



Highcliffe

Community Association at Greystones House

Registered Charity No.1189336

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

Quiz & Chips

Saturday 4th. October at 7.00pm

Tickets: On sale from 8th. September.

Available from HCA Reception.

£12.00 includes Fish & Chip supper
(bring your own drinks)

Membership number needed for everyone in your
party when booking.

Maximum Team Number 6.

If you do not have a team we will make one for you!!



News and Programme of Events
September 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.	IT Forum	Wednesday pm.
Art	Tuesday am.	Ladies Forum	Friday pm.
Art	Tuesday pm	Languages French	Monday am.
Art	Wednesday pm	Legs, bums and Tums	Tuesday am.
Backgammon	Thursday am	Machine Quilting	Friday pm
Beetle Drive	Wednesday pm	Mahjong	Thursday pm.
Bingo	Saturday pm	Magic Moments	Wednesday pm
Book Group	Thursday am	Mens Forum	Thursday monthly
Bridge Duplicate.	See text	Music Therapy	Tuesday am
Bridge Social	Friday pm	Needles	Wednesday am
Bridge Beginners	Friday am	Pétanque	Monday pm
Canasta	Thurs evening	Pétanque	Tuesday pm
Cards – Bolivia	Monday pm	Pétanque	Wednesday pm
Carpet Bowls	Monday pm	Pétanque	Thursday pm
Carpet Bowls	Friday pm.	Pétanque	Fri am and pm
Chess	Monday evening	Pétanque	Sunday pm
Chi Kung	Friday am.	Photography	Thursday am
Craft	Thursday pm	Pilates	Wednesday am
Crochet, Knit and Natter	Tuesday am	Poetry	Wednesday am
Dancing – Ballroom & Latin	Tuesday pm	Quilting	Tuesday am
Dancing-Circle	Monday pm	Rambling & Ambling	See Text
Dancing-Country	Thurs evening	Rocking Robins	Monday pm
Dancing-Line	Tuesday evening	Rummikub	Tuesday am
Darts	Tuesday pm	Scrabble	Thursday am
Darts	Thursday eve.	Table Tennis	Monday am
Discussion	Tuesday pm.	Table Tennis	Thursday am
Doodle Art	Wednesday am	Table Tennis	Saturday am
Drama & Play Reading	Thursday pm.	Whist	Wednesday pm
Flower Arranging	Wednesday am	Yoga	Monday am
Fun Chair Exercise	Wednesday am	Yoga	Tuesday am
Jigsaw Together	Tuesday am	Yoga	Wednesday am

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 Chairman

Thank you to those members who attended the AGM on the 17th July. Some areas of the management board have changed and those changes are listed below. Also, the attendees were informed of a substantial legacy left to HCA. This will enable us to carry out repairs and refurbishment, primarily of the toilet areas, the kitchen, the coffee lounge and Greystones House in general. You will see that we still have vacancies for a Secretary, an Accommodation manager, two very important roles, and two other Trustees. Information advertising the positions has been posted on the notice board. We are also still in need of a minutes secretary.

Hazel Lovegrove, a long standing and very active member of HCA has agreed to be our President for 2025/2026. Many thanks, Hazel

I look forward to an exciting and challenging year as Chairman

Meryl Jones

Role		Email
Chairman	Meryl Jones	
Secretary	Meryl Jones	secretary@highcliffeca.co.uk
Treasurer	Jan Hollowell	treasurer@highcliffeca.co.uk
Reception	Lyn Lash	reception@highcliffeca.co.uk
Accommodation	VACANT	
Servery	Barbara Thacker	Barbara.thacker@highcliffeca.co.uk
Publicity	Janet Davies	Janet.davies@highcliffeca.co.uk
Premises	Gordon Mumford	maintenance@highcliffeca.co.uk
Governance	Pauline Pegram	Pauline.pegram@highcliffeca.co.uk
Trustee	Linda Norman	Linda.norman@highcliffeca.co.uk
Trustee	Thelma Price	Thelma.price@highcliffeca.co.uk
Trustee	Mike Jennings	Mike.jennings@highcliffeca.co.uk
Trustee	VACANT	
Trustee	VACANT	

We urgently need volunteers for the kitchen – if you can give a couple of hours a month (or more) please contact Barbara.

