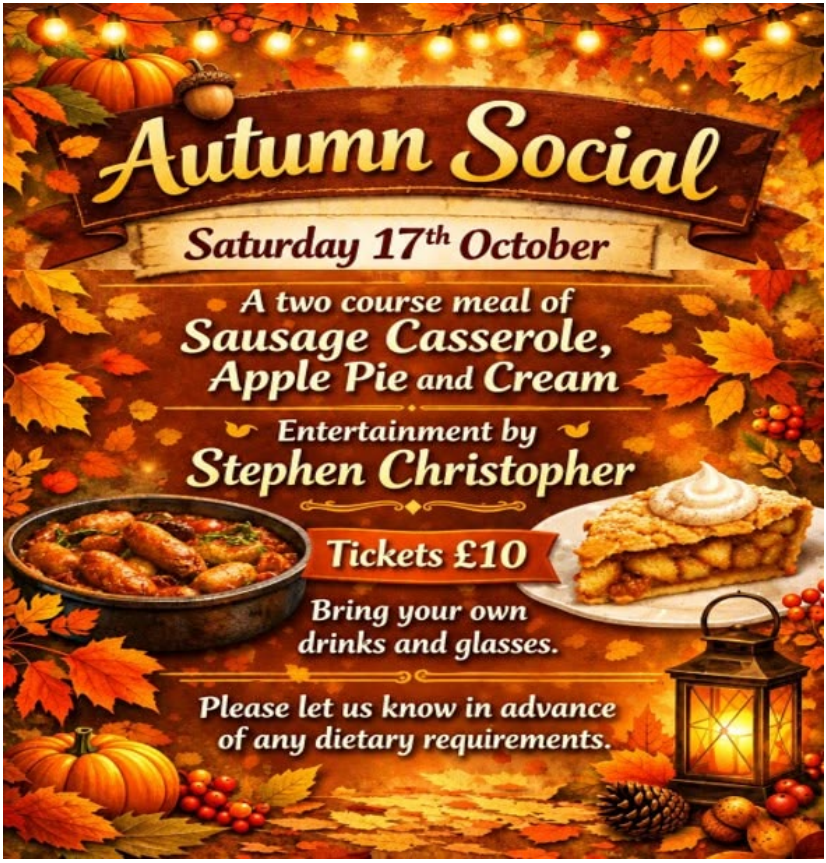
Highcliffe
Community Association at Greystones House

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



News and Programme of Events
October 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		Jigsaw Together	Tuesday am
Art	Tuesday am		Ladies Forum	Friday pm
Art	Tuesday pm		Languages French	Monday am
Art	Wednesday pm		Legs, bums and Tums	Tuesday am
Beetle Drive	Wednesday pm		Machine Quilting	Friday pm
Bingo	Saturday pm		Mahjong	Thursday pm
Book Group	Thursday am		Music Therapy	Thursday am
Bridge Duplicate	Monday evening		Needles	Wednesday am
Bridge Duplicate	Wed evening		Pétanque	Monday pm
Bridge Social	Friday pm		Pétanque	Tuesday pm
Bridge Beginners	Monday am		Pétanque	Wednesday pm
Bridge Rubber	Friday pm		Pétanque	Thursday pm
Bridge with Help	Monday am		Pétanque	Fri am and pm
Bridge Intermediate	Monday evening		Pétanque	Sunday pm
Canasta	Thurs evening		Photography	Thursday am
Cards – Bolivia	Monday pm		Pilates	Wednesday am
Carpet Bowls	Monday pm		Pilates	Friday am
Carpet Bowls	Friday pm		Poetry	Wednesday am
Chess	Monday evening		Quilting	Tuesday am
Craft	Thursday pm		Rambling & Ambling	Wednesday am See Text
Creative Writing	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		Swinging Sixties	Wednesday pm
Dancing-Line	Tuesday evening		Table Tennis	Monday am
Darts	Tuesday pm		Table Tennis	Thursday am
Darts	Thursday eve		Table Tennis	Saturday am
Discussion	Tuesday pm.		Tai Chi	Monday evening
Drama & Play Reading	Thursday pm		Whist	Wednesday pm
Flower Arranging	Wednesday am		Yoga	Monday am
Fun Chair Exercise	Wednesday am		Yoga	Tuesday am
IT Forum	Wednesday pm		Yoga	Wednesday am

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

CONTACT US

Telephone: 01425 271604
Email Newsletter copy: newsletter.editor@highcliffeca.co.uk
Website: www.highcliffecommunityassociation.co.uk

Role		**Email**
Chairman	Thelma Price	chairperson@highcliffeca.co.uk
Secretary	Pauline Pegram	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
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Trustee	Andy Dunn	andy.dunn@highcliffeca.co.uk
Trustee	Seonaid Phillips	Seonaid.phillips@highcliffeca.co.uk

CHAIRMAN'S REPORT

Thelma is on holiday at the moment so in order to retain this space for next month's newsletter here's a made-up ditty about a chairperson :-

She runs the raffle, chairs the board,
Sorts the rooms, never bored,
From bake sale queen to grant-form guru,
She's the glue that holds us through.

