



Highcliffe

Community Association at Greystones House

Registered Charity No.1189336

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



Ticket prices
Members: £5
Non-members: £6
Choc ice included!



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

Another busy month with members welcomed back and enjoying the host of activities that we offer at HCA. We have also welcomed several new members. We now have almost 1100 members and so it was disappointing to see only 19 of you, 7 of whom are Trustees, at the Members meeting.

Andy Martin attended the Ace of Clubs meeting and explained that he would like the Highcliffe Associations to become involved in collecting goods for Ukraine. His plan is to establish a collection point at the Old School House on the Lymington Road. There is a very specific list of needs that I will send for publication. To date, we do not have confirmation of the donation dates but if you want to start to think about what you might like to donate, I will post notices on the information boards (outside the kitchen) as soon as I have a confirmed date. The donations will need to be taken to the School House.

The meeting about LPAs was reasonably well attended and the people who were there found it very useful. Tony Ray-Bould stressed that setting up an LPA is often more important than writing a will because it addresses your lifetime rather than just after your death. Some of those attending were surprised to hear the consequences of not having an LPA in place. It was such a useful session that we are thinking of repeating the session in the Spring.

Thank you for your continued support, Meryl

Role		Email
Chairman	Meryl Jones	chairperson@highcliffeca.co.uk
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	Mike Jennings	Mike.jennings@highcliffeca.co.uk
Trustee	VACANT	
Trustee	VACANT	

Advisory Council / Members Meeting

Anyone can come along to hear about developments at HCA and put forward any views – positive or negative!

Advisory Council / Members Meeting dates

11th December 2025

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

Note: Cliff Top parking is free from November 1st 2025 to March 14th 2026

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

HCA Opening 2025

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

CHRISTMAS 2025 RAFFLE



Tickets on sale from Friday 28th November.

£1.00 per ticket available from the Reception Desk.

Drawn on Friday 19th at our last live music until January.



Film Nights with Choc Ice!

Event	Date	Tickets on Sale
Mr Burton	Friday 7 th November	Friday 3 rd October

Unfortunately, there will be no film night in December as we have been notified by the film distributor that the film "The Ballad of Wallis Island" will not be available on DVD by the December date nor in fact will our reserve film.

DATES FOR YOUR DIARY

Event	Date	Tickets on Sale
Live Music & Raffle	Every Friday 10:00 – 12:00	
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 10:00-12:00 in Room 3	

Highcliffe Castle Christmas Tree Festival

Friday 5th December - Tuesday 23rd December



We will be there! The theme of our tree will be around the activities at Greystones. We will include all groups, but if you would like to produce a decoration for your section, please let Pauline know.

We are also hoping to have a planning group - more hands, lighter work!
pauline.pegam@highcliffeca.co.uk 07702198809

Tickets to view on the Highcliffe Castle Website <https://www.highcliffecastle.co.uk/>

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.pegram@highcliffeca.co.uk or ring 07702198809

Zero Tolerance Statement

Unfortunately, some of our receptionists have been upset by the conduct of some members in relation to car parking and access to the building. We believe that everyone should be treated with dignity and respect and be free from any form of bullying, harassment, or discrimination. This extends to our contractors, suppliers and visitors.

To support this, we have a zero-tolerance approach to bullying, harassment and discrimination. This means:

- **We'll not tolerate any form of bullying, harassment or discrimination, and we'll take responsibility to speak up if we see or experience it**
- **We'll treat all allegations seriously**
- **We'll always take appropriate, proportionate and timely action**
- **We'll learn from our experiences to help continually improve**

SECRETARY

Email: secretary@highcliffeca.co.uk

We continue to look for a member who would be prepared to take on the role of Secretary. More information about this role can be found on the notice board or by contacting chairperson@highcliffeca.co.uk

TREASURER

Email: treasurer@highcliffeca.co.uk

ACCOMMODATION NEWS

Accommodation Trustee

Email: meryl.jones@highcliffeca.co.uk

We are still without a manager for accommodation. Any enquiries should continue to be made to meryl.jones@highcliffeca.co.uk

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 TOILETS

Please be aware that the toilets in Greystones House are to undergo a total refurbishment.