Advisory Council

It is proposed that we change the advisory council meeting to a **members meeting** – anyone can come along to hear about developments at HCA and put forward any views – positive or negative!

Advisory Council meeting dates

16th October 2025
11th December 2025



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)

CAR PARKING

Please park in designated bays on the Greystones side of the car park when you are attending a Greystones Activity. If you are going to lunch in Greystones Hall, please park your car on the other side of the car park so that people at afternoon sessions at HCA have a parking space. This may mean that you will need to move your car before going to lunch.

Please car share with others; this will help with the parking, your transport costs and the environment!

Thank you

SAFETY

There have been a couple of minor slips on the steps to the front door of Greystones – for your safety, if you find the main entrance access difficult please use the ramp.
Thank you



Film Nights with Choc Ice!

Event	Date	Tickets on Sale
The Penguin Lessons	Friday 3 rd October	Monday 8 th September
Mr Burton	Friday 7 th November	Friday 3 rd October
The Ballad of Wallis Island	Friday 5 th December	

HCA Opening 2025		
Closes	Opens	Reason
19 th December 2025	Monday 5 th January 2026	Christmas Break

DATES FOR YOUR DIARY		
Event	Date	Tickets on Sale
Quiz And Chips	Saturday 4 th October	Monday 8 th September
Remembrance Day Afternoon Tea	Saturday 1 st November	Monday 6 th October
Quiz And Chips	Saturday 6 th December	Monday 3 rd November
Art & Craft Sale	Every 4 th Friday in Room 3	



Section Leaders

We are struggling to find storage space to accommodate the new sections that have begun. Some are having to share with 3 other sections, while some sections have up to 3 storage cupboards for their sole use.

Could you, please, look through the contents of your cupboard to see if some space can be released for use by other sections.

It's always good to have a clear out!

NU.2.U Ladies' Boutique

Tue 1.30-3pm | Thur 1.45-3.45pm | Fri 9.45am-12.45pm

Emergency Evacuation

Please could all centre users make sure that they are aware of the emergency evacuation procedures at Greystones displayed in all rooms and in the section leader pack.

- Nearest fire exit and route...and the fire assembly point. The register should be taken outside and everyone checked as having exited the building.
- Rescue waiting area if upstairs and cannot use the stairs (lift not in use in an emergency evacuation).
- Personal evacuation plan if assistance is needed to exit the building.

If you have any queries contact

Pauline.pegam@highcliffeca.co.uk or ring 07702198809

SECRETARY

Email: secretary@highcliffeca.co.uk

Linda is unfortunately unable to continue with the secretary role but remains a valued member of the trustee board. Meryl has agreed to become interim secretary.

Meryl Jones
Secretary (Acting)

TREASURER

Email: treasurer@highcliffeca.co.uk

Jan (276450)

JIGSAW FAYRE

A huge thank you to all the volunteers that helped in anyway to make the jigsaw fayre such a success without your support this event would not be possible.

Also a thank you to the people who actually came along and purchased both the jigsaws and the wonderful home made cakes.

Over the week we raised a total amount of £3310.

We sold over 500 puzzles but do have 900 puzzles in the attic wrapped and ready for next year so at this point in time we will not be giving out puzzles to be made up but we will still be accepting donations of boxed puzzles.

Thank you all once again

Jan.

ACCOMMODATION NEWS

Accommodation Trustee

Email: 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

Welcome back to all our members, hope you have enjoyed the August break and recharged your batteries.

