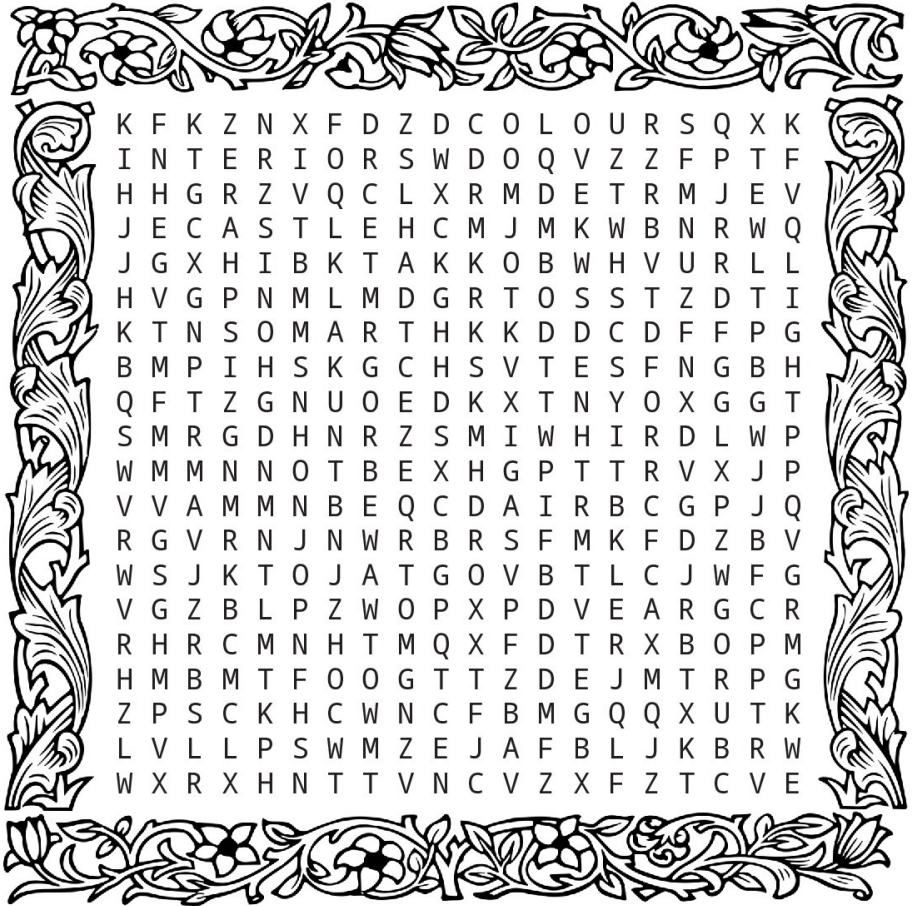
Just a glimpse of bright black eyes,  
Where once he was, some bubbles rise,  
An urgent splash and he is gone  
While river flows relentless, on.

**Anne R Jacobs  
(HCA Member)  
October 2024**



# WORD SEARCH

Photographic Section 2025



K F K Z N X F D Z D C O L O U R S Q X K  
I N T E R I O R S W D O Q V Z Z F P T F  
H H G R Z V Q C L X R M D E T R M J E V  
J E C A S T L E H C M J M K W B N R W Q  
J G X H I B K T A K K O B W H V U R L L  
H V G P N M L M D G R T O S S T Z D T I  
K T N S O M A R T H K K D D C D F F P G  
B M P I H S K G C H S V T E S F N G B H  
Q F T Z G N U O E D K X T N Y O X G G T  
S M R G D H N R Z S M I W H I R D L W P  
W M M N N O T B E X H G P T T R V X J P  
V V A M M N B E Q C D A I R B C G P J Q  
R G V R N J N W R B R S F M K F D Z B V  
W S J K T O J A T G O V B T L C J W F G  
V G Z B L P Z W O P X P D V E A R G C R  
R H R C M N H T M Q X F D T R X B O P M  
H M B M T F O O G T T Z D E J M T R P G  
Z P S C K H C W N C F B M G Q Q X U T K  
L V L L P S W M Z E J A F B L J K B R W  
W X R X H N T T V N C V Z X F Z T C V E

