



Highcliffe

Community Association
at Greystones House

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



News and Programme of Events
April 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
Webs ite: www.highcliffecommunityassociation.co.uk

Message from the Chairman

Spring is here at last!! After what seems to have been an interminably long winter we are finally emerging into the sunshine. When I was trying to find a word to describe the recent winter I decided to use interminable because the dictionary definition states 'to continue for an excessively long time, often in a boring, annoying, or seemingly endless manner' and I think it describes it perfectly. But enough doom and gloom! Let's move on and enjoy the next few seasons.

We held our first members' meeting of the year on Thursday 12th March. It was disappointing to find only 11 members in attendance but we are hoping that as the weather improves so will the attendance figures. These meetings are open to all members and the Trustees use the meeting as a platform to inform the membership about income/expenditure, planned improvements, proposals for future new sections etc. it also gives you, as a member, the opportunity to put questions to the Trustees and to suggest ways in which the HCA experience could be improved. The dates and times of the meetings are published in the Newsletter. We hope to see more of you at the next meeting

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

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



Important Reminder –

Membership Renewals

will be due from

1st May Onwards

see details on page 8

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.

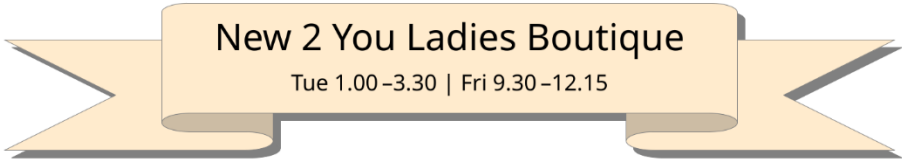
Please car share with others; this will help with the parking, your transport costs and the environment!

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





GREYSTONES FILM CLUB

HCA has obtained a licence to allow us to show films to our members. 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 starting Thursday 2nd April, doors open at 1.30pm film to start at 1.45pm

Evening films will be shown on the 3rd Friday of each month starting on 24th April, doors open at 6.30 for 7.00pm start.

Admission (to be exchanged for a raffle ticket and choc ice) will be £5 and is payable in advance at reception.



All films are subtitled.
Please support this new group.



DATES FOR YOUR DIARY

Event	Date	Tickets on Sale
Quiz and Chips	Saturday 11th April	2nd March
	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**

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

A huge thank you to all the volunteers who helped in any way to make the Jigsaw Fayre weekend a success – without your support this event would not have been possible.

Also a thank you to the people who actually came along and purchased both the jigsaws and the wonderful home-made cakes; we now have a very good reputation for our cakes.

Over the weekend we raised a total amount of £1404.

We still have around 600 puzzles in the attic wrapped and ready for next the fayre, which will run from Tuesday 4th until Saturday 8th August 2026 so I look forward to seeing you there.

Thank you all once again
Jan.

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 coming, green shoots sprouting, are you looking to meet new people, explore new hobbies and interests or revive previous interests?

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.highcliffecommunityassociation.co.uk

Perhaps a friend or neighbour would be interested in joining you, please spread the word. 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.

Why not try a Section(s) before signing up to our Membership.

Important Reminder - Membership Renewals will be 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.

Sandy Gale
Membership Secretary

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

For the April issue it's yours truly again to carry out the full edit, so I've experimented with using AI to compose a short fictional story about the HCA at Greystones House (see p.24). I've also included the real-life story of how Highcliffe Beach parkrun came into being, just a few metres from Greystones House (see p.22).

Don't forget – the newsletter would be even better with more contributions like these from members. Why not have a go? The guidelines provided on p.26 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 have delivered or newsletter around the village in all the estate agents, dentists, solicitors and library

I attended the IT forum on 11th March, and I learnt quite a lot re AI to help me do posters. It is a fascinating system, and it seems to be the way forward!

Correction re my last month's newsletter entry and our social, I was a bit premature! On Saturday 7th March this event did happen!!! and it was a super evening of dancing and eating. We had a visiting singer Gwyn all the way from Ipswich who happened to be in New Milton, so while he was here, he agreed to come along to us .

I first saw Gwyn at the New Milton conservative club one lunchtime and enjoyed the songs he was singing from the 60s and 70s of which he did for our social.

The evenings 2 course meal was cooked by Jan and Lyn so big thanks go to them and the other helpers on the night.

Thank you to everyone who came along and make the evening a success.

