



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 11th. April at 7.00pm

Tickets: On sale from 2nd. March.

Available from HCA Reception. Members only.

**£14.00* 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!!

*** Non-members £16**



**News and Programme of Events
March 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	Flower Arranging	Wednesday am
Art	Tuesday am	Fun Chair Exercise	Wednesday am
Art	Tuesday pm	IT Forum	Wednesday pm
Art	Wednesday pm	Jigsaw Together	Tuesday am
Beetle Drive	Wednesday pm	Ladies Forum	Friday pm
Bingo	Saturday pm	Languages French	Monday am
Book Group	Thursday am	Legs, bums and Tums	Tuesday am
Bridge Duplicate	Monday evening	Machine Quilting	Friday pm
Bridge Duplicate	Wed evening	Mahjong	Thursday pm
Bridge Social	Friday pm	Music Therapy	Thursday am
Bridge Beginners	Monday am	Needles	Wednesday am
Bridge Rubber	Friday pm	Pétanque	Monday pm
Bridge Intermediate	Monday evening	Pétanque	Tuesday pm
Canasta	Thurs evening	Pétanque	Wednesday pm
Cards – Bolivia	Monday pm	Pétanque	Thursday pm
Carpet Bowls	Monday pm	Pétanque	Fri am and pm
Carpet Bowls	Friday pm	Pétanque	Sunday pm
Chess	Monday evening	Photography	Thursday am
Chess	Tuesday evening	Pilates	Wednesday am
Chi Kung	Tuesday pm	Poetry	Wednesday am
Craft	Thursday pm	Quilting	Tuesday am
Crochet, Knit and Natter	Tuesday am	Rambling & Ambling	See Text
Dancing – Ballroom, Latin & Sequence	Tuesday pm	Rockin' Robins	Monday pm
Dancing - Circle	Monday 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
Website: www.highcliffecommunityassociation.co.uk

Message from the Chairperson

As I sit here, I am enjoying a rare morning of sunshine. It's still bitterly cold but at least, for now, it isn't raining. Is anyone else, like me, in danger of developing webbed feet? I have been giving consideration to introducing a new section that I am calling 'Puddle Jumping'. I'm assuming most people will know how to do it but while it is under consideration I keep having visions of Dawn French as the Vicar of Dibley when she went puddle jumping!! Maybe I'll keep that on the back burner for now.

We do, however, have exciting plans for a proposed new film club section. Look out for questionnaires and other publicity coming soon. If you have an idea for a new section please contact Thelma, the Trustee who is now responsible for accommodation and timetabling.

Enjoy the better weather when it arrives and I wish you all a Happy Saint David's day for March 1st (dydd gwyl Dewi Sant hapus)

Meryl

Role		Email
Chairman	Meryl Jones	chairperson@highcliffeca.co.uk
Secretary	VACANT	secretary@highcliffeca.co.uk
Treasurer	Jan Hollowell	treasurer@highcliffeca.co.uk
Reception	Lyn Lash	reception@highcliffeca.co.uk
Accommodation	Thelma Price	thelma.price@highcliffeca.co.uk
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	VACANT	
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

12th March 2026

TRUSTEES AND MEMBERS MEETINGS 2026

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

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 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

FIRE ALARM TESTING TEAM

HCA need another volunteer to join the fire alarm testing team, as one of their long-standing members has stepped down due to family commitments. If you have half an hour to spare every eight weeks and would like to help please contact: maintenance@highcliffeca.co.uk or speak to Gordon, Graham or Jan.

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

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!

	Date	Tickets on Sale
Ballad of Wallis Island	cancelled	
The Choral	cancelled	

DATES FOR YOUR DIARY

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

LISTEN

I love listening to the sound
Of the rainfall splashing on the ground,
To the wind whistling through the trees
To the waves pounding from the seas.



It's dark outside, the storm does roar,
I close the curtains, shut the door,
The barometer's degrees are very low,
But I'm warm and snug by fireside's glow.

*Anne R Jacobs
Poetry Group*

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:

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

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 on page 4 of 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

For the March issue of the newsletter we welcome John Lee back again for the editing process. Thank you John.

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 tells you how. We very rarely turn contributions down, even hand written!

Graeme (Lead Editor)

TEA AND COFFEE SERVERY



Barbara (620811)

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

I managed to get up to the village in February on a dry day and deliver the newsletters to my usual outlets which are the estate agents, dentist, doctors surgery library and solicitors.