This work is due to begin in November and will continue throughout December, hopefully to be completed by our closure for Christmas.

The first floor Ladies and Gents rooms will be tackled first, and only when they are handed over will work begin on the

ground floor. As there is only one toilet with wheelchair access, we shall put a notice on the toilet door and in reception, as to when it will be unavailable.

There will be some unavoidable disruption during this period both within the House and car park. Skips will be positioned at the side of the ramp and contractors' vehicles may appear in the car park. We ask members to be patient during this time and make use of free parking on the Cliff Top car park, and on Waterford Road where necessary please.

MEMBERSHIP

Email membership@highcliffeca.co.uk

Are you 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

Last month we welcomed our second new sub-editor, Jan, who persisted despite some initial IT issues but which we think we may now have largely resolved. Thanks Jan. For November we welcome our third new sub-editor in succession, Hazel, to the 'challenge'. Good luck, Hazel. 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. We very rarely turn contributions down!

Graeme (Lead Editor)

TEA AND COFFEE SERVERY

Barbara (620811)

barbara.thacker@highcliffeca.co.uk



With Christmas approaching, a gentle reminder to any groups planning to have a social event involving use of the kitchen and/or Coffee Lounge. Please would they make sure that they speak to me to confirm dates and requirements. This is for health and safety reasons and to ensure the smooth running of the kitchen for all groups and to avoid clashes of dates and times.

There are several water bottles which are 'lost property' on the windowsill in

the kitchen. Please claim them if they are yours before they are discarded.

We have a number of recipe books in the kitchen. You are welcome to take one for a donation to Greystones.

Thanks to everyone, especially the wonderful band of volunteers, for their continual support of the kitchen. Volunteers are always needed if you can spare an hour or more a month.
Barbara

PUBLICITY

Janet Davies

Friday live is a very popular morning with music by various artists who come along to play/ sing for us. While our members meet up with their friends and have a chat over a tea or coffee with biscuits for £1.00, and on some occasions a little singalong and a dance.

The raffle which is £1.00 for 5 tickets is drawn at 11.10am followed by more music until 12pm

It's a lovely morning so thank you to those who come along to support us.

GENERAL INTEREST

Nu2U LADIES BOUTIQUE

The Nu2U shop needs your worn once or nearly 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.



Come and see us - opening times are listed on the poster at the end of the newsletter.

We need you to spend some money and buy something "new to you"

Use the lift or the stairs and we are there. **See you soon.**

LIBRARY CORNER

Hello everyone. Many thanks as always for all donations to the library. At the moment we only need:

- As new and latest fiction paperbacks
- 500 and 1000 jigsaws in good condition boxes
- Travel guides

I know that many of you would like to donate other items to the library but unfortunately due to lack of space we can only accept the most popular items that our members like to borrow.

Our travel guide section is growing, so if you are going on a foreign holiday come up and have a look, as why pay £20+ for a guidebook when you can borrow one for 20p!

Don't forget that you can borrow any items that are on any of our windowsills but please do not borrow from the baskets on the table or puzzles in the basket on the chair as I need to check these donations and returns into the library.

With the colder days and nights approaching there is nothing nicer than reading a good book or doing a jigsaw puzzle in the warmth and comfort of your home, so come up to the library to

see what is on offer to our Greystone's members.

Regards, Barbara - Librarian

IN MEMORIAM

Contact Sandy



membership@highcliffeca.co.uk

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!

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)

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)

Please contact

gmcMahon9@icloud.com

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 members are welcome including any that would like to trial the first

session free. But please remember to put your name down on the list in reception as numbers are limited to 24. We look forward to enjoying a fun afternoon with you. There will be a prize for winner and runner up.

BINGO – Saturday 2pm

Contact–Brian Lockyer 07889 247360

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

BOOK GROUP

Contact Helen

helensnow10@gmail.com

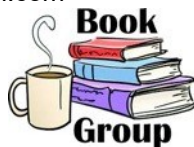
Meeting 3rd

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!