Committee meets on Tuesday nights *(afternoons, actually)*
She keeps the squabbles, keeps them light,
And when the charity gala's a mess,
She smooths it out — no stress, no stress.

So here's a toast, a rousing cheer,
For the one who volunteers year after year (*hopefully!*)
Our chairperson, our guiding light,
Who makes our HCA shine bright.

Advisory Council / Members Meetings

Anyone can come along to hear about developments at HCA and put forward any views – positive or negative!

All Sections should send a representative.

Next Advisory Council / Members Meeting date

TRUSTEES AND MEMBERS MEETINGS 2026

13.10.26	Tues	2.00	Trustees meeting
10.11.26	Tues	2.00	Trustees meeting
08.12.26	Tuesday	2.00	Trustees meeting
10.12.26	**Thurs**	**4.30**	**Members meeting**

HCA Opening 2026		
Closes	Opens	Reason
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. Please do not park at HCA (Greystones) if you are not attending a group here and are going off the premises. Please note that all cars are parked at owners' risk at Greystones House.

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

HONORARY PRESIDENT'S MESSAGE

Honorary President? There are no obligations, of course, but there used to be a monthly address.
Well, I could let our editors ask their electronic brain to fake one - but, siding with Sakari Oramo speaking at The Last Night of the Proms, let us have some Authentic Integrity before we are finally eliminated.
Eliminated! Currently preparing for an annual conversation between The Edward Thomas Fellowship & The Robert Frost Society - on an Ecology Theme - and practising the Thomas poems, I was aware of how many mention elm trees……
'The green elm with the one great bough of gold / Lets leaves into the grass slip one by one' - OCTOBER: Edward Thomas.
Trees - oldest and most benign inhabitants.
🌳 (I've just scrumped a quince - forgive me!)

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

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.

CHRISTMAS TREE AT HIGHCLIFFE CASTLE

Yes! Christmas already! We will be taking part in the Christmas Tree Festival at Highcliffe Castle again this year.
The theme for our tree will be “Bringing People Together”.
If your group would like to produce tree decorations based on this theme, please let me know.
secretary@highcliffeca.co.uk 07702198809

TRY SOMETHING NEW THIS AUTUMN

As well as the superb range of activities, the following new, or extra, groups will be running from September.

Tai Chi
These are beginners' sessions running on Monday and Thursday evenings.
Contact Patrick (07814 609556)

Beginners Bridge
This is a course for complete beginners or those who have played very little.
Mondays 9:30am
Contact Thelma (01425 501587)

Bridge with Help
If your Bridge is 'rusty' or you have played a little this may "suit" you.
Also meets Mondays 9:30am
Contact Shirley (01425 273684)

Line Dancing
By popular demand Clare has added a second session for beginners.
Tuesdays 6pm
Contact Clare (07983 558995)

Creative Writing
Monthly 4th Tuesday

Swinging Sixties
Andy will lead a presentation each month with discussion, news, music and much more.
Monthly 3rd Wednesday 2pm

DATES FOR YOUR SOCIAL DIARY

Event	Date	Tickets on Sale
Quiz and Chips	Saturday 3rd October	Monday 7th September
Tickets £14 bring your own drink and glasses. Doors open 6:30pm for 7:00 start.		
Autumn social	Saturday 17th October	Monday 7th September
A two course meal of sausage casserole, apple pie and cream. Entertainment by Stephen Christopher. Tickets £10. Bring your own drinks and glasses. Please let us know in advance of any dietary requirements.		
Quiz and Chips	Saturday 5th December	Monday 2nd November

MORE DATES FOR YOUR DIARY

Wednesday 7th October
Lasting Power of Attorney, a talk by Tony Ray-Bold. Start 4.15pm

Wednesday 18th November
A talk on Heart Health from Dr Chris Critoph, a local cardiologist. Start 4.15pm. Members only. Booking is advised – call in or phone reception.

Saturday and Sunday 28th & 29th November
Christmas jigsaw puzzle sale.
Entry will be £2 to include either a glass of mulled wine or a cup of tea/coffee and a mince pie.

