



# Highcliffe

Community Association  
at Greystones House

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

A vertical poster for the Highcliffe Community Association's Annual General Meeting. The background is a deep blue with decorative yellow stars and swirls at the top and bottom. The text is centered and reads: 'Highcliffe Community Association' in white, 'ANNUAL GENERAL MEETING' in large white letters, '16th July 2026' in yellow, 'at 4:30pm' in white, 'At Greystones House, Waterford Road, Highcliffe, Dorset BH23 5JL' in white, and 'All Members Welcome to Attend!' in white italics.

Highcliffe Community Association

**ANNUAL  
GENERAL MEETING**

**16th July 2026**

**at 4:30pm**

**At Greystones House,  
Waterford Road, Highcliffe,  
Dorset BH23 5JL**

*All Members Welcome to Attend!*

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

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

**CONTACT US**

Telephone: 01425 271604  
 Email Newsletter copy: [newsletter.editor@highcliffeca.co.uk](mailto:newsletter.editor@highcliffeca.co.uk)  
 Website: [www.highcliffecommunityassociation.co.uk](http://www.highcliffecommunityassociation.co.uk)

**MEMBERSHIP RENEWAL**

Membership renewal time is upon us. There are currently 44+ sections/activities available for you to join and more new sections in the pipeline. £10 for the year is a bargain and if you have not yet renewed your membership we hope you will renew as soon as possible. Thank you.

<b>Role</b>		<b>Email</b>
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**

**11<sup>th</sup> June 2026 at 4.30pm**

## TRUSTEES AND MEMBERS MEETINGS 2026

09.06.26	Tues	2.00	Trustees meeting
14.07.26	Tues	2.00	Trustees meeting
<b>16.07.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>A G M</b>
08.09.26	Tues	2.00	Trustees meeting
<b>10.09.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>
13.10.26	Tues	2.00	Trustees meeting
10.11.26	Tues	2.00	Trustees meeting
<b>10.12.26</b>	<b>Thurs</b>	<b>4.30</b>	<b>Members meeting</b>

### 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 2<sup>nd</sup> 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
FRIDAY 31ST JULY	TUESDAY 1ST SEPTEMBER	AUGUST BREAK
FRIDAY 18TH DECEMBER	MONDAY 4TH JANUARY 2027	CHRISTMAS

The AGM is on the 16<sup>th</sup> of July and once again, we are asking for people to come forward as trustees.....so,

## What do Trustees actually do? 🤔

Trustees are members of HCA who are elected at the AGM to run the organisation on the members' behalf.

Trustees: -

- Oversee the direction that HCA will take and how it will evolve in the future.
- Manage HCA; aiming to facilitate and encourage the interests of its members.
- Ensure compliance to the governing document (constitution), charity laws and other relevant legislation.
- manage finances,
- care for members welfare
- maintain the facilities.
- Work closely with the volunteers to ensure that day to day operations run smoothly.

Without enough trustees HCA could not function and may ultimately be forced to suspend activities.

*6 trustees need to be present at a meeting to be quorate and make decisions so ideally between 8 and 12 to be elected at the AGM.*

There are always a number of positions to fill, so, please enquire and get involved -

**Interested? For more information, speak to any trustee.**

There is a list of current trustees along with contact information in the newsletter.

## CAR PARKING

Please park in the designated bays on the Greystones House side of the car park when you are attending a Greystones Activity. As a member, you can obtain a parking permit on membership renewal or from reception; please display this. There are limited spaces so 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 between  
November 1<sup>st</sup> and March 14<sup>th</sup>***

## 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

## JIGSAW FAYRE

The next **Jigsaw Fayre** is to be held from Tuesday 4th August until Saturday 8th August. We are in need of donations of 500 piece jigsaws particularly large piece jigsaws and House of Puzzles jigsaws, both of which are very popular. If you have any to donate would you please either leave them in reception with a note for my attention or leave them in the reading room next to the library. Nearer the time there will be rotas requesting help for both the jigsaws and kitchen, also for donations of cakes, displayed on the notice boards.