Happy reading Helen



BRIDGE – Duplicate

Contact - John Lee - (01425 279257).

www.bridgewebs.com/highcliffe

Mon and Wed evenings: 6.00 for 6.15 start.

Host system operating except Bank Holidays and Teams evenings (1st Monday of the month).

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 Mondays 9:30am - 11am
Suitable for complete beginners or those with little experience.

BRIDGE – Intermediate – New

Contact – Thelma (501587) or John (279257)
Meetings Mondays 6:30pm

BRIDGE – Rubber

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

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 halfway 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 – 1pm Mondays

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 – Monday and Tuesday 7.15 pm to 10.30 pm weekly.
Monday is match night for league matches and Tuesday is the club night for friendly games.

CHI KUNG

Contact – Karen (07786 304105)
Meetings – Every Tuesday at 12.05 pm
Mindful movement. Please see our poster in this newsletter

CRAFT

Contact – Brenda
Email: CRAFT to bimarv@gmail.com
Meetings – 1.30pm Thursday Weekly

CROCHET, KNIT & NATTER

Contact Hazel (540228) or Meryl (277325)
We have spaces in the group for anyone who would like to come and join us.



DANCING - Ballroom, Latin and Sequence

Contact - Graeme
(07874 327087)
Meetings – 2.00 to
4.00pm Tuesday
Weekly, Room 1.



We hosted our professionally trained dance teacher, Adele, from Step In Time Dance, Bournemouth on 14th October, when she introduced the slow foxtrot and salsa dances.

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.

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.

*We have been low in numbers recently, so a **few additional dancers are needed** to allow the session to continue. **Single dancers (both male or female) without partners are welcome**, as we dance with each other. First session is a taster, so no need to join.*

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

Following our bring and share supper at our Halloween evening we now look forward to learning a new Dance of the Month. For November the callers have chosen Trip to Bavaria. Don't forget our Favourites book to request a dance you have particularly enjoyed and want to do again. Anyone interested in joining us 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

Meeting–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 next play is George Bernard Shaw's ambitious treatment of The Battle of the Sexes - MAN & SUPERMAN.

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. For more information please contact Viv 07786 435333

IT FORUM

Contact – Norman (275674)

Meetings – 2.00pm

2nd & 4th Wednesdays



12 Nov – HTML, Styling and Scripting: an introduction to creating and serving interactive web pages.

26 Nov – 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 Tuesdays 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:
11 - November
25 - November

LADIES FORUM

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

What an excellent speaker we had in October! Steve Herra, who had worked as a purser for Cunard, told us about Cunard, its history and glamorous stars. From the days when their ships had sails and took six weeks to cross the Atlantic, to today's modern ships and speedy crossings we learned so much. Of course, Steve's slides were superb. Another interesting talk has been booked for 14th November when Rosemary McCullough will take us behind the scenes at the BBC.

If you are interested in joining us or have any other enquiry. please contact Cherry, 01425 274184.

Members 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



The clocks have gone back, and it is really starting to feel like winter with the dark evenings so why not join us playing Mahjong on Thursday afternoons. We just play for fun and don't score so it's easy to pick up if you haven't played before. We play the hands listed in "The Mahjong Player's Companion" book and have a copy you can borrow until you get your own or photocopy some of easier hands.

Some hands to try if you are dealt the right tiles are:

Dragonfly (page 31 in the book) – One of each dragon, a pung in each suit and a pair in any suit.

Red Waratah (page 34) – A pung of red dragons, a pair of green dragons with a pung in each suit.

Numbers in parallel (page 43) A pung and a pair of winds or dragons plus a pung in each suit, all of the same number but no 1's or 9's.

All these hands are exposed so if you have 2 of a particular tile in your hand you can say "pung" and pick up the 3rd tile if someone discards it thus making the pungs a bit easier to collect.

MAGIC MOMENTS

meryl.jones@highcliffeca.co.uk

Herewith dates for my Magic Moments sessions.