Highcliffe Community Association

Music Therapy at HCA

Designed for anyone living with dementia, Alzheimer's, Parkinson's, or the effects of stroke who still love to sing and enjoy music, and their carers

We will meet on the 3rd Thursday of the month at 10.30 am

For more information please contact
meryljones@yahoo.co.uk
07703333542

SECRETARY

Email: secretary@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

www.highcliffecommunityassociation.co.uk

Are you considering trying out something new, meeting new people and perhaps learning a new hobby or skill?

We have many sections available for you to try out, check out the section lists within this Newsletter or via our website for information.

If you are already a member, maybe a friend or neighbour would be interested in joining, 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.

Membership Applications both New and Renewals can be completed online via our website if paying by BACS or via Reception if paying by cash or Cheque. The annual Membership fee is £10 and covers the period of 1st May 2026 - 30th April 2027.

Sandy Gale

Membership Secretary

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

For this October issue I take my turn at carrying out the full edit.

We are pleased to be able to include the first contribution from the newly formed Creative Writing Section. The Section members were given the prompt “The House Across The Road” and we had some fascinating short stories (all limited to 500 words) created for the first meeting. Aileen’s story is just one of the 10 or so we had to choose from.

We have also had permission from Chrissy Greenslade to include, in our newsletter, poems from one of her published books of poetry. Chrissy is an ex-HCA member who lives locally and has had several books of her poems published internationally, and has been featured on the radio. This month I've chosen the seasonal poem 'Autumn' from one of her books.

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)

The newsletters have been delivered around the various estate agents, solicitors, dentist and library in the village

There is an advert for us in the free magazines that you receive that I place with them monthly

Friday mornings are still very popular and if you fancy coming along, please do, we would be pleased to see you. Tea and coffees are available at £1.00 with biscuits

The artist changes each week, we have a piano player, keyboard player, singer and a singer / guitarist

We start at 10.30 and finish at 12pm with a break for the raffle just after 11am

Looking forward to meeting our new members and current ones

Thank you to Graham and Gordon who put the tables out for me.

Janet
Publicity

NEW 2 YOU LADIES BOUTIQUE

Opening times:

Tues 9:45am - 11:45am
& 1pm - 3.30pm
Friday 9.30 - 12.15

Autumn has finally arrived with colder mornings and the nights starting to draw in. The good news is that we can still enjoy the colours of autumn and be dressed to impress whatever the weather. The New 2 You ladies' shop has lots of lovely autumnal items for you, gorgeous scarves, gloves, boots as well as warm and cosy clothing, bags and some belts. We have also had a refresh on our jewellery. In addition to our autumn range we are continuing with our sale of summer items 50% off and our sale rail, so don't miss a great bargain.

One more piece of good news I am happy to share with you is that we have a lovely new volunteer Sheila, who recently joined our volunteer team. Sheila works on a Tuesday morning so please pop in and make her feel welcome.

Thank you 😊

Monica

LIBRARY CORNER

I hope that you have all had a lovely summer break and are now ready to participate in all that Greystones has to offer.

For the first time at the Jigsaw Fayre there was a table near the kitchen that held good quality 'doubles' of paperbacks (50p each) and hardback books (£1 each) that have been donated by our members. I will let you know in the next newsletter how much was made towards the Jigsaw Fayre.

Now is the time to start borrowing jigsaw puzzles ready for our autumn and winter months. We have a huge selection of 500 and 1000 piece puzzles and they are still only 20p per puzzle to borrow.

DON'T FORGET that we have large print books, DVD's, talking books, travel books, local history books, autobiographies, etc. etc. as well as our vast selection of paperback and hardback books **AND ALL STILL AT THE COST OF 20P TO BORROW ANY ITEM FOR A PERIOD OF UP TO 3 WEEKS !!!**

Looking forward to seeing you all soon
Regards, Barbara - Librarian

IN MEMORIAM

Contact Sandy

membership@highcliffeca,co.uk

Joan Barrett

Pat McKean

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: 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 Bridge
Membership Secretary John Lee-279257
For detailed information on the Duplicate Bridge Group visit **www.bridgewebs.com/highcliffe**
Club Play: Mon. & Wed. evenings 6.00pm for 6.15pm start. Host system operates.
Social Bridge: Fri. afternoon 1.20pm for 1.30pm start. Partners available.
Absolute Beginners: New course starts 28thSept. Contact – Thelma-501587
Bridge with Help: For members new to Duplicate Bridge wishing to gain experience in table play and etiquette. Sessions re-commence from 7th Sept at 9.30am.
Intermediate Bridge: Monday evening 6.30pm. Contact-Thelma or John.

BRIDGE – Rubber Bridge
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 7.30 pm to 10.30 pm weekly.
The chess section will be meeting on Monday evenings at 7.30 this year for both social play and match play. New members of all standards are always welcome. Please come along on any Monday for a trial run or contact me for further details.