Thank you all so much for your support.

Jan Hollowell

## FUTURE EVENTS



# GREYSTONES FILM CLUB

**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

## **Highcliffe Medical Centre Talk**

**Wednesday 9th July at 4.15pm**

**Following Dr Lyndsey Boreham's talk on blood pressure which was very well attended she would now like to present a talk on type 2 Diabetes.**

**This is an open meeting and non-members are very welcome so please pass the details on to your friends and family.**

### **Homemade cakes needed for refreshments.**

#### **Highcliffe Food and Arts Festival June 13th- 14th.**

HCA is planning to offer teas, coffees and homemade cakes during this event to encourage visitors to see what Greystones has to offer.

If you are able to donate cakes, tray bakes, cupcakes, brownies etc, we would be so grateful.

Please contact me or add your name to the list on the notice board near the kitchen.

Thank you

Barbara

07927 619275

Barbara.thacker@highcliffeca.co.uk

## Emergency Evacuation

Please could all centre users make sure that they are aware of the emergency evacuation procedures at Greystones displayed in all rooms and in the section leader pack.

- Nearest fire exit and route...and the fire assembly point. The register should be taken outside and everyone checked as having exited the building.
- Rescue waiting area if upstairs and cannot use the stairs (lift not in use in an emergency evacuation).
- Personal evacuation plan if assistance is needed to exit the building.

If you have any queries contact

Pauline.pegram@highcliffeca.co.uk or ring 07702198809

## **Zero Tolerance Statement**

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

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

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

## **NEW MEMBERSHIP YEAR 1st May 2026 - 30th April 2027**

We are pleased to inform you that the full 12-month membership will remain at £10 and covers the period of 1<sup>st</sup> May 2026 - 30<sup>th</sup> 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 44 sections available for you to try out. Check out the section lists within our Newsletter or our website for information. [www.highcliffecommunityassociation.co.uk](http://www.highcliffecommunityassociation.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.

Sandy Gale  
Membership Secretary  
Highcliffe Community Association

## **SECRETARY**

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

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

## **TREASURER**

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

## **ACCOMMODATION**

Email:

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

Please let me know if there is a change of contact details for your section or if you do not need your usual room booking on any date.

## **RECEPTION**

Lyn (274301) Hazel. (540228)

Reminder to all groups:-

If you open doors & windows, or alter the radiator settings, please change everything back when you have finished your session. Many thanks

## **MEMBERSHIP**

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

Our New Membership year commenced on 1st May 2026, a big thank you to all of our members that renewed their membership promptly and huge welcome to all of the new members who have joined up. How exciting to continue current friendships and the opportunity to make new friendships.

If you haven't already renewed please do so asap as we will be checking that

all those attending HCA sections are holding current membership cards.

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.

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

## **NEWSLETTER EDITOR**

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

For this June issue we welcome back John Lee to carry out the bulk of the editing. Thank you, John.

Whilst waiting for the New Creative Writing Group to get underway I have continued with the AI-produced short fictional stories about one of our Section activities - this time the Photographic Section. I should emphasise, though, that so far, the real Photographic Group has not yet experimented with drone photography! Of course, composing a short story from your own imagination rather than AI would be even more acceptable, and we look forward to some future

contributions from the Creative Writing Group, fingers crossed.  
Graeme (Lead Editor))

### **TEA AND COFFEE SERVERY**



Barbara (620811)  
[barbara.thacker@highcliffeca.co.uk](mailto:barbara.thacker@highcliffeca.co.uk)

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

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

### **PUBLICITY**

Janet Davies

Our 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 in June:

Tues 9:45am - 11:45am  
& 1pm - 3.30pm

Friday 9.30 - 12.15



Well, it looks like

Summer may have finally arrived, thank goodness. It's a perfect opportunity to update your wardrobe and feel amazing. We have lots of fabulous outfits for all occasions and in sizes 8 – 22, so something for everyone.