All these dates refer to sessions in room 3 every month on a Wednesday with a 1.30pm start and a duration of 2 hours.

2025

5th November
3rd December

2026

14th January
11th February
11th March
15th April
13th May
10th June
8th July

MUSIC THERAPY (New Section)

Contact

meryl.jones@highcliffeca.co.uk

Our first 2 sessions have been very well attended and enjoyed by all. If you, or someone you know, would benefit from an hour of music therapy please come along. We start with a chat and a cuppa at 10:00 and then we start singing at 10:45. The next meeting is on Thursday 20th November.

NEEDLES GROUP

Contact Lee on 07444 562082

Meet 9.30am every Wednesday.

Some of us are working to make a personalised pattern for a skirt. This is still work in progress.

We also have projects of our own including knitting, embroidery, crochet and sewing projects with time to chat. New members are always welcome.

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 Sunday

Contact - Terry (07413 755468)

1.00pm Thursday

Contact - Carol (07812 705031)

10.00 am Friday

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

PHOTOGRAPHIC

Contact–Jeff Palmer (07970 608011)

Meetings – 2nd Thursday each month.

In our October meeting we viewed members photos on Photography with a twist. This was followed by a presentation on Monochrome Photography by Mike Price.

Our next meeting is on Thursday 13th November at 10.30 am in Room 11. We will be reviewing Monochrome

photos, and this will be followed by a presentation on Colour and Mood by John Lewis.

All HCA members are welcome!

PHOTOGRAPHIC 2025/26 PROGRAMME

ROOM 11 : 10.30 - 12.30

CONTACT: JEFF PALMER 07970 608011

11 SEP REVIEW OF ABSTRACT & TEXTURE PHOTOS
JACKY TO PRESENT ON PHOTOGRAPHY WITH A TWIST

9 OCT REVIEW OF PHOTOGRAPHY WITH A TWIST PHOTOS
MIKE TO PRESENT ON MONOCHROME

13 NOV REVIEW OF MONOCHROME PHOTOS
JOHN TO PRESENT ON COLOUR & MOOD

11 DEC REVIEW OF COLOUR & MOOD PHOTOS
MINCE PIES IN THE BREAK!
JOHN TO PRESENT ON MACRO



**APR/MAY
2026** AWAY-DAY TO BUCKLER'S HARD



HIGHCLIFFE COMMUNITY ASSOCIATION

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



Anna Hutton shared her photo of some smiling quilters.

RAMBLES AND AMBLES

RAMBLES FOR NOVEMBER & DECEMBER 2025

Contact - Nigel (0789 675 0059)

Unless otherwise stated, walks start at 10.00hrs and are between 5 & 6 miles long. Any alterations or updates 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.

November 2025

Wed 5th – TBA

Wed 8th – TBA

Wed 12th – Abbotswell

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.

Leaders - Ann & Bryn (274363 / 07535 331875)

Meet - Abbots Well CP, Ref 178/129
Turn off A338 at Fordingbridge and then R at T Junction. Turn R immediately after bridge and immediately L to Frogham. Go thro' village and CP is on RHS as road opens up to country. Walk is 5 miles mainly on tracks & includes Hasley, Sloden and Alderhill inclosures.

Wed 19th – Pilley Bailey & Beaulieu Heath

Leaders - Andrew & Diana (0774 920 6567)

Meet – Crockford CP, Ref 349/989. On B3054 Lymington to Beaulieu road heading NE, pass a cross-road (marked to Norleywood on RHS, Pilley and Boldre on LHS) & continue for about half a mile. After a sweeping LH bend, CP is on LHS just before the dip to Crockford Bridge. NB If it has been wet, this walk will be muddy TBA

Wed 26th - TBA

December 2025

Wed 3rd – Acres Down (followed by Christmas lunch at Annies for those that have booked)

Leaders – Barry (07386903082) & Heather (07918891141)

Meet Acres Down CP, Ref 267/097. On A35, turn L on RH bend just before Lyndhurst. After approx. 2 miles, turn L at crossroads signposted 'Acres Down, then go thro' ford and continue onto CP on LHS.