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.

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 at 10.30am.
This new group started on 22 September. Please contact Ken Smith if you are interested.
ken.here@outlook.com
tel: 07443 580230

DANCING - Ballroom & Latin
Contact - Adele (07512339601)
Meetings - Tuesdays **1:30 – 4:00pm** Weekly, Room 1

The Tuesday ballroom & Latin dance sessions are now being led by our professionally ISTD trained teacher

We are changing the Ballroom Latin dance sessions to include an Improvers/ Experienced dancers

class :-

NEW TIMES

Starting Tuesday 1st September

1:30 - 2:15pm, Ballroom Basics, £5pp

2:15 - 2:30pm, Tea break

2:30 - 3:00pm, Social practice, £2pp

3:00 - 4:00pm, Improvers/Experienced dancers, £5pp

Ballroom basics is aimed at new starters/returning dancers

concentrating on the foundations.

Improvers/Experienced dancers –

increasing knowledge with more challenging figures, and new sequence dance once a month.

Please contact Adele with any queries.

Telephone: 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

Anyone interested in joining the group is requested to first contact Jan on the number above..

DANCING – LINE
Tuesday 4.30-5.30pm & 6.00-7.00pm
Contact – Clare (07983 558995)
Line Dancing for Beginners.
NOTE: NEW second group for Beginners at 6.00pm

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.

We started Wycherley's The Country Wife, with its dubious morality, in September and we have Ayckbourn's How the Other Half Loves, currently revived in London, Charley's Aunt, and some Tennessee Williams in the wings. How will these play out?

FLOWER ARRANGING FOR FUN

Contact Chris (272367)

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

Sadly ,I was unable to attend the first meeting in September due to my husband passing away.

The group carried on making their lovely arrangements and having a good chat.

Subjects for the coming weeks will include, Autumn, Halloween and Fireworks.

We really do need some new members to join us as our future is very much in the balance

We're a friendly group so, if you love flowers and would like to acquire a great new hobby come along and take a look.

For further details get in touch with Chris on 01425 272367

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 – Mike (mike.thacker@highcliffeca.co.uk)

Meetings 2–4pm on 2nd Wednesday of the month

14th October – Discussion and advice.

An informal session covering IT and related topics.

Next meeting – Cleansing Your Computer

Norman Huckle is retiring from his role as IT Forum lead after many years. Many thanks to Norman for his hard work and dedication over the years. Regular member Mike Thacker will be taking over. It has been decided to reduce the meetings to once a month.

The Forum is happy to receive requests from members as to problems that anyone has and we will try to sort them out.

Visitors are welcome to seek help and advice on computers, tablets and smart phones.
£2 per year to join and £1 per visit. First visit is free.

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.

As our booked speaker was unable to come to our September meeting we were very grateful to Gerald Ponting who stepped in at very short notice to give us an illustrated talk entitled "Among my Mother's Souvenirs", some family history and his mother's souvenirs certainly evoked childhood memories for members. Christopher Legrand will be our speaker on 9th October telling us about Vietnam and the Far East.

If you are interested in joining us or have any other enquiry. please contact Cherry, 01425 274184.

We meet on the second Friday of the month at 1.45p.m. for 2.00p.m. start.

Members Annual Subscription £2.00.
Members' Monthly Meeting Fee, £3.00
Visitors' Meeting Fee, £3.50

LANGUAGES - FRENCH
10a.m. Monday, weekly Clive Sampson 279029

We have a few vacancies for accomplished French speakers able to maintain conversation in this language. Please phone Clive if you are interested.

LEGS, BUMS and TUMS
Weekly, Tuesdays 9 am sharp – 9.45
Cost is £6.00 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
Having had a lovely summer, some of our ladies have gone to Exhibitions and Workshops where they were shown beautiful pieces of work from which we

all may learn. Our new members are settling in and we are looking forward to starting again.

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

We are all back at Greystones after the summer break during which fabulous new kitchen has been fitted and the coffee lounge has been refurbished. It is now much lighter and more inviting. Both the kitchen and reception are looking for more volunteers due to some existing volunteers having to step back due to illness or family commitments.

Here are the rest of the hands nicked from the Milford group, Mr Robert, Teachers, Mr Rogers and United Nations. Firstly the easy one.

Mr Robert – a chow in each suit with a forth chow in any suit and a pair in any suit.

Then the slightly trickier ones with mixed chows.

Teachers – 3 mixed chows, a pung of dragons and a pair of winds

Mr Rogers – 4 mixed chows and a either pair of white dragons or 1 red and 1 green dragon.