Please remember the change in policy on 50/50 items if you want your items returned, please remember to come into the shop by the date provided and collect them if not sold, or you have the option to convert them to donations. Gentle reminder as there appears to be some confusion – members can have only 3 items in the shop of a 50 / 50 basis at any one time. Also check if your item has sold and come and collect your monies.

Please continue to bring in your donations, we need jewellery, tops and summer cardigans / jackets.

Great News - We have a new volunteer joining our lovely team – Margaret, so pop in and make Margaret feel welcome.

### **LIBRARY CORNER**

Many thanks to all members that have donated as new paperbacks and jigsaw puzzles as they are very appreciated by us all.

## LIBRARY COMMUNITY JIGSAW PUZZLE

Please **DO NOT** remove part completed puzzles from the puzzle table as they will be replaced when finished, by the librarian. If you would like a particular 500 piece puzzle to be started then leave a note for the librarian and it can be started once the current puzzle is completed.

We have an extensive collection of **travel guides** to many countries. Why buy for + £20 when you can borrow for 20p!!

We also have a good supply of **LARGE PRINT** books on the window sill.

## LOCAL HISTORY

These small publications can be found in the small round bookcase on top of the small paperback bookcase and can be borrowed for only 10p each. There are some very interesting ones about Highcliffe.

**DON'T FORGET:** only 20p to borrow any item from the library for a period of up to 3 weeks.

Enjoy the sunshine.

Regards

Barbara - Librarian

## IN MEMORIAM

Contact Sandy

**Pat Hill** enjoyed coming to Friday live, and attended many social events. Sorely missed by all her friends



## Maurice Sunasky 4/5/26

The family of Mr Sunasky wish to invite any friends and fellow acquaintances to the Highcliffe Castle on Monday June 1<sup>st</sup> at 11:45, to help celebrate his long and happy life and all those happy hours spent at Greystones. Please contact his daughter Caroline on 07471 751987 to help confirm numbers. [membership@highcliffeca.co.uk](mailto:membership@highcliffeca.co.uk)

**Patrick Jones** - We are sorry to announce the sudden death of Patrick Jones, a most valuable member of the IT Group and of the Photography Group.

## 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**

#### **4<sup>th</sup> Wednesday in month**

Time: 2.pm start.

Contact Monica 07739 420244

Susan 07504 255754.

As we play in teams of 4 per table, we have a max attendance of 24 so please don't delay in registering to avoid disappointment. The cost is £2 to join the group, this is an annual fee. Plus, to attend each beetle drive please pay £2 on the day, £1 of which goes towards running the group, prizes etc and the other £1 goes to Greystones. There will be a short break during the event for refreshments. Cake will be provided free of charge; drinks are available from the kitchen as usual.

All members are welcome including any that would like to trial the first session free. But please remember to put your name down on the list in reception as numbers are limited to 24. We look forward to enjoying a fun

afternoon with you. There will be a prize for winner and runner up.

### **BINGO – Saturday 2pm**

Contact–Brian Lockyer 07889 247360

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

### **BOOK GROUP**

Contact Helen

helensnow10@gmail.com

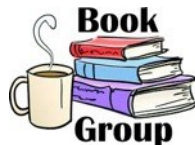
Meeting 3rd

Thursday of the month, 10 am

Each month, we choose a book to

read and discuss, and we will also have time for a cuppa followed by shared recommendations. We hope to cover a wide range of books and hopefully to sometimes step outside our comfort zone!

Happy reading Helen



### **BRIDGE – Duplicate**

Contact - John Lee - (01425 279257).

[www.bridgewebs.com/highcliffe](http://www.bridgewebs.com/highcliffe)

Mon and Wed evenings: 6.00 for 6.15 start.

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

### **BRIDGE – Social Duplicate**

Contact – John Lee (279257)

Meetings Friday 1.20 for 1.30 start

You do not need to bring a partner.

