



# Highcliffe

## Community Association at Greystones House

Registered Charity No.1189336

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



Spring Social and Supper.

Saturday 7th. March.

6:30pm for 7:00pm start.

Tickets £15.00 available from Reception from

Monday 2nd. February.

Please mention any dietary requirements when buying tickets.

The evening includes a two-course supper of  
Chicken Chasseur and vegetables followed by  
cheesecake.

Bring your own drinks and glasses.

Our entertainment is provided by

**Gwyn Pritchard**

So come along for a boogie and singsong



**News and Programme of Events  
February 2026**

## 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		
Art	Tuesday am	Fun Chair Exercise	Wednesday am
Art	Tuesday pm	IT Forum	Wednesday pm
Art	Wednesday pm	Jigsaw Together	Tuesday am
Backgammon	Thursday am	Ladies Forum	Friday pm
Beetle Drive	Wednesday pm	Languages French	Monday am
Bingo	Saturday pm	Legs, bums and Tums	Tuesday am
Book Group	Thursday am	Machine Quilting	Friday pm
Bridge Duplicate	Monday evening	Mahjong	Thursday pm
Bridge Duplicate	Wed evening	Music Therapy	Thursday am
Bridge Social	Friday pm	Needles	Wednesday am
Bridge Beginners	Monday am	Pétanque	Monday pm
Bridge Rubber	Friday pm	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-Country	Thurs evening	Scrabble	Thursday 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 am	Yoga	Monday am
Drama & Play Reading	Thursday pm	Yoga	Tuesday am
Flower Arranging	Wednesday 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](mailto:newsletter.editor@highcliffeca.co.uk)  
**Website:** [www.highcliffecommunityassociation.co.uk](http://www.highcliffecommunityassociation.co.uk)

**Message from the Chairman**

A belated Happy New Year to you all. I hope 2026 is a good one for all of us. We are still welcoming new and returning members to the association and are happy for more to join us. Thelma Price has joined the Trustees and is taking on the responsibility for accommodation. If you have any enquiries please forward them to Thelma at [thelma.price@highcliffeca.co.uk](mailto:thelma.price@highcliffeca.co.uk). Due to a bout of ill health I am having to reduce the amount of time I spend at HCA. My thanks go to my fellow Trustees for their patience.

Meryl

<b>Role</b>		<b>Email</b>
Chairman	Meryl Jones	<a href="mailto:chairperson@highcliffeca.co.uk">chairperson@highcliffeca.co.uk</a>
Secretary	VACANT	<a href="mailto:secretary@highcliffeca.co.uk">secretary@highcliffeca.co.uk</a>
Treasurer	Jan Hollowell	<a href="mailto:treasurer@highcliffeca.co.uk">treasurer@highcliffeca.co.uk</a>
Reception	Lyn Lash	<a href="mailto:reception@highcliffeca.co.uk">reception@highcliffeca.co.uk</a>
Accommodation	Thelma Price	<a href="mailto:thelma.price@highcliffeca.co.uk">thelma.price@highcliffeca.co.uk</a>
Servery	Barbara Thacker	<a href="mailto:Barbara.thacker@highcliffeca.co.uk">Barbara.thacker@highcliffeca.co.uk</a>
Publicity	Janet Davies	<a href="mailto:Janet.davies@highcliffeca.co.uk">Janet.davies@highcliffeca.co.uk</a>
Premises	Gordon Mumford	<a href="mailto:maintenance@highcliffeca.co.uk">maintenance@highcliffeca.co.uk</a>
Governance	Pauline Pegram	<a href="mailto:Pauline.pegram@highcliffeca.co.uk">Pauline.pegram@highcliffeca.co.uk</a>
Trustee	Mike Jennings	<a href="mailto:Mike.jennings@highcliffeca.co.uk">Mike.jennings@highcliffeca.co.uk</a>
Trustee	VACANT	
Trustee	VACANT	