United Nations – 2 mixed chows, 1 of each wind, 1 of each dragon and any wind or dragon paired.

With the change of seasons we have had several new players join us to try out Mahjong. The first session is free to see if you enjoy it, after that it is £10 per annum to join Greystones (if not already a member) and £2 per annum to join the group. Then each week that you turn up you pay £1 to play and £1 for tea/coffee and biscuits (optional). Where else could you have so much fun for that price!

MUSIC THERAPY
Contact meryljones@yahoo.co.uk or 07703 333542
We continue to welcome new members to our fun singing group where we sing well known songs and accompany ourselves with a variety of percussion instruments. We are increasing our advertising to attempt to reach a wider audience. If you know anyone who might benefit from a morning of music please come along or pass on our details. Thank you. Our meetings for the remainder of 2026 are on October 15th, November 19th and December 17th.

NEEDLES GROUP
Contact Lee on 07444 562082
Meet 9.30am every Wednesday.

Over the summer many of us met up for lunch and Jean provided a wonderful fruit cake.

We now continue on our projects, including the pattern making, where we have assistance from a member of the

group. We knit, crochet and embroider, as well as alter clothes taking advice from members.

New members are always welcome, just come along, bring your own project and have a lovely natter at the same time.

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 or call me on 01425 280 154

PHOTOGRAPHY
Contact–Jeff Palmer (07970 608011)
Meetings – 2nd Thursday each month.
Room 11: 10.30 – 12.30
Our next meeting is on Thursday 8th October.
We start by reviewing our photographs for this months subject of Buildings. Followed by a presentation from Jim Wyhte on London.
Everyone is welcome. It's not too technical and you will find us
a very sociable group.

PILATES
Contact Debbie (07523 408368)
Meeting Wednesday and Friday (8.45-9.45am)

POETRY
Susan c/o Greystones
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
Class currently full - waiting list in operation

QUILTING
Contact – Anna (01202 809700)
Meetings – 9.30am Tuesday Weekly
Email: anne.hutton27@sky.com

Having enjoyed a lovely and sunny summer we will be pleased to see each other again and think of any new and original quilts, whatever would suit us best. Our new members are settling in and making great pieces of work.

RAMBLES AND AMBLES

RAMBLES FOR OCTOBER 2026

Rambles Coordinator - Sarah (07596 956200)
Unless otherwise stated walks start at 10am at the car park mentioned and are between 5 & 6 miles long. Any alterations or updates will be advised to members by email. Contact the walk leader or rambles coordinator if you have any queries. New members are always welcome to our friendly group. Please note that dogs are not allowed.

Wednesday 7th October
Cadmans Pool
Leaders - Ann & Bryn (274363 / 07535 331875) Meet Cadman's Pool CP, Ref 229/123. Turn left at end of Bolderwood Drive Continue under A31 and take 1st turning on RHS towards Fritham. CP on LHS after approx. 1 mile

14th October
Secret Stanpit Marsh Walk
Leaders - Mila (07946-462054) & James Wheildon (07963-288206)
Meet - Mudeford Cricket Ground play area, Ref 175/923, junction of Pauntley Road (BH23 3JL) and Warren Avenue, Mudeford. If needing the cricket ground toilets, can also park in Ledbury Road (BH23 3LB). Walk is 4-5 miles. Includes Mudeford Sailing Club & the old Stanpit golf course, but "the secret part" (off the beaten track by the estuary) is a challenging section over two stiles, through marsh reeds and across railway sleepers often under the watchful eyes of the marsh ponies or cows. Boots & gaiters or wellingtons are advisable as this stretch can be wet and boggy even in summer, especially if there's been recent heavy rain or a high tide. For those who don't fancy the challenge, Mila will lead ramblers to where we will have our break by the old Christchurch council offices

21st October - TBA Nigel will lead

28th October – TBA

AMBLES for OCTOBER 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.
We are each responsible for our own safety on these walks.
Unfortunately, dogs are not allowed.

Wed 7th Oct
Whitefield Moor CP ref SU274 027 (SO42 7QD)
Leader: Graham
Take the A35 north as far as the Ornamental Drive crossroads then turn right onto Rhinefield Road. Continue past the Rhinefield House Hotel and after a further 1.25 miles, the CP is on your left. There are toilets at this CP.

Walk is approx. **3.8** miles covering Hincheslea Moor, Holm Hill, Clumber Inclosure (coffee stop), and Aldridgehill Inclosure. There are gradual inclines throughout.