We hope you are looking forward to continue with your section(s) or even considering trying out something new and meeting new people and perhaps learning a new skill.

We have many sections available for you to try out, check out the section lists within this Newsletter or our website for information. If you are already a member, perhaps a friend or neighbour would be interested, please spread the word. New members are always welcome, come along and try a section we will be happy to see you.

Membership Renewals and New Memberships can be done online via our Website if paying by BACS or via Reception if paying by cash or cheque. Membership fee is £10 and covers the period of 1st May 2025 - 30th April 2026.

Sandy Gale

Membership Secretary

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

The next three issues of our newsletter will be edited by each of our three new sub-editors in turn. This month we welcome John to the 'challenge', so many thanks to John, in advance. Due to these volunteers kindly stepping forward, we should be able to continue delivering the HCA Newsletter in its current form.

Don't forget – the newsletter would be even better with more contributions from members. If you have something you would like considered for publication in the newsletters, then the guidelines provided in previous issues tells you how (insufficient space in this issue to include them). We very rarely turn contributions down!

Graeme (Lead Editor)

TEA AND COFFEE SERVERY



Barbara (620811)

barbara.thacker@highcliffeca.co.uk

Thank you to all those who volunteered to help with the refreshments for the Jigsaw Fayre. We had a fantastic selection of delicious homemade cakes and our wonderful volunteers ensured that visitors were given a warm and friendly welcome. Thank you to you all.
Barbara

PUBLICITY

Janet Davies

The newsletter for July/ August was distributed in the high street to the solicitors, estate agent, dentists and the library .

I have started to put the said newsletters out in the Perspex holder by our entrance under the notice board. They are being taken by people on their way up/ down to the cliff top which is good, so hopefully we will get more members.

I had a lady from Bournemouth phone in to ask for more information re Greystones as she saw our Facebook page, so that was nice.

Thank you also for everyone's support on a Friday morning at music live it is

greatly appreciated and seeing people having a little dance is lovely.
Janet

GENERAL INTEREST

NEW 2. U. LADIES BOUTIQUE

Your clothing boutique NEEDS you!

Contact – Talk to a Team Member



The Nu2U shop needs your worn once or neatly new clothes that you can no longer wear. We can sell for 50/50 on your behalf or you can donate 100% of the proceeds to Greystones.

No longer cruising? - we can sell cruising clothes very easily. Three items in one go please. We are no longer taking shoes. Autumnal clothes also wanted.

Come and see us - open Tuesdays, Thursdays and Fridays. Times are listed at the front of magazine

We are well staffed with our current volunteers so extra help no longer required at the present time. We just need you to spend some money and buy something "new to you"

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.

See you soon.

LIBRARY CORNER

Hi everyone - I hope you all had a wonderful summer and by the time you read this, autumn will be starting - which is my favourite season.

Just a little reminder to all members of what is stocked in Greystones Library :

Jigsaws, DVD's, DVD Box Sets, Autobiographies, History, Royal History, Local Interest, Talking Books, Cookery, Art, Gardening, War & Politics, Classics, Reference books, Travel, Large Print, Hardback fiction, Paperback fiction plus much more.

Donations Needed Of 500 and 1000 piece jigsaws - fully complete and in good condition boxes

Paperback fiction - **must be in as new condition and published fairly recently**

My thanks as always to all members who have donated in the past and those that are able to donate the above items in the future.

Don't forget that whatever item you borrow will only cost **20p for up to 3 weeks hire.**

Remember: The items on the cupboard under the Trust Box are for sale at only 20p per item - please do not return these items as they are surplus to requirements.

Regards
Barbara - Librarian

IN MEMORIAM

Contact Sandy



(membership@highcliffeca.co.uk)

Janet Astridge

Marilyn Harwood

Kate Langridge

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

BEETLE DRIVE

4th 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



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

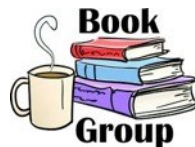
Meeting 3rd

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!

