



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
July/August 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	IT Forum	Wednesday pm
Art	Tuesday am	Jigsaw Together	Tuesday am
Art	Tuesday pm	Ladies Forum	Friday pm
Art	Wednesday pm	Languages French	Monday am
Beetle Drive	Wednesday pm	Legs, bums and Tums	Tuesday am
Bingo	Saturday pm	Machine Quilting	Friday pm
Book Group	Thursday am	Mahjong	Thursday pm
Bridge Duplicate	Monday evening	Music Therapy	Thursday am
Bridge Duplicate	Wed evening	Needles	Wednesday am
Bridge Social	Friday pm	Pétanque	Monday pm
Bridge Beginners	Monday am	Pétanque	Tuesday pm
Bridge Rubber	Friday pm	Pétanque	Wednesday pm
Bridge Intermediate	Monday evening	Pétanque	Thursday pm
Canasta	Thurs evening	Pétanque	Fri am and pm
Cards – Bolivia	Monday pm	Pétanque	Sunday pm
Carpet Bowls	Monday pm	Photography	Thursday am
Carpet Bowls	Friday pm	Pilates	Wednesday am
Chess	Monday evening	Poetry	Wednesday am
Chess	Tuesday evening	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
Drama & Play Reading	Thursday pm	Yoga	Monday am
Flower Arranging	Wednesday am	Yoga	Tuesday am
Fun Chair Exercise	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

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	

CHAIRPERSON'S REPORT

This will be my final report as Chairperson of HCA. I will resign from the post of Chairperson and Trustee at the AGM as this is a requirement of the constitution but I will not be seeking re-election. It has been a privilege to serve HCA initially as minutes secretary and then as a Trustee with responsibility for accommodation and finally as Chairperson.

Due to increasing personal commitments, I am no longer able to dedicate the time and focus that this role demands. I will, however, continue to lead my Rockin' Robins and Music Therapy sections and will volunteer and offer my support to other events whenever I am able.

I have complete confidence in Highcliffe Community Association's future and look forward to seeing the Association develop and flourish.

I wish you all a happy and healthy summer break and I look forward to seeing you all back at Greystones in September – if you can find a parking space!

Meryl

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

10 September 2026 at 4.30pm

TRUSTEES AND MEMBERS MEETINGS 2026

14.07.26	Tues	2.00	Trustees meeting
16.07.26	Thurs	4.30	A G M
08.09.26	Tues	2.00	Trustees meeting
10.09.26	Thurs	4.30	Members meeting
13.10.26	Tues	2.00	Trustees meeting
10.11.26	Tues	2.00	Trustees meeting
10.12.26	Thurs	4.30	Members meeting

Minutes Secretary

Are you able to set aside 2/3 hours, once a month to record the minutes from the Trustees meeting. The Trustees meet on the 2nd Tuesday of each month at 2:00. The meeting usually lasts between 2 and 3 hours. The minutes can be recorded in long hand or directly onto a laptop. You would not be required to become a Trustee to fulfil this role. If you feel you may be able to help, further information is available from any of the Trustees or through reception. Thank you Meryl (Chairperson)

HCA Opening 2026		
Closes	Opens	Reason
FRIDAY 31ST JULY	TUESDAY 1ST SEPTEMBER	AUGUST BREAK
FRIDAY 18TH DECEMBER	MONDAY 4TH JANUARY 2027	CHRISTMAS



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

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

The AGM is on the 16th 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.



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 3rd October	7th September
Quiz and Chips	Saturday 5th December	2nd November

Highcliffe Medical Centre Talk

Thursday 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.

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

Emergency Evacuation

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

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

If you have any queries contact

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

Zero Tolerance Statement

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

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

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

MEMBERSHIP 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 1st May 2026 - 30th April 2027.

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

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

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

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

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

TREASURER

Email: treasurer@highcliffeca.co.uk

ACCOMMODATION

Email:

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

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.

New members are always welcome, come to the Friday Live coffee morning or 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

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

For this July/August issue we welcome back Hazel Stubbs to carry out the bulk of the editing. Thank you, Hazel.