Wed 14th Oct - TBA

Wed 21st Oct - TBA

Wed 28th Oct - TBA

ROCKIN' ROBINS

Contact – Meryl (277325) or Jenny (272628)
Meetings – 2:00pm
2nd & 4th Mondays
We are a large singing group who sing songs from the shows, modern pop songs, older classics and everything in between. We are accompanied on the keyboard by the lovely Mark and led by the lovely Meryl. Always an afternoon of fun. We are currently at full capacity but please contact us and we will pop you on our waiting list.

RUMMIKUB

Tuesday – 1.30pm to 4 pm
Contact Margaret via Greystones

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: October 1st and 15th.

SWINGING SIXTIES

This new group meets every third Wednesday of each month at 2pm.
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 presentation to discuss this fascinating decade month by month with news items, music, trivia, and many articles of interest. It is not intended to be a lecture, but for you to discuss your own personal memories to share with others.

There was so much going on in the early Sixties which you heard of but never understood because (like me) you were too young. With this presentation I will cover the high points as well as the low points of what happened in Britain and some important topics that occurred around the world.

It is a rolling programme, so each month it will continue where we finished the previous month.

So, if you love sixties music, fashion, pirate radio and past radio and television programmes and some trivia – then this is for you.

For more information, please contact Andy Dunn.
andydunn1953@hotmail.com

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 and Thursday 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 11:45am NEW – CHAIR YOGA
Contact Kerri to book (07838 929021)
Kerlip20@hotmail.com

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, 5 October. Doors open at 7.00pm for a 7.30pm start. A talk by Ben Turner, entitled 'Bulbs from South Africa'. Ben is a local horticulturist and is returning to share more of his extensive knowledge and his amazing plants. Venue St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments will also be available plus plant sales and a raffle. Non-members are very welcome £3. Enquiries to Linda Law on 07769 748187.
www.highcliffehorticulturalsociety.co.uk

HIGHCLIFFE FRIENDS IN NEED
Volunteer Car Driver Scheme (for residents in BH23 “4” and BH23 “5” postcodes
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.
Website: http://e-voice.org.uk/hfin

CAN YOU HELP? HIGHCLIFFE FRIENDS IN NEED
More Volunteer Drivers are urgently required. 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.
Website: http://e-voice.org.uk/hfin

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
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.

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**

AUTUMN

For many people autumn brings
Depression amongst other things,
For it's a time which can bring sighs,
When winter waits as summer dies.

But it is such a special time,
Of mellow fruit and mature wine,
A time of gentle garden chores,
Of coloured leaves,
gold-brackened moors.

As the last swallow flies away,
The haws and hips make
hedgerows gay;
For creatures who need winter sleep,
It is time to store and reap

Their harvest – and for me and you,
It's steaming soup and warming stew,
The earth and trees are glad to rest,
The hedgehog curls up in his nest.

We put our summer clothes away,
But still enjoy a sunny day,
And after limp and languid heat,
The nip of cold is crisp and sweet.

The swirl of leafy, bonfire smoke,
Our senses please, pictures provoke
Of roaring fires and buttered toast,
Those cosy times we love the most;
Of curtained windows, cups of tea,
And special programmes on T.V.
Late out of bed, as days are cold,
The winter young, the summer old.

Our outdoor work becoming less,
More time to read, relieved of stress.
Our letters can be answered too,
Because the daylight hours are few.

And when we're tired of being indoors,
Weary of sitting, doing chores,
Autumn then shares its
greatest treasure,
Paints red-gold landscapes for
our pleasure.

It brings us mild and balmy days,
And soothes us with its winning ways,
We crunch the leaves beneath our
feet,
Smile at the people whom we meet.

Autumn arrives for many reasons,
So be grateful for our change
of seasons,
With optimism hope will grow,
As we welcome autumn and
let summer go.

Reproduced with the kind permission of Chrissy Greenslade (local poet and ex-HCA member) from her book of poems 'Rainbow Of Love' published by Petra publishing, Bournemouth, 2001

The House Across the Road

By Aileen Luchoomun (Creative Writing Section)

"Good morning. Am I through to the Environmental Department of Camden Borough Council? Do you deal with noise pollution? Am I speaking to someone in charge of complaints?

My name is Marion Stewart, **Miss** Marion Stewart. I have lived in Camden all my life. I am used to the constant traffic noise, to the hollering of market traders, to children playing and screaming in the park. I am NOT DEAF. This is a matter of pride, as many of my friends have hearing aids. I repeat. I am NOT DEAF.

I am calling today about SERIOUS noise pollution. I will give you my address. I wish to make a complaint about the noise emanating from the house across the road. The building was a private house, but is now rented out as a house of multiple occupancy. I see many young people coming and going. They LOOK perfectly normal, but their noise is driving me CRAZY. There is no respite.