I am learning to create posters with the help of various members at Greystones, so if you would like a poster for an event or group etc please contact myself.

On the 6th February we had a new member to HCA Steve Dennett, who is a singer/ guitar player to play for our members at Friday live which was very enjoyable, and of course a little boogie had to be done!

I would like to send our get well wishes to Terry Hayden who is our piano player who at the moment is not feeling too well. I have been in touch with him and we hope he will be back on the first Friday in March .

Can I also thank Graham and Gordon who on Fridays get the tables and chairs out ready for the morning, and to Colin who helps get the room ready for the next group after. Thank you!

We had a social evening with a meal on March 7th and our guest singer was Gwynn Pritchard who was very well received by all who joined us.

Also thank you to Jan and Lynne who prepared the meal for the event

Janet Davies . (Publicity)

GENERAL INTEREST

NEW 2 YOU LADIES BOUTIQUE

Opening times

Tuesday 9.45-11.45

Friday 9.30-12.15,



We have gone through all of the 50 /50 items (blue tickets) and we now have a rail in the storeroom with the items members asked to have returned to them Can I ask you to pop into the shop and either collect your items or advise us that you are happy to convert your item/s to donation. Being that the proceeds of any sale will be solely for HCA / Greystones.

I would just like to remind everyone that we still need your donations but as a result of the amount of 50 / 50 items currently in the shop, members will be asked to restrict the number of 50 / 50 items to 3 per member with immediate effect. Future donations in readiness for the spring are now being accepted. Thank you.

As a result of lovely Mary leaving the shop we now have an opening for a new volunteer so if you are interested and can spare a couple of hours on either Monday or Tuesday am (ideally weekly but fortnightly would also be considered) then please get in touch by text to me on 07739 420244 or pop into the shop on a Friday morning. Hopefully if we can get two volunteers then that would be even better. Full training will be provided and you will be working with a group of wonderful ladies.

Finally, can I put out a request that you visit the shop; we have noticed that we used to be very busy on a Friday morning but we are not getting as many of you coming into the shop now and we are keen to rectify this. So please come on in and have a browse and chat.

Thank you.

LIBRARY CORNER

How lovely to see the sun 'all day' on Valentine's Day ! I came down to the clifftop and it felt that the whole world had the same idea - everyone and their dogs were having a fabulous sun filled day at Highcliffe on Sea. Raining again today though (Sunday 15th) 🙄🙄

My thanks, as always, to the members who have donated jigsaws and as new and latest paperbacks and also to all the members who use our fabulous library facilities.

CHANGES TO JIGSAW PUZZLE SECTIONS

As I have had many 1000 piece jigsaw puzzle donations lately, I have sadly run out of space for them, so, as there was more room in the allocated spaces for 500 piece puzzles I have put all 500 piece jigsaws in the space directly below window and G - Mc paperback bookshelves and made more room for 1000 piece jigsaws under the M - Z shelves of paperbacks - so 1000 piece

jigsaws are now under Mc - Z paperbacks, reference book section and under hardback fiction section. So now more room for jigsaw donations.

DON'T FORGET: Any single item borrowed from library only costs 20p for a period of up to 3 weeks.

Regards

Barbara - Librarian

IN MEMORIAM

Contact Sandy



membership@highcliffeca.co.uk

SECTION NEWS

ART – Monday am

Contact - Diane (01202 426472)

Meetings – 10.00am Monday Weekly

ART – Tuesday am

Contact – Rosemary (274056)

Meetings – 10.00am Tuesday Weekly

There are now vacancies for this session. We are a friendly group but sadly lost quite a few members this last couple of months. Moved away and illness.

ART – Tuesday pm

Contact – Claire (01590 643635)

Meetings – 2.00pm Tuesday Weekly

ART – Wednesday pm

Contact – Barry (272878)

Meetings – 2.00pm Weds. Weekly

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

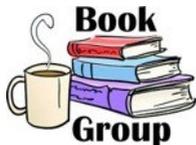
Contact Helen

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.

We are now taking details of anyone interested in the next Beginners' Bridge Course starting in September. (Date 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.

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)

One 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.

In January we learnt new Waltz and Cha Cha Cha moves, and during February we are improving our Quickstep and Rumba. We await to see what Adele has in store for us in March? Foxtrot or Tango? Samba, Salsa or maybe even Paso Doble?

