



Highcliffe

Community Association
at Greystones House

An independent organisation run voluntarily for members and financially self-supporting. Registered Charity 1189336

HIGHCLIFFE COMMUNITY ASSOCIATION at Greystones House

Bringing people together



CRAFTS



LIVE MUSIC



QUIZ & CHIPS



**50+ clubs and regular social events
including crafts, live music and quiz evenings.**

Interested? Visit our website:

www.highcliffecommunityassociation.co.uk

Call us on 01425 271604 or drop by reception between 9am and 4pm Monday

Waterford Road, BH23 5JL. Reg charity 1189336.

News and Programme of Events
May 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	Pilates	Fri am
Craft	Thursday pm	Poetry	Wednesday am
Creative Writing	Tuesday (see Text)	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
Drama & Play Reading	Thursday pm	Yoga	Monday am
Flower Arranging	Wednesday am	Yoga	Tuesday am
		Yoga	Wednesday am

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

CONTACT US

Telephone:

01425 271604

Email Newsletter copy:

newsletter.editor@highcliffeca.co.uk

Webs ite:

www.highcliffecommunityassociation.co.uk

Message from the Chairman

I truly believe it's here - at last. Spring has arrived!! The two very warm days at the beginning of April saw people wandering out and about and down to the beach in shorts, T shirts and flip flops. I, however, have taken a more circumspect view of the change in temperature. I've turned my heating down but refuse to go anywhere without my fleece and as for flip flops - I'll stick with my shoes and socks for now!! Perhaps an improvement in the temperatures for May will encourage me to reconsider my wardrobe.

Membership renewal time is upon us. There are currently 44+ sections/activities available for to you join and more new sections in the pipeline. I think £10 for the year is a bargain and I hope you will join me and renew your membership from May 1st 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

11th June 2026

TRUSTEES AND MEMBERS MEETINGS 2026

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

Minutes Secretary

Are you able to set aside 2/3 hours, once a month to record the minutes from the Trustees meeting. The Trustees meet on the 2nd Tuesday of each month at 2:00. The meeting usually lasts between 2 and 3 hours. The minutes can be recorded in long hand or directly onto a laptop.

You would not be required to become a Trustee to fulfil this role

If you feel you may be able to help, further information is available from any of the Trustees or through reception

Thank you Meryl (Chairperson)

HCA Opening 2026		
Closes	Opens	Reason
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

New 2 You Ladies Boutique

Tue 1.00 -3.30 | Fri 9.30 -12.15

In May we will be open Tuesday morning 9.45 – 11:45, with the exception of the 5th May. This opening is in addition to the Tuesday afternoon and Friday morning opening hours



Important Reminder – Membership Renewals

will be due from

1st May Onwards

see details on page 8



GREYSTONES FILM CLUB

HCA has obtained a licence to allow us to show films to members only.
After collating the responses to the recent survey of film requirements we are now offering two options of film shows.

Daytime films will be shown on the 1st Thursday afternoon of each month, doors open at 1.30pm film to start at 1.45pm

Evening films will be shown on the 3rd Friday of each month 6.30 for 7.00pm start.

For details of the films to be shown please check on the notice boards in Greystones or ask at reception

There will be no charge for admission but to cover overhead/administrative costs (printing of tickets, a free raffle, choc ice etc) it is suggested that a donation of £5 be payable for reserving a seat.



All films are subtitled.
Please support this new group.

DATES FOR YOUR DIARY

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

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**

MEMBERSHIP RENEWALS 1st May

Membership Renewals - An important reminder that Membership Renewals are due from 1st May onwards.

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

We are pleased to inform you that the full 12-month membership will remain at £10 and covers the period of 1st May 2026 - 30th April 2027.

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

Are you looking to meet new people, explore new hobbies and interests or revive previous interests? Perhaps a friend or neighbour would be interested in joining with you, please spread the word.

Why not try a Section(s) before signing up to our Membership. We have over 45 sections available for you to try out. Check out the section lists within our Newsletter or our website for information. www.highcliffcommunityassociation.co.uk

New members are always welcome, come along and try a Section or come to the Friday Live coffee morning we will be happy to see you.

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

Spring is here, lighter mornings, warmer days, explore new hobbies and interests or revive previous interests?