Always 8 notes and multiples of eight. UP and DOWN, then slightly different multiples of eight, UP and DOWN. The quality of the sound varies and the timbre: high, low, up, down. It's endless. I get no respite from it. I need you to **do something**. It is intolerable."

A week passes, then SILENCE from the house across the road.

Miss Stewart's doorbell rings.

A group of young people stand at her door, each carrying a case of different shape and size. A tall, rather good-looking man, steps forward.

"We have come to apologise. We are so sorry that we have disturbed you. The Department of Environment at the Borough of Camden has offered to fund a sound proof room for our practice, so you will not be bothered any more. We are students at The Royal Academy of Music. I am Simon, a violinist."

One by one the other young people step forward.

"Peter. Double bass player."

"John. I'm a pianist."

"Siham. Clarinet".

"Jack. I play the French Horn"

"Mohammed. Cor Anglais”

"Eva. I'm a cellist"

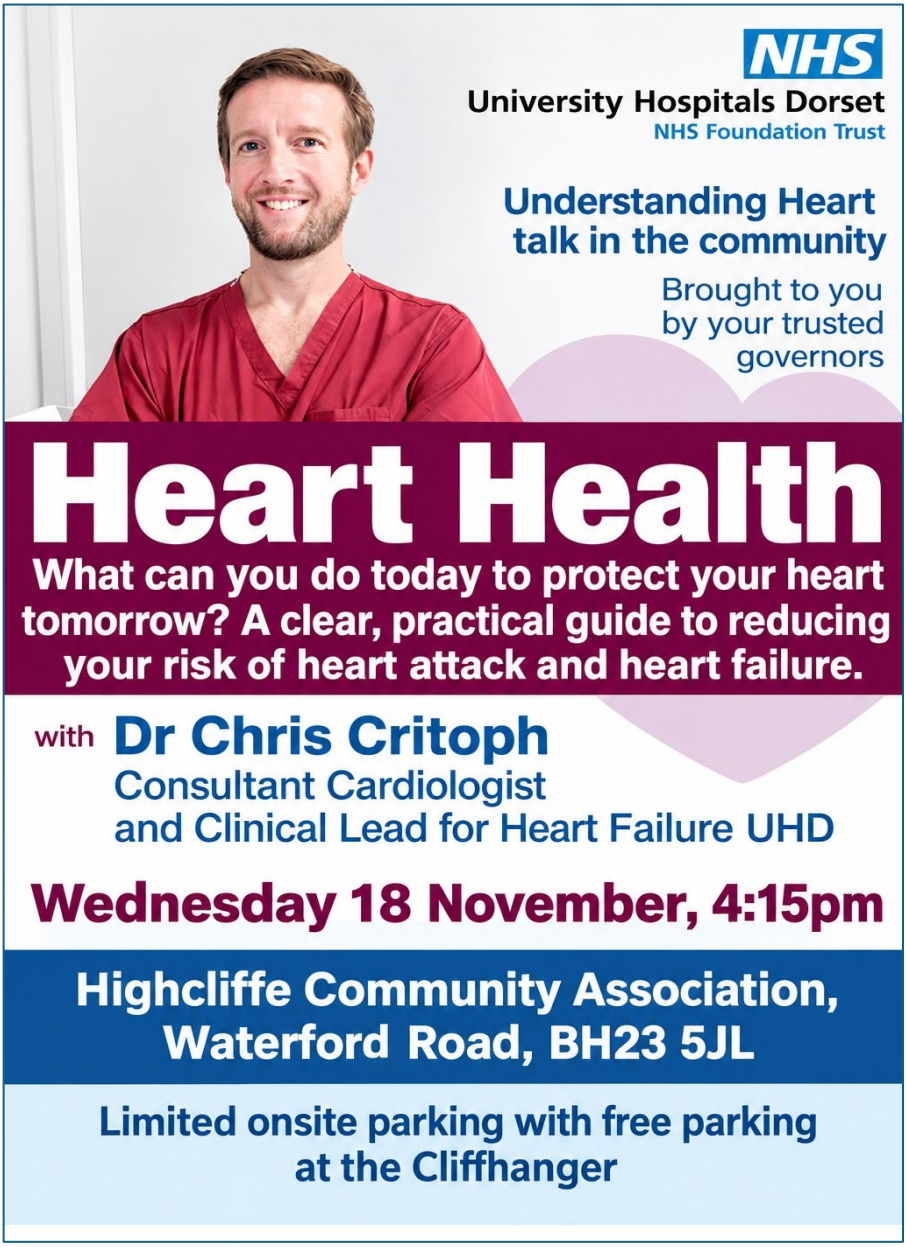
"Fiona. I play the flute".