### **BRIDGE – Beginners**

Contact Thelma (01425 501587)

Meetings Mondays 9:30am - 11am  
Suitable for complete beginners or those with little experience.  
We are now taking details of anyone interested in the next Beginners' Bridge Course starting in September. (Date to be finalised.)

### **BRIDGE – Intermediate**

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 (07971 444463)  
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**

Meetings – 4<sup>th</sup> Tuesday every month  
This new group will start on 22 September at 10:30am. Please contact Maria if you are interested.  
swanston49@btinternet.com

### **CROCHET, KNIT & NATTER**

Contact - Meryl (277325)  
Meetings - Tuesdays 10 to 12  
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



The Tuesday ballroom & Latin dance sessions are now being 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.

Please contact Adele with any queries.

07512339601,

adele.stepintime@gmail.com

www.stepintimedance.uk

### **DANCING – Circle**

Contact - Nancy (07714 200621)

Meetings – 2.00pm. The 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> 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

Well done dancers (and especially callers) for tackling 'Queen of Sheba' with such enthusiasm. An interesting dance!

Members are reminded that we celebrate our Summer Dance evening on 2nd July, when we will have a visiting caller and a bring and share supper. Anyone interested in joining the group should first contact Jan on the number above as we now have a waiting list.

### **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  
Contact Sue (07955  
762696)



Meeting – Thursday 7.00pm  
Contact Brenda (839789)  
Both sessions have vacancies for new members.

### **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 APPRECIATION & PLAY-READING**

Contact - Eddie and Mary (278790)  
Meetings: 2nd, 3rd, 4<sup>th</sup> & 5th Thursdays at 2pm.  
We finished our madcap WILD GOOSE CHASE and at last I have challenged this accomplished group with our first venture into SHAKESPEARE, and with Measure for Measure - one of his most fascinating and uplifting plays, to my mind. (I played a small part in a Bristol Old Vic

production in 1966/7 - touring USA, Europe & Israel).

A request has been made for Brecht next. We will re-visit The Caucasian Chalk Circle or perhaps The Good Person of Szechuan!

### **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. 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



Non IT Forum members £2.

## **JIGSAW TOGETHER**

Contact: Wendy by email  
Coleswendy1@gmail.com or Seonaid,  
(Shona) (07981572299).  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 10am to 12noon

Our Jigsaw Group has proved to be a popular section, but we still have a few places available. If you are looking for a light-hearted couple of hours, chatting, making up puzzles, and enjoying a cuppa ☺☺ then give us a try. First session free. We have a good range of puzzles to suit all levels of complexity, different sizes, large/standard and odd shape pieces. You can choose to sit with one puzzle or move around to try others, and chat to new friends

## **LADIES FORUM**

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

HCA's Ladies' Forum held it's AGM in May; two members of the Committee had resigned and two new committee members were elected. Speakers have been booked up to October 2027, finances are healthy and there will be no increase in the meeting fee. After

the AGM, Lottie Smith gave a talk entitled "Piers of the Realm", with lots of well-illustrated and interesting facts about piers around the UK. On 12th June Chris Walker will be telling us about "The Great American Songbook."

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 payable to Mel plus the standard £1 for HCA, weekly fee.  
Annual group membership subscription £2.

Contact Mel 07966 571938

We exercise to music including resistance and strength training which is good for muscles and bones, so please join us, both men and women.  
There is no mat work.

## **MACHINE QUILTING**

Contact - Susy (275403) or Cecilia (672367)

Meetings - 1 to 4 pm Every Friday except 2<sup>nd</sup>

We are all busy making our quilts for Care Leavers. Most weeks one quilt will have been finished. We look forward to seeing the result which is always lovely. Our member Sue does the cutting of the materials having tried all the patterns first.