## Advisory Council / Members Meetings

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

Next Advisory Council / Members Meeting date

**12<sup>th</sup> March 2026**

### TRUSTEES AND MEMBERS MEETINGS 2026

10.02.26	Tues	2.00	Trustees meeting
10.03.26	Tues	2.00	Trustees meeting
<b>12.03.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>
14.04.26	Tues	2.00	Trustees meeting
12.05.26	Tues	2.00	Trustees meeting
09.06.26	Tues	2.00	Trustees meeting
<b>11.06.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>
14.07.26	Tues	2.00	Trustees meeting
<b>16.07.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>A G M</b>
08.09.26	Tues	2.00	Trustees meeting
<b>10.09.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>
13.10.26	Tues	2.00	Trustees meeting
10.11.26	Tues	2.00	Trustees meeting
<b>10.12.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>

### NEW MEMBERSHIP OFFER

From January 1st 2026 until 30th April 2026 the cost of the remaining 4-month period for the current 2025-2026 Membership will be reduced to £5. This membership will be valid up to 30th April 2026.

NOTE: 2026-2027 Membership starts 1st May 2026 valid until 30th April 2027 at full price for 12-month period.

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

HCA Opening 2026		
Closes	Opens	Reason
THURSDAY 2ND APRIL	TUESDAY 7TH APRIL	EASTER
MONDAY 5TH MAY	-	BANK HOLIDAY
MONDAY 25TH MAY	-	BANK HOLIDAY
FRIDAY 31ST JULY	TUESDAY 1ST SEPTEMBER	AUGUST BREAK
FRIDAY 18TH DECEMBER	MONDAY 4TH JANUARY 2027	CHRISTMAS

### **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 1<sup>st</sup> 2025 to March 14<sup>th</sup> 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

## FUTURE EVENTS

### JIGSAW FAYRES

Saturday 28th February and Sunday 1st March 10.00am to 4.00pm.

Come along and enjoy a cup of tea or coffee and a cake whilst choosing a jigsaw.

### FILM NIGHTS

Friday 6th February "I Swear" Unfortunately due to the lack of interest in this film we have had no alternative but to cancel.

We are looking into an alternative licence provider which would allow us to access and show a greater selection of films, this may mean that March and April's films may be cancelled.

Please keep a check on the notice boards and emails and newsletter regarding future films.



### **Film Nights with Choc Ice!**

	<b>Date</b>	<b>Tickets on Sale</b>
I Swear	Cancelled	-
Ballad of Wallis Island	Friday 6th March	Friday 6th February
The Choral	Friday 10th April	Friday 6th March

## DATES FOR YOUR DIARY

Event	Date	Tickets on Sale
Spring Social and Supper	Saturday 7th March	2 <sup>nd</sup> February
Quiz and Chips	Saturday 7th February	Tickets now on sale
	Saturday 11th April	2 <sup>nd</sup> March
	Saturday 6th June	11th May
	Saturday 3rd October	7th September
	Saturday 5th December	2 <sup>nd</sup> November

## Highcliffe Medical Centre Presentation

### Free Health & Wellbeing Talk – Focusing on blood pressure

Looking after your mental and physical wellbeing has never been more important. Join us for this free talk for practical, supportive advice from a GP.

#### What to expect:

- Practical health & wellbeing advice
- Education about blood pressure and the implications of high blood pressure
- Helpful tips for managing stress and mental health
- The opportunity to ask questions in a Q&A

This session is open to anyone who would like friendly, expert guidance on improving their wellbeing.



**Thursday 12th February 2026**



**16:30 – 17:30**

Please feel free to share with anyone who may find this helpful.

## **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](mailto: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](mailto:chairperson@highcliffeca.co.uk)

## **TREASURER**

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

## **ACCOMMODATION NEWS**

### **Accommodation Trustee**

Email:

[thelma.price@highcliffeca.co.uk](mailto:thelma.price@highcliffeca.co.uk)

Thelma Price has joined the Trustees and is taking on the responsibility for accommodation. If you have any enquiries please forward them to Thelma.

## **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

## **MEMBERSHIP**

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

Are you looking to meet new people, explore new hobbies and interests, or revive previous interests? We have many sections available for you to try, check out the section lists within this Newsletter or on our website for information.