I have continued with the AI-produced short fictional stories about one of our Section activities - this time the Pétanque Section. As I don't play the game myself, I've often wondered what the difference is between Pétanque and Boules, but I'm not sure the characters in this short story shed much light on the subject! As usual, it's fictional and probably bears very little resemblance to our real Pétanque Section, who I'm sure know the rules very well. With the start of the Creative Writing Group in September, we will hopefully soon have some short stories written by our members rather than AI.

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 (07545 173120)

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. Thank you, Steve.

We have had a lovely write up in Christchurch Online. If you would like to view, please logon to www.Christchurchoonline.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.

NEW 2 YOU LADIES BOUTIQUE

Opening times in June:

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

Friday 9.30 - 12.15



We have created a new 'beach corner' in the shop, with NEW bikinis and swimsuits together with shorts, beach bags and cover ups. We launched this section in readiness for the Highcliffe Food Festival, plus it's always good to expand our scope and create new options for our ladies.

The shop was open all day Saturday and Sunday morning, thank you Hazel for your support. We are very happy that we got to meet some new customers who will hopefully spread the word of how lovely both the shop and Greystones are.

A call out for any costume jewellery you have in your drawers /boxes at home that you no longer wear. If you are happy to donate them, we can refresh our jewellery display. The same goes for scarves and handbags too please.

LIBRARY CORNER

Hi everyone, thanks as always for the very generous donations of paperbacks and jigsaws over this last month. They are appreciated by us all.

DON'T FORGET that Greystones will be closed for the whole month of August - so make sure that you borrow a good stock of books and jigsaws to take you over this period.

If you are going overseas this summer remember to look in our travel guides section of the library for the area you

are visiting, as it is better to borrow a travel guide for 20p than pay £10 - £20 in a bookshop.

The library has a very large selection of DVDs and it is only 20p to borrow any item whether it be a single DVD or a box set.

I hope everyone has a lovely summer and look forward to seeing you all in September.

Regards, Barbara - Librarian

IN MEMORIAM

Contact Sandy



membership@highcliffeca.co.uk

SECTION NEWS

Photocopying for your section

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

Place the master copy of the document(s) with

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

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

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

ART – Monday am

Contact - Diane (01202 426472)

Meetings – 10.00am Monday Weekly

ART – Tuesday am

Contact – Rosemary (274056)

Meetings – 10.00am Tuesday Weekly

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

ART – Tuesday pm

Contact – Claire (01590 643635)

Meetings – 2.00pm Tuesday Weekly

ART – Wednesday pm

Contact – Barry (272878)

Meetings – 2.00pm Weds. Weekly

BEETLE DRIVE

4th Wednesday in month

Time: 2pm start.

Contact Monica 07739 420244

Susan 07504 255754

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

All members are welcome including any that would like to trial the first session free. But please remember to put your name down on the list in reception as numbers are limited to 24. We look forward to enjoying a fun afternoon with you. There will be a prize for winner and runner up.

BINGO – Saturday 2pm

Contact–Brian Lockyer 07889 247360

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

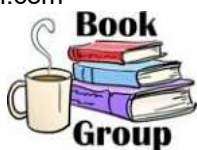
BOOK GROUP

Contact Helen

helensnow10@gmail.com

Meeting 3rd
Thursday of the
month, 10 am

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



BRIDGE – Duplicate

Contact - John Lee - (01425 279257)

www.bridgewebs.com/highcliffe

Mon & 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 6.30pm until 9.00pm 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.

CRAFT

Contact – Brenda
Email: CRAFT to bimarv@gmail.com
Meetings – 1.30pm Thursday Weekly
CRAFT - A LITTLE WORD WITH A BIG HEART!

We have Die Cutting machines, dies, rubber stamps and ink pads for you to easily create beautiful cards. Learn new techniques to decorate boxes, create special notebooks, Tea bag folding, Bargello, Decoupage, Napkin art, making beads with paper and other skills. Alternatively, bring your own projects to work on and enjoy the chatter with like-minded people.