## **MAHJONG**

Contact – Rowena (07788 944828)

Meetings - 1.30pm Thursdays weekly



Hopefully everyone has renewed their membership and given their details, including emergency contact details, to Hazel by now. We have had quite a few new members recently and have been very busy on some weeks, but don't worry there is still room for more members. Come along and enjoy an afternoon of brain teasing fun!

A quick reminder of "Pot Pourri" which is not a hand in our book but was in the book used by our ex Milford players. Pot Pourri – a pung in any suit, a chow in any suit, a triple knitting set, a mixed chow and a knitting pair. A couple of hands that are perhaps easier to get

your head around are: Gertie's Garter (pages 14, 20, 50) – a run of 1-7 in the first suit and a run of 1-7 in the second suit. Hachi Ban (pages 10, 25, 30, 32) – 1-8 or 2-9 in one suit plus 3 pairs of winds or 3 pairs of dragons.

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 members are always very welcome and previous experience is not necessary.

## **MUSIC THERAPY**

Contact

[meryl.jones@highcliffeca.co.uk](mailto: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 meetings: Thursday 18<sup>th</sup> June and Thursday July 16<sup>th</sup> 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. The pattern making for a top continues as we make adjustments for a better fit for some of us, whilst others are at an earlier stage.

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

All groups are now full.

## **PHOTOGRAPHY**

Contact–Jeff Palmer (07970 608011)

Meetings – 2<sup>nd</sup> Thursday each month.

Room 11: 10.30 – 12.30

All members of HCA welcome

Future programme:

11<sup>th</sup> June - Indian Takeaway

9<sup>th</sup> July – A Grand Day Out

## **PILATES**

Contact Debbie (07523 408368)

Meeting Wednesday and Friday (8.45-9.45am)

## **POETRY**

Contact - Maria (07484 757715)

Meeting – 10.30am on 3<sup>rd</sup>

Wednesday of the month

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

Suitable for anyone with an interest in poetry.

Books can be provided for anyone new to the subject.

Cost is £1 per meeting

## **QUILTING**

Contact – Anna (01202 809700)

Meetings – 9.30am Tuesday Weekly

Email: [anne.hutton27@sky.com](mailto:anne.hutton27@sky.com)

As we have finished our last quilt for our Charity we have given ourselves a little break. We have been making special Needle Cases for ourselves as suggested by our Member Lesley. They have all turned out beautifully. We enjoyed making these. We will soon be choosing the next quilt pattern for us all to sew again. We are inviting and welcoming new members to join us. Please give Anna a call on 01202 809700. One can also get in touch with Greystones if that is easier.

## **RAMBLES AND AMBLES**

### **RAMBLES FOR JUNE 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 3<sup>rd</sup> June Stoney Cross Airfield & Slufers Inclosure**

Leaders - Ann & Bryn (274363 / 07535 331875)

Meet – Bratley View CP, ref 238/097. Turn off A35 into Bolderwood Ornamental Drive. Continue past the Canadian War Memorial. CP 150yards on the left **before** A31 underpass

#### **Wednesday 10<sup>th</sup> June**

Leaders Nigel (07896 750059)  
Ramble TBA

#### **Wednesday 17<sup>th</sup> June**

Leaders – Jane and David (07796 215751)  
Ramble TBA

#### **Wednesday 24<sup>th</sup> June Pipers Wait & Eyeworth Wood (6.5 miles)**

Leaders - Andrew & Diana (0774 920 6567)

Meet – Nomansland CP, Ref 254/173. On A35 turn L into Bolderwood Ornamental Drive. At end, turn L at T Junction. Go under A31 & take first R signed 'Stoney Cross.' After 2 miles

turn L at T Junction & then past Fritham, take the L fork to stay on Forest Road (fingerpost marked to 'Nomansland & Godshill.')