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www.highcliffcommunityassociation.co.uk

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NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

For this May issue we welcome back Jan Ball to carry out the bulk of the editing. Thank you, Jan.

I have experimented again with AI to produce another short fictional story - this time focusing on the Ballroom & Latin Dance section. If any member fancies producing one for their own Section, then please do have a go - it's very simple using Microsoft Copilot (other AI systems are also available!). Of course, composing one from your own imagination rather than AI would be even more acceptable. 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 hope everyone had a lovely Easter, though the weather was not brilliant there has been since a couple of exceptional days

On our last Friday before Easter in March, we drew the Easter raffle for the chocolate hamper and Easter egg.

The hamper was won by Shirley Wills and the Easter egg by Tom and Frances March

Thank you to everyone who bought tickets

Our Friday morning live is still popular with our different artists every week
First week in the month is Terry on piano

Second week is Mark on keyboard

Third week is Nigel guitar and singer

Fourth week is Stephen singer

Fifth week Mark on keyboard

We also have Steve who on occasions covers for illness, holidays etc.

Thankyou Steve

We have had a lovely write up in Christchurch on line

If you would like to view, please logon to [www. Christchurchonline.co.uk](http://www.Christchurchonline.co.uk), click on community, then local news, then scroll down to Greystones house

I would like to thank Graham, Gordon and Colin for doing the chairs and tables ready for our Fridays

Janet Davies
07545173120

GENERAL INTEREST

NEW 2 YOU LADIES BOUTIQUE

Opening times

Tues 1pm - 3.30pm
and Friday 9.30 - 12.15



In May we will be open Tuesday morning 9.45 – 11:45, with the exception of the 5th May. This opening is in addition to the Tuesday afternoon and Friday morning opening hours.

We have two pieces of good news to report this month: From Jan - Mar we have taken, after 50 / 50 pay-outs, a grand sum of £637.50 all of which goes to help the running of Greystones / HCA. Thank you all for your support during this first 3 months, lets keep it going please. The second piece of good news is that we may have 2 new volunteers for the shop, we are currently meeting with the two new ladies and hopefully you will see some new faces in the shop to add to our lovely existing volunteers.

As you know we are always looking for donations, especially summer ones now that the warmer weather is hopefully here, fingers crossed. So please keep your donations coming in. Re 50 / 50 we still have a number of members that haven't been in touch to advise whether they are going to collect their items that they initially

wanted returned to them if not sold. The rail is in the storeroom so please let you us know by the end of May. If we don't hear from you by then as to when you are going to collect them or convert to donation, we will have to make them donations. Some of these items have been in the shop for 12 months or more. There is a note on the board downstairs with the names of those members with items to make contact with us. Also there is a list of members who have monies in the shop awaiting collection after the sale of items.

Change in 50 / 50 policy - From 1st May 2026, when bringing in new items for 50 / 50 if you decide that you want the items returned to you after the 2 month period you will be given a date by when you will need to collect your items if not sold. If after 2 weeks grace after this date you have not collected your items they will automatically be converted to donations. This change has been necessitated to the about of 50/50 in the shop and the admin burden of having to contact members to remind them to collect their items / or convert to donations.

One last thing, we are looking for ladies who are when shopping with us are happy to go downstairs and show off what they are wearing to their friends, this will hopefully highlight how lovely you look and feel in your outfit but also will let others know we are upstairs and have a shop full of gorgeous clothes and accessories. Thank you to all our lovely members and customers, we

look forward to seeing you in the new 2 you ladies boutique.

LIBRARY CORNER

Many thanks as always for all those that have contributed items to our library this month. Can I please ask that only '**as new**' condition books and puzzles are donated to go onto our shelves.

PLEASE NOTE : that books or puzzles which are displayed on window sills, mantelpiece or on shelves can be borrowed. **PLEASE** do not take items from baskets on table as these need to be checked in by the librarian.

REMEMBER : Any item borrowed from the library is only **20p** for a borrowing period of up to 3 weeks, whether it be 1 book, 1 puzzle or a box set of DVD's etc.

If you are interested in local history there is a small revolving bookstand on top of the middle shelving unit containing lots of small books on our surrounding area at a cost of **10p per item** to borrow.

