



Highcliffe

Community Association
at Greystones House

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

NEW & EXTENDED ACTIVITIES

TAI CHI

Relax • Balance • Wellbeing

Gentle exercise for body and mind.

BEGINNERS BRIDGE

Learn the World's Favourite Card Game

No experience needed. Friendly tuition for complete beginners.



BRIDGE WITH HELP

Play, Learn and Improve

Support and guidance available while you play.



LINE DANCING

EXTRA CLASS ADDED!

Fun, fitness and friendship to country and popular music.



CREATIVE WRITING

Stories • Poetry • Memoirs • Imagination

Share ideas and develop your writing in a welcoming group.



SWINGING SIXTIES

News, Music & Much More!

Relive the sounds, fashions, events and memories of the fabulous 1960s.



Everyone Welcome!



See page 9

News and Programme of Events
September 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
Chess	Tuesday evening	Rambling & Ambling	Wednesday am See Text
Craft	Thursday pm	Rockin' Robins	Monday pm
Creative Writing	Tuesday am	Rummikub	Tuesday am
Dancing – Ballroom, Latin & Sequence	Tuesday pm	Scrabble	Thursday am
Dancing - Circle	Monday pm	Swinging Sixties	Wednesday pm
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
IT Forum	Wednesday pm		

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	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
Premises	Graham Moss	maintenance@highcliffeca.co.uk
Governance	Pauline Pegram	Pauline.pegram@highcliffeca.co.uk
Newsletter and posters	Graeme Stringer	graeme.stringer@highcliffeca.co.uk
Trustee	Andy Dunn	andy.dunn@highcliffeca.co.uk
Trustee	Seonaid Phillips	Seonaid.phillips@highcliffeca.co.uk

CHAIRMAN'S REPORT

Thank you to all the members who attended the AGM on the 16th July and thank you to Meryl for her time as a trustee and then Chairperson last year. For those who don't know me, my name is Thelma Price and I have taken over as Chairman. We now welcome 4 new trustees to the committee: Andy Dunn, Graham Moss, Graeme Stringer and Seonaid (Shona) Phillips.

Thank you to Tom Durham who has agreed to be President for the year. Details of all the trustees are shown above.

By the time you read this we should have (or nearly have) a new kitchen and the coffee lounge, "Fred and Daisy's Place" as it will be known, should be completely refurbished.

September promises be a busy month with established groups returning, several new sections starting, 2 films - details are advertised in Greystones House - and a talk from MacMillan Caring Locally.

I hope that you all had a good summer and look forward to meeting lots of you during the year.

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

08.09.26	Tues	2.00	Trustees meeting
10.09.26	Thurs	4.30	Members meeting
13.10.26	Tues	4.00	Trustees meeting
10.11.26	Tues	2.00	Trustees meeting
08.12.26	Tuesday	4.00	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

'One piece in the Community puzzle'

You think it's all over - and suddenly, out of the blue, you are honoured with a Presidency, with your name in gold on a board listing some very worthy ladies and gentlemen. Thank you.

Amazed at the surfeit of jigsaws for the August Fair it seemed to me that we are all unique pieces trying to find our place in various puzzles. Sometimes we are put in our place.

In my first years visiting my parents in Highcliffe I was pleased to meet past presidents Stanley and Phyllis Sharpless. I suddenly discovered that the RSC had been touring the country, and the world, with one of Stanley's witty and slightly naughty verses 'Cupid's Nightcap'. The RSC had been unable to trace the poet - one of Britain's most prolific parodists - and there he was in Kilminster Way.

Here is a verse of Autumn - not by Sir John Betjeman but by Stanley.

'Autumn's such a busy time, dear,

(Try this pippin; it's a beaut);

Madge is putting on a slide-show

At the Women's Institute'.

Have a good Michaelmas Term everyone.

Tom Durham.

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.peggram@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.**

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 23rd September

Macmillan Caring Locally. A talk about the history of the charity and how they support our local community. Guest speaker Neal Williams, Trust Secretary. Start 4.15pm. Open to members and non-members. (see poster on p.28)

Wednesday 7th October

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

Wednesday 18th November

A talk from Dr Chris Critoph, a local cardiologist. Start 4.15pm

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.

JIGSAW FAYRE

A huge thank you to all the volunteers and the cake bakers, also anyone that helped in any way to make the jigsaw fayre such a success without your support this event would not be possible. Also a thank you to the people who actually came along and purchased both the jigsaws and the wonderful home made cakes.

Over the week we raised a total amount of £2562

We sold over 400 puzzles but do have 500 puzzles in the attic wrapped and ready for next year so at this point in time we will not be giving out puzzles to be made up but we will still be accepting donations of boxed 500 piece puzzles. **WE DO NOT REQUIRE 1000 PIECE PUZZLES.**

Hope to see you there. Thank you all once again.
Jan.

KITCHEN REFURBISHMENT

The Kitchen refurbishment is well on the way to completion, but, for the first week back after the summer break, the coffee lounge may be out of use. Please remember to give your orders to the kitchen staff and collect your drinks from the kitchen to take to your group.

There will be NO access to the kitchen at all on Monday 7th September. Please bring your own refreshments.
Thank you

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

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

Welcome back to all our members, we hope you have enjoyed the August break and have recharged your batteries.

We hope you are looking forward to continue with your section(s) or even considering trying out something new and meeting new people and perhaps learning a new 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.

www.highcliffecommunityassociation.co.uk

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.

NEWSLETTER EDITOR

Newsletter.editor@highcliffeca.co.uk

For this September issue we welcome back Jan Ball to carry out the bulk of the editing. Thank you for your continuing support, Jan.

For my series of AI-generated short fictional stories about one of our Section activities, this month I've put our Mahjong Section under the spotlight. As with the Pétanque story from last time, I've never played Mahjong myself, and if I ever did, I can imagine being in the same predicament as the fictional narrator in the story! With the start of the Creative Writing Group this month, it is possible, for a change, we will be able to include a short story written by a human in next month's newsletter, and I for one will look forward to that.

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



Well can you believe the summer we are having. Luckily for us we have lots of lovely summer items in the shop now with up to 50% off (green ticket items only). So, if you fancy a bargain then please pop up and see us. Our sale rail has been restocked and all items are £2 each.

We will also be starting to think about Autumn so keep an eye out for gorgeous autumnal clothes / accessories coming your way. On that note we could do with some more items for autumn and winter, including scarves / bags / jewellery as well as jackets and jumpers etc.

We have noticed a dip in the number of people coming into the shop of late so please pop in and have a browse and if you feel we need to do something different then please let us know.

Finally, a big thank you to Hazel, Jean and Sheila who all came in and worked in the shop during the jigsaw fayre, your time and effort is always appreciated.

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

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.

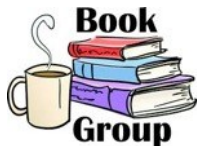
BOOK GROUP

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 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 28th Sept. 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 7.15 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 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

Our dance of the month for September is Charlene's Celebration. Some of you might remember this was a demonstration dance at our Christmas Evening a couple of years ago. Here is your chance to learn the moves and enjoy dancing it yourself. 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.

Our Gothic frolic, the libretto of Gilbert's RUDDIGORE, has returned to the library and we resume on 10th September. Sir William Wycherley's COUNTRY WIFE has been invited to meet naughty Mr. Horner, and maybe CHARLEY's AUNT.

A more contemporary challenge may pop up if inspiration strikes. Any suggestions?

FLOWER ARRANGING FOR FUN

Contact Chris (272367)

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

Welcome back after a very hot summer break.

For our last meeting in July, we all enjoyed an afternoon tea at the Castle and are now looking forward to another term of creating beautiful and varied flower arrangements.

Sadly, our Treasurer Barbara has decided to retire and we would like to thank her for all the years sorting out the 'cash' and we will miss her.

This also means our numbers are dwindling, so in order to keep the group going we urgently need some new members, so please think about joining us. You do not need any previous experience of arranging, just a love of flowers, we can help with advice and design ideas. We're a friendly group and you could acquire a great new hobby to cheer the oncoming dull autumn days.

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 – Norman (275674)

Meetings 2–4pm 2nd & 4th Wednesdays



9 & 23 September -

Discussion and advice. An informal session covering IT and related topics raised by members. Visitors are welcome to seek help and advice on computers, tablets and smart phones. 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.

In June, HCA's Ladies' Forum members were treated to another fascinating talk by Brian Pettit, this time on Scottish Wildlife. In July we met at Otter Garden Centre to enjoy scones and a drink in a mercifully air-conditioned room. Then, with Greystones closed for August, we had a very enjoyable lunch at Barton-on-Sea Golf Club. On 11th September Jill Bentall will be telling us about "Growing Old Disgracefully". Perhaps we will have some tips of our own!

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



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

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 September 17th, October 15th, November 19th and December 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

We had a competition with our Tuesday and Friday afternoon Pétanque groups the weather was perfect girl power won again with Linda Turenhout and Caroline Starr winning the Ricky Smith cup congratulations to you both I think it is worth a mention that Linda has won it four times which is a massive achievement

John Chaston, Jeremy Knew and Mark Griffiths were presented medals for coming runner ups and Joan Fisher and Pat Parsons won the supplementary Cup well done everyone

It was good to get the two groups together and was a very enjoyable afternoon.

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
10th September at 10.30am in Room

11. We will start by reviewing our photographs for this month's subject of Transport. This will be followed by a presentation from John on Snapseed Perspective.

Everyone is welcome, it's not too technical and you'll find us a very sociable group.

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

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 SEPTEMBER 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 2nd September

Bramshaw Wood/Shepherd's Gutter

Leaders - Andrew and Diana (07749 206567)

Meet at Nomansland: On A35 turn L into Bolderwood Ornamental Drive. At the end, turn L at the junction after Bolderwood CP. Go under A31 and take first R signed 'Stoney Cross.' After 2 miles turn L at the T junction on to Forest Road. Go past Fritham and take the L fork to stay on Forest Road (fingerpost marked to 'Nomansland & Godshill'). Go straight across at the junction with B3078 & follow Forest Road into Nomansland. Parking area is on the right opposite the Lamb Inn.

Wednesday 9th September

Pigbush

Leaders - Ann & Bryn (274363 / 07535 331875)

Meet – Pigbush CP, Ref 363/051. Take A35 thro' Lyndhurst. After the old hotel on RHS turn R on to B3056 towards Beaulieu. CP approx. 4½ miles on RHS.

Wednesday 16th September

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

Wednesday 23rd September

Leader Nigel

TBA

Wednesday 30th September

St Catherines Hill

Leaders – Barry (07386 903082) & Heather (07918 891141)

Meet, SE Corner of Hillside Drive, Ref 144/950 (Google Earth Coordinates: 50 deg 45' 15.87N, 1 deg. 47' 55.69W) From Fountain roundabout, take Fairmile Road towards Hurn (B3073). After 2nd roundabout, take 2nd turning on the R into Hillside Drive. Continue up the short hill, around LH bend to park on the roadside opposite grass.

(This road is a Bus Route so park on same side)

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.

Wednesday 2nd September Standing Hat CP ref SU314 036 (SO42 7QJ)

Leader: Graham

Travel northward on A337 to Brockenhurst, over the the railway crossing and after half a mile TR onto B3055 at Balmer Lawn. After 300 mtrs, bear L onto the gravel track and continue to the CP at the far end of the track. Walk is approx. 3.8 mls long mostly on gravel tracks, with some gradual inclines. Coffee stop half way around.

Wednesday 9th September TBA.

Wednesday 16th September TBA

Wednesday 23rd September @10 am Start from the car park behind the Queens Head Pub, Burley. BH24 4AB . 2 Hours £3.20

Leader: Jerry

Circular walk approximately 2.50 miles in length around the village of Burley. Mainly firm paths that inclines at one stage and has one stile.
No coffee stop midway but plenty of cafes in Burley at the end of the walk.

Wed 30th Sept

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

The year is passing so rapidly, it's amazing to think that our very hot summer is almost over.

We enjoyed our annual Rummikub afternoon at Margaret 's, and our new Treasurer, Hazel Bolton, invited us to her home on two other occasions during the summer break, so many of us have enjoyed meeting up throughout August.

It will be nice to get back into our usual routine though and I look forward to seeing you all in September.

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: September 3rd and 17th.

SWINGING SIXTIES

The new group about the 1960s will commence on 16th September at 2pm. It is called the Swinging Sixties Group

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 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

Saturday, 5 September. Open Autumn Show. Doors open at 2.00pm. Prize giving 3.30pm. Come along and see the Horticulture, Home Produce and Photographic entries. At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe BH23 5AA. Refreshments, plant sales and a tombola. Non-members are very welcome £1. 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](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.

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**

STARSHINE

Late last night
The stars shone bright,
There was no moon, gone was the
day,
They beckoned me from far away.

They were swinging, to and fro,
They called me but I would not go,
They sang to me, they whispered
"Come",
I would not answer, I was dumb.



I put my hands over my ears,
I shut my eyes, full of tears,
I closed my mouth, I disobeyed,
I waited for the stars to fade.

Anne R Jacobs, Poetry Group

Confessions of a Mahjong Novice

A meeting of the Mahjong Section at the HCA, Greystones House, Highcliffe

I joined the Mahjong Section at the HCA, thinking it would be a gentle way to spend an afternoon. A bit like dominoes, I imagined. How wrong I was. On my first day, I was greeted warmly by the group.

"Don't worry," said Brenda, sliding me a cup of tea, "Mahjong is simple once you get your head around a few terms."

A pause. Several people exchanged meaningful looks. "Which terms?" I asked. Brenda smiled sweetly. "All of them."

The table was set with beautiful tiles—little works of art with bamboo, circles, characters and winds on them.

"First," said Nigel, "you need to build a wall." "A wall?" I looked around Greystones House. "We're in a very nice building. Do we need more walls?" Laughter all round. It was only the first of many.

We began. I was dealt a hand of tiles that looked like a code from an ancient civilisation. Nigel explained, "You want a winning hand, or Mah Jong." "Mah Jong?" I echoed. "That's right," he said, as if it were obvious. "Not to be confused with Mahjong, which is what we're playing."

I made a note to self: don't get Mah Jong confused with Mahjong.

Then came the first real test. Brenda picked a tile and declared, "Pung!"

"Pong?" I asked. "Like in the Olympics?" "No, a pung. Three of a kind." "Oh. Like a set." "Yes," she said patiently. "Well done. Would you like a biscuit?" I took two.

A few hands later, Sheila excitedly called, "Chow!" "Is that a dog?" I asked.

"It can be," Sheila replied, "but here it means a sequence. Three tiles in order."

"Right. Not woof, but wow." Sheila smiled. "You'll get there." I was not so sure.

Then someone said, "Kong!" and added a fourth tile to her set. "King Kong?" I ventured.

"Bigger," said Nigel. "A kong is four of a kind."

"Of course. Why didn't I see that?" "Because Mahjong loves to keep you humble," he replied.

Just when I thought I was beginning to understand, the game threw me another curveball.

"I'm going to declare a Mah Jong!" cried Brenda. I nearly dropped my tea. "Again? Didn't we already talk about Mah Jong?"

"No," she laughed. "Now I'm saying I'm going out."

"Going out?" "Yes. I have a complete winning hand."

I clapped. "Congratulations!"

"Thank you. And that," she added, "is how you win." But not for long. Sheila shook her head. "Wait," she said, "I'm going to declare a Ron."

"A what?"

"Ron. It means I can win off your discard.

"Ron?" "Yes. Not Ronnie, just Ron."

I wondered if Mahjong came with a family tree.

As the afternoon went on, the terms multiplied like tiles on a table. We had Flowers and Seasons, Dragons and Winds.

We had the Dead Wall (which sounded dramatic but was really just the last row of tiles).

We had Discards, Melds, and the mysterious Charleston (which, thankfully, we decided not to do in the middle of the game).

I even heard someone say, "That's a tenpai hand," which I assumed meant the tiles were tired. I asked Nigel if there was a glossary.

He grinned. "There is. It's called experience."

By the end of the afternoon, I hadn't won a single hand. But I had learned that Mahjong is part memory, part strategy, and part vocabulary test.

It's also great fun, full of friendly banter, surprising comebacks, and the odd dramatic gasp.

As we packed up, Brenda said, "You did brilliantly for a beginner."

"Thank you," I replied. "I still don't know half the terms, but at least I know where to look them up."

"And next time," said Sheila, "you'll know when to pung, when to chow, and when to kong."

"Exactly," said Nigel. "That's the art of it."

I left Greystones House that day with a head full of tiles and terms, and a new appreciation for a game that proves you're never too old to learn something confusing.

Same time next week?



Story and cartoon composed by ChatGPT. All characters, including the novice narrating the story, are entirely fictional.



Highcliffe
Community Association
at Greystones House

Charity number 1189336

HIGHCLIFFE COMMUNITY ASSOCIATION

TALK



WEDNESDAY 23
SEPTEMBER



START AT
04:15PM

Greystones House, Waterford Road, Highcliffe, BH23 5JL

Open to both members and non-members.

Guest Speaker

Neal Williams

Talk about the history of
the charity and how they
support our local
community.

*Trust Secretary -
Macmillan Caring Locally*



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



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

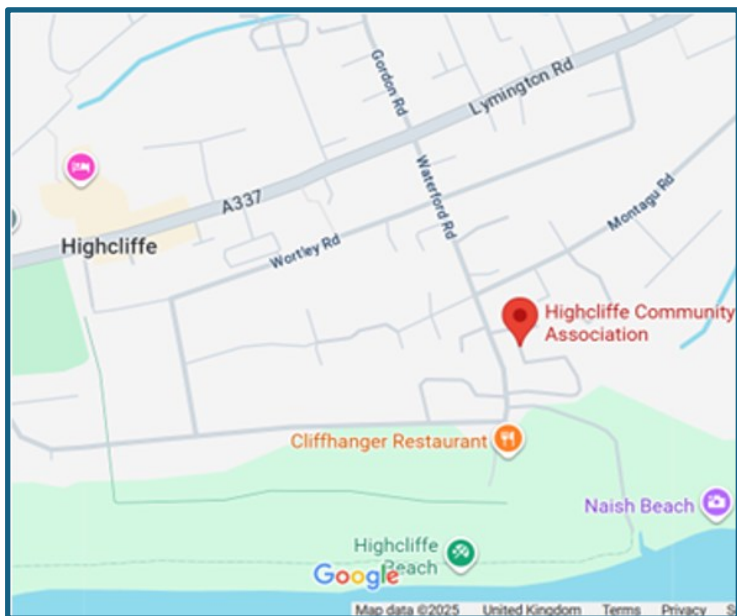
Newsletter goes out for your reading pleasure.

Late submissions cannot be guaranteed inclusion.

Thanks so much for your understanding and prompt submissions!

Your News Matters





The location of the Highcliffe Community Association in Waterford Road

COPY DATE FOR NEXT (OCTOBER) ISSUE OF NEWSLETTER

**Submissions to be received by Monday
14th September 2026**

**PUBLICATION DATE
24th September 2026**

This issue of the newsletter was edited by Jan Ball

Photography



Perspective

Lets Get it Straight
Snapseed Demonstration

Mode Fill Mode Auto

Thursday 10th September
Room 11 10:30-12:30