Go straight across at junction with B3078 & follow Forest Road into Nomansland. Parking area is on the right opposite the Lamb Inn

### **AMBLES FOR June 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 3<sup>rd</sup> June – TBA**

#### **Wed 10<sup>th</sup> June Wilverley Plain CP SU 253 011 (BH25 5TZ )**

Leader: Graham

Travel north on A35, turn Left signed for Burley and past the Old Station Tea Rooms, then Right, signed for Brockenhurst and Sway. Follow the road for 1.6 mls and keep left at the Sway turn off, then the CP entrance is a further 150 mtrs on your Left past 'lonely tree'.

Walk is 3.8 mls on mostly good paths and passes through Markway Inclosure and Ferny Knap (coffee stop) before returning across open heathland to the CP. Includes a couple of moderate inclines.

#### **Wed 17<sup>th</sup> June – TBA**

#### **Wed 24<sup>th</sup> June – TBA**

## ROCKIN' ROBINS

Contact – Meryl (277325)  
or Jenny (272628)

Meetings – 2:00pm 2<sup>nd</sup> &  
4<sup>th</sup> 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 1<sup>st</sup>.

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

9.30am Saturday

We are looking for any new members wishing to join our group. Pop along and see if you can rekindle an interest you had to leave behind due to other pressing commitments. We are of mixed ability, friendly, patient and sociable. Spare bats are available.



## TAI CHI (BEGINNERS)

Contact Patrick 07814 609556

A beginners Tai Chi class will be starting on Monday 22nd June from 4.15 to 5.15pm. Please come along and give it a try

## 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, 1 June. Doors open at 7.00pm for a presentation by Martin Young, starting promptly at 7.30pm. Martin is a keen plantsman and conservationist and will talk to us on 'Autumn Colour'. 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](http://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.

## **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@drivingmissdaisy.co.uk](mailto:Christchurch.highcliffe@drivingmissdaisy.co.uk)

Facebook.com/drivingmissdaisychristchurch

[www.drivingmissdaisy.co.uk/christchurch](http://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](mailto: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](mailto:ppghighcliffe@gmail.com)

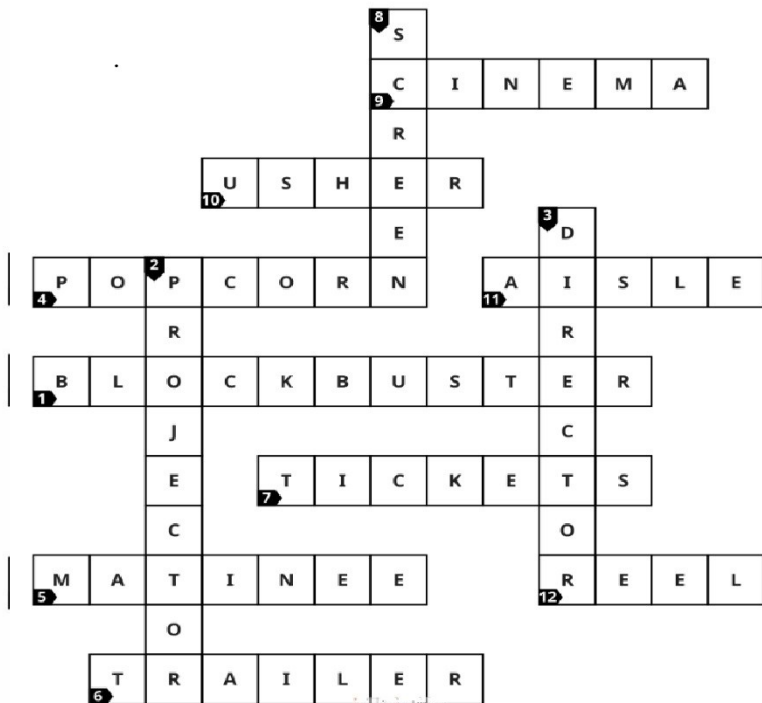
## **LONELINESS**

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.

