



# Highcliffe

Community Association  
at Greystones House

Registered Charity No. 1189336

An Independent organisation run voluntarily by members for members and financially self-supporting.



## VE DAY

**80th Anniversary Celebration**

Saturday 10th May at 7.30pm

Entertainment by Stephen Christopher

Bring your own food, drink and glasses

Tickets £5 each

**News and Programme of Events  
April 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.	Ladies Forum	Friday pm.
Art	Tuesday am.	Languages French	Monday am.
Art	Tuesday pm	Legs, bums and Tums	Tuesday am.
Backgammon	Thursday From April 10 <sup>th</sup>	Machine Quilting	Friday pm
Bingo	Saturday pm	Mahjong	Thursday pm.
Book Group	Thursday am	Petanque	Monday pm
Bridge Duplicate.	See text	Petanque	Tuesday pm
Bridge Rubber	Friday pm	Petanque	Wednesday pm
Canasta	Thursday	Petanque	Thursday pm.
Cards – Bolivia	Monday pm	Petanque	Fri am and pm
Carpet Bowls	Monday pm	Photography	Thursday am
Carpet Bowls	Friday pm.	Pilates	Wednesday am
Chess	Monday evening	Poetry	Wednesday am.
Chi Kung	Friday am.	Quilting	Tuesday am
Craft	Thursday pm	Rambling & Ambling	See Text
Crochet, Knit and Natter	Tuesday am	Rocking Robins	Monday pm
Dancing-Ballroom & Latin	Tuesday pm	Rummikub	Tuesday am
Dancing–Circle	Monday pm	Scrabble	Thursday 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
Fun Chair Exercise	Wednesday am		
IT Forum	Wednesday pm.		

**Highcliffe Community Association  
Greystones House, Waterford Road, Highcliffe  
Dorset BH23 5JL**

**CONTACT US**

**Telephone:** 01425 271604  
**Email Newsletter copy:** newsletter.editor@highcliffeca.co.uk  
**Website:** www.highcliffecommunityassociation.co.uk

**Message from the Trustees**

We keep in mind that all trustees stand down at the AGM, prior to which nominations are invited for the management board for the next year. More details nearer the :-

**AGM on The 17<sup>th</sup> July 2025.**

It is important a representative from each group attends the Advisory Council meetings. We want opinions and ideas from members as well as trustees giving information to you.

<b>Advisory Council meeting dates</b>	If you need any equipment for your group please put a request in writing to the trustees – email or put a note in the “chair” file in the bottom drawer of the grey cabinet (where the registers are kept)
10 <sup>th</sup> April 2025	
10 <sup>th</sup> July 2025	
16 <sup>th</sup> October 2025	
11 <sup>th</sup> December 2025	

**Trustees Elected at AGM 2024.**

Chair	vacant	Email
Secretary	Linda Norman	
Treasurer	Jan Hollowell	
Lyn Lash	Reception	
Barbara Thacker	Servery	
Meryl Jones	Accommodation	
Pauline Pegram	Governance	
Janet Davies	Publicity	
Christine Graham		
Thelma Price	(co-opted)	

## 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



## Film Nights with Choc Ice!

**Friday 4<sup>th</sup> April** The Critic

Tickets on sale Friday 7<sup>th</sup> March.

**Friday 2<sup>nd</sup> May** Conclave

Tickets on sale Friday 4<sup>th</sup> April

**Friday 6<sup>th</sup> June** Bridget Jones Mad About The Boy

Tickets on sale Friday 2<sup>nd</sup> May

**Friday 4<sup>th</sup> July** Juror#2

Tickets on sale Friday 6<sup>th</sup> June.

All films yet to be confirmed.