Please see our notice within this Newsletter regarding our offer for New Memberships. Pass the message onto your neighbours and friends.

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. Sandy Gale, Membership Secretary

## **NEWSLETTER EDITOR**

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

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!

Patrick Jones has produced an attractive poster to endorse this request (see page 24)

Graeme (Lead Editor)

## **TEA AND COFFEE SERVERY**



Barbara (620811)

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

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

Our adverts are still currently running in all the various free local magazines plus a couple that earlier in the year we subscribed to.

We had a Christmas tree at Highcliffe Castle this year which Pauline Pegram and myself decorated with various items, that were donated from current groups plus single paper baubles with all the groups printed on them. Feed back from members and friends who went along were very positive. Thank you !

Our last Friday live of 2025 was very popular as our in-house singing group The Rocking Robins led by Meryl along with Jenny and accompanied by Mark on the keyboard who gave a medley of various songs.

Our Christmas raffle was drawn on this Friday and I would like to thank everyone who bought a ticket/ tickets The winners who have been notified are as follows

- 1st Hamper (Norma Stallard)
- 2nd Handmade Quilt. ( Lucy )
- 3rd Bottle of Whisky. ( Ticket 71 )
- 4th Bottle of Gin. ( Roy Taylor)
- 5th White company candles (four candles ) sorry ! ( Liz )
- 6th Tin of body lotions ( Viv Hood )

May I take this opportunity to thank Graham Moss and Gordon Mumford who got the tables and chairs out ready

Thank you everyone for your support in 2025 and I wish you all a Happy 2026  
Janet Davies

## **GENERAL INTEREST**

### **NEW 2 YOU LADIES BOUTIQUE**

Opening times

Tuesday 9.45 - 3.30

Friday 9.30-12.15,  
1.00- 3.30



The New 2 You shop needs your worn once or nearly new clothes that you can no longer wear. We are now heading into the final winter month and soon Spring will be here and hopefully some warmer sunnier weather, fingers crossed. But before then we still have February to get through and as we all know Feb can be very cold and miserable. So why not prepare and cheer yourself up at the same time with some new items from the New 2 You Ladies Boutique. We have lots of lovely warm cosy jumpers and cardigans and great coats and jackets all at fabulous prices. We are offering a half price sale on winter jackets and coats (excludes blue ticket items - 50/50) from Friday 30th January. On the subject of 50/50 - the shop has now about 95% of its current stock as 50/50 so we could really do with more donations rather than 50/50 please. Many of you have 50/50 items which have been in the shop well over the 8 weeks, so if you have asked for your items to be returned can you advise one of the team whether you are

happy to donate your items if they haven't sold please. This will really help the shop as we can reduce the price and hopefully sell your item allowing the proceeds to benefit HCA.

You may have noticed that during January the shop has not been open on a Tuesday afternoon, this is because one of our volunteers Susan has been away but Susan together with Audrey/Sheila/Jean will be back on the 17th February as usual. Another change you may have noticed during January has been that one of our long serving volunteers Mary Fraser has left the shop, many of you will know Mary very well after many years of volunteering in the shop. All of the New 2 You team want to wish Mary well and say a big Thank you for all her many years of excellent service to the shop and its customers. Mary will be very much missed.

One final request please, your donations are vitality important to us as they keep our customers coming back to see what's new. But we also NEED YOU to pop up to the shop (use the lift or stairs) and browse to see the exciting range of things we have on display. Including many great items we have on our specials table just inside the entrance to the shop.

## **LIBRARY CORNER**

Firstly as always I would like to thank everyone who have donated items to our wonderful library over the past

year, as without YOU there would be no library.

We have an amazing selection of paperback fiction, hardback fiction, large print books, autobiographies, travel guides, DVD's, jigsaw puzzles, talking books, etc.etc.

Please please would all members come up and have a browse as the more items that you take out, the more room we have for donations. As always we would appreciate donations of 'as new' and latest paperbacks and 500 piece jigsaw puzzles.

**REMEMBER : It is only 20p per item to borrow for a period of up to 3 weeks whether it be a single DVD or a box set of 10 or any other item in our library.**

As you are probably looking at your 2026 holidays now, come up and look at our great selection of travel guides (as rather borrow for 20p than buy for £10 + ).