Due to ill health, we now have a space in the book group from September, so if you would like to join us on September 18th, please drop me an email on helensnow10@gmail.com or leave me a note at reception. I will explain how we function and you will be welcome to come along and try us out! We are not scary or highbrow, we just like reading.

Happy reading Helen

BRIDGE – Duplicate

Contact - John Lee - (279257).

Website

www.bridgewebs.com/highcliffe

Mon. and Wed. evenings: 6.00 for 6.15 start.

Host system operating except Bank Holidays and Swiss Teams - 1st Monday of the month.

We hope to restart our intermediate group from the end of September.

Please contact Thelma 01425 501587 for details.

BRIDGE – Social Duplicate

Contact – John Lee (279257)

Meetings Friday 1.20 for 1.30 start

You do not need to bring a partner.

BRIDGE – Beginners

Contact Thelma 01425 501587

Meetings Fridays 10 am to 11.30 am

New Beginners' Bridge Group

Starting Monday 29th September

Suitable for complete beginners or those with little experience.

BRIDGE – Rubber

Contact – Martin (276971) or Steve (07922 120918)

Meetings – 1.30pm Friday Weekly

Next meeting 12th September

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 2nd, 3rd & 4th 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 now full but have a waiting list if anyone is interested in joining our friendly, welcoming 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.

Our ISDT professionally trained dance teacher, Adele, from Step In Time Dance, Bournemouth continues to be popular and in July she taught us the Cuban Breaks in cha cha, and the double reverse spin in Waltz.

In the alternate weeks Adele is not with us, we practise ballroom and Latin to our own abilities, and also continue adding to our sequence dances. Recently we have added the Catherine Waltz and Sindy Swing sequence dances to our growing repertoire.

Very friendly and informal. Only £1 per session! (+ £5 on the weeks Adele is with us). Best suited to regular dancers who would like to learn or practise some new moves, and those wishing to get back into dancing after a period out.

Important – single dancers (both male or female) without partners are welcome, as we dance with each other.

DANCING – Circle

Contact - Nancy (07712 400621)

Meetings – 2.00pm. The 1st, 3rd, 5th 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 after the summer break. We are looking forward to our Dance of the Month for September which is called Terpsicourante which is sure to get your feet and brains a-dancing!

Anyone interested in joining the group should contact Jan on the number above.

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.

Our last session with N.F. Simpson's A RESOUNDING TINKLE turned out quite well - with characters digesting tasty paragraphs and stanzas cut from their collection of books - sprinkled with monosyllables - and washed down with a few dictionary definitions!

We have just commenced J.M. Barrie's Midsummer Comedy DEAR BRUTUS and are strangely intrigued.....

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 2nd &
4th Wednesday



10 Sept – Windows 10 End of Support. Exploring options for PCs that won't automatically upgrade to Windows 11 (see poster on p22). Plus, securely wiping your old PC should you decide to replace it.

24 Sept – 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 smartphones.

Non IT Forum members £2.

JIGSAW TOGETHER

Contact:- Wendy or email
Coleswendy1@gmail.com or Seonaid,
(Shona) (07981572299).

2nd and 4th Tuesday's. 10am to
12noon.

Our Jigsaw Group has proved to be a popular section, but we still have a few places available. If you are looking for a light hearted couple of hours, chatting, making up puzzles, and enjoying a cuppa ☺☺. Then give us a try. First session free. We have a good range of puzzles to suit all levels of complexity, different sizes, large/standard and odd shape pieces. You can choose to sit with one puzzle

or move around to try others, and chat to new friends

Next meetings:-

9 - September
23 - September
14 - October
28 - October
11 - November
25 - November

LADIES FORUM

Contact – Cherry (01425 274184)

Meetings – 1.45pm 2nd Friday each
month.