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

## FUTURE EVENTS

- V E Day 80th Anniversary Celebration. Saturday 10th May at 7.30pm  
Entertainment by Stephen Christopher so come along for a boogie and a sing song to celebrate this memorable event.  
Tickets £5 members £6 non members. Tickets limited to 50, no reserved seating.  
Bring your own food, drinks and glasses.  
Tickets on sale Monday 7th April.
- Highcliffe Food Festival Saturday 14th & Sunday 15th June.  
As in previous years we will be selling tea and cakes during the weekend so will be asking for help both over the weekend and to bake cakes.  
Rotas asking for help will be on the notice board nearer the time.
- Jigsaw Festival Tuesday 5th to Sunday 10th August 10.00am to 4.00pm.  
We are well on our way with the jigsaw festival and have around 1000 puzzles already made up and are hoping to improve on the money we took last.  
I would like to take this opportunity to thank everyone who has donated puzzles and the people who are constantly making them, without you and the people who help during the week both with the puzzles and the refreshments this event would not be such a tremendous success.  
Again nearer the time rotas asking for help will be on the notice boards.  
Any help will be much appreciated, thanks Jan
- Sunday 9th Remembrance Day Lunch with entertainment by Mark Bussell

### **SECRETARY**

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

Linda Norman  
Secretary

### **TREASURER**

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

Jan (276450)

Please note the Annual Section  
Subscription has been reduced to £1

until 1<sup>st</sup> May when the new  
membership year commences.

## Dates for Your Diary

### Event

#### Quiz and Chips

<u>Date</u>	<u>Tickets on Sale</u>
Saturday 5th April	Monday 3 <sup>rd</sup> March
Saturday 7th June	Monday 12 <sup>th</sup> May
Saturday 7th June	Monday 12th May
Saturday 4th October	Monday 8th September
Saturday 6th December	Monday 3rd November

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

### ACCOMMODATION NEWS

#### **Accommodation Trustee**

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

We are increasingly aware that we have some very well attended sections squeezing themselves into small rooms while sections with less members have use of the bigger rooms. A review of room use is now underway and we would appreciate your cooperation if changes are requested.

Thank you to those Section Leaders who have notified me in advance of their section not meeting on certain dates. This information is then passed to the receptionists.

### RECEPTION

Lyn (274301) Hazel. (540228)

Reminder to all groups:-

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

### MAINTENANCE

#### **IMPORTANT INFO ABOUT THE LIFT**

Anyone using the lift will have noticed that the telephone has been removed, this is due to the change in BT lines and they no longer support analogue line. The phone has been replaced by AUTODIALLER (the button with a bell sign), which connects you direct to the lift company and also sounds an alarm within the building, this has been at a cost of £2534 to HCA. In the event of an emergency please press this button for 5 seconds, someone from the lift company will then speak to you the necessary advice on what to do next. Do not worry we will know if there is a

problem as the bell is deafening in reception. Do not press the red knob on the control panel as this stops the lift working until it is deactivated. We are awaiting new signage to be displayed in the lift giving you this information.

## **MEMBERSHIP**

Email:

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

Spring is coming, green shoots sprouting, are you looking to meet new people, explore new hobbies and interests or revive previous interests?

We have over 45 sections available for you to try out. Check out the section lists within our Newsletter or our website for information.

<http://www.highcliffecommunityassociation.co.uk/>

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.

Why not try a Section(s) before signing up to our Membership.

## **Membership Renewals**

An important reminder that Membership Renewals will be due from 1st May onwards.

***We will not be taking any renewals prior to 1st May.***

We are pleased to inform you that the full 12-month membership will remain at £10 and covers the period of 1st May 2025 - 30th April 2026.

Renewals can be done online via our website if paying by BACS or through Reception in person paying by cash or cheque.

Sandy Gale

Membership Secretary

## **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. In this issue we have repeated on page 27 the guidelines on the various ways you can submit items to the newsletter editors for inclusion.

This month we had space for a Spring Word Search kindly contributed by Patrick Jones, the principles of Backgammon (a new section about to start), a few Spring one-line jokes, and a Spring poem written by Miriam Martin.

We intend that the newsletter also continues to bring you important news about the Association such as forthcoming events, important messages from the Trustees, and the forthcoming film night films, as well as the latest news from the Sections.

## **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

Do you have a new neighbour that has moved in next to you ?

Please feel free to take an extra newsletter or two for them introducing our association and all the great activities that our centre offers its members daily

May I also thank our members who bring along donations at Friday Live for us to use for our raffle at a later date. They are greatly appreciated!

Janet

### **GENERAL INTEREST**

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

**Your clothing boutique NEEDS you!**

Contact – Talk to a Team Member



It's been a grey old Winter, but with spring officially here may we look forward to seeing you. Come and enjoy the pleasure of purchase.