In September we anticipate having two or three spaces available. If you are

interested, please contact Brenda by email to arrange a taster session heading your enquiry 'CRAFT'. Let your imagination work for you!

Apologies because I have recently had email connection problems so please try again if you don't receive a reply. We look forward to hearing from you - Brenda and the Craft Group.

CREATIVE WRITING

Meetings – 4th 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

The future of this section is uncertain as there are so few of us. We are meeting at the end of June to decide upon an appropriate course of action.

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

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 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

Members are reminded that our special Summer Dance evening has been cancelled. Instead, our guest caller will join us for an Autumn Dance Evening in October. So, we will meet at our usual time on 2nd July gathering at any

time after 7.00pm ready for dancing to start promptly at 7.30.

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.

DRAMA APPRECIATION & PLAY-READING

Contact - Eddie and Mary (278790)
Meetings: 2nd, 3rd, 4th & 5th Thursdays at 2pm.

At the Council meeting it was suggested we start and end 15 minutes earlier to avoid climactic interruptions at home-time - when we are in our parallel universe.

'So, bring us to our palace where we'll show

What's yet behind that's meet you all should know.'

So ends Shakespeare's redemptive Measure for Measure - and we now

encounter Bertolt Brecht's Good Person of Szechwan - A Parable Play.

FLOWER ARRANGING FOR FUN

Contact Chris (272367)

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

We have continued to enjoy our flower arranging, creating ideas for a 'tea party' and 'special celebration'. At our recent meeting we learned how to manipulate large leaves into different designs. For future meetings, we will be interpreting a 'country walk' and 'summer holidays', then our last meeting of the term we will enjoy an afternoon tea at the Castle. Hopefully, we will all return in September full of exciting new ideas.



*An example
of leaf
manipulation*

FUN CHAIR EXERCISE

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).

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.

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 2nd

Getting ready for our holidays we are trying to finish our quilts for Care Leavers. We look forward to starting afresh in September.

MAHJONG

Contact – Rowena (07788 944828)

Meetings - 1.30pm Thursdays weekly



This month it is the AGM on Thursday 16th July at 4.30pm. This is extremely convenient being just after we finish playing Mahjong, so no excuses for not attending. Greystones will close for the summer break from Friday 31st July till Tuesday 1st September. During that time the Jigsaw Fayre will be held from Tuesday 4th August till Saturday 8th August. Keep a look out on the notice board for requests for volunteers nearer the time if you are able to help.

Some more hands to try out for a bit of fun, again nicked from the Milford group, are Ching, Chong, Chow (love that name), Western Command and Jolly Roger!

Ching, Chong, Chow – 5 consecutive tiles in one suit, 4 consecutive tiles in a second suit and a chow in a third suit with a pair of winds or dragons.

Western Command – a pung in each suit plus a chow in any suit and a pair in any suit. (Exposed, can pick up a tile as it is discarded to make a pung)

Jolly Roger – a chow in each suit with a forth chow in any suit and a pair of white dragons or 1 red and 1 green dragon.

Whether looking for something new to try or you want to get back to playing Mahjong, come along and join in the fun on a Thursday afternoon.

MUSIC THERAPY

Contact meryljones@yahoo.co.uk or 07703 333542

The section continues to grow with many people appreciating the benefit of singing. We have a poster in Highcliffe Medical Centre, on the reception desk, and we are hoping to recruit more members. If you are aware of anyone who would benefit from a morning of fun and music our next meeting is on July 16th and then September 17th.

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 Margaret (07887 742634)

10.00am Friday

Carol's groups on Friday and Tuesday afternoons can accommodate 24 players and always have room for new members, so please come along if you want to enjoy this competitive enjoyable game. We are a friendly bunch, you can be new to the game and we provide all the equipment so please pop along for a fun afternoon.

PHOTOGRAPHY

Contact–Jeff Palmer (07970 608011)

Meetings – 2nd Thursday each month.

Room 11: 10.30 – 12.30

All members of HCA welcome

Future programme:

9th 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 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 special needle cases and have started on a new pattern that will be finished after our summer holiday. We have had a very good year and made our quilts with great pleasure. We look forward to coming back in September with other new ideas.