September 2025

We were outside for our July meeting when our Treasurer, Hazel, kindly opened up her garden for a summer party. It was another of this year's blazing hot days, thank goodness for garden umbrellas. Members contributed generously to our tea and there were quizzes to keep our brains awake... not to mention lots of chat. We were pleased to welcome some new members from the waiting list.

The theme of food and chat continued into August when we met for lunch at The Globe. We return to Greystones in September when our speaker will be Tim Craven with a talk entitled "Capture the Castle".

We now have a full membership, but Cherry has a short waiting list; just give her a ring, 01425 274184, if you are interested in joining us or for any other enquiry.

Annual Subscription £2.00. Members'
Monthly Meeting Fee, £3.00. Visitors'
Meeting Fee, £3.50

LANGUAGES - FRENCH

10a.m. Monday, 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
Cost is £5.50 plus the standard £1 for HCA, weekly

Contact MEL 07966 571938

We exercise to music, including resistance and strength training which is good for muscles and bones, so please join us, both men and women. There is no mat work

MACHINE QUILTING

Contact - Susy (275403) or Cecilia (672367)

Meetings - 1 to 4 pm Every Friday except 2nd

MAHJONG

Contact – Rowena (278248)

Meetings - 1.30pm Thursdays weekly



Come and join us at Mahjong on Thursday afternoons. We only play for

fun and everyone is welcome whether you have played before or not. We play the hands listed in "The Mahjong Player's Companion" book but we have a copy you can borrow until you get your own or photocopy some of easier hands.

To play an ordinary, or traditional, hand of mahjong (page 42 in the book) you just have to collect four pungs and a pair in one suit. You can combine winds and dragons with your one suit and if there are 4 playing at the table you can also replace one of your pungs with a chow. Provided you have a pair of two tiles the same if someone discards a third matching tile you can shout "pung" and pick it up to make a pung. There are easier hands in the book but once you have mastered "ordinary mahjong" you will be able to play any hand.

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

Alternatively you could try one of the hands of pairs. Nice and easy - on the brain anyway! Easiest of all is Seven Twins (page 22) seven pairs of anything but all tiles must be picked from the wall, including the last one. Another hand of pairs is All Pairs (page 22) seven pairs in any one suit but can include pairs of winds and/or dragons.

MAGIC MOMENTS (New Section)

Register your interest at
meryl.jones@highcliffeca.co.uk

See advert on p.21

Herewith dates for my Magic Moments sessions from September.

All these dates refer to sessions in room 3 every month on a Wednesday with a 2pm start and a duration of 2 hours.

2025	2026
10 September	14 th January
8 th October	11 th February
5 th November	11 th March
3 rd December	15 th April
	13 th May
	10 th June
	8 th July

Many thanks
Martin Axton

MEN'S FORUM

Contact Mike Smith 277370,

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.

MUSIC THERAPY (New Section)

See advert on p.23

The first meeting of the music therapy section will be on Tuesday September 9th at 11:00 and we still have spaces for anyone who is interested. Future

meetings will be on the second Tuesday of each month

For further information contact:
meryl.jones@highcliffeca.co.uk

NEEDLES GROUP

Contact Lee on 07444 562082

Meet 9.30am every Wednesday.

We have successfully completed a shorts & top project using stretchy fabric, learning new techniques. Others have been making a reversible sun hat, another challenging project. We still have projects of our own including knitting, embroidery, crochet and sewing projects. Our last weeks in July were spent altering clothes.

In August we met up for a coffee morning at one of our members houses and an afternoon tea at Highcliffe Golf Club.

We will meet up again on Wednesday 3rd September after a 2 week break and look forward to new projects. You are welcome to join us.

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

1.00pm Sunday

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 – 2nd Thursday each month.

In our July meeting we viewed members photos on the subjects of A Grand Day Out and Architecture. This was followed by a presentation by John Lewis on Abstract and Textures.