Remember –it's Member donations of new and nearly new clothes, and a good 'foot-fall' of client who enjoy the acquisition of new items that make for a viable and interesting shop.

The 'team' would enjoy a little extra help, a part-time basis is a good option..

**See you soon.**

### **LIBRARY CORNER**

Hi everyone

Time to start thinking about holidays so don't forget that we have an excellent Travel Guides section in our Greystone's Library.

**ALL ITEMS ARE ONLY 20P TO BORROW FOR A PERIOD OF up TO 3 WEEKS.** Don't forget that you can borrow anything off our shelves or on display in window sills etc. but you cannot borrow from 'returns and donations' baskets on table as I have to check all items coming into the library.

Many thanks as always for 'as new' paperback donations - sorry I am unable to accept any other donations due to the library shelves being very overstocked

Barbara

Librarian

### **IN MEMORIAM**

Contact Sandy

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

Mary Leonard passed away on 21st March at the age of 101. She had previously been a longstanding member attending several Sections, before moving into a home 5 years ago.





HCA Opening 2025		
Closes	Opens	Reason
Thursday 18th Apr 2025	Tuesday 22 <sup>nd</sup> April	Easter Bank Holiday
Monday 5th May 2025	Closed for one day	<u>Early May Bank Holiday</u>
Monday 26 May 2025	Closed for one day	<u>Spring Bank Holiday</u>
Friday 1st August 2025	Monday 18th August 2025	Jigsaw Fayre 6 <sup>th</sup> -
Monday 25th August 2025	Closed for one day	<u>Late Summer Bank Holiday</u>
19th December 2025	Monday 5 <sup>th</sup> January 2026	Christmas Break

## 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)**

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

Because of a change in circumstances it is necessary to change the start date of the Backgammon Section to April 24th. All members who have expressed an interest will be contacted.

## **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  
Monic



Every  
Saturday at  
Greystones  
House

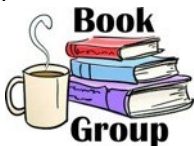
Eyes down  
at 2pm

### **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,  
Each month we  
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!

We now happily have a full complement of readers for this group but if you would like to go on the waiting list please contact me via my email.

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)



Thank you to all of those people who have donated their unwanted balls of DK wool.

We are using this wool to make squares that will be made into blankets for charity.

If you would like to help we need 6" squares, knitted with DK wool on size 4mm (size 8) needles.

They can be any colour or mix of colours

Any completed squares can be left at the reception desk and we will sew them into blankets

Thank you

## **DANCING - Ballroom, Latin and Sequence**

Contact - Graeme (07874 327087)



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

## **IMPORTANT NEWS !**

A big change for our dancing group during March has been the introduction of an ISDT professionally trained dance teacher, Adele, who runs Step In Time Dance. She will be with us each fortnight. In March she covered the ballroom tango. Next time Adele will be taking us through some new rumba moves.

In the alternate weeks Adele is not with us, we practise the steps she has shown us, and also continue learning our sequence dances. The Balmoral Blues took centre stage in March whilst continuing to practise the Rumba One, Mayfair Quickstep, Sally Ann Cha Cha, Saunter Together and Square Tango.

Very friendly and informal. Instruction given. Only £1 per session! (+ £5 on the weeks Adele is with us).

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

Our theme for the evening of April 16th is Water. What dances will our callers come up with? Will they be sailors hornpipes or boating songs, drinking songs or rain dances or maybe one of our favourites Sapphire Sea. Dancers might choose to wear colour or items

reflecting the topic. Full diving gear is NOT recommended.

### **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.

With a clutch of talented new members, however inexperienced they claim to be, we have revisited Ben Travers' lavish but dark farce Plunder, followed by John Mortimer's A Voyage Round

My Father: a poignant memoir of his own father - a very eccentric blind barrister. Daringly, we have started Caryl Churchill's mould-breaking TOP GIRLS! So far, so good.

### **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



9 Apr – HCA Publicity follow-up. Using AI to create advertising copy by summarising the contents of the current newsletter automatically.