Please contact Adele with any queries. 07512339601, adele.stepintime@gmail.com www.stepintimedance.uk

DANCING – Circle

Contact - Nancy (07714 200621)

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

We are delighted to have welcomed several new dancers into our group since January. Anyone interested in joining us should contact Jan on the number above to join our waiting list. Our AGM will be held during coffee break on 12th March and anyone interested in joining the committee should speak to a current member before then. The Dance of the Month for March will be 'Felicity' - which should bring happiness to us all!

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

An occasional mindful doodle art session with day and time to be arranged to suit new members wishing to join

Ring Maria 07484 757715

DRAMA & PLAY READING

Contact - Tom (272822)

- Eddie & Mary (278790)

Meetings - Thursdays at 2pm.

We are currently reading the late Tom Stoppard's TRAVESTIES. After that we have Richard Bean's ONE MAN, TWO GUV'NORS lined up, and then possibly Ibsen's WILD DUCK.

FLOWER ARRANGING FOR FUN

Contact Chris (272367)

Meetings 1st and 3rd
Wednesday of the
month. 10am-12
noon

Our 2026 meetings got off to a fine start with 'free choice' arrangement followed by 'dazzling diamonds' and 'distinctly British'. We each enjoyed creating very different interpretations of our subjects.

March will bring more challenges so if you would like to join us please get in touch.



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 March — Creating posters from a simple text description using AI. A hands-on workshop. Bring a laptop if you would like to try creating posters using your HCA account (or other AI services). We will also look at more conventional artwork production, tweaking graphics for the newsletter, and sending posters from your laptop to the HCA printer. See the advert in this edition for a sample poster.

25 March — Discussion and advice. An informal session covering IT and related topics 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

LADIES FORUM

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

In February we enjoyed our annual lunch at The Globe and were pleased to welcome new members. Our speaker in March will be Nick Saunders who will tell us about the Training of Secret Agents at Beaulieu. Important national work carried out locally.

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 £6.00 plus the standard £1 for HCA, weekly fee.

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

We are now again in full action making quilts for Charity. Many new patterns have been found. It is lovely to make each time something different. And off we go again with lots of conversations and laughs whilst sewing away on our machines.

MAHJONG

Contact – Rowena (01425 278248)

Meetings - 1.30pm Thursdays weekly



Spring is coming and the evenings are getting lighter. It seems to have been winter for a very long time. Thank goodness for our Mahjong afternoons. One social activity that we can do in the

dry!

A nice easy hand for beginners is Gertie's Garter (Page 20) – Two runs of 1-7 in two different suits. If starting with several 8's and 9's you can always change this into Knitting (Page 20) – Seven pairs of the same number in two suits. A couple of harder hands to try for are Greta's Garden (Page 13) – A run of 1-7 in any suit with one of each wind and one of each dragon or Greta's Dragon (Page 13) – A run of 1-7 in any suit with one of each wind and a pung of any dragons. Unfortunately this is a concealed hand and you cannot pick up a discarded tile to make up your pung.

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 made skirt patterns for straight, flared and incorporated godets. We are now busy making the skirts in appropriate fabric to wear. So far the skirts have been made in plain cotton fabrics.. Our next project is to

work on a pattern for a top, starting with measuring up.

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 camaraderie of helping each other. It certainly is a nice social interactive meeting which makes Wednesday morning an enjoyable time to spend together.

We are planning an annual social event in March.

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 – 2nd Thursday each month.

Room 11: 10.30 – 12.30

All HCA members are welcome!

At our February meeting we had a lively review of the Street Photography uploaded to Facebook by members. Then John Lewis made an interesting presentation on Resizing, Cropping and Facebook.

Our March meeting is at 10.30 am on Thursday 12th March in Room 11. We will review our photos based on Resizing and Cropping Weather based photos, then have a presentation on Spring Photography.

All members of HCA welcome

Future programme:

9th April - Lambeth Past and Present

14th-May - Snapseed

11th June - A Grand Day Out

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

The Group has had a good start this year. We are in the process of finishing a very cheerful and colourful quilt for our charity. We all enjoyed making a section of it and hope to finish this project soon. We are still able to invite new members to our Group.

RAMBLES AND AMBLES

RAMBLES FOR MARCH 2026

Rambles Coordinator - Sarah (07596 956200)

Unless otherwise stated walks start at 10am at the car park mentioned and are between 5 & 6 miles long. Any alterations or updates will be advised to members by email. Contact the walk leader or rambles coordinator if you have any queries. New members are always welcome to our friendly group. Please note that dogs are not allowed.