Our next meeting is on Thursday 11th September at 10.30am in Room 11. We will be viewing members photos uploaded to Facebook on the subject of Abstract and Texture. We will then have a presentation by Jacky Smith on Photography with a Twist.

All HCA members are welcome!

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 have a few vacancies to join our group. We look forward to this and to start again in September.

RAMBLES AND AMBLES

RAMBLES FOR SEPTEMBER 2025

Contact - Nigel (0789 675 0059)
As usual, 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 3rd – TBA

Wed 10th - TBA

**Wed 17th - Lucy Hill
Leaders – Barry and Heather (07336 903082, 07898891141)**

Meet - Oakley CP, Ref 0224/046. In Burley, bend left passing the Queens Head pub onto Lyndhurst Road, drive on for approx. 1.5 miles & Oakley CP is on the LHS just before sudden bend in road. (On opposite side of road is Lucy Hill CP.) Walk is mainly on gravel tracks with a section of muddy track at start. Length of walk approx 5.5 miles.

**Wed 24th – Bramshaw Wood /
Shepherd's Gutter
Leaders - Andrew and Diana (07749 206567)**

Meet at Nomansland: Turn L from A31 eastbound at Stoney Cross and head north on Forest Road past Fritham. Take the left fork to stay on Forest Road (fingerpost marked to Nomansland and Godshill). Go straight across at junction with B3078

and follow Forest Road into Nomansland. Parking area is on the right opposite the Lamb Inn (Ref SU 254/173)

AMBLES for SEPTEMBER 2025

Contact Graham 07858 569656

Any further Ambles will be notified by email.

Wed 3rd Sept. 2025 @ 10.00 am

TBA

Wed 10th Sept. 2025 @ 10.00 am

Hordle

Leaders: Charlotte and Nigel (07885 427066)

Meet at Oakleigh, Silver Street SO41 0FN

A gentle walk, under 3 miles, around the village of Hordle and nearby. Starting and finishing at Oakleigh Silver Street for coffee.

Wed 17th Sept.2025 @ 10.00 am

TBA

Wed. 24th Sept. 2025 @ 10.00 am

TBA

ROCKIN' ROBINS

Contact – Meryl (277325) or Jenny (272628)

Meetings – 2:00pm 2nd & 4th Mondays

(Singing for fun group)



Our singing for fun group has a few vacancies from September. We sing a variety of songs from musicals to more modern pop songs and we are accompanied by the lovely Mark Busell on the keyboard. If you love to sing and

are looking for a fun afternoon, contact either Meryl or Jenny.

RUMMIKUB

Tuesday – 1.30pm to 4 pm

Contact Margaret at Greystones

We all enjoyed an afternoon of Rummikub in August. The challenge was to find some shade! Thank you for the many contributions which helped make the afternoon a success.

Look forward to seeing you all at our Tuesday afternoon sessions at Greystones.

SCRABBLE

Contact - Seonaid (Shona)(07981 572299)

seonaid.phillips@googlemail.com

Meetings - 1st & 3rd Thursday of each month **at 10a.m** in Room 11.

Our Scrabble Section has proved to be a very popular and lighthearted group. Having recently moved to a larger room we can welcome new members, including those who haven't played before.

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

TABLE TENNIS

Contact – John (274813)

Meetings – 9.30am

Monday weekly

9.30am Thursday 1st 2nd

and 4th weeks only

9.30am Saturday



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 (07528 103874)

Meetings 1.45pm Wednesday

We are a friendly group who enjoy our whist drive every week. New members are always welcome.

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

mobile: 07769 748187

www.highcliffehorticulturalsociety.co.uk

Saturday, 6 September: Open Autumn Show.

Doors open at 2.00pm. Prize giving at 3.30pm. Come along and view the exhibits in the Horticulture, Home Produce and Photography classes at St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments and a tombola. Plant stall and books for sale. Non-members

very welcome £1. Enquiries to Ruth and Peter Kirk, Joint Show Secretaries, on 07510 315914.

www.highcliffehorticulturalsociety.co.uk.