23 Apr – 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.

The Ladies' Forum March speaker was Alice May who recalled how she arrived home one day... to find that her house was falling down! We learned how the family, and Alice in particular, coped with that disaster and how, in time, it lead to new career opportunities opening for her. On 3rd April we will be holding a coffee morning with a "Bring and Buy" table. Then, at our regular meeting on 11th April, Kevin Patience will be telling us about the story behind the film "The African Queen".

Enquiries to Cherry, 01425 274184

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

Members Annual Subscription £2.00  
Members Monthly Meeting Fee £4.00  
Visitors Meeting Fee £4.50

<b>Ladies Forum Meetings 2024/25</b>	
<b>3 April</b> Coffee morning with a "Bring and Buy" table.	
<b>11 April 2025</b> Kevin Patience 'The African Queen' the story behind the film	

### 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>

We will be making more quilts for Care Leavers. Patterns have been cut for us in preparation and they are a delight to make. We have also been asked and started again to make heart-shaped cushions for ladies in hospital who have had a mastectomy.

### MAHJONG

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

We are finally able to start looking forward to spring, lighter evenings and



hopeful better weather. Easter falls this month and Greystones will be closed on Good Friday (18th April) through to Easter Monday (21st April) but this will not affect any of our Mahjong sessions on Thursdays.

I have often been asked why the letters on the dragon tiles do not appear to correspond to the colours of White, Red and Green whilst the letters on the winds do indicate the wind direction, i.e. E east, S south, W west and N north. Apparently the letter on the dragon tiles do not stand for the colour but what they represent. Therefore, B is "Bou" or "Bai-ban" white board represents the spiritual order (white dragon), C is "Chun" and represents the animal order (red dragon), whilst F is Fa which represents the plant order (green dragon)

Why not come and join us on a Thursday afternoon. Don't worry if you have never played before, there are plenty of us to show you how to play. It is similar to playing a game of cards and we keep it simple and fun, no scoring and unlike the Chinese definitely no gambling! Once someone has a winning hand we just set the tiles

up again and see who can win the next hand.

We only play for fun so the aim is just to win a game of Mahjong. We don't score or gamble like the Chinese who take it very seriously and play incredibly fast! Amazing to watch. When someone goes Mahjong we just rebuild the walls and play another game to see who can win next time round. There are plenty of simple hands for beginners to start with and many really tricky hands for the more experienced.

### **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)

We enjoyed our Christmas lunch, organised by Suz at Highcliffe Golf Club, last month. Attendance was good, with 2 former members coming along to enjoy our company. We are looking at organising an afternoon tea. We welcome Brenda, a new member, introduced by Gillian. We also welcome back Daphne, after a long break.

We have decided on a project to work on next term. We will be taking our measurements to adapt a pattern to make stretchy shorts and a top for sleepwear. It is not compulsory to join in the project, but will be fun to have a go at.

If you enjoy embroidery, tapestry, hand sewing, crochet, knitting or machine sewing, please join us. You would be made very welcome. Our sewing machines and overlockers are regularly serviced and there are haberdashery items available, as well as sewing patterns and occasionally fabric.

We are a friendly, informal group enjoying a chat and a laugh.

### **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 have 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 March meeting we viewed and critiqued the photographs uploaded by group members on the month's theme of Night and Low Light Photography. A number of us found this to be a challenging subject. This was followed by a very lively and wide-ranging presentation by Jacky Smith on Interiors, Low Light Photography and anything else that took Jacky's fancy!.

Our next meeting is on Thursday 10th April at 10.30am in Room 11. In the first half, we will be viewing the photographs uploaded by group members featuring Interiors, this gives us a lot of scope. Then we will have a presentation on Spring by John Lewis.

## **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  
Another month has gone by. By next month we hope that most of our members will be feeling well again or are back from their holidays and are able to join us again. Our quilts are nearly ready for finishing off, just the linings to be done. We will soon be thinking of new projects.

## **RAMBLES AND AMBLES**

### **RAMBLES for April 2025**

Contact – Nigel (0789 6750059)  
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.