## **IN MEMORIAM**

Contact Sandy



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

Margaret Patricia Hunt – a well loved and regular member of the Ballroom Dancing Section who will be greatly missed.

## SECTION NEWS



### 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)

#### **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

Please contact

[gmcma9@icloud.com](mailto:gmcma9@icloud.com)

## 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 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

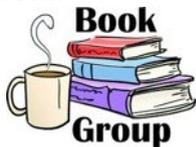
Contact–Brian Lockyer 07889 247360

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](http://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.

We are now taking details of anyone  
interested in the next Beginners”  
Bridge Course starting later in the  
year. (Dates to be finalised.)

## **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 had a delayed start to the term but will soon be meeting again. Our focus will be to provide knitted and crocheted items to send to Ukraine via NFFU. We are happy to welcome new members

## **DANCING - Ballroom & Latin**

Contact - Adele

(07512339601)

Meetings -

Tuesdays 2:00 –

4:00pm Weekly, Room 1



## **NEW!**

Started in January - the Tuesday ballroom & Latin dance sessions are now being fully led by our

professionally ISTD trained teacher Adele.

2:00 -3:00pm Ballroom basics £5pp

3:00 - 3:15pm Tea break

3:15 - 4:00pm Social practice £2pp  
(+ £1 to the HCA, as usual)

1 hour of professional tuition every week concentrating on one Ballroom and one Latin dance per month. 15 min refreshment break and 45 mins session for social practice hosted by Adele, on hand to advise.

Beginners welcome and dancers with experience wanting to consolidate technique. Newcomers welcome to join a friendly group.

January - Waltz and Cha Cha Cha,  
February will be Quickstep and Rumba.

Please contact Adele with any queries.  
07512339601,

adele.stepintime@gmail.com

www.stepintimedance.uk

## **DANCING – Country**

Contact – Jan (01202 427523)

Meetings - Thursday evenings 7.00 for 7.30 pm start

We are looking forward to our Dinner Dance on 12th February so make sure you have booked your menu. We look forward to having a drink and mingle and a chance to chat from 7.00 - 7.30. After our meal there will be time for some dancing (perhaps not too energetically on full stomachs!)

## **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 (07955 762696)

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.

Currently trapped in a West London basement flat with three unpredictable con-men we are experiencing Frederick Knott's chilling thriller WAIT UNTIL DARK with some relish. We have the late Tom Stoppard's TRAVESTIES and Richard Bean's ONE MAN, TWO GUV'NORS lined up and possibly Ibsen's WILD DUCK.

### **FLOWER ARRANGING FOR FUN**

Contact Chris ( 272367)  
Meetings 1st and 3rd  
Wednesday of the  
month.  
10am-12 noon



With our last meeting on 2025, came the retirement of our tutor Valerie. She has been a valuable source of inspiration and guidance with our flower arrangements for many years. Each meeting she has challenged us with new ideas and demonstrated various technical aspects of our craft, helping us to produce many amazing displays, for which we extend our heartfelt thanks.

As we all so enjoy our Wednesday mornings, chatting and sharing ideas, we will continue as a 'self guided' group and would welcome anyone who may wish to return to flower arranging or would like to develop a new skill. Between us we can help with the basics.

Give Chris a call if you are interested.



## **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 2–4pm  
2nd & 4th  
Wednesdays



11 Feb – Sending  
bulk email: requirements and options

25 Feb – Discussion and advice. An informal discussion of IT and related matters raised by members. Visitors are welcome to seek help and advice on computers, tablets and smart-phones

Non IT Forum members £2.

## **JIGSAW TOGETHER**

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

2<sup>nd</sup> and 4<sup>th</sup> 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

## **LADIES FORUM**

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

Our January speaker was Gaby North who told us about The Leprosy Mission. It was certainly an eye-opener for those who thought that leprosy was almost a disease of the past. Most of Gaby's slides were of the work the Society does in India to alleviate this terrible affliction and try to prevent it's spread. A thought-provoking afternoon. In February we will be going to The Globe for our annual lunch.