# 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
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

Solution for last month's crossword



# *Beginners' Bridge Course*

*Starting September*

*Suitable for complete beginners*

*For details please contact*

***Thelma Price***

*thelma.price@highcliffeca.co.uk*



**STARTING SEPTEMBER**

**NEW  
CREATIVE  
WRITING GROUP**



*Meetings on the 4th Tuesday every month*

*First meeting on 22nd September at 10:30am*

*For details contact Maria  
[swanston49@btinternet.com](mailto:swanston49@btinternet.com)*



# “The Great Greystones Photography Critique-Off”

*A light-hearted tale of artistic chaos at Greystones House*

On a damp Thursday morning, the members of the HCA Photographic Group assembled at Greystones House with their compact cameras and camera phones, and the determined expressions of people preparing to be deeply offended by comments about aperture settings.

At precisely ten-thirty Bernard, the Group leader, banged the table. “Right then,” he announced. “Today is a Critique Session. Constructive comments only. We are here to encourage artistic growth.” Everyone nodded solemnly while secretly preparing devastating remarks about horizon lines.

The first photograph appeared on the projector screen. It belonged to Sheila and showed a swan gliding majestically across Christchurch Harbour at sunset. “Oh, lovely colours,” said Margaret kindly. “Excellent composition,” added Peter. “A bit too much swan,” muttered Clive, who believed all wildlife photography was “basically pigeons with better publicity.” Sheila ignored him. She had been ignoring Clive since 1998.

Next came Alan’s photograph of a squirrel on a bird feeder. “It’s slightly blurry,” said Bernard gently. “That’s intentional,” Alan replied. “It conveys movement.” “It conveys panic,” whispered Margaret.

The morning continued in this fashion. Every photograph was either “interesting,” which meant dreadful, or “bold,” which meant highly photoshopped.

Then came the much-anticipated entry from Dennis, who had recently purchased a drone and mentioned it every six minutes. The screen flickered to reveal an aerial photograph of Highcliffe taken from directly above. Tiny cars lined the roads. The sea shimmered magnificently in the distance. “Very sharp,” admitted Clive reluctantly. “Excellent detail,” said Bernard.

“Is that my greenhouse?” asked Sheila suspiciously.

Dennis beamed. “The drone can zoom in from two hundred feet”. Several members shifted uncomfortably. “It’s remarkable technology,” Dennis continued proudly.

“You can practically see through windows.” “You absolutely cannot,” said Bernard quickly.

At this point, disaster struck. While attempting to display his next image, Dennis pressed the wrong button. Instead of a sunset over Mudeford Quay, the screen filled with an enormous close-up photograph of Bernard asleep in his deckchair wearing striped socks and a T-shirt reading Grill Sergeant.

The room fell silent. Bernard stared at the screen in horror.

“Excellent candid work,” said Clive immediately. “Strong natural lighting,” added Margaret. “The socks are a little distracting,” said Sheila.

Dennis fumbled desperately with the laptop while Bernard's face turned the colour of a ripe beetroot. "There's more," Dennis said weakly, accidentally pressing another key.

The next photograph appeared. It showed Clive kneeling in the New Forest attempting to photograph mushrooms while unknowingly splitting the seat of his waterproof trousers.

For three whole seconds nobody spoke.

Then Margaret made a noise like a boiling kettle and collapsed into laughter.

Soon the entire room was helpless. Even Bernard was wiping tears from his eyes. Clive himself tried to remain dignified but eventually snorted tea through his nose. For the rest of the morning, all serious critique vanished completely. Every photograph received absurd praise.

"A stunning study of wheelie bins." "Wonderful emotional depth in that blurry pigeon." "Bold use of accidental thumb."

By twelve-thirty the meeting ended in unusually good spirits. Chairs were stacked, biscuit crumbs brushed away, and cameras and phones gathered.

For all the arguing about shadows, cropping, and whether ducks counted as wildlife photography if photographed in Christchurch quay car park, the group returned every month for the same reason: they enjoyed each other's company almost as much as they enjoyed pretending to be experts.