RAMBLES AND AMBLES

RAMBLES FOR JULY/AUGUST 2026

Contact - Sarah (07596 956200)
Unless otherwise stated walks start at 10am at the car park mentioned and

are between 5 & 6 miles long. Any alterations or updates will be advised to members by email. Please contact the walk leader or rambles coordinator if you have any queries. New members are always welcome to our friendly group. Please note that dogs are not allowed.

Wednesday 1st July

Leaders: Jane & David (07796 215751)
Downton

Wednesday 8th July

Leaders: Diana and Andrew TBA

Wednesday 15th July

Leaders: Bryn and Ann (274363 / 07535 331875)
Stoney Cross Airfield & Sluffers Inclosure
Meet at Bratley View Car Park, Ref 238/097. Turn off A35 into Bolderwood Ornamental Drive, continue past the Canadian War Memorial and Bratley View Car Park is 150yards on the left before A31 underpass

Wednesday 22nd July TBA

Wednesday 29th July TBA

Wednesday 5th August TBA

Wednesday 12th August

Leaders Jane and David (07796 215751)
Whitefield Moor

Wednesday 19th August

Leaders: Bryn and Ann (274363 / 07535 331875)
TBA

Wednesday 26th August TBA

AMBLES for July & August 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 July TBA

Wed 8th July

New Forest Adventure Golf
Leader: Monica
Details to follow by email.

Wed 15th July TBA

Wed 22nd July TBA

Wed 29th July TBA

Wed 5th August TBA

Wed 12th August TBA

Wed 19th August TBA

Wed 26th August TBA

ROCKIN' ROBINS

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



A group of Rockin' Robins went to Sway place to entertain the residents at this care home. We were very well received and have been invited back to perform again. Those RRs who attended were treated to a delicious cream tea as a thank you for their efforts.

The section is still over-subscribed but we continue to add names to our waiting list for anyone who is interested in joining us.

RUMMIKUB

Tuesday – 1.30pm to 4 pm
Contact Margaret via Greystones

This month (June) we sadly say goodbye to our treasurer Debbie

Webster who is moving to a brand new house in the North with husband John. Debbie has been our treasurer for several years and is the backbone of our friendly group. Bon Voyage Debbie, we will all miss you terribly!! I will let you know whose arm I twist to become our new treasurer. Watch this space

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: July 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.

TAI CHI (BEGINNERS)

Contact Patrick 07814 609556
Monday evenings
Please contact Patrick 07814 609556 for details.

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

Meetings –
Monday 11.30am
Wednesday
10.00am
Contact Debbie
(07523 408368)



Tuesday 10.30am and
Tuesday NEW 11.30am
Contact Kerri (07838 929021)

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, 6 July. Doors open at 7.00pm
for a 7.30pm start. Venue St
Mark's Church Hall, Hinton Wood
Avenue, Highcliffe BH23 5AA. The
event is our Members' Mini Show,
followed by a quiz. Refreshments,
plant sales and a raffle. Non-members
are very welcome to attend to view the
exhibits and join the quiz £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.

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

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

www.drivingmissdaisy.co.uk/christchurch

HIGHCLIFFE BOWLING CLUB

Situated in Nea Meadows Nature Reserve.

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

hbc25membersec@gmail.com to arrange a visit.

HIGHCLIFFE MEDICAL CENTRE

Blood Test Appointments – Update

Following a consultation process between primary and secondary care (GP surgeries and the hospital), we are glad to let you know that **all required blood test appointments can now be offered here at the surgery.**

Blood tests may be requested during an appointment with a clinician, or you may receive an invitation from us as part of your **annual review** or **medication monitoring.**

If you are invited to book a blood test, please do so **as soon as possible** to help us keep your care up to date and reduce the need for follow-up reminders.

Please also remember to **cancel your appointment** if you can no longer attend or it is no longer required, so we can offer the slot to another patient.

Thank you for your patience and understanding while this service has been reviewed.