My thanks as always go out to the 'regular' library users and I would encourage more members to come up and look into Greystone's wonderful library facility. I would also appreciate it if you could do a few pieces of the community jigsaw as that would enable the jigsaw to be completed quicker so that a new jigsaw can be displayed.

Regards
Barbara - Librarian

IN MEMORIAM

Contact Sandy

Robert Lucas – a regular attendee of Friday Live



Eric Wood Chairman of HCA for many years died Friday 17th April 2026.

membership@highcliffeca.co.uk

SECTION NEWS

Photocopying for your section

If you require any photocopying for your section please follow these steps

Place the master copy of the document(s) with

- The date of the initial request
- The name of the section leader
- The section name
- The number of copies you would like

This should be left in the hanging file in the bottom drawer of the grey filing cabinet and it will be dealt with as soon as possible

When the task is complete the copies will be placed in your section file (with your register)

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: 2pm 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).

AGM 20th May - no host.

BRIDGE – Social Duplicate

Contact – John Lee (279257)
Meetings Friday 1.20 for 1.30 start
You do not need to bring a partner.
There will not be a social bridge session on 1st May.

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

CREATIVE WRITING

There will be a new group starting in September. An initial meeting will be held on 26th May. Please contact Maria if you are interested. (07523 408368)

CROCHET, KNIT & NATTER

Contact - Meryl (277325)
Last month the section donated knitted and crocheted items to NFFU in addition to some food items.



They were all very well received at the Lymington hub and should, by now, be on their way to the Ukraine. There are so few of us in the section that we are considering the viability of the group continuing so, for now, we are working on our own projects while we continue with our nattering - lots of nattering! We are still welcoming new members.

DANCING - Ballroom & Latin

Contact - Adele

(07512339601)
Meetings -
Tuesdays 2:00 –
4:00pm Weekly,
Room 1



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, in February we

improved our Quickstep and Rumba, and in March it was Tango and Jive. In April we focused on the Foxtrot and Samba.

Note: Adele will not be with us on Tuesday 5th May, so we will practise some of our popular sequence dances on that afternoon – Graeme

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 have just enjoyed one of our occasional themed evenings. This time it was to welcome spring and celebrate water as our callers chose appropriately titled dances. Well done dancers for choosing to wear appropriate clothing (no not wellington boots or goggles!). Our Dance of the

Month for May will be The Queen of Sheba - so chin up everyone and enjoy the challenge.

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.

DRAMA APPRECIATION & PLAY-READING

Contact - Eddie and Mary (278790)
Meetings: 2nd, 3rd, 4th/5th Thursdays at 2pm.
Due to The Film Club on 7th May we may have an alternative venue or date for the beginning of the month. Members will be advised. Also, as we have enough readers at present to give each one a fair crack of the histrionic whip, it has been suggested that we limit our number to about a dozen and open a 'waiting list'! Having just endured the trauma of

Ibsen's The Wild Duck we have taken off on a Wild Goose Chase! This is a farce by the prolific Derek Benfield. He, clever man, is currently to be seen as Hetty's patient husband in Hetty Wainthrop Investigates on BBC 4.

FLOWER ARRANGING FOR FUN

Contact Chris (272367)

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

Over the last few weeks we have all enjoyed creating some lovely arrangements , each of us producing different interpretations of the themes as well as having a good chat.

Our May themes will include ' a tea party' and 'celebrations' so if you'd like to join us please give me a call. Help and encouragement always available.



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



13 May — Using Microsoft Word® and OneDrive®, from the basics upwards!

27 May — 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.

At our April meeting Brian Pettit gave us a very enjoyable, interesting and beautifully illustrated talk on “Zimbabwe, off the beaten Track”. He showed many photos of amazing and colourful animals and plants and we were able to buy cards featuring some of his photos. In May we will be holding our AGM and members can re-join for the year. Lottie Smith, one of our members, will be given a talk entitled “Piers of the Realm”.

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

Val Reynolds
LF Secretary

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 all busy making our quilts for Care Leavers. Usually, most weeks one quilt will have been finished and admired by us all before they are sent off.