"Same time next month?" asked Brenda.

"Absolutely," said Nigel. "I've got a superb shot of a parking meter at sunrise."

A collective groan echoed down the corridor of Greystones House

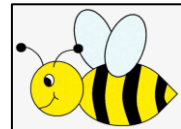


*Thanks once again to AI for this story, this time using ChatGPT.*

*All characters are entirely fictional.*

## ME AND THE BUSY BEE

Who works hardest little bee  
When we're in the garden, you or me?  
You're always buzzing, always busy,  
You work so fast my head gets dizzy,  
I try my hardest to match your pace  
But I think that you will win the race.



I do so admire your dedication,  
Flitting around from location to location.  
But I would love just a sliver of appreciation

In recognition of my work,  
I'm the one who puts in the hours,  
Who tends the bushes,  
And plants the flowers,  
And gets my fingers in the dirt.

Little bee we both work hard in our own little way  
We'll keep on working as hard as we can  
And reap our rewards each day.

We need each other, there is no doubt  
So we'll both keep working till day is out.

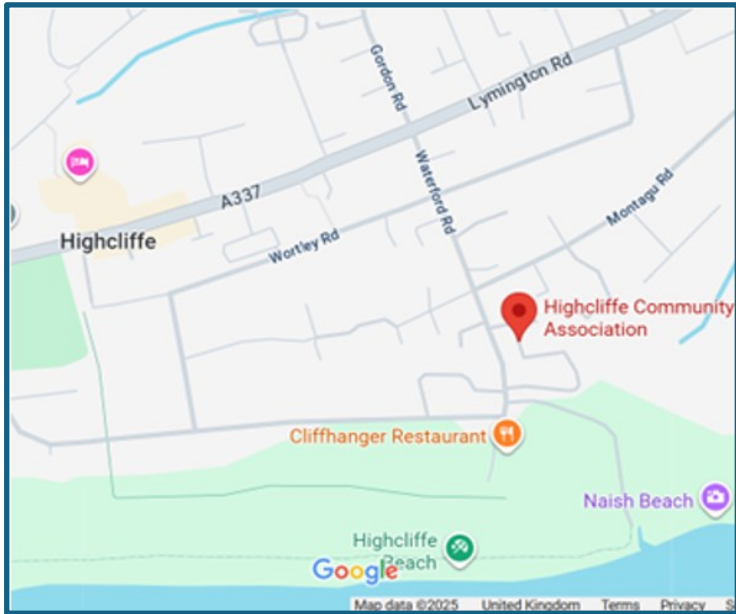


*Arlene Phillips 2019 [copyright]*

## SUBMITTING ITEMS TO THE HCA NEWSLETTER

At a recent HCA Section Leaders meeting it became clear that not all members were fully aware of how to submit items (news, articles, photographs etc.) to the newsletter editors for inclusion in the newsletter. The 3 official methods are outlined below :-

1. The most popular method, and by far the easiest for the editors to process, is to email your item to [newsletter.editor@highcliffeca.co.uk](mailto:newsletter.editor@highcliffeca.co.uk)
2. If this is not possible for whatever reason, but the member has access to a word processor or can ask a friend or relation, then the item should be typed and then placed in the Newsletter folder in the bottom drawer of the grey filing cabinet adjacent to the side door at Greystones.
3. Not a preferred option, but if neither emailing nor typing are possible, then the editors will still accept hand-written items, which should also be placed in the newsletter folder in the filing cabinet.  
This will of course necessitate the editors typing the copy for inclusion in the newsletter, but we are happy to do this on the few occasions when this is the only method available to a member.



The location of the Highcliffe Community Association in Waterford

**COPY DATE FOR NEXT (JULY/AUGUST) ISSUE  
OF NEWSLETTER**

**Submissions to be received by Monday  
15th June 2026**

**PUBLICATION DATE  
25th June 2026**

*This issue of the newsletter was edited by: John Lee*

**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**