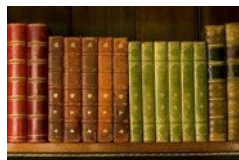
FRIENDS OF CHRISTCHURCH & HIGHCLIFFE LIBRARIES

(Christchurch

Library – 01202
127200)

(Highcliffe Library -
01202 127369)

Contact - Jan Clarke – 01425 277635:



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

Contact Sheila Burgess

highcliffeppg@gmail.com

Blood Test Appointments – Update

Following a consultation process between primary and secondary care (GP surgeries and the hospital), we are glad to let you know that **all required blood test appointments can now be offered here at the surgery.**

Blood tests may be requested during an appointment with a clinician, or you may receive an invitation from us as part of your **annual review** or **medication monitoring.**

If you are invited to book a blood test, please do so **as soon as possible** to help us keep your care up to date and reduce the need for follow-up reminders.

Please also remember to **cancel your appointment** if you can no longer attend or it is no longer required, so we can offer the slot to another patient.

Thank you for your patience and understanding while this service has been reviewed.

HIGHCLIFFE MEDICAL CENTRE PATIENT PARTICIPATION GROUP

Contact – Sheila Burgess

ppghighcliffe@gmail.com

COVID-19 and Flu Vaccinations. Autumn 2025

Eligible patients for a Flu and or COVID injection(s) will be contacted with details of how to book a day and time. Please **DO NOT** contact the surgery direct to make an appointment

Loneliness

Across our local area, several dedicated organisations continue to offer valuable support for those who may be feeling isolated — through social groups, creative activities, practical help, and friendly conversation.

Age Concern, Christchurch runs weekly Friendship Groups in Christchurch, Mudeford, and Burton. These offer a warm, welcoming space to enjoy activities such as bingo, live entertainment, guest speakers, and refreshments, while making new friends.

To find out more, call 01202 488311 or visit

www.ageconcernchristchurch.org.uk

Christchurch Community Partnership provides a range of activities including lunch clubs, coffee events, and seated exercise classes. They also offer community transport services and one-to-one support through their Community Connections team.

If you or someone you know is feeling lonely or would benefit from local support, you can contact the Social

Prescribing Team through any of the Christchurch PCN surgeries – Highcliffe Medical Centre, Farmhouse Surgery, Christchurch Medical Practice

or Stour Surgery. We're here to help connect you with the right services.



Proposed new section



Magic Moments

This section will present the music, news and information on the wonderful years of the 1950's and 1960's

It will begin with the best-selling singles of 1953 and the news of that year.

It will be a monthly meeting and a new year will be chosen, in chronological order, for each meeting.

I hope you will be able to join this new, very different, new section. Please register your interest at meryl.jones@highcliffeca.co.uk or register at reception

Martin Axton



WINDOWS 10 END OF SUPPORT



KEEP YOUR OLDER PC RUNNING
OR SECURELY ERASE IT BEFORE REUSE

IT Forum | 10 Sept 2-4pm | Room 1



Music Therapy

Designed for anyone
living with dementia,
Alzheimer's or the
effects of stroke who
still love to sing and
enjoy music and their
supporter~

For more information please contact

meryl.jones@highcliffeca.co.uk

*Section
opens*

September



Scams attack emotions, reputations, and finances.