MAHJONG

Contact – Rowena (07788 944828)
Meetings - 1.30pm Thursdays weekly



There are many hands with one of each wind but hands with one of each dragon are fewer and often hard to find the book, especially when trying to look quickly. When looking to write this I even spotted one called Dragon’s Run that I hadn’t noticed before because it’s listed on Page 59 and Not Illustrated.

Dragon's Run (Page 59) – 1 of each dragon, a pair of winds plus 1-9 in one suit.

Dragon's Breath (Page 31) – 1 of each dragon with any dragon paired and 5 pairs in one suit.

Dragonette (Page 39) – 1 of each dragon plus 1 of each wind with any wind or dragon paired, plus 3 pairs in one suit but no 1's or 9's.

Greta's Garden (Page 13) – 1 of each dragon plus 1 of each wind and 1-7 in one suit.

Wiggly Dragon (Page 31) – 1 of each dragon plus a pair of dragons and 1-9 in one suit.

Unique Wonder (Page 44) – 1 of each dragon, 1 of each wind plus 1's and 9's of each suit plus any tile paired.

Dragonfly (Page 31) – 1 of each dragon, a pung in each suit and a pair in any suit.

The Professors (Page 19) – 1 of each dragon, 3 mixed chows and a pair of your own wind.

Come and join us for an afternoon of fun and sociable interaction trying to win each hand of Mahjong. We do not score, therefore it is relaxed and we get more games in to try and beat each other! New member are always very welcome and previous experience is not necessary.

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 10:30. We are hoping to introduce some percussion instruments to the group to increase the fun!
Next meeting Thursday 21st May at 10:30

NEEDLES GROUP

Contact Lee on 07444 562082
Meet 9.30am every Wednesday.

This month we've been knitting, crocheting, and continuing with our pattern making. We welcomed more new members this month.

New members are always welcome, just come along. We bring our own projects and have a lovely natter while we work on them.

Please contact Lee on 07444562082 if you'd like to know more.

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 members of HCA welcome

Future programme:

14th-May - Snapseed

11th June - A Grand Day Out

PILATES

Contact Debbie (07523 408368)
Meeting Wednesday and Friday from
1st May (8.45-9.45am)

POETRY

Contact - Maria (07484 757715)

Meeting – 10.30am on 3rd

Wednesday of the month

This is a poetry reading and discussion group which meets at 10.15am on the 3rd Wednesday of the month. Group members decide on a topic for the month and poems are researched or written ready to present to the group.

Suitable for anyone with an interest in poetry.

Books can be provided for anyone new to the subject.

Cost is £1 per meeting

QUILTING

Contact – Anna (01202 809700)

Meetings – 9.30am Tuesday Weekly

Email: anne.hutton27@sky.com

We have now finished our latest quilts for our Charity. For a change Lesley is teaching us how to make a beautiful but a little complicated sewing needle case. We are enjoying making these and are looking forward to the final results.

RAMBLES AND AMBLES

RAMBLES FOR MAY 2026

Contact - Sarah (07596 956200)

New members are always welcome to our friendly group. Unless otherwise stated walks start at 10.00hrs and are between 5 & 6 miles long. Please note that dogs are not allowed.

The weather is finally improving so hopefully we'll have some lovely walks.

Wednesday 6th May

Appleslade Enclosure & Rockford Common

Leaders - Ann & Bryn (274363 / 07535 331875)

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

Wednesday 13th May

Leaders - Diana and Andrew (07749 206567) - ramble TBA

Wednesday 20th May
Beaulieu Airfield & Stockley Inclosure

Leaders Martin (07467 121793) and Gareth (07712 268896)

Meet Beaulieu Heath Car Park . From Lymington take B3054 towards Beaulieu. After approximately 4 miles the Car Park is on the Left. Head into the Car Park and turn Left. The walk is just over five miles with no inclines or stiles.

Wednesday 27th May

Leaders - David and Jane (07796 215751) - ramble TBA

AMBLES FOR May 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 6th May – TBA

Wed 13th May – TBA

Wed 20th May

Keyhaven Marshes.

Leaders: Jerry & Yvonne

Meet at 10.00am on Wednesday May 20th at the public car park in Keyhaven by the boatyard and sailing club.