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 2<sup>nd</sup>

We are looking forward to the new season. Many of us are in the middle of sewing our Quilts for Care Leavers, which have been cut for us by Sue. It will be good to meet up again after the holidays and appreciating what our members have achieved in the holidays.

### **MAHJONG**

Contact – Rowena (278248)  
Meetings - 1.30pm Thursdays weekly  
I had an article forwarded to me from The Daily Mail, on 1st January 2026, about the health benefits of Mahjong!



Health experts are hailing an ancient Chinese game beloved by celebrities for its brain-boosting powers against dementia. Mahjong roughly translated to “sparrow” in Chinese, a name that may refer to the clicking sound the tiles make when shuffled, like bird chatter. It has been played for more than 150 years, since its creation in China during the mid to late 1800’s. It helps with memory, focus and problem solving. It states Mahjong could be more beneficial than other games, especially ones played solo such as solitaire and Sudoku, as there is a strong social aspect to it. Mahjong stands out because it mixes thinking and socialising. You need to remember patterns, plan moves, and interact with others all at the same time. – Goodness, doesn’t that make us sound clever and I thought I was just having fun!

A new hand we have adopted from some of our new members is Pot Pourri – a pung in any suit, a chow in any suit, a triple knitting set, a mixed chow and a knitting pair.



We just play for fun and it certainly isn't as difficult as the Daily Mail article makes it sound! So come and join us.

### **MUSIC THERAPY**

Contact

meryl.jones@highcliffeca.co.uk

We continue to welcome people to the Music Therapy sessions. If you know someone who would benefit from an hour of music therapy please encourage them to come along. We start with an optional chat and cuppa from 10:00 and the singing begins at 10:45. We are hoping to introduce some percussion instruments to the group to increase the fun!

### **NEEDLES GROUP**

Contact Lee on 07444 562082

Meet 9.30am every Wednesday.

We have been working on making a pattern for a straight skirt. This has been very successful and the pattern has been modified for a flared skirt. The next step is to incorporate godets, just like they do on 'Strictly'.

We still have other projects of our own including knitting, embroidery, crochet,

altering garments and sewing projects with lots of time to chat.

New members are always welcome, just come along. We have a mixed experience of sewing, knitting and altering clothes, so there is a great comrade of helping each other. It certainly is a nice social interactive meeting which makes Wednesday morning an enjoyable time to spend together.

### **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

The numbers have dropped on some days due to people getting older and not being as fit as they were. With spring around the corner and warmer weather coming we hope we can attract some new members to enjoy our fun sessions. It is an easy competitive game to play in the fresh air and beautiful surroundings. We are friendly groups, so come and give it a try. If you have any questions give the group leader a call or just pop along.

## PHOTOGRAPHIC

Contact–Jeff Palmer (07970 608011)  
Meetings – 2<sup>nd</sup> Thursday each month.

Room 11: 10.30 – 12.30

All HCA members are welcome!

Future programme:

8th January - Street Photography

12th February - Cropping, Resizing  
and Facebook

12th March - Spring Photography

9th April - Lambeth Past and Present

14th-May - Snapseed

11th June - A Grand Day Out



Next meeting's topic is 'Street Photography' This photo was taken by Jeff at sunrise during the start of the new Highcliffe Beach parkrun.

Everyone is welcome, don't be daunted by the technicalities, it's a fun and friendly couple of hours. Most of us are not experts and those that we have are very helpful.

## 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](mailto:anne.hutton27@sky.com)

Our Winter term has now started and we are looking forward to this session and meeting up again after the Christmas holiday. We are getting ready to finish our Charity Quilts and preparing new ones. Our member Delia is always full of great ideas. This year a few of our members have retired. We will miss them. The good thing is that we are now inviting and welcoming new members to join us. Please give Anna a call on 01202 809700. One can also get in touch with Greystones if that is easier.

## **RAMBLES AND AMBLES**

### **RAMBLES FOR FEBRUARY 2026**

Contact - Sarah (07596 956200) or Barry (07386 903082)

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 are always welcome to our friendly group. Please note that dogs are not allowed.