Wed 10th – TBA

Wed 17th - Brockenhurst Byways

Leaders - Andrew & Diana (07749 206567)

Meet - Whitemoor Pond CP Ref 277/024. From the A35, TR into

Rhinefield Ornamental Drive and CP is 4km on the RHS. (From Brockenhurst, take Rhinefield Road past the Forest Park Hotel and Whitemoor Pond is the first CP on LHS after leaving Brockenhurst.)

Wed -31st - TBA

AMBLERS WALKS NOVEMBER

2025 Contact Graham (07858 569656)

Here is our walks list for November 2025.

Wed 5th Nov at 10-00 am TBA

Wed 12th Nov at 10-00 am

Hengistbury Head - Up and Over Leaders; Vicki and Colin.

Meet: 10am at the junction of Rolls Drive and Broadway. There is free street parking in Rolls Drive.

Alternatively, 10.15am at the Hiker Cafe, next to the car park. Parking is £2.50 for two hours. There are public toilets at the cafe.

A circular walk with outstanding views. Mainly level footpaths, with two moderate inclines and approximately twenty well maintained steps.

Wed 19th Nov at 10-00 am TBA

Wed 26th Nov at 10-00 am TBA

ROCKIN' ROBINS

Contact – Meryl (277325) or Jenny (272628)

Meetings – 2:00pm 2nd & 4th Mondays

Singing for fun group.

If you love to sing, come along and join us. We sing everything from songs from the musicals to more modern pop songs and everything in



between. We are accompanied by the lovely Mark Busell on the keyboard. No auditions. Contact either Meryl or Jenny if you would like to join us.

RUMMIKUB

Tuesday – 1.30pm to 4 pm

Contact Margaret at Greystones

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 light-hearted 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

Contact – Debbie

(07523 408368)

Meetings –

Monday 11.30am

Wednesday

10.00am

Contact Karen (07786 304105)

Meeting - Tuesday 10.30am.

Contact Meryl (277325)

Meeting – Tuesday 6.30pm



AFFILIATED ORGANISATIONS

HIGHCLIFFE HORTICULTURAL SOCIETY

Linda Law, Secretary

email: lindarosslaw@hotmail.co.uk

mobile: 07769 748187

www.highcliffehorticulturalsociety.co.uk

Monday, 3 November. Doors open at 7.00pm for talk starting at 7.30pm given by Gwynne Davies entitled 'Spring Bulbs for the Garden' at St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments, plant sales and a raffle. Non-members very welcome £3.

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 directly 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.

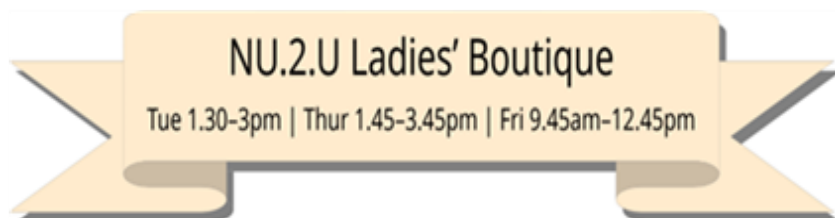
Age Concern, Christchurch runs weekly Friendship Groups in Christchurch, Mudeford, and Burton. These offer a warm, welcoming space to enjoy activities such as bingo, live entertainment, guest speakers, and refreshments, while making new friends.

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.



INTERMEDIATE BRIDGE

NEW GROUP

Monday evenings at 6.30pm



**Played some bridge?
Want to know more?
Played in the past but rusty?**

**Weekly meetings
Contact Thelma 01425 501587 or
John 01425 279257**

Highcliffe Community Association

DANCING

BALLROOM, LATIN AND SEQUENCE



Image created using AI

Professional Coaching & Practice Sessions

£1 per session (+£5 for professional tuition every other week)

New members welcome. No dance partner, no problem!