Simon continued, "We are so sorry that we have made your life a misery with our scales practice. We would like you to accept a ticket for our concert next week. We will be playing together in Mahler's 5th Symphony. It won't just be scales. We will each have our own part to play, either separately or together."

Miss Stewart was charmed by the young people and agreed to attend their concert. Despite living in London all her life, she had never been to a classical music concert. Mahler's music was entrancing. It transported her to another world.

After the concert, Miss Stewart found herself missing the noise from the house across the road. She felt old, foolish, ashamed and grateful all at the same time. She could not think how to thank the young people, so she made a large cake. Carrying the cake carefully, she tottered over to the house across the road.

This is the first contribution from the HCA’s newly formed Creative Writing Section. We thank Aileen, the author, for this short story. As the Section intend to restrict stories to 500 words for time-keeping purposes during the meetings, the blank half page has been completed with some AI-generated artwork to illustrate the story, but in future may include a poem from the Section. Editor:


NHS
University Hospitals Dorset
NHS Foundation Trust
Understanding Heart talk in the community
Brought to you by your trusted governors
Heart Health
What can you do today to protect your heart tomorrow? A clear, practical guide to reducing your risk of heart attack and heart failure.
with Dr Chris Critoph
Consultant Cardiologist
and Clinical Lead for Heart Failure UHD
Wednesday 18 November, 4:15pm
Highcliffe Community Association, Waterford Road, BH23 5JL
Limited onsite parking with free parking at the Cliffhanger

Made with AI

SUBMITTING ITEMS TO THE HCA NEWSLETTER

We love to get your submissions for the **HCA Newsletter!** Here are the ways you can submit content for our community newsletter to ensure it reaches publication.

There are 3 official methods for submitting your items:

Email:

newsletter.editor@highcliffeca.co.uk

Word Document:

Attach as a..doc or..docx file

Handwritten Note:

Drop off at Greystones

- ALL text PDFs will need to be retyped. Posters and images are okay.
- Remember to include your name and contact details with your submission.

Key Deadlines to Remember:

Copy Deadline: 10 Days Before

Please submit articles at least 10 days prior to the last Thursday of the month.

Editors Layout & Formatting

Trustee Final Proofreading

Publication Day: Last Thursday of the month

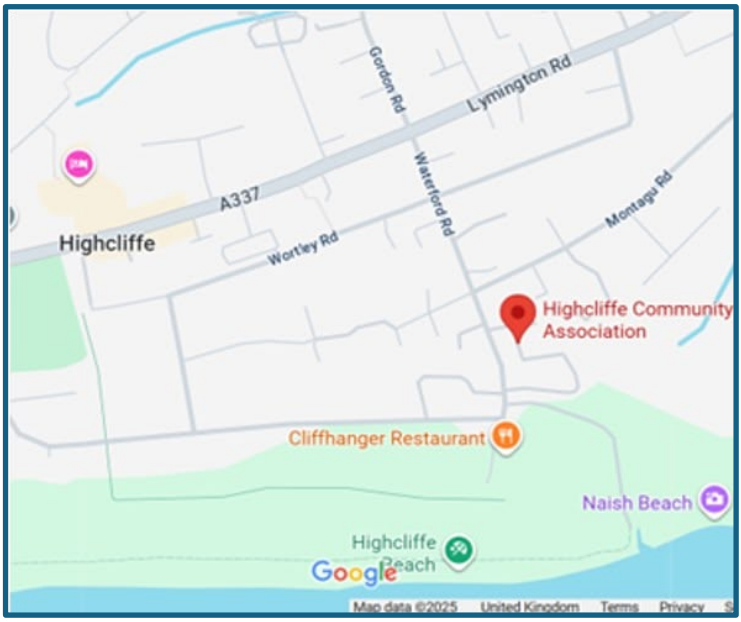
Newsletter goes out for your reading pleasure.

Late submissions cannot be guaranteed inclusion.

Thanks so much for your understanding and prompt submissions!

Your News Matters

Photography Section
Highcliffe Community Association
next meeting
8th October 10-30 to 12.30
Presentation by Jim Wyhte
London
NEW MEMBERS WELCOME
Highcliffe
Community Association
at Greystones House



The location of the Highcliffe Community Association in Waterford Road

COPY DATE FOR NEXT (November) ISSUE OF NEWSLETTER

Submissions to be received by Monday 19th October 2026

PUBLICATION DATE

29th October 2026

This issue of the newsletter was edited by Graeme Stringer

Highcliffe Community Association

Chair Yoga

Tuesdays 11:45am

Spaces limited ! Contact Kerri to book.

Tel: 07838 929021

kerlip20@hotmail.com