**Wed - 2nd - TBA**

### **Wed 9th - St Catherines Hill**

Leaders – Barry (07386903082) & Heather (07918891141)  
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)  
*NB – Wear bullet proof jackets in case leader goes wrong again!*



### **Wed 16th - Appleslade Enclosure & Rockford Common**

Leaders - Ann & Bryn (274363 / 07535 331875)

Meet - Sandpit CP, Ref 164/083. 1.5 miles north of Ringwood on A338 turn R at crossroads signposted 'Moyles Court.' After further mile turn L at T Junct & CP is 150m on RHS past 'No Through Road' sign.

### **Wed 23rd – TBA**

Leaders - Andrew and Diana (07749 206567)

### **Wed 30th - Sixpenny Handley Bluebell Walk – START 1015hrs**

Allow just under 1 hour journey time.

Leaders –Terry (0792 788 6304) and Barry (07386903082)

Meet – Sixpenny Handley Village hall CP. On A31 just west of Ringwood take offslip onto the B3081 to & thro' Verwood. After passing Crane Valley Golf Club on LHS & ignoring L turn for Woodlands turn next L by cottage. Continue to T junction & turn R onto the B3078 to Cranborne. In 0.7 miles turn L back onto the B3081 signposted 'Shaftesbury.' In 0.7 miles at next T junction turn R into Parsonage Lane B3081 & continue for 3.4 miles to roundabout on the A354. Take 2nd exit to Sixpenny Handley 0.9 miles. Arrive in Sixpenny Handley and continue up High Street passing former Roebuck Inn, St Marks Church and First School all on the RHS. After the school, and before leaving village turn R into Commercial Road signposted 'Village Hall & Playing Fields'.

### **AMBLERS WALKS April 2025**

Contact: Graham (07858 569656)

Any forthcoming ambles will be notified by email.

**Wed 2nd April 2025 @ 10.00 am**  
TBA

**Wed 9th April 2025 @ 10.00 am**  
TBA

**Wed 16th April 2025 @ 10.00 am**  
TBA

**Wed 23rd April 2025 @ 10.00 am**  
TBA

**Wed 30th April 2025 @ 10.00 am**  
**Standing Hat CP ref SU314 036**  
(SO42 7QJ)

Leader: Graham

Travel northward on A337 to Brockenhurst, over the the railway crossing and after half a mile TR onto B3055 at Balmer Lawn. After 300 mtrs, bear L onto the gravel track and continue to the CP at the far end of the track.

Walk is approx. 3.8 mls long mostly on gravel tracks, with some gradual inclines. Coffee stop half way around.

### **ROCKIN' ROBINS**

Contact – Meryl (277325)  
or Jenny (272628)

Meetings – 2:00pm 2<sup>nd</sup> & 4<sup>th</sup> Mondays

**(Singing for fun group)**



At Rockin' Robins we have just celebrated our first anniversary of

singing with our wonderful keyboard/piano player, Mark Busell. He accompanies us in a huge variety of different songs from musicals like My Fair Lady to modern pop songs and everything in between. Our choir is at capacity at the moment but please contact either Meryl or Jenny if you would like to join our waiting list. No auditions - just a love of singing.

### **RUMMIKUB**

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

### **SCRABBLE (NEW SECTION)**

Contact - Seonaid (Shona)(07981 572299)  
[seonaid.phillips@googlemail.com](mailto:seonaid.phillips@googlemail.com)  
Meetings - 1st & 3rd Thursday of each month in Room 3.

Our new Scrabble section is already proving to be a popular and a delightfully merry and light-hearted group.

There is still capacity for a few new members, including those who haven't played before.

Please do phone or email Seonaid if you think you might like to join us.

### **SOCIAL JIGSAW SECTION (NEW SECTION)**

A small group of people have expressed an interest in a Social Jigsaw Section. We considered this once before but did not have the required number to take the idea forward. If you might be interested in joining a social jigsaw section please contact me directly or contact Seonaid Phillips

Thank you

meryl.jones@highcliffeca.co.uk  
seonaid.phillips@googlemail.com

### **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, 7 April at 7.30pm (doors open at 7.00pm). Talk by Chris Bird entitled

'Ferns and Grasses'. 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)

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

(Christchurch

Library – 01202 127200)

(Highcliffe Library - 01202 127369)

Contact - Jan Clarke – 01425 277635:

#### **Highcliffe Library**

#### **Christchurch Library**

Wednesday, 16th April (please note change of day)

"The True Story of Harold Selfridge" a performance by local actor Denis Carlton



Talks start at 2.00 p.m. followed by refreshments.