#### **Wed 4th - Cadmans Pool**

Leaders - Ann & Bryn (274363 / 07535 331875)

Meet at Cadmans Pool C.P. Ref. 229/123 - Turn off the A35 for Bolderwood Drive and turn left at the end of the drive and continue under the A31 and follow on and take the first turning on the RHS

towards Fritham, to find the Car Park on the LHS approx 1 mile along the road.

#### **Wed 11th - Amblers and Ramblers Lunch at the Amberwood Inn**

Full details of Price and Menu Choices were not available before 16th January, but should have been circulated by email prior to the publication of this Newsletter

**Wed 18th** - Ramble details to be forwarded by email

Leaders - Heather and Barry

**Wed 25th** - Details to be forwarded by email

Volunteers for leading still awaited.

### **AMBLERS WALKS FEBRUARY 2026**

Contact Graham (07858 569656)

Our walks normally start at 10.00 am and are generally 3 to 4 miles long.

Any changes will be notified to members by email.

Unfortunately, dogs are not allowed.

#### **Wed 4th - TBA**

#### **Wed 11th**

**Ramblers & Amblers lunch at The Amberwood Inn**, details to follow by email.

#### **Wed 18th – Fawcett’s Field, New Milton**

Leaders – Peter & Sylvia

Take the A337, the main Lymington Road, and Fawcett’s Field is almost opposite the Housemartin pub. Once off the road please turn into the RH carpark.

The walk is about 3 miles, mainly on pavements, but some grass and footpaths which are muddy at present, so good shoes please.

We will pass pretty cottages and eventually walk along the seafront.

There will be a coffee stop about halfway.

#### **Wed 25th – Keyhaven Nature Reserve - TBA**

Leaders: Jerry & Yvonne

Meet at Keyhaven Car Park, SO41 0TP (£3.10 for two hours)

Circular walk along the seawall around the nature reserve with coffee stop, followed by return inland.

Paths are flat and generally gravel but can have large puddles after heavy rain. Bring binoculars as there is an abundance of birds (and possibly a seal!)

## ROCKIN' ROBINS

Contact – Meryl (277325)  
or Jenny (272628)

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

We meet twice a month to  
sing for fun. No auditions.

We sing a wide range of songs from modern pop, songs from the shows and everything in between. Beautifully accompanied by Mark Busell on the keyboard and led by Meryl who keeps us smiling.



## RUMMIKUB

Tuesday – 1.30pm to 4 pm  
Contact Deb (01425 838719)

Happy New Year to our members. Some of us met up during the Christmas break for a game or two of Rummikub and once again we enjoyed our annual meal at The Globe. A good chance to meet members of the group we normally don't get a chance to play with.

Always look forward to seeing friends on Tuesday afternoons.

## SCRABBLE

Contact: Seonaid (Shona) Phillips  
(07981572299)

Our Scrabble group meets on the 1st and 3rd Thursday of the month at 10a.m in room 11.

We welcome new members including those who haven't played before.

Session dates: February 5th and 19th  
March 5th and 19th

## 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



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**

### **PHOENIX HOLIDAY GROUP**

A not for profit club for seniors arranging days out and UK holidays. We meet on the first Friday of each month at Greystones Hall, Waterford Road, 2.30 to 4.00. Also meet on the third Friday of the month at The Community Centre, New Milton, 10 - 12 noon. Come and meet us for a friendly cuppa and chat.

### **HIGHCLIFFE HORTICULTURAL SOCIETY**

Monday, 2 February. Doors open at 7.00pm for a talk starting at 7.30pm given by Aimee Durnell entitled 'Secret Marsh'. 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.highcliffehorticulturalalso ciety.co.uk](http://www.highcliffehorticulturalalso ciety.co.uk).

### **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.



**New 2 You Ladies Boutique**

Tue 9.45am –3.30pm | Fri 9.30am –12.15pm, 1.00 –3.30pm



## New Year Resolutions

I resolve never to shout,  
At selfish people who moan about  
Their illnesses or wonky knees  
And hands that can't grip small door keys.

