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
November 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		Poetry	Wednesday am
Carpet Bowls	Friday pm		Quilting	Tuesday am
Chess	Monday evening		Rambling & Ambling	Wednesday am See Section 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
Darts	Tuesday pm		Table Tennis	Thursday am
Darts	Thursday eve		Table Tennis	Saturday am
Discussion	Tuesday pm		Tai Chi	Monday pm Thursday pm
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
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Trustee	Seonaid Phillips	Seonaid.phillips@highcliffeca.co.uk

CHAIRMAN'S REPORT

I have returned from my travels to Alaska and Japan to find everything in full swing after the summer. We had the opening of the new coffee lounge 'Fred and Daisy's Place' at the end of September and there has been an Autumn social, Quiz and Chips and a talk about LPAs.

In November we have a talk on Heart Health by Dr Chris Critoph which should be really informative. Looking further ahead we will be taking part in the Christmas Tree festival at Highcliffe Castle and there will be Christmas Jigsaw sale on 28th and 29th November.
Thank you to everyone who supports our events.

Unfortunately, Pauline Pegram, who has been a trustee, chair and secretary has decided to stand down so that she can concentrate more on another charity. She will be sorely missed but we hope that she will continue to share her tremendous expertise with us in future.

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 dates

TRUSTEES AND MEMBERS MEETINGS 2026

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

In these times of renewed nastiness I have no sure message for the mellow season of communal comfort and remembrance - beyond wishing all our members joy in your pursuits; Pétanque, Darts, Bingo, Tall Tree Rambling, Mah-Jong, Tai-Chi, Dancing, Card-games - whatever!
However, I'm just preparing to share in the poetry of Robert Frost and Edward Thomas by ZOOM to various locations - a rare opportunity to follow the hopes of idealistic youth.
'But for all the months when earth is greener
Not one has clean skies that are cleaner.' Edward Thomas.
Tom Durham. Hon. President.

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

FUTURE EVENTS

GREYSTONES FILM CLUB

Daytime films will be shown on the 1st Thursday afternoon of each month, doors open at 1.30pm film to start at 1.45pm

Evening films will be shown on the 3rd Friday of each month 6.30 for 7.00pm start.

For details of the films to be shown please check on the notice boards in Greystones or ask at reception

There will be no charge for admission but to cover overhead/administrative costs (printing of tickets, a free raffle, choc ice etc) it is suggested that a donation of £5 be payable for reserving a seat.





All films are subtitled

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

DATES FOR YOUR SOCIAL DIARY

Event	Date	Tickets on Sale
Quiz and Chips	Saturday 5th December	Monday 2nd November
Tickets £14 bring your own drink and glasses. Doors open 6:30pm for 7:00 start.		

MORE DATES FOR YOUR DIARY

Wednesday 18th November
A talk on Heart Health from Dr Chris Critoph, a local cardiologist. Start 4.15pm. Open to all - members and non-members. No booking is required.

Saturday and Sunday 28th & 29th November
Christmas Jigsaw Craft and Art Fair
Entry £2 to include either a glass of mulled wine or a cup of tea/coffee and a mince pie.

BT LANDLINES

The UK's traditional landline network is due to close in January 2027.

Make the move to Digital Voice well before the deadline for switchover, so your BT services are not disrupted.

If BT gets in touch with you about switching, make sure you confirm an appointment soon.

Still need to book your appointment or need some help? BT customers can call the customer service team on 0330 1234 150 or simply dial 150 from their landline.

Not a BT customer but have questions? Contact your phone provider directly for advice and support. Discover more on the BT website.

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. There are now some rooms available, so if you are interested in starting a new section, please let me know.

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 or 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 November issue we welcome back Hazel Stubbs to carry out the bulk of the editing. Thank you, Hazel, for your continued support.

Unfortunately, the scheduling of the Creative Writing meetings come well after the newsletter copy deadline, but fingers crossed we will still be able to include a contribution from them; this month they are working with the theme of 'Mist', which at the time of writing, by coincidence is quite appropriate for this area recently.

We are also continuing with local Highcliffe poet Chrissy Greenslade's poems who we introduced to readers in the October issue. Chrissy has suggested a regular feature under the theme of 'Pause for Thought'. We kick this new feature off for November with her uplifting poem 'The Tide Will Turn Again'. Also please see reference to her free books of poetry in Library Corner.

This month we are also lucky to have local historian and regular member of the HCA Photography Section, John Lewis, start what we hope will become another regular feature entitled 'Local History Corner'. John has started this off with some very interesting local photos and has kindly offered to help out with some old photos if other members fancy having a go at writing a short article.

Finally, yet another regular new feature from Andy Dunn – an extract from his monthly Swinging Sixties presentations.

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)

As in other months the adverts for Greystones have been placed in the free magazines that are distributed in our surrounding area of Highcliffe.

Our Friday morning live is still very popular with our various artists that we have throughout the month.
1st Week is with Terry on piano
2nd Week is with Mark Bussell on keyboard
3rd Week is Nigel with guitar/ singer
4th Week is with Stephen singer
5th week is with Mark Bussell

We would like to thank them for coming along every month to play for our members.

On this morning, you are able to get a tea or coffee and a packet of biscuits for £1.00 from our new servery.

New members are always very welcome to come along and be shown around our Grade 2 listed house between 10.30 and 12pm on Friday mornings.

Look forward to seeing you Monday to Friday 9am though to 4pm.

Janet
Publicity

NEW 2 YOU LADIES BOUTIQUE



Opening times:

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

I don't really like to mention Christmas, but it seems that our customers are already preparing for the festive season. We have an array of sparkly tops / dresses and accessories to set you up for any type of event / gathering you will be going to. So, pop up and say Merry Christmas to our lovely volunteers and have a browse, you won't be disappointed.

Can I just say a massive thank you to all the members who have been donating items to the shop, we appreciate your support. One of our lovely members has kindly donated some Brand New Bras (unworn still with tags) sizes 32F & 34E, and a Swimsuit 34F. These items are all £5 each. They will not be on display in the shop but if you are interested please ask one of our volunteers and they can open the storeroom, so you are able to view and try on in private.

Thank you, Monica 😊

LIBRARY CORNER

Rainbow Poetry Gift Books
Donated by Chrissy Greenslade

The author of these books - Chrissy Greenslade - has donated 50 copies of her poetry books to Highcliffe Community Association as a thank you for her and her late husband Terry's, enjoyment as members of the Greystones community.

If you would like a copy of one of these lovely books of poetry then visit the library where you will find them on the round table.

Please Only Take One Copy Each and it is First Come First Served.

There are four different books of poetry and I have kept a copy of each one and they can be found in the reference section of the library for everyone to borrow.

I am sure you would all like to join me in thanking Chrissy Greenslade for this lovely gift of Rainbow Poetry Gift Books which are appreciated by all members of our wonderful facility of Highcliffe Community Association.

Regards, Barbara - Librarian

IN MEMORIAM



Contact Sandy

membership@highcliffeca.co.uk

Pamela Town, Machine Quilting

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: Mon 9.30am Contact – Thelma-501587. There are still spaces available and it is not too late to start.

Bridge with Help: Mon 9.30am Contact – Shirley 273684. For members new to Duplicate Bridge

wishing to gain experience in table play and etiquette.
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 now have vacancies on Mondays. Starts at 1.30pm. Why not come along for a fun afternoon, and make new friends at the same time.

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 – 1.15-3:15pm 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.

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

We look forward to hearing from you - Brenda and the Craft Group.

CREATIVE WRITING
Meetings – 4th Tuesday every month at 10.30am.
Please contact Ken Smith if you are interested in this new group.
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

1:30 - 2:15pm, Ballroom Basics, £5pp

2:15 - 2:45pm, Social practice, £2pp

2:45 - 3:00pm, Tea break

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 7:30pm start

Many thanks to David Tallis, our visiting caller for some super dances and a most enjoyable evening in October. Our Dance of the Month for November is to be 'X Ackley' - an interesting name and we look forward to learning exactly how to do it. Anyone interested in joining the group is requested to first contact Jan on the number above.

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 Jan (01202 427523)
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 have tried to save Margery, the excitable country wife, from Covent Garden scandal and are now finding out How The Other Half Loves - according to Alan Ayckbourn. This is currently being revived in London. Charley's Aunt may be visiting from Brazil before Orpheus Descends from Tennessee.





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

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 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 1–4pm on 4th Wednesday of the month



Members are welcome, either on a regular basis, or only occasionally if they have a problem related to IT which the forum may (try to!) solve. If the latter it would be helpful to receive, beforehand, an indication of the problem so that we can invite Bill Gates to attend the meeting as well!
£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.

Ladies' Forum members were transported to exotic lands when Christopher Legrand, our October speaker, gave his talk about Vietnam and the Far East. His colourful slides showed us scenes from completely different ways of life as he combined everyday happenings with history and anecdotes. On 13th November we shall be hearing of something altogether different as Kay Townsend tells us about her "Life on the Fairground".

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.

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



Our Mahjong sessions continue to be very popular but we can always find space for any newcomers wishing to have a go and join us. You would be made very welcome.

Whilst there are many hands with 1 of each wind in the book it always seems to be rather harder to find hands with 1 of each dragon. It's easy enough if you have the makings of 1-9 in the same suit but is not what do you try for? There is The Professors (page 19) – 3 mixed chows with 1 of each dragon and a pair of your own winds or Dragons Breath (page 24) – 5 pairs in the same suit with 1 of each dragon and one dragon paired.

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 November 19th and December 17th (Xmas party!) and the first session back in 2027 will be on the 21st January.

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

Welcome to our new members. We have been busy discussing and making Christmas decorations for the HCA Christmas Tree at Highcliffe Castle.

We are also continuing on our own projects, including the pattern making, where we have assistance from a member of the group. We also knit, crochet and embroider, as well as alter clothes taking advice from members and a bit of a natter as well.

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 has 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 12th November. We start by reviewing our photographs for this month's subject of Out & About. Followed by a presentation from Mike & Jacky Smith on New York. Everyone is welcome. It's not too technical and you will find us a very sociable group.

PILATES
Contact Debbie (07523 408368)
Meeting Wednesday 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

We are pleased to 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 4th November
We have two options for this walk that Nigel has recced and will go with the consensus so please email me with your preference and I will email the details out the week before the walk.

(**Shorter**) **Keyhaven and Efford Bridge** (Slightly under 5 miles)

Leader - Nigel (07896750059)
Meet – Lane just before Keyhaven CP, Ref 306/915. At Milford, turn R down the side of 'The Green,' and then L into Keyhaven Road. After apprx 1 mile, turn L immediately before Keyhaven CP and park on RHS in lane. If full, go back to main CP where there are toilets.
Both CPs are £5.40 for 4 hours, but there is no 3 hour option., So car share as much as possible. (Can pay with Card, Cash or Ring Go App)

(**Longer**) **Keyhaven and Efford Bridge** (Slightly over 6 miles)
Leader – Nigel (07896750059)
Meet – New Lane, Milford, Ref 298/911. At Milford turn R down the side of The Green, then L into Keyhaven Road. After 600m, turn R into New Lane. After 0.5 mile park on verge on LHS. If full carry on past bend & park on LHS.
Parking charge is £3.00 for 3 hours and £4 for 4 hours which might be needed for this longer walk. (Can pay with Card, Cash or Ring Go App)

Wednesday 11th November
Annie's Cream Tea walk (minus cream tea!)
Leaders – Barry (07386 903082) & Heather (07918 891141)
Meet Acres Down CP, Ref 267/097. On A35, turn L on RH bend just before Lyndhurst. After approx. 2 miles, turn L at crossroads signposted 'Acres Down,' then go through ford and continue onto CP on LHS.

Wednesday 18th November
Shatterford
Leaders - Ann & Bryn (274363 / 07535 331875) Meet Shatterford CP, Ref 349/063. Through Lyndhurst and TR opposite Fire Station on to B3056. In about 3 miles CP is on RHS just before the Railway.

Wednesday 25th November
TBA - Diana leading

******* **Christmas Meal** *******
Annie's Christmas meal this year is on Wednesday 2nd December. The cost is £36 per person and booking starts on Friday 6th November. Heather will be at Greystones between 9.30 and 11am to accept cash and your booking. There is a max of 36 guests.

AMBLES for NOVEMBER 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.
Members are responsible for their own safety.

Wed 4th Nov TBA

Wed 11th Nov @10.00 am
Wilverley Inclosure CP ref SU253 011
Leader: Peter
Meet at 10.00am in Wilverley car park overlooking the plain.
The route is mainly within Wilverley Inclosure. The going is mainly muddy paths and flat, with a distance of 2.5 miles. As this is Remembrance Day, we'll stop at 11.00 am for two minutes silence.
Coffee will be when we finish at the

picnic benches adjacent to car park.

Wed 18th Nov @ 10.00 am
Bolderwood CP map ref SU 242 086 (SO43 7GE)
Leader: Graham
Take A35 towards Lyndhurst. At Rhinefield crossroads TL onto Ornamental Drive, continue to Bolderwood CP approx. 2.4 miles. Alternatively, go further along A35 to The Swan and TL, continue for approx. 0.4 mile to New Forest Inn and turn L, follow this road for approx. 3 miles up to CP. This is a wider better road than the Ornamental Drive.
Walk is about 3 miles mainly on gravel tracks. Downhill and uphill sections. Coffee stop in middle.

Wed 25th Nov 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.

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

This new group meets every third Wednesday of each month at 2pm.

The first "Swinging Sixties" presentation was held on 16th September and was an introduction leading up to 1960.

The PowerPoint presentation covered many topics. Like the weather, news and including what was on the television and radio at that time when most of us were still children.

Andy reminded us about the Rag and Bone Man, the Muffin Man, The onion seller, The cinema and the Saturday matinee. Old television adverts were shown plus adverts that are now banned these days, and this new thing called "recycling" which was around even in the 60s. How much a 3-bedroom house was and what the rate of tax was we paid in those days. This was just a few, so if you missed it, don't worry, because as from 21st October Andy starts on 1st January 2026.

This is a rolling presentation, so where Andy finishes, it will continue where he left off the following month. So do NOT assume it will be month by month,

because it all depends on what happened that month and year.

This is NOT a lecture, but a chance to say and share to everyone your own personal memories. It's intended to be fun and informative with lots of trivia.

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 4:15-5:15 and 5:30-6:30
Thursday 3:30-4:30pm
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 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, 2 November. Doors open at 7.00pm for a 7.30pm start. A talk by Ray Broughton, entitled 'Alpine Gardens'. Ray trained at RHS Wisley and is currently Head of Horticulture at Sparsholt College.
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.

Community News

Highcliffe Residents Association meetings will be held on:
22nd April, 29th July and 29th October 2027 at 7pm at the Old School House, Highcliffe

STOP PRESS! Highcliffe and Walkford is to host its first Festival of Nature, May 27th-June 5th next year. Details soon.

Childhood Memories of WWII

I have a copy of the lovely little book entitled "Childhood Memories of WWII" compiled by the HCA Writers Section in 2012. My dear friend Pam Coggins, whose picture is on the front cover of this book, asked me to contribute (pages 33 & 51). I showed it to visitors recently and was asked if I could get a copy. HCA do not have any available so I wonder if there are any members who might have an unwanted copy; if so, I would appreciate it.

Patricia Mayfield

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**

May Grey

by Louise Reeve

(Creative Writing Group)



It was the in-between time. The full moon cast a shape-shifting reflection on the water of Christchurch Bay. Streeter stood aboard the boat with its secrets held in smuggled kegs. He steadied his feet as the shifting slap of the sea bounced the anchored hull. He waited. Waited for the 'all-clear' flash of the lantern from the crest of Hengistbury Head.

The others did their best to become unnoticeable, reducing into the shadows. This was the in-between time, the bridge from inertia to action. Mack, an aged sea dog, his face carved by years of brine. Tom, young and willing, thought the world of customs dodging and moonlit nights a great game. All eyes turned to the hillside, sending sentimental thoughts up well-known roads. The pot on the stove, the smell of familiar soft beds containing friendly arms.

Tom saw it first and his sharp cry caused the others to whirl around. Streeter moved like lightning "We'll hav'ta bring in, or we'll go astray." The mystical sea mist contained tales of swallowed ships. They sprang about like cats, throwing shaky glances at the looming murkiness. Sounds grew muffled and the temperature plummeted. "What about customs men?" Tom's voice quavered. "Rather them than the fog," Streeter bit back as he roughly elbowed him out of the way. "Keep yer eyes up lad," muttered Mack as he surreptitiously reached inside his shirt and pulled out a slender rope from around his neck, upon which a hag stone was tied with three strong knots. The sail unburdened to the breeze and they coursed towards the Head.

A silvery howl; a baby for milk, or a puppy in pain. The hypnotic sound seemed to shepherd the mist and was circling the boat, enclosing them in unsettling shadow. In the vestigal moon-wake on the water, Tom spied a woman. In an instant, he threw his arm overboard. As the figure shot forward, he recognised it as a seal, glossy black pools for eyes. Tom smiled. But the creature that grabbed his arm was no seal. It was a clawed hand, strong and slick. The men rushed to his side with clamour and cries, but with that, too many shimmering hands grabbed, with silvery skin. Tom pitched headfirst, stolen beneath the water. Streeter retreated, winding himself round the mast as ivy round birch.

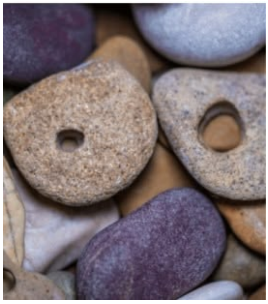
Mack sunk into a fearful heap, and held the hag-stone to the faint moon with one shaking hand. Calloused fingers worked to untie the first knot. As it was free, the old salt-man moaned into the murk, "One, for a breeze." He stilled, listening to the undying lament. Compelled, he tore at the second knot, jerking the hag-stone.

Staggering to his feet, he yelled “Two, for a squall!” The air immediately stiffened and the May Grey mist exploded into a sickly greenish-black. Beleaguered, Streeter dragged furiously at the sail. The supernatural cries were silenced or indistinguishable over the piercing horizontal rain and shrieking wind. Mack fumbled with the hag-stone and went to undo the last knot. Streeter threw a terrified “No more!” but Mack, overcome with the fear of being stolen to the water, released the last knot, hurling the emancipated stone skyward to the moon roaring “THREE, FOR A STORM!

****

HAG STONES

Little stones with holes through them and are the source of centuries of lore and legend



A Hag Stone is a unique type of rock characterized by a naturally formed hole piercing straight through it. These stones have been shrouded in mystique for centuries, with many cultures attributing magical qualities to them. It’s said that possessing a Hag Stone could grant one to peer through the veil of enchantment, revealing the true form of witches or fairies when gazed upon through the stone’s aperture.

Traditionally these stones have been held in high regard, dating back to the Druidic rituals of pre-Rome Britain. To this day they find use among practitioners of Western folk magic, where the practice descends from medieval witchcraft.
They often find themselves in simple jewellery, where the natural hole makes it easy to wear the stone. They come in a wide variety of different sizes, from tiny to larger than the palm of your hand.
They’ve remained as simple talismans through thousands of years. With different cultures assigning them different origins and properties. The bulk of what you’ll find in the modern age is descended from Irish legend. To this day some collectors will pay a bit more for hag stones from Ireland instead of other locations.

The properties that they’re reputed to have are usually protective. The common name, hag stone, comes from the belief that they would keep away witches. The stones were often strung up in barns and across the entryways of homes as a barrier to prevent evil.

Source: https://rockseeker.com/hag-stones/

Swinging Sixties by Andy Dunn

My presentations commence from **1st January 1960** and will be continue the decade month by month.



At the start of this fascinating decade, Harold Macmillan was presiding over a country which had a sense of community and life, and which after the war, was getting better astonishing quickly. Towns and cities were being reshaped by a massive building programme of council estates, tower blocks and shopping centres.

Doctors and scientists were beginning to gather evidence that smoking could be harmful to your health, but in 1960 it was still promoted as being 'healthy'; 'social'; and 'fun'.

With music in the charts, Adam Faith dominated the UK charts, becoming the first British artist to land his first seven singles in the Top 5. This breakout year cemented his status as a major cultural icon in early 1960s Britain. In the first week of January, he was at the #1 spot with 'What Do You Want'.

In the winter, when we did have hard winters, with the milk freezing, do you remember when the foil caps were lifted off the top of the bottles? And in the summer, as we didn't have a refrigerator, the milk was kept cold in a bucket of cold water kept outside in the shade. If you weren't careful, the sparrows used to peck the foil to drink the cream on the top of the milk.

At the end of **January**, was the final regular episode of The Goon Show's ten-series run. The episode was titled "The Last Smoking Seagoon" and was the sixth and final show of Series 10. Spike Milligan, Peter Sellers, and Harry Secombe were the main cast members and had become major stars and moved on to other projects, and the strain of writing had become overwhelming for Milligan, leading to the end of the regular series.

In the beginning of **February**, the "Wind of Change" speech, was delivered by British Prime Minister Harold Macmillan, and it referred to the rapid rise of Black nationalism and the unstoppable push for independence across African nations. It signalled that Britain would grant independence to its colonies and explicitly criticized South Africa's apartheid regime. The speech had a profound and immediate impact on global politics. It accelerated the decolonization of remaining British territories in

Africa, such as Kenya, Uganda, and Tanzania. It also deeply angered South Africa's National Party, contributing to South Africa's eventual isolation on the world stage and its withdrawal from the Commonwealth in 1961.

With a little bit of light-hearted entertainment, unusual news items were presented. One of these was when Mr John King of the Standard Cinema in Coventry banned girls aged between 13 and 18, saying they just use the cinema as a meeting place to look for boyfriends. The ban did not apply to boys, who generally behave themselves when the girls are not there to 'spur them on' leading to rowdiness and hooliganism. He said, "We try to weed out the boys, but the only ones we bar are those who are noisy. Most of the girls are just irresponsible; they could not care less what film was on. They are just generally troublemakers"

In March, The UK was shocked by the fire at the Cheapside Street whisky bond in Glasgow, which killed 19 firefighters on March 28th, marking the country's worst peacetime fire disaster.

Other major events included the UK's first televised Grand National, at the **Aintree Racecourse** near Liverpool

Also, Denis Law's record-breaking football transfer. The transfer from Huddersfield Town to **Manchester City** for £55,000 was highly significant, as it set a new **British transfer record**, shattering the previous mark by £10,000. The massive fee highlighted his immense early potential and set a new standard for player valuations in the UK

On the 14th March, the "Mark 1" telescope, Jodrell Bank, now known as the Lovell Telescope, was the world's largest steerable dish radio telescope, 76.2 metres (250 ft) in diameter, when it was constructed in 1957. The telescope became operational in mid-1957, in time for the launch of the Soviet Union's Sputnik 1, the world's first artificial satellite. The telescope was the only one able to track Sputnik's booster rocket by radar; first locating it just before midnight on 12 October 1957, eight days after its launch.

During this month, Linford Christie, a Jamaican-born former sprinter is the only British man to have won gold medals in the 100metres at all four major competitions open to British athletes, which were as follows: The World Championships; the Commonwealth Games; The European Championships; and the Olympic Games.

And finally, this presentation ended on 17th April 1960 when the rock and roll pioneer Eddie Cochran died at St Martin's Hospital in Bath, Somerset. He succumbed to severe injuries the day after the taxi carrying him and fellow musician Gene Vincent and Sharon Sheeley crashed into a lamppost on Rowden Hill in Chippenham, Wiltshire. While Sheeley and Vincent miraculously survived the crash, they suffered from lingering injuries for years. Cochran was just 21 years old.

Local History Corner

To many Highcliffe people Greystones, both as once a nursing home and now a thriving community centre, has played an important part in their lives. When we moved to Wortley Road in 1965 (purchased from Mr Netherclift the then owner of Sea Corner Garage for £9000) my mother and father Charles & Daisy Lewis played an active role in the old community centre in Wharncliffe Road. My father then was a regular volunteer in the 1980s helping with remedial work necessary at Greystones house before it could officially open as a community centre. My mum who played the piano for the Highcliffe Junior school choir then formed a choir at Greystones. Dad died later from Alzheimer's and mum remarried Fred Dimock who also sang in the Greystones choir. Mum was a past president in 2005. I also had an uncle, Les Boyland, who was a past president.

1. c1954 aerial photo
2. Greystones in 1977 when it closed as a nursing home
3. Me outside my parents' home in Wortley Road in 1965
4. Wharncliffe Road c1964 being used as the community centre.

It would be good to see a local history story become a regular feature in the newsletter. Therefore, if you have a story to tell or anything relating to our local past send it to the newsletter editors. I have many old Highcliffe photographs so might be able to help you with your memory.

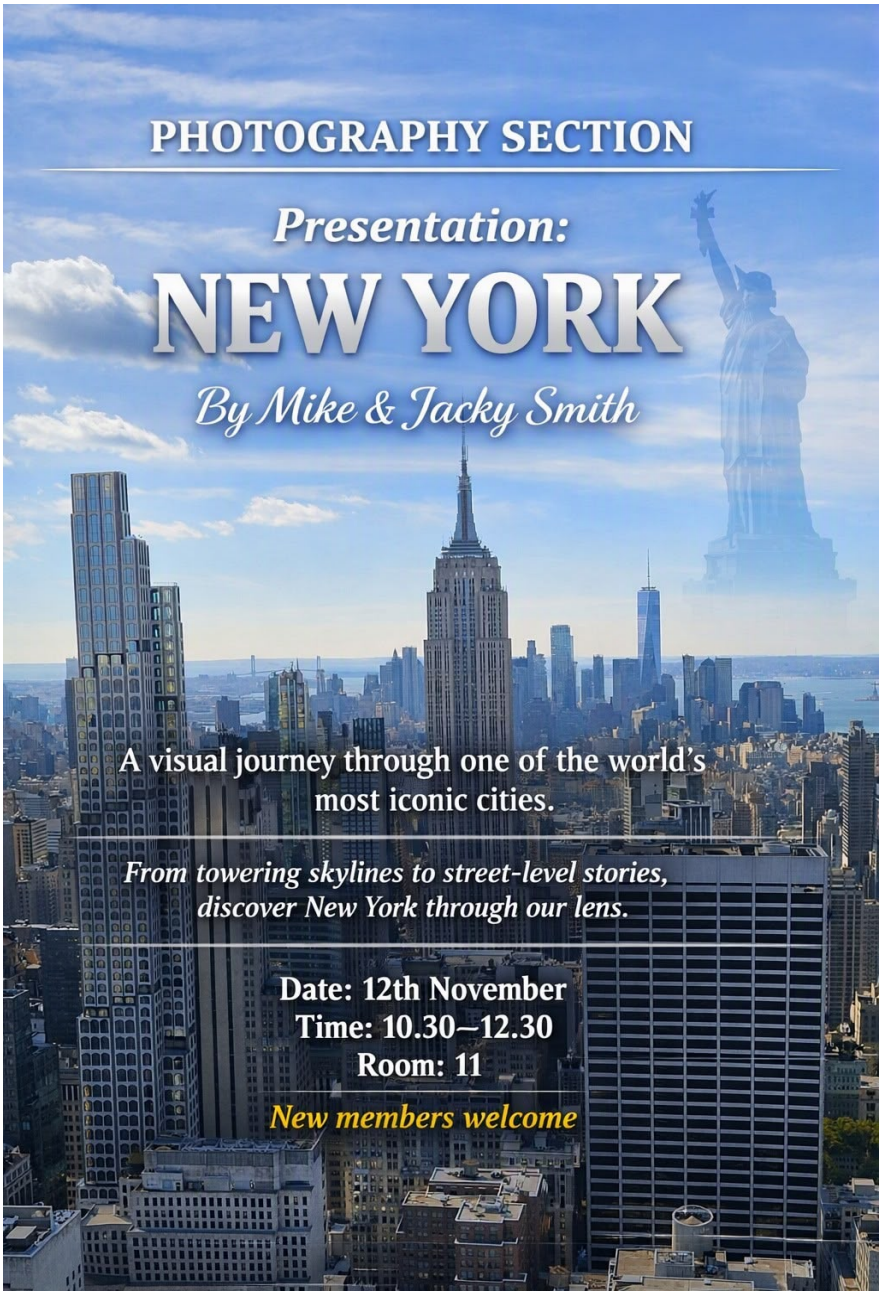
John Lewis

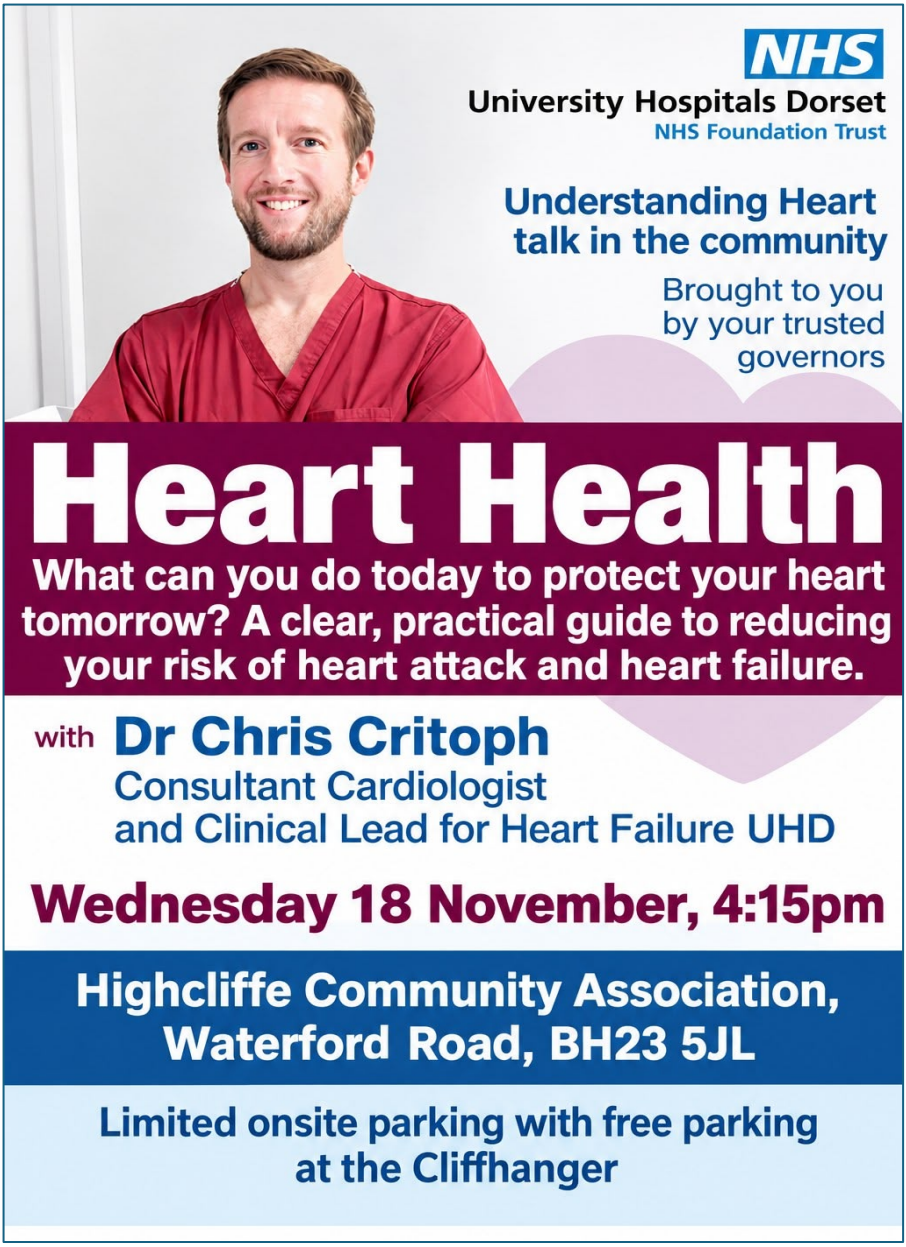

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