Publicity
Janet 07545173120

GENERAL INTEREST

NEW 2 YOU LADIES BOUTIQUE

Opening times

Tues 1pm - 3.30pm
and Friday 9.30 - 12.15



The shop is now stepping up and is ready for Spring, lots of lovely new items and plenty of bargains on the sale rail, which many of you are taking advantage of.

As mentioned in the previous newsletter we have a rail in the storeroom of 50/50 items which are waiting for member to collect or donate to Greystones. A list is now published of those members on the noticeboard. If you are named on this list please pop into the shop asap please to advise us what your wishes are to collect or donate.

Regarding opening times I have been covering Tuesday mornings from Jan - March but unfortunately I am unable to continue to do this due to work commitments. We are looking for new volunteers to help continue to open on a Tuesday morning, full training and support will be provided. So if you want the shop to be open on a Tuesday morning please volunteer so we can make this happen for you all.

One last tricky point is that we are having items taken from the sale rail and unfortunately payment for items is not always being made, which is not what we want to have happen. If for any reason you want an item but don't have sufficient funds please put a note

in the honesty box on the wall, next to the sale rail, with your details telling us when you will pay the balance.

Thank you to all our lovely customers we really do appreciate you coming in and continuing to support the shop.

LIBRARY CORNER

Many thanks as always for all the donations of 'as new' paperbacks and jigsaw puzzles.

Don't forget that with us all thinking of holidays now that the sun is starting to venture out, we have a very wide range of travel guides under our reference section - so please rather borrow one for 20p than buy one for £10 - £20 +

COMMUNITY JIGSAW PUZZLE

Please feel free to help complete the jigsaw puzzle that is always available and is situated just under the window. The quicker we complete one the sooner we can put another puzzle out.

You are very welcome to borrow a book or puzzle that is in the window sills or on the mantelpiece. As new items are donated they are displayed for you all to see.

PLEASE do not borrow any book or puzzle from the baskets on the table as these have to be checked in by the librarian.

REMEMBER - only 20p to borrow any item from the library, whether it be a paperback or a 10 piece DVD set and

all contributions go towards making Greystones a warm and welcoming place to be !

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.

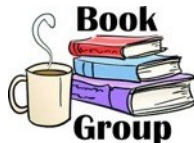
BINGO – Saturday 2pm

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 - 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, in February we improved our Quickstep and Rumba, and in March it was Tango and Jive. We await to see what Adele has in store for us in April? Maybe Foxtrot and Samba, or 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

At our AGM in March our chairman congratulated the group on its friendly and welcoming atmosphere and its encouraging attitude to improving our dancing skills. He especially thanked our callers who spend many hours before each session preparing the

dance programmes. In particular he thanked Janet Mason who had run special sessions for beginners who were then able to integrate more quickly into the main sessions. Sadly Janet is no longer physically able to dance although she continues to be interested in our progress. Our record keeper, Anton informed us we had danced 488 dances since our last AGM including 19 new ones. The one most often danced during this time has been 'Peace be with You'- a welcome sentiment we share with you 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
Email Maria at
swanston49@btinternet.com>

DRAMA & PLAY READING

Contact - Tom (272822)
- Eddie & Mary (278790)
Meetings: 2nd, 3rd, 4th/5th Thursdays at 2pm.
There will be no PLAYREADING on 2nd April (Maundy Thursday) as the new HCA venture of a film matinee for first Thursdays of the Month begins at 1:30 in Room 1.

(The first film will be THE BUCKET LIST with Morgan Freeman and Jack Nicholson).

Our group will continue on the other Thursdays as usual and arrangements for the 1st Week are being considered by the members.

We will have finished the fun of Richard Bean's 'take' on Goldoni's ONE MAN, TWO GUV'NORS and entered into the trauma of The Ekdal Family in Ibsen's THE WILD DUCK.

FLOWER ARRANGING FOR FUN

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

At last Spring has sprung and we can start to use plant material from our gardens.

We are pleased to have welcomed two new members and they have enjoyed creating some great arrangements

Our subjects have varied from seascapes to designs incorporating our

favourite photo plus Easter will provide inspiration for our last meeting before the break.

If you are interested in joining us please give me a call



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



8 April —Presentation by Rejuvenate on Microsoft SharePoint. All HCA Outlook account users are encouraged

to attend, and bring their laptops for a "hands-on" session. Please note that attendance at this meeting is limited to HCA Outlook account users only. Microsoft, Outlook and SharePoint are trademarks of the Microsoft group of companies.