ARCHITECTURE

CAMERA

CASTLE

CLONE

COLOURS

COMPOSITION

CROP

EXPOSURE

IMAGES

INTERIORS

LIGHT

MACRO

MONOCHROME

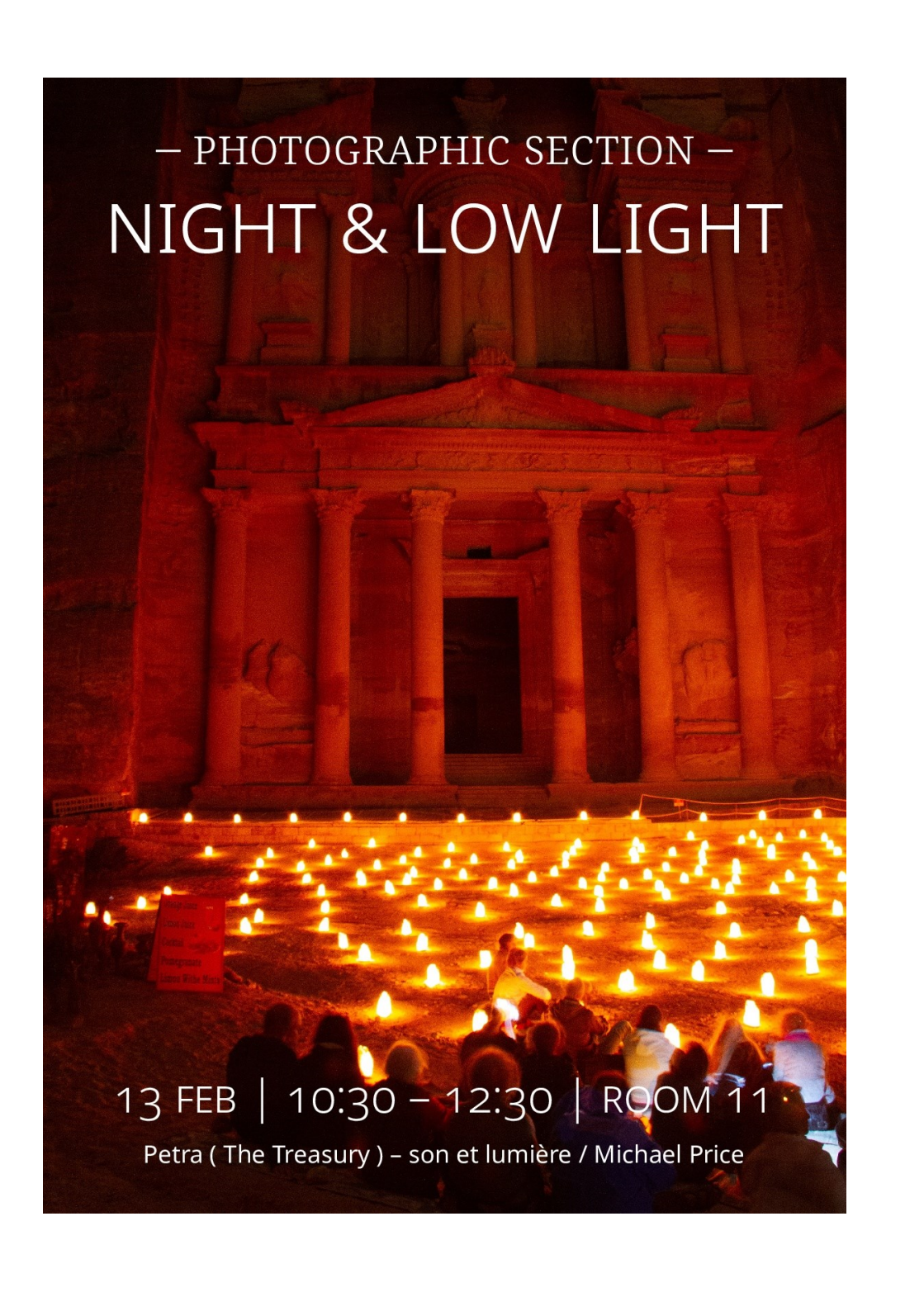
MOODS

NIGHT

PHOTOGRAPHY

SMARTPHONE

TEXTURE



— PHOTOGRAPHIC SECTION —  
NIGHT & LOW LIGHT

13 FEB | 10:30 – 12:30 | ROOM 11

Petra ( The Treasury ) – son et lumière / Michael Price

**Why did the snowman  
go to the doctor?**

He was getting chills.



**COPY DATE FOR FEBRUARY 2025  
NEWSLETTER**

**Submissions to be received by Monday  
17<sup>th</sup> FEBRUARY 2025**

**PUBLICATION DATE  
27<sup>TH</sup> FEBRUARY 2025**

*This issue of the newsletter edited by : Graeme Stringer*



## New Section for 2025

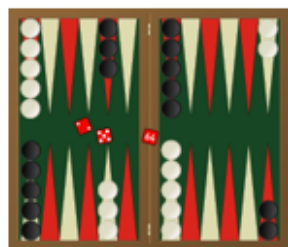
# Backgammon



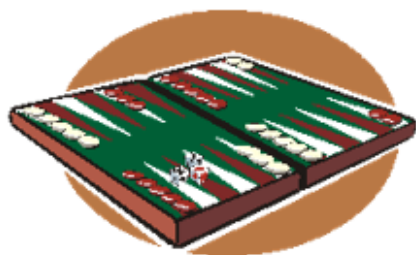
A new section is proposed for 2025.

Have you ever played or wanted to play

**Backgammon?**



*We have an experienced instructor ready to help you to learn or improve the game. Equipment will be provided*



***Now we need you!***

Dates and times will be decided once we know that there is sufficient interest.

Please register your interest at reception or contact [meryl.jones@highcliffeca.co.uk](mailto:meryl.jones@highcliffeca.co.uk)

or phone [07703333542](tel:07703333542)