Wed 4th - Bournemouth Chines

Leaders - Terry (07927 886304) and Barry (07386 903082)

Meet - Branksome Chine CP, Ref 065/897 Sat Nav BH13 6JP. Winter Charge £3.70 all day. Take A338/Wessex Way towards Bournemouth. Pass under Richmond Hill roundabout and go straight across

next Bournemouth West roundabout. Continue on single carriageway to County Gates Gyratory with Liverpool Victoria Offices (formerly Frizzells) at its centre. Take left nearside lane marked by Sandcastle symbol and leave the Gyratory at the 2nd exit into The Avenue B3065. Pass through traffic lights & continue to the seafront. CP on LHS at bottom of the hill before RH bend. Toilets & beach front cafe. The 5.5 mile walk is mostly good underfoot & ideal when the countryside may be sodden. Route includes several sets of steps which are not overly demanding and all have handrails.

Wed 11th - TBA - volunteer needed to lead our walk.

Wed 18th - TBA - volunteer needed to lead our walk.

Wed 25th - Ramble details will be forwarded by email. Leaders - Barry (07386 903082) and Heather (07918 891141)

AMBLERS WALKS MARCH 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 – TBA
Wed 18th – TBA
Wed 25th – TBA

ROCKIN' ROBINS

Contact – Meryl (277325)
or Jenny (272628)
Meetings – 2:00pm 2nd & 4th Mondays



Our "singing for fun group" has reached capacity. Please contact either Meryl or Jenny if you would like to go onto our waiting list. We sing songs from the shows to modern pop songs and everything in between. Accompanied by Mark 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: March 5th and 19th

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.

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

Saturday, 14 March. Open Spring Show. Doors open at 2.00pm. Come along and view the Horticulture, Home Produce and Photographic entries. Prize presentation at 3.30pm. At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments, plant sales and a tombola. Non-members very welcome £1. Enquiries to Ruth and Peter Kirk, Joint Show Secretaries on 07510 315914.

www.highcliffehorticulturalsociety.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.

HIGHCLIFFE MEDICAL CENTRE Patients Participation Group Contact Sheila Burgess

highcliffepg@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

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, Age Concern Christchurch has closed as of April 2025. Age UK Advice Line 0800 678 1602 for Enquiries

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.

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.

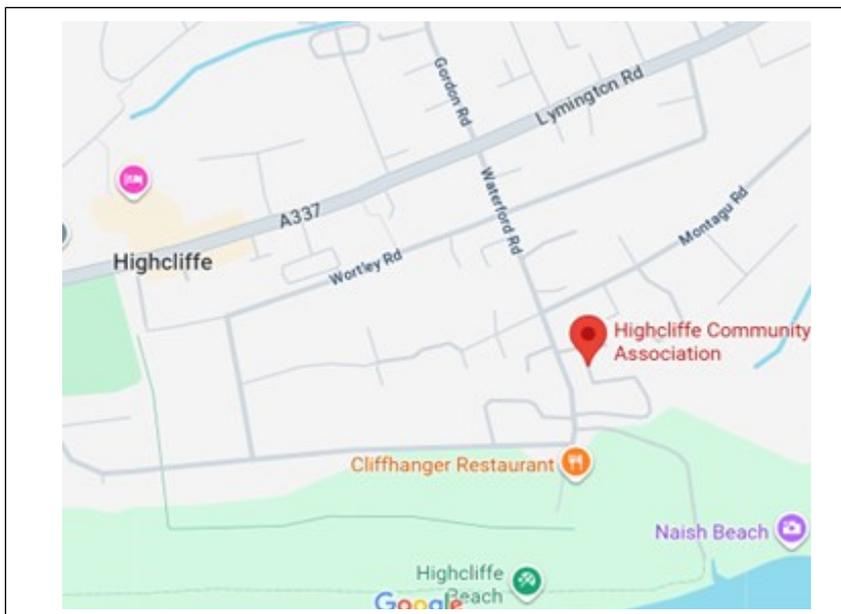
Scams attack emotions, reputations, and finances.

- 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.

The location of the Highcliffe Community Association in Waterford Road



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

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

**PUBLICATION DATE
26th March 2026**

This issue of the newsletter was edited by John Lee

Learn & Create!

Creating Posters Using AI



IT FORUM

Wednesday 11th March

2 - 4pm

Bring a laptop if you want to try making some posters
using your HCA account or a free AI service.