22 April — 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.

Room 1 was packed to hear Nick Saunders' fascinating talk on the Training of Secret Agents at Beaulieu. As well as their training he told us about their recruitment and ended with the stories of two very brave agents and their exploits, a man in Norway and a woman in France. Next month Brian Pettit will be taking us "Off the Beaten Track in Zimbabwe". We do get around!!

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 have been making our 'Leavers Quilts', and a couple have finished this month. Sue is still cutting the patterns out for us having made each one herself prior to passing them on with very good instructions as not all of them are easy. We thoroughly enjoy looking at each quilt which has been finished and then admired by us all.

MAHJONG

Contact – Rowena (01425 278248)

Meetings - 1.30pm Thursdays weekly



Although April is known as a month for showers here's hoping this year we see sunshine instead!

Two easily interchangeable hands are Three Philosophers and Little Robert. Three Philosophers (Page 15) – A chow in each suit, a mixed chow and a pair in any suit. Little Robert (Page 16) – A chow in each suit, a pung in any suit and a pair in any suit. Depending on the tiles you pick up these hands could also be interchanged with Big Robert (Page 16) – A run of 4 tiles in each suit with a pair of winds or dragons.

New members are always welcome and no experience is necessary. We only play for fun and do not score making it much easier to learn.

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!

Next meeting Thursday 16th April at 10:30

NEEDLES GROUP

Contact Lee on 07444 562082

Meet 9.30am every Wednesday.

We are working on making a pattern for a fitted top. The instructions are proving tricky, but not impossible. The skirts are ongoing.

We still have other projects of our own including knitting, embroidery, crochet, altering garments and sewing projects



with lots of time to chat. An example is seen below.

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 had an excellent lunch in March with good attendance including former members.

We welcome Carol, Chris and Gill as new members.

If you would like more information contact Lee on 07444 562082.

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

At our March meeting we viewed the group's Cropped photos on the subject of Weather. This was followed by a presentation from John Lewis on Spring Photography.

Our next meeting is on Thursday 9th April at 10.30am in Room 11. We will be reviewing the group's Spring photos uploaded to Facebook. We will then have a presentation by Mike Smith on Lambeth Past and Present.

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

We have now finished our Quilt for the Ukraine Charity which Sally will pass on for us. We enjoyed making this cheerful and colourful quilt. We now have to discuss the next one.



RAMBLES AND AMBLES

RAMBLES FOR APRIL 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.

Ramble details for any April rambles will be forwarded by email as we are still awaiting volunteers to lead us. The

weather is improving so please consider offering one yourself.

AMBLES FOR APRIL 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 1st April – Anderwood Anderwood CP, BH24 4HS, ref SU248 059

Leader: Linda N

Travel along A35 towards Lyndhurst. Just before Rhinefield crossroads TL signed Burley. CP is the first on right hand side. Toilets and picnic area. I have not recce this walk but assume as it is all tracks the conditions will be okay, 3 miles slightly uphill towards end. Maybe coffee stop or coffee at Picnic area on completion.

Wed 8th – TBA

Wed 15th – TBA

Wed 22nd – TBA

Wed 29th – 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: April 2nd and 16th

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

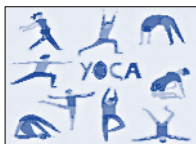
We are a friendly group who enjoy our whist drive every week. New members are always welcome.

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

Monday, 13 April. Doors open at 7.00pm for a talk starting promptly at 7.30pm, given by Micky Little and entitled 'Summer Flowing Bulbs: The Living Jigsaw'. 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.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

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

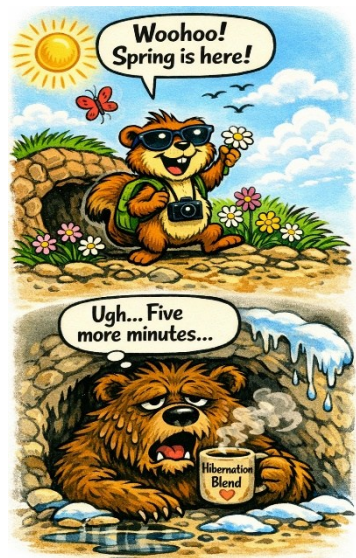
LONELINESS

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.



Copilot

The Story of Highcliffe Beach parkrun

by Jan Whittaker

Highcliffe parkrun began with a move — and a sense of loss.