I resolve to fulfil my chores,  
To tolerate bores, to obey parking laws,  
To admire the weather, to give pause  
To gaze at clouds, not mind queues at stores.

Today I'll try but tomorrow I'll fail  
Because I make resolutions to no avail,  
Making and breaking them is seriously sad,  
So I'll just carry on being half good and half bad.

*Anne R Jacobs  
Poetry Group*



## Ding Dong

Ding, dong, a final song, another year  
Has gone nowhere, new life is here,  
These darkest days have seemed so long,  
Life will return with blackbirds's song

The night has gone, the dawn will break,  
Soon Spring will come, new life will wake,  
The moon was full, the sun is strong,  
So ring out bells, ding, dong, ding, dong.

*Anne R Jacobs  
Poetry group*

# What's Your Story?

We would like to encourage more members to contribute to the newsletter. Whether you have news to report, a short article, or a local photograph, your input would be appreciated. We make every effort to publish all member contributions received.

Please submit your work to:  
[newsletter.editor@highcliffeca.co.uk](mailto:newsletter.editor@highcliffeca.co.uk)

If you have a story you wish to share but are unable to email it, we will accept typed or handwritten pieces and can assist with editing, illustrations, and layout.

We look forward to hearing  
from you!



## 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.

## 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:

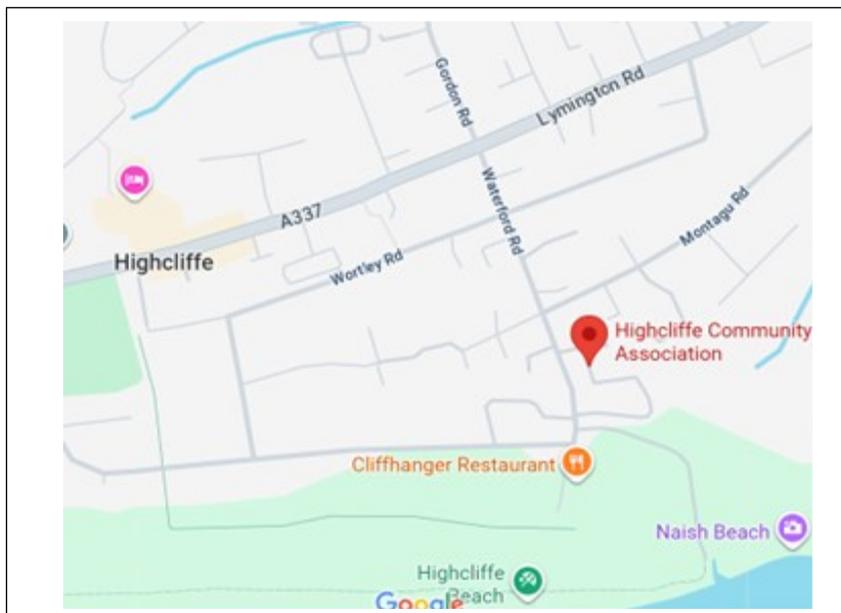
- **Action Fraud**: Report online at [actionfraud.police.uk](http://actionfraud.police.uk) or call 0300 123 2040 (Monday to Friday, 8 am to 8 pm). Action Fraud is the national reporting centre for fraud and cybercrime. It collects reports about fraud on behalf of the police.
- **Local police**: For urgent 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.

# Word Search for the Month of February



<b>SNOWDROPS</b>	<b>CROCUSES</b>	<b>FROST</b>
<b>DRIZZLE</b>	<b>DAFFODILS</b>	
<b>VALENTINE</b>	<b>WINDY</b>	
<b>PANCAKES</b>	<b>OVERCAST</b>	

The location of the Highcliffe Community Association in Waterford Road



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

**Submissions to be received by Monday  
16th February 2026**

**PUBLICATION DATE  
26th February 2026**

*This issue of the newsletter was edited by Jan Ball*



# JIGSAW FAYRE

Saturday 28th February  
and Sunday 1<sup>st</sup> March  
10am to 4pm each day

Homemade cakes, tea  
and coffee available

Highcliffe Community  
Association