Friends of the Library £3.00. Non-members £5.00

Please contact relevant library for tickets,

### **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 - 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.

### **CAN YOU HELP? HIGHCLIFFE FRIENDS IN NEED**

Urgently require more volunteer drivers. This is a much valued service for those locals who can no longer drive themselves or use public transport to get to their medical appointments. There is no regular commitment, drivers are offered journeys which they can accept or decline, if not available. Drivers are reimbursed for their petrol expenses. 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**

**Contac Sheila Burgess**

[highcliffepgg@gmail.com](mailto:highcliffepgg@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.

### **Latest on COVID-19 Booster Vaccinations :-**

We'll soon be getting in touch with patients to book COVID-19 booster appointments.

If you're a patient at Highcliffe Medical Centre, you'll receive a text with a link to book directly. If we don't have your consent to text, we'll give you a call instead.

There's no need to contact us — we'll reach out to you when it's time to book. Thank you for your patience!

**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

**FRIDAY LIVE**



### **NEWS ABOUT THE RE-OPENING OF THE REGENT THEATRE COFFEE BAR**

The coffee bar will re-open from the 31 March. It will be open for the same hours as our Box Office which is six days a week from 10am-3pm. Christchurch town is quiet on Sundays which is why it's been decided not to open then, and it will be reviewed how it is going in three months time. Please tell your friends and encourage them to come. Signage will be put out on the street and advertised on social media.

The Foyer will also now open 30 minutes before each film rather than 15. This will also take effect March 31st.

PHOTOGRAPHIC SECTION

# SPRINGTIME



10 APR | 10:30 – 12:30 | ROOM 11

## **BACKGAMMON START DATE CHANGE**

Because of a change in circumstances it is necessary to change the start date of the Backgammon Section to April 24th. All members who have expressed an interest will be contacted.



### **Advance Notice**

#### **Open Forum Talk by Professor Middleton Orthopaedic Surgeon**

The ultimate hip diet and preventing hip fractures and arthritis.

Wednesday 14th May 2025 at 16.30

All welcome

### **Spring one-liners**

- Q. How can you tell the weather's getting warmer?  
A. There's a spring in people's step.
- Q. What herb is the freshest in April?  
A. Spring-thyme.
- Q. What dog particularly enjoys the sight of daffodils?  
A. A spring-er spaniel.
- Q. How did the tree feel at the beginning of spring?  
A. It was re-leafed.

## PRINCIPLES OF BACKGAMMON

Backgammon is a two-player board game that combines elements of strategy and luck. Here are the key principles of the game:

**Objective:** The goal is to move all your checkers (pieces) around the board and into your home board, then bear them off (remove them from the board) before your opponent does.

**Setup:** Each player starts with 15 checkers on a board consisting of 24 triangular spaces (called points). The board is divided into four quadrants, with each player's home board on opposite sides.

**Movement:** Players roll two dice to determine how many points their checkers can move. Each die is rolled individually and can be used separately or together. The checkers move forward along the board, with players aiming to land on open points.

**Hitting:** If a player lands on a point occupied by only one of the opponent's checkers, the opponent's checker is "hit" and placed on the bar, which must be re-entered into the game.

**Bearing Off:** Once all your checkers are in your home board, you can start bearing off by rolling dice that match the points on which your checkers are located. The first player to bear off all checkers wins.

**Strategy:** Successful backgammon involves a mix of strategy, such as creating blocking points (making two or more checkers on the same point), controlling key areas of the board, and using the dice rolls to maximize your movement and minimize your opponent's chances.

Luck plays a role because of the dice rolls, but skilful movement, risk management, and timing are key to winning.





## **SWEET SPRING**

by

**Miriam Martin  
(HCA Member)**

Spring is in the air  
Everything feels alive  
Spring is in the air  
And YES we will survive.

Spring is in the air  
And the blossoms are abound  
Spring is in the air  
Hear its most glorious sound.

Sound of birds  
Heralding the new  
Sound of buzzing  
As the bees start anew.