HIGHCLIFFE MEDICAL CENTRE PATIENT PARTICIPATION GROUP

Contact – Sheila Burgess

ppghighcliffe@gmail.com

LONELINESS

Across our local area, several dedicated organisations continue to offer valuable support for those who may be feeling isolated — through social groups, creative activities, practical help, and friendly conversation.

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

Christchurch Community Partnership provides a range of activities including lunch clubs, coffee events, and seated exercise classes. They also offer community transport services and one-to-one support through their Community Connections team. If you or someone you know is feeling lonely or would benefit from local support, you can contact the Social Prescribing Team through any of the Christchurch PCN surgeries –

Highcliffe Medical Centre, Farmhouse Surgery, Christchurch Medical Practice or Stour Surgery. We're here to help connect you with the right services.

SEASIDE

Three little maids with buckets and spades
Buried their Dad in the sand,
He gave a great shout
When he couldn't get out
And his wife had to lend him a hand

Three likely lads, potential dads
To the seaside they drove their fast car,
Adventures to quench –
But when they heard men speak French
They knew they had swum too far!

By Anne R Jacobs, Poetry Group



New SWINGING SIXTIES GROUP

Commences 16th September at 2.00pm

If you were a baby boomer and loved the Sixties, then this presentation will be of interest to you!

Andy Dunn will be providing a PowerPoint discussion of this fascinating decade month by month with news, music, trivia & more! Share your memories!

Relive the Highs & Lows of the Sixties in Britain and around the World!

Sixties Music • Fashion • Pirate Radio • Classic TV

55 million suspicious emails reported by the public

Members of the public have reported 55.7 million suspicious emails to the Suspicious Email Reporting Service (SERS). The free service was created by the UK's National Cyber Security Centre (NCSC) in 2020 and since its launch has resulted in the **removal of 250,000 scams across 443,000 malicious websites.**

Why you should report phishing scams

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information.

The NCSC is a UK government organisation that has the power to investigate and take down scam email addresses and websites. Reporting a scam is free and only takes a minute. By reporting suspicious emails, messages and calls, you can:

- reduce the amount of scam communications you receive
- make yourself a harder target for scammers
- protect others from cybercrime online

How to report suspicious emails and text messages:

If you've received an email or text message that doesn't feel right, **STOP!**

- break the contact – don't reply, click on any links, call any phone numbers or make any payments
- check if it's genuine: contact the organisation directly using an email address or phone number you know is correct, eg from your utility bills, via a search engine, on the back of your card or by calling 159 for banks
- Report suspicious emails by forwarding them to: report@phishing.gov.uk
- Report suspicious text messages by forwarding them for free to: 7726

How to report suspicious phone calls:

If you've received a phone call that doesn't feel right, **STOP!**

- hang up
- check if it's genuine: contact the organisation directly using contact details you know are correct, such as those on a utility bill, official website, the back of your card or by calling 159 for your bank
- don't trust the Caller ID display on your phone – it's not proof of ID
- report it by sending a text to 7726 with the word 'Call' followed by the scam caller's number

If you have been a victim of cybercrime or fraud, tell the police at

www.reportfraud.police.uk

For advice and guidance on what to do if you have been a victim of fraud, please visit: <https://stopthinkfraud.campaign.gov.uk/recovery-from-fraud/>

The Great Boules Debate at Greystones House

It was a bright Tuesday afternoon at Greystones House, and the Petanque Section had assembled on the gravel pitch with the solemnity of a parliamentary committee and the accuracy of a toddler throwing peas.

Marjorie arrived first, armed with her measuring tape, clipboard, and the air of a woman who had once lost a match by two millimetres and never fully recovered. Brian followed, carrying his boules in a tartan bag that he insisted was “lucky”, though it had never produced any evidence to support this claim.

As the group warmed up, Sheila lobbed her first boule with surprising elegance — until it bounced off a rogue stone and rolled gently into the flowerbed. “That counts as out,” Marjorie declared. “It counts as artistic,” Sheila replied. Just then, newcomer Alan wandered over, holding a borrowed set of boules and wearing the expression of a man who had Googled “petanque rules” and immediately regretted it.