Four years ago, we moved from Poole to Christchurch. In Poole, life revolved around Poole Park, just a ten-minute walk from our front door and home to Poole parkrun. I'd been a regular there since 2013. parkrun wasn't just something I did on a Saturday morning — it was part of my routine, my community, my wellbeing. Arriving in Christchurch was a shock. The nearest parkruns were Bournemouth, Moors Valley, Lymington or Brockenhurst. No longer a short stroll away, but a ten-fifteen minute drive — and something important suddenly felt out of reach.

Rather than accept that, I set myself a mission: Christchurch needed its own parkrun.

I began close to home, exploring possible routes at Stanpit Recreation Ground and the SANG. Both were rejected by the council. Undeterred, I moved further east towards Highcliffe Castle — again, rejected. Still not ready to give up, I pushed on further and discovered the Highcliffe beachfront around three years ago.

The original beach route showed promise but was ultimately dismissed due to concerns about wear and tear on the cliff paths. Another setback — but not the end.

Fast-forward to the beginning of 2025.

Alongside two parkrun Ambassadors, myself and another prospective Event Director for Southbourne were fortunate to secure a face-to-face meeting with BCP Council. Some attendees joined online, and during the meeting a voice came through from a laptop suggesting we revisit my original Highcliffe route.

That moment changed everything.

What followed were months of testing, measuring, refining and reassessing the route, with invaluable support from Christchurch Running Club. Together, we proved the route worked. The proposal was submitted once more — to BPC councils — and then to parkrun HQ for final approval.

Highcliffe parkrun officially launched on 13 December 2025, supported by an additional Event Director (Corinne Ellison) and a strong and committed Core Team. From the very first event, it was clear that the appetite for a local parkrun had been there all along. Week by week, the event has continued to grow, with increasing participation and an incredible team of volunteers helping to make each Saturday morning welcoming, safe and enjoyable for all.

And that is how Highcliffe parkrun came to be — not overnight, not easily, but through persistence, community support and a shared belief that everyone deserves a

parkrun close to home.

From a ten-minute walk lost... to a parkrun gained for an entire community.



***The parkrun
core planning
team.***

*Jan Whittaker (3rd
from R); your
newsletter editor
Graeme Stringer
4th from R; and Jeff
Palmer HCA
Photographic
Section 5th from R)*



The several hundred runners that turn up each Saturday

(This article first appeared in "Highcliffe Chamber Chat" published by Christchurch&District Chamber of Trade&Commerce)

The Lantern at Greystones

A short fictional story inspired by Highcliffe Community Association and composed by AI. All personal names are fictional and any resemblance to real names is entirely coincidental.



Highcliffe Community Association at Greystones House had always been the quiet heartbeat of the village — a place where the kettle never quite cooled, where the noticeboard was more colourful than the flowerbeds outside, and where everyone felt they had a corner of their own. But on one particular spring morning, something unusual stirred behind its familiar stone walls.

It began with Margaret Penrose, the Association’s longest-serving volunteer. She arrived at 8:45 a.m. sharp, as she had for thirty-two years, only to find a small brass lantern sitting neatly on the doorstep. It was old — older than the building itself — with delicate engravings of waves, gulls, and what looked suspiciously like a lighthouse perched at the end of a series of rocks extending from a small island.

Margaret lifted it carefully. It was warm, as though someone had just set it down. Inside, a folded note read: *“For Greystones. Light this when the HCA community needs it most.”*

Margaret, who had seen her fair share of odd donations (including jigsaws with missing pieces and a box of unlabelled VHS tapes), simply nodded and carried it inside. She placed it on the reception desk, where it gleamed quietly in the morning sun.

By mid-morning, the Association was buzzing. The weekly craft group was stitching bunting for the summer fête, the yoga class was attempting a wobbly tree pose, and the Ladies Forum regulars were debating whether the lantern was a prank, a gift, or a very elaborate lost-property item. “It’s probably from that Arts & Food Festival fair last weekend,” said Harold, dunking a biscuit with the confidence of a man who had never once dropped one. “Or it’s cursed,” whispered Jean, who secretly hoped it was.

But the real trouble arrived just after lunch. A sudden power cut swept through the village of Highcliffe. Lights flickered out, kettles died mid-boil, and the dance music in the Greystones ballroom sputtered into silence. The Association, usually a beacon of warmth and bustle, fell eerily still.

“Not ideal,” muttered Tom, from the Maintenance Team, tapping the fuse box as if it might apologise. Outside, the wind picked up. Clouds rolled in from the sea, heavy and fast. People began drifting toward the Association — elderly neighbours

seeking warmth and dog walkers caught in the sudden chill. Within half an hour, the hall was full, a patchwork of damp coats, chatter, and mild confusion.