PO410TP. Ref:SZ306/915

Parking charge is £4.35 for 2 hours. Circular walk of about 3.30 miles initially along the sea wall with views over the Solent and return inland through nature reserve and marshes. Firm level paths throughout walk. For

the birders amongst us you may want to bring your binoculars. Coffee stop about half way.

Wed 27th May – 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)

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: May 7th and 14th.

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 Kerri Hampton (07838
929021)
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

Monday, 11 May. Doors open at 7.00pm for a demonstration by Rhiannon, starting promptly at 7.30pm. Rhiannon is an innovator in floral art and will demonstrate how we can take a new approach. 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.highcliffehorticulturalalsoociety.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.

DRIVING MISS DAISY

A companion travel service for all types of appointments, outings and errands. We help with everything from hospital appointments to shopping, out for a walk or drive, going to social gatherings or family occasions. We have wheelchair accessible vehicles and are experienced in supporting people with mobility considerations. Our friendly Companion Drivers can provide support and assistance throughout your appointment or when out and about.

To find out more about our service and prices you can contact us via;

Tel 07411 218 747

email [Christchurch.highcliffe@driving](mailto:Christchurch.highcliffe@drivingmissdaisy.co.uk)

missdaisy.co.uk

[Facebook.com/drivingmissdaisychristchurch](https://www.facebook.com/drivingmissdaisychristchurch)

www.drivingmissdaisy.co.uk/christchurch

HIGHCLIFFE BOWLING CLUB

Situated in Nea Meadows Nature Reserve.

Come and join our friendly club, for more information please contact us by email.

hbc25membersec@gmail.com to arrange a visit.

HIGHCLIFFE MEDICAL CENTRE

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. 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.

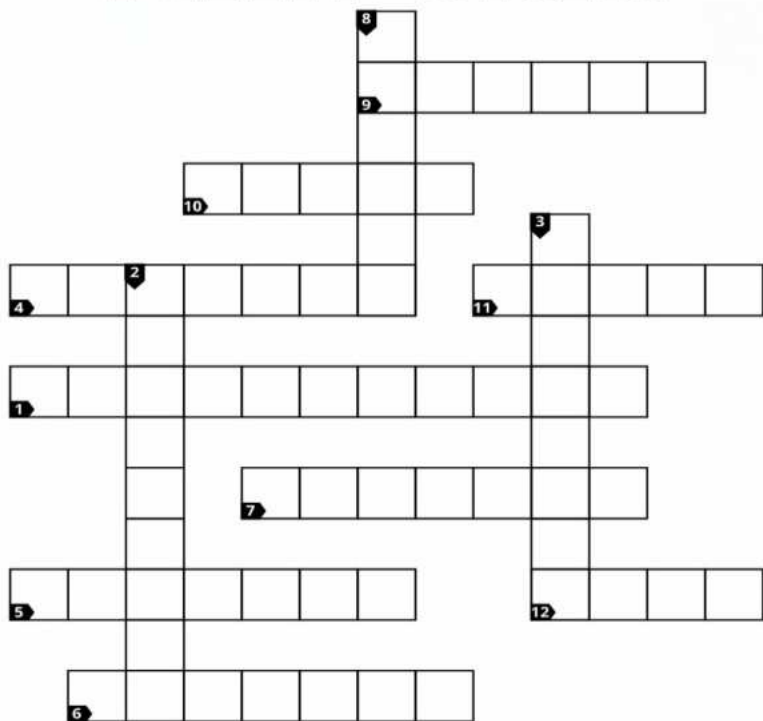
SUBMITTING ITEMS TO THE HCA NEWSLETTER

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.



Film Club



Across

1. Big-budget hit
4. Classic salty or sweet snack
5. Afternoon showing
6. Pre-film teaser
7. You'll need these to get in
9. British word for the pictures
10. Cinema guide with a torch
11. Where you shuffle past people with popcorn
12. Old-school film spool

Down

2. Beam-casting machine
3. The one calling the shots
8. Where the picture lands



Beginners' Bridge Course

Starting September

Suitable for complete beginners

For details please contact

Thelma Price

thelma.price@highcliffeca.co.uk



New!

SWINGING SIXTIES GROUP

STARTING SEPTEMBER

Journey through the decade
with music and events from the time



The group will meet once a month

**ON THE
THIRD WEDNESDAY
OF THE MONTH**

**PLEASE CONTACT RECEPTION
IF YOU ARE INTERESTED**

Crochet, Knit and Natter



Join us whether it is to
Crochet, and/or Knit, and/or Natter!

The group is open to everyone
of any and all abilities.



Contact: Meryl (277325)



“Shenanigans at Greystones Ballroom Dance Class”

Greystones Room 1 was unusually quiet for a Tuesday afternoon — the kind of quiet that suggested the building itself was bracing for impact. And rightly so. The Ballroom & Latin Dance Section of the Highcliffe Community Association was about to begin its weekly practise.

Marjorie Pennington swept in first, her sequined top flashing like a disco ball with opinions. She inspected the floor with the intensity of a detective. “Hmm.... someone’s been cha-cha-ing without proper supervision,” she declared, pointing at a scuff mark as though it were evidence in a crime scene.



Next came Brian and Sheila, the couple who had mastered the art of arguing while still somehow dancing in sync. Brian carried his industrial-sized thermos of tea. Sheila carried her feathered fan, as usual, no matter what the weather.

Then the doors burst open. Luca Moretti, their instructor, entered with the dramatic flair of a man who believed he was starring in a documentary titled *The Passion of the Paso Doble*. “This afternoon,” he announced, “we conquer the tango. Passion! Precision! And absolutely no falling over.” Everyone looked at Brian.

The warm-up began. The waltz was elegant until Sheila’s fan flew out of her waistband and smacked into the HiFi system. The cha-cha was lively until Marjorie complained the music was “too modern” despite being from 1978. The tango was intense until Brian attempted a dramatic dip and nearly took out an entire stack of chairs.

Then came the jive. The group bounced like caffeinated meerkats. Arms flailed. Feet blurred. Someone shouted, “Left foot! LEFT FOOT!” but it was too late — chaos had taken over.

Halfway through, the doors creaked open and a shy newcomer peeked in.

“I’ve never danced before,” she said. Marjorie patted her shoulder. “My dear, none of us had — until we had a go”.

By the end of the afternoon, the newcomer was laughing, Brian had only fallen twice, and Luca declared, “We are ready for the Spring Showcase! Highcliffe will tremble before our rhythm!”. It was unclear whether this was a promise or a warning.

As the group began packing away the chairs (the ones Brian hadn’t nearly flattened), Luca clapped his hands for attention. “One last thing!” he announced, striking a pose that suggested he was about to reveal the winner of a televised talent show. “For the Spring Showcase, we need... a *formation dance*.”

A collective gasp rippled through the room. Marjorie steadied herself against the radiator. “Formation? As in... coordinated? With other people?”

“Yes!” Luca beamed. “Precision! Unity! Drama! Like a flock of flamingos, but with more sequins.”

Brian muttered, “Flamingos don’t have to remember which is their left foot.”

Sheila elbowed him. “They would if they were dancing with you.”

Luca paced in front of them, hands clasped behind his back like a general preparing troops for battle. “We shall perform... *The Story of the Seasons*,” he declared. “A journey through winter, spring, summer, and autumn — told entirely through ballroom and Latin dance.”

Marjorie perked up. “I shall be Spring. Obviously.” Brian raised a hand. “Can I be Winter? I already move like I’m on ice.”

“No,” Luca said. “Winter must be powerful. Dramatic. Intense.” Everyone looked at Marjorie again. “No,” she said firmly. “I refuse to be cold.”

The newcomer, still glowing from her first successful jive, timidly offered, “I could be Winter... if that helps?”

Luca clasped her hands. “My dear, that helps *everything*. You shall glide like frost across a windowpane.” Brian whispered to Sheila, “Better her than me.”

Rehearsal resumed with renewed chaos. Marjorie practised her “Spring twirl,” which looked suspiciously like a victory lap. Sheila attempted a “Summer shimmy” that set her feathered fan moulting across the floor like tropical snowfall. Brian tried an “Autumn sway” but somehow made it resemble a man dodging low-flying pigeons.

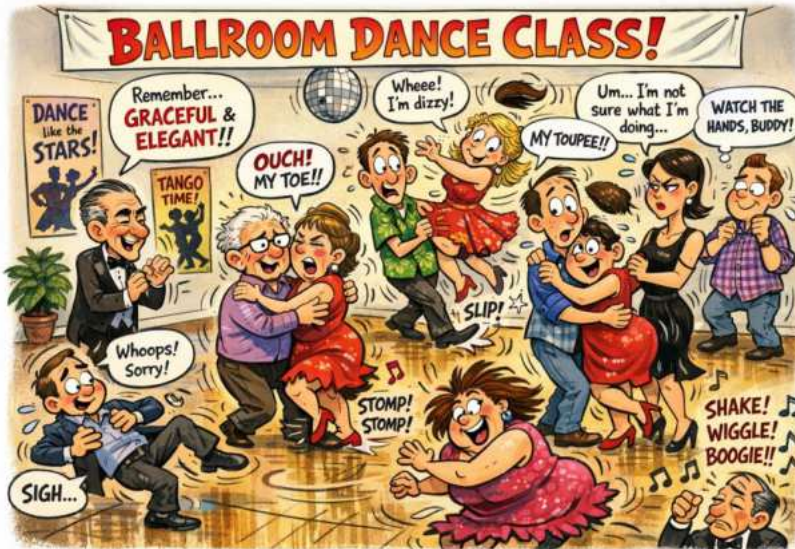
The newcomer, to everyone's surprise, took to Winter beautifully — slow, elegant, and only occasionally sliding into a chair.

By the time they finished, the room looked as though a small, confused tornado had passed through. Luca surveyed the scene with pride.

"Magnificent," he declared. "Chaotic. Unpredictable. Slightly dangerous. Highcliffe will never forget it."

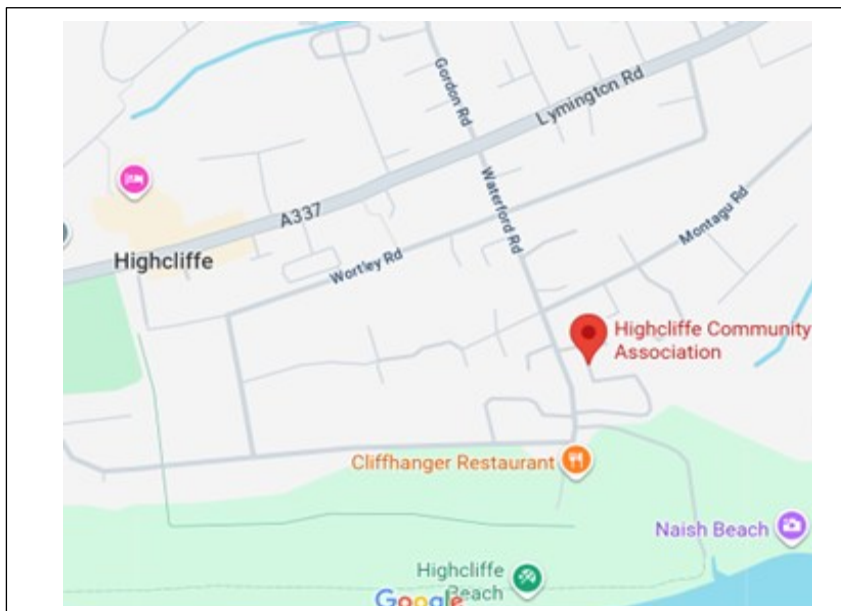
Marjorie folded her arms. "They may try." But even she couldn't hide the tiny smile tugging at the corner of her mouth.

The Spring Showcase was weeks away — and Greystones House had absolutely no idea what was coming.



A short fictional story composed by AI. All personal names are fictional and any resemblance to real names and incidences is entirely coincidental. Does this inspire any member to write a 2 page story about their own Section, I wonder ?

The location of the Highcliffe Community Association in Waterford Road



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

**Submissions to be received by Monday
18th May 2026**

**PUBLICATION DATE
28th May 2026**

This issue of the newsletter was edited by: Jan Ball

STARTING SEPTEMBER

**NEW
CREATIVE
WRITING GROUP**



Meetings on the 4th Tuesday every month

Initial meeting on 26th May

*For details contact Maria
(07523 408368)*