“So...” Alan began cautiously. “Is petanque the same as boules, or...?” He should not have asked. Marjorie gasped. “Petanque is a *type* of boules. Like how a square is a rectangle but a rectangle isn’t a square.” Brian shook his head. “No, no, no. Boules is what the French play on holiday. Petanque is what we play when we’re being serious.”

Sheila chimed in. “I thought boules was the game with the wooden balls?” “That’s bocce,” said Marjorie. “No, that’s the thing with the long green lawn,” said Brian. “That’s bowls,” said Sheila. Alan blinked. “So, what’s boules again?” Everyone pointed in a different direction.

The debate escalated until Luca — who had wandered over from the dance section, still wearing his tango shoes — declared dramatically, “In petanque, you plant your feet. In boules, you do not. It is about *rooting yourself to the earth!*” He demonstrated by planting his feet so firmly that he nearly toppled sideways. Eventually, the group agreed on a compromise:

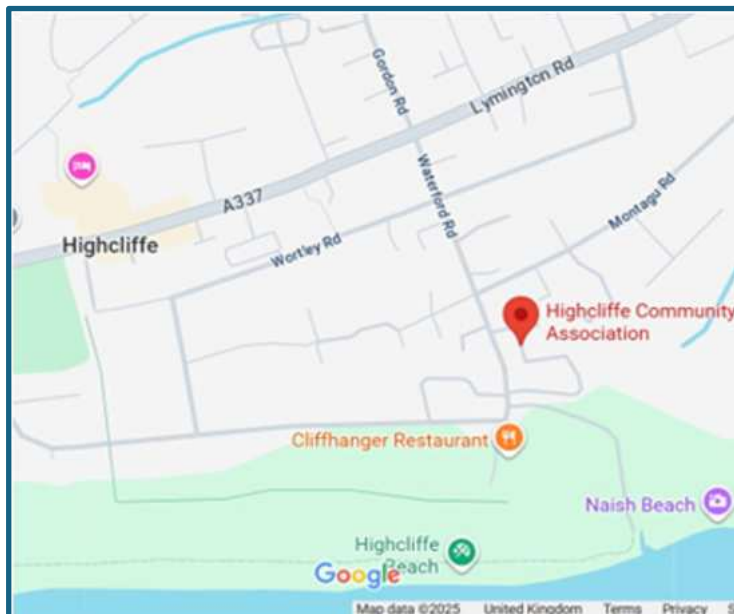
- Petanque is boules
- Boules is pétanque
- Except when it isn’t
- And nobody is to bring it up again unless refreshments are present.

With the matter “settled”, they resumed play. Alan threw his first boule. It landed beautifully, stopping just inches from the jack. Everyone stared. Marjorie narrowed her eyes. “Beginner’s luck.” Brian muttered, “Or witchcraft.” Sheila patted Alan on the back. “Welcome to the team. You’ll fit right in.”

And so, the Greystones House Petanque Section continued their noble tradition: playing with enthusiasm, arguing with passion, and understanding the rules only about 60% of the time — which, as everyone agreed, was more than enough.



Composed by
Microsoft
Copilot. All
characters and
disagreements
are purely
fictional!!



The location of the Highcliffe Community Association in Waterford Road

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

**Submissions to be received by Monday
17th August 2026**

**PUBLICATION DATE
27th August 2026**

This issue of the newsletter was edited by Hazel Stubbs

A woman with short grey hair, wearing a yellow t-shirt and dark blue leggings, is sitting in a meditative lotus position on a purple yoga mat. She has her eyes closed and a serene expression. To her left is a clear plastic water bottle with a blue cap. To her right are three brown yoga blocks stacked in a 2x1 configuration. The background shows a well-lit yoga studio with a wooden floor, a rack of colorful rolled-up mats (green, blue, purple, orange), a whiteboard on a stand, a clock on the wall, and several folding chairs. The text 'NEW Yoga Session' is overlaid at the top in a stylized font.

NEW
Yoga Session

Tuesday 11:30 am

**Contact Kerri Hampton
(07838 929021)**