We rotate and dance with each other

Just come along or contact Reception for further details

Weekly Tuesdays 2 – 4 pm in room 1




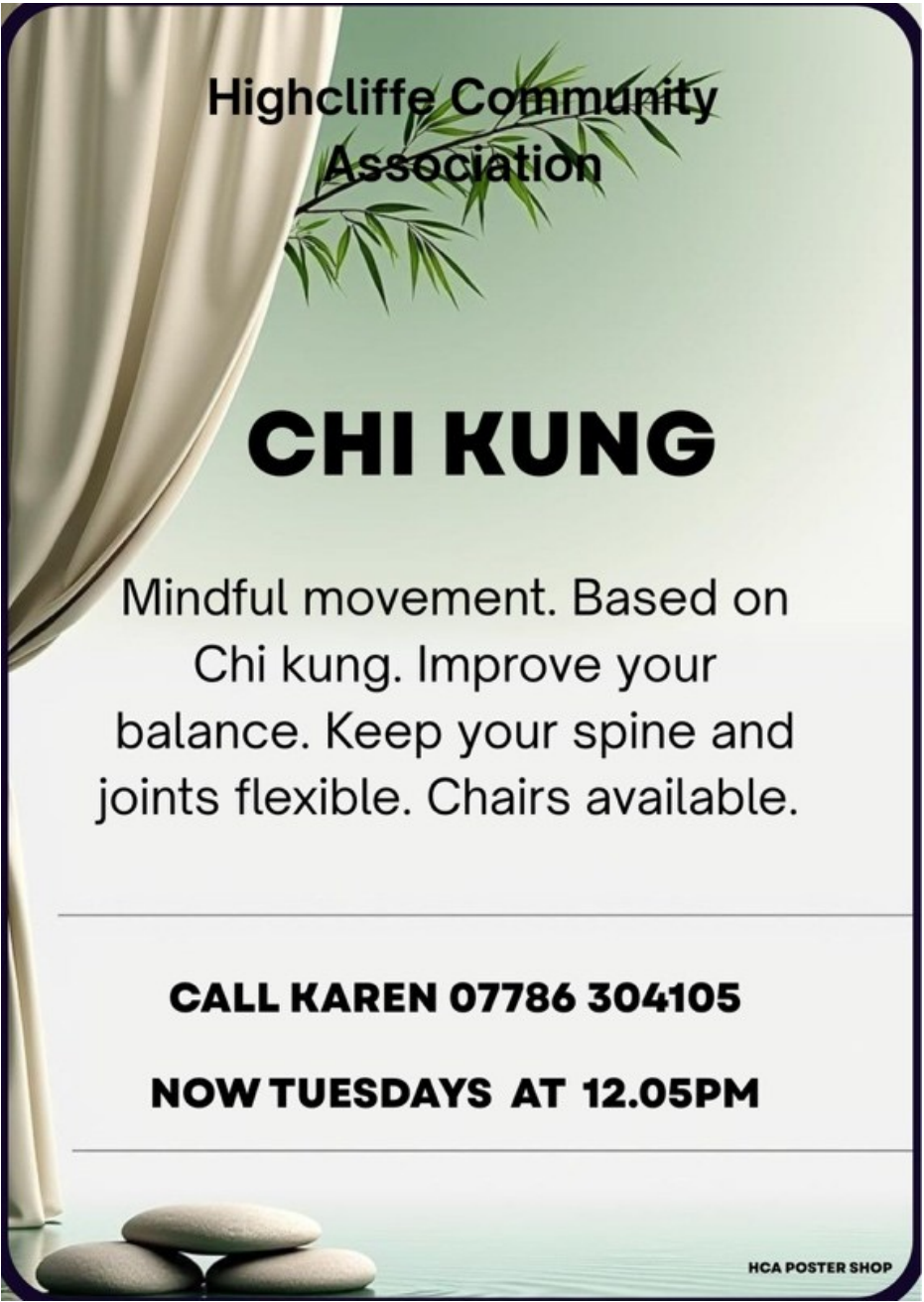
Highcliffe Community
Association

CHI KUNG

Mindful movement. Based on
Chi kung. Improve your
balance. Keep your spine and
joints flexible. Chairs available.