- 78% of people encounter a scam at least once a week, with scams most frequently arriving through emails (65%), phone calls and voice mails (53%), and text messages (50%).
- Mobile scams – 36% of people have fallen victim to social engineering, 36% have suffered a malware infection, 17% have suffered an extortion scam.
- 25% of scam victims were blackmailed or harassed
- 19% had private information exposed
- 15% permanently lost money

How to report a scam:-

- **Action Fraud:** Report online at actionfraud.police.uk or call 0300 123 2040 (Monday to Friday, 8 am to 8 pm). Action Fraud is the national reporting centre for fraud and cybercrime. It collects reports about fraud on behalf of the police.
- **Local police:** For urgent matters or ongoing threats, contact your local police. If the police decide not to investigate your case as a crime, you might still be able to get compensation or money back by bringing a civil case yourself. Talk to a solicitor or asset recovery agent to find out more.
- **Financial institutions:** Alert your bank or credit card company to suspicious transactions.



Greetings card
sale in Room 2
every 4th Friday
in the month.

Greeting card

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
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.

DUST



I started to Spring clean the cluttered living-room
Armed with cloths and vacuum and long-handled broom
The fireplace is done, and so is the mantel-piece
Why ever did I keep these things, they're thick with grime and grease?

Now the bookshelves, dust the books, of knowledge they're a store;
I must give some to Charity, I musn't buy any more
But fatallly I open some and then I'm lured away
On wings of words – stop reading, or I'll be here all day.

I carefully unhook the pictures, time I had a change,
Clocks removed, waste is binned, it now looks rather strange
I should have taken photographs, but now I take my ease,
What's this, after 6 days hard labour – new dust on the mantel-piece.

Anne R Jacobs (HCA Member)
2025



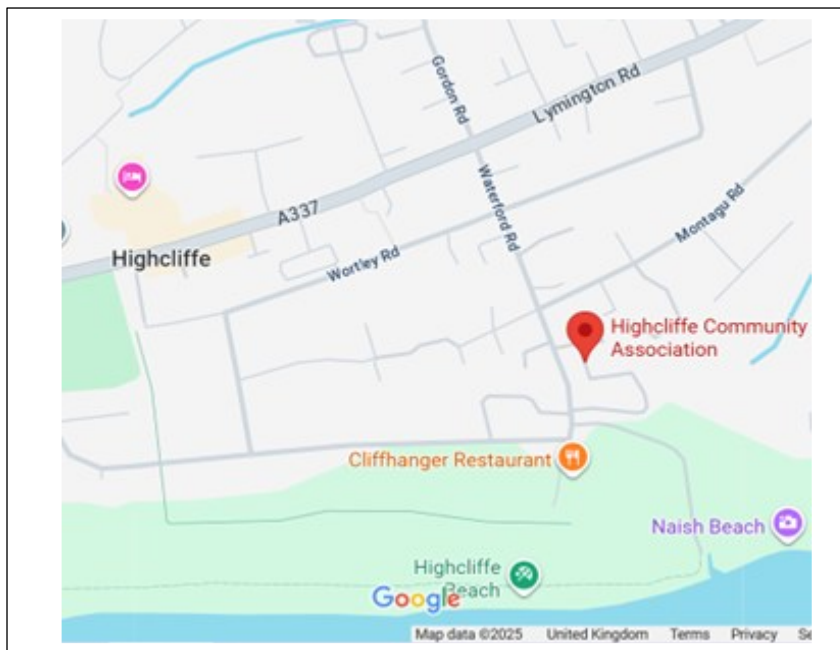
Join Our New Yoga evening group

Tuesday evening every week
from 6.30 pm

To register your interest please
contact Meryl Jones at
meryl.jones@highcliffeca.co.uk
or enquire at Reception

Highcliffe Community Association

The location of the Highcliffe Community Association in Waterford Road :-



**COPY DATE FOR NEXT (OCTOBER) ISSUE OF
NEWSLETTER**

**Submissions to be received by Monday
15th September 2025**

**PUBLICATION DATE
25th September 2025**

This issue of the newsletter edited by: John Lee



PHOTOGRAPHIC ABSTRACT & TEXTURE

**THURSDAY 11TH SEPTEMBER
AT 10.30 AM
ROOM 11**

CONTACT : JEFF PALMER 07970 608011

Highcliffe Community Association

Created by AI