Sounds of the summer  
Through Spring sweet birth  
Sounds of its beauty  
And such merited worth.

Sounds of Spring  
Such joy and love you bring.

# SPRING SEARCH



Awakening  
Bloom  
Blossom  
Budding  
Chirping  
Colourful

Equinox  
Flowers  
Fragrance  
Fresh  
Garden  
Green

Growth  
Joy  
Nature  
Picnic  
Rain  
Renewal

Seedling  
Sprout  
Sunshine  
Thaw  
Vibrant  
Warmth

## **SUBMITTING ITEMS TO THE HCA NEWSLETTER**

At a recent HCA Section Leaders meeting it became clear that not all members were fully aware of how to submit items (news, articles, photographs etc.) to the newsletter editors for inclusion in the newsletter. The 3 official methods are outlined below :-

1. The most popular method, and by far the easiest for the editors to process, is to email your item to [newsletter.editor@highcliffeca.co.uk](mailto:newsletter.editor@highcliffeca.co.uk)

2. If this is not possible for whatever reason, but the member has access to a word processor or can ask a friend or relation, then the item should be typed and then placed in the Newsletter folder in the bottom drawer of the grey filing cabinet adjacent to the side door at Greystones.

3. Not a preferred option, but if neither emailing nor typing are possible, then the editors will still accept hand-written items, which should also be placed in the newsletter folder in the filing cabinet.

This will of course necessitate the editors typing the copy for inclusion in the newsletter, but we are happy to do this on the few occasions when this is the only method available to a member.

## **COPY DATE FOR FEBRUARY 2025 NEWSLETTER**

**Submissions to be received by Monday  
14<sup>th</sup> April 2025**

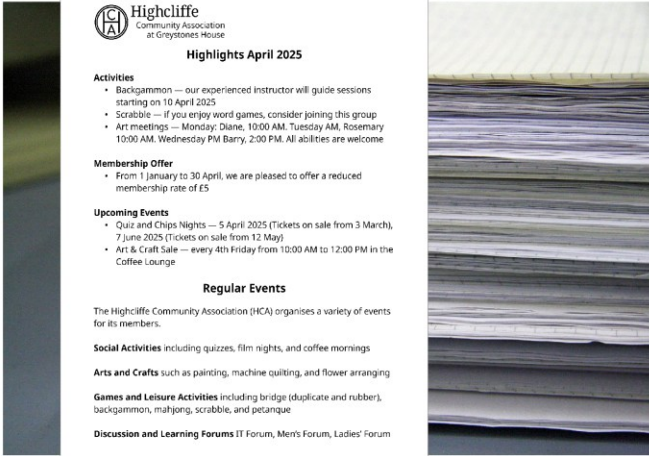
**PUBLICATION DATE  
24<sup>th</sup> April 2025**


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



# CREATIVE AI

We'll explore using AI to create up-to-date advertising copy and digests from the current newsletter.



 **Highcliffe**  
Community Association  
at Greystones House

**Highlights April 2025**

**Activities**

- Backgammon — our experienced instructor will guide sessions starting on 10 April 2025
- Scrabble — if you enjoy word games, consider joining this group
- Art meetings — Monday: Diane, 10:00 AM. Tuesday AM, Rosemary 10:00 AM. Wednesday PM Barry, 2:00 PM. All abilities are welcome

**Membership Offer**

- From 1 January to 30 April, we are pleased to offer a reduced membership rate of £5

**Upcoming Events**

- Quiz and Chips Nights — 5 April 2025 (Tickets on sale from 3 March), 7 June 2025 (Tickets on sale from 12 May)
- Art & Craft Sale — every 4th Friday from 10:00 AM to 12:00 PM in the Coffee Lounge

**Regular Events**

The Highcliffe Community Association (HCA) organises a variety of events for its members.

**Social Activities** including quizzes, film nights, and coffee mornings

**Arts and Crafts** such as painting, machine quilting, and flower arranging

**Games and Leisure Activities** including bridge (duplicate and rubber), backgammon, mahjong, scrabble, and petanque

**Discussion and Learning Forums** IT Forum, Men's Forum, Ladies' Forum

9 April | 2 — 4pm | room 1