CALL KAREN 07786 304105

NOW TUESDAYS AT 12.05PM



HCA POSTER SHOP

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.

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.

A Day in the Life of a Newsletter Editor



If you would like a comic book feature for your section, contact newsletter.editor@highcliffeca.co.uk — BEFORE the deadline!

created by Patrick Jones, aided by AI

POLKA DOT
PANTOMIMES

Polka Dot Pantomimes in association
with The Regent present

REGENT

KEITH MYERS

as Dolly Doughnut

JASMINE
EARL

as Belle

CHARLES M
DUKE

as French Franc

WILL
DAY

as Prince Lucian

SIMON
RAWLINGS

as Maurice

Beauty and the Beast

KIRSTIE
MCANULTY

as Fairy Fabulous

CHLOE-LOUISA
HUGHES

as Grinvalda

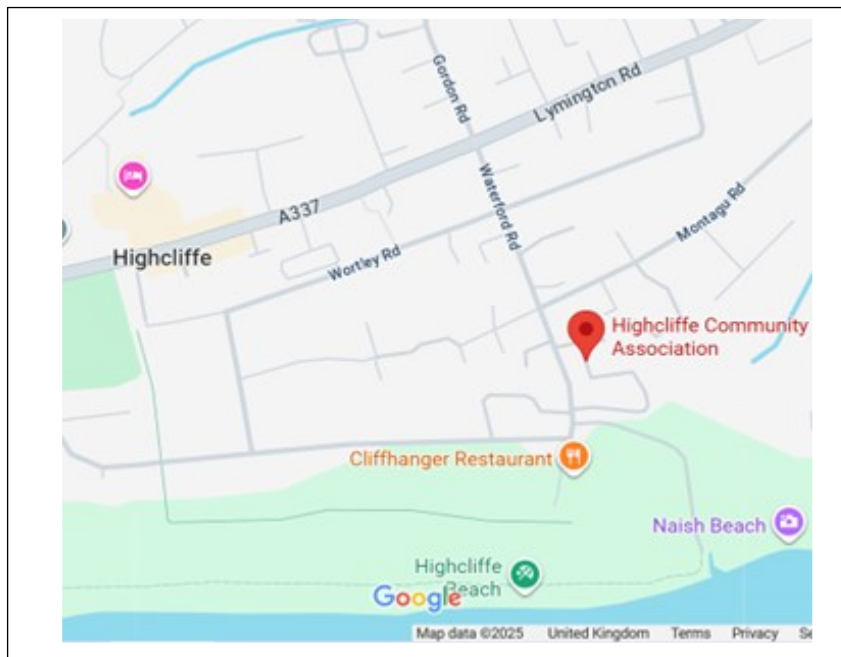
Be Our Guest This Christmas

**13 DECEMBER -
28 DECEMBER 2025**

The Regent, 51 High St, Christchurch, BH23 1AS

Box Office: 01202 499199 | theregent.co.uk

The location of the Highcliffe Community Association in Waterford Road



**COPY DATE FOR NEXT
(DECEMBER/JANUARY) ISSUE OF NEWSLETTER**

**Submissions to be received by Monday
17th November 2025**

**PUBLICATION DATE
27th November 2025**

This issue of the newsletter edited by Hazel Stubbs

discover the ...

new 2 You

Ladies Boutique



Come along to the New 2 You Ladies Boutique and browse through quality women's clothing and accessories, all at great prices. Knowing that when you shop with us you are supporting your local community.

Donations needed – please donate new or clean lightly worn ladies clothes, shoes, jewellery, bags and accessories. Please only donate clothes you would want to buy and wear yourself.

**Tuesday 9:45 - 3.30pm
Friday 9:30am - 12:15, 1:00pm - 3:30pm
1st Floor, Greystones House (lift available)**

HIGHCLIFFE COMMUNITY ASSOCIATION

HCA poster shop