Margaret looked at the lantern again. “Well,” she said, “the note did say *when the community needs it most.*”

Tom raised an eyebrow. “You’re not seriously thinking—” But she already was. She placed the lantern on the central table and gently opened the small hinged door. Inside was a wick, untouched but ready.

She struck a match. The flame caught instantly — bright, steady, and far stronger than any ordinary lantern flame. It cast a warm golden glow that spread across the hall, softening the shadows and lifting the mood like a rising tide.

Then something remarkable happened. The lantern’s light seemed to *grow*. Not in brightness, but in reach. It warmed the air, eased the tension in people’s shoulders, and filled the room with a sense of calm purpose. Conversations softened. Someone began humming. Someone else fetched board games. The craft group resumed their bunting. The yoga class improvised a seated routine. The coffee drinkers deprived of their kettle, shared biscuits instead — even Harold, reluctantly.

The lantern didn’t just illuminate the room — it illuminated the community. Hours passed. The storm outside raged, but inside, Highcliffe Community Association glowed like a sanctuary. People who barely knew each other found themselves chatting as though they’d been neighbours for years. Someone organised an impromptu storytelling circle.

When the power finally returned, the lantern’s flame gently dimmed, as if satisfied with its work. Margaret closed the little brass door. “Well,” she said, “that was rather lovely.” Tom nodded. “We should keep it. Just in case.”

Word of the lantern spread, of course. Highcliffe was a village where news travelled faster than the number X1 bus. Some said it was magic. Some said it was symbolic. Some said it was simply a very good lantern.

But everyone agreed on one thing: **It reminded them what the Association truly was — not just a building, but a light for the whole community.**

And from that day on, the lantern sat proudly on the reception desk. Unlit, but never forgotten. A quiet promise that, whatever storms might come, Highcliffe Community Association would always shine like a beacon of light.



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.

SPRING

The signs of Spring are all around, in the air and on the ground



The Bumble Bee is waking from slumber
then will come the Butterfly to add to their number

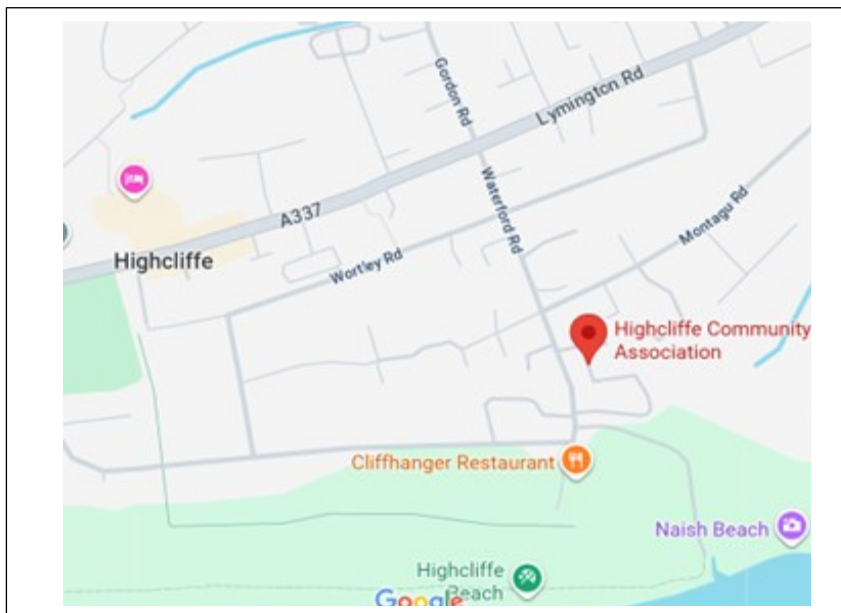
The pure white snowdrop is now wilting
her dear white petals to the earth are tilting.....

The Celandines are shining bright
their yellow faces like a beacon of light
and Bluebells in readiness are beginning to rise
they'll carpet the woodland with a feast for the eyes.

So farewell cruel winter, we kiss you goodbye
and we won't pretend to have a tear in the eye.

Arlene Phillips ©

The location of the Highcliffe Community Association in Waterford Road



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

**Submissions to be received by Monday
20th April 2026**

**PUBLICATION DATE
30th April 2026**

This issue of the newsletter was edited by: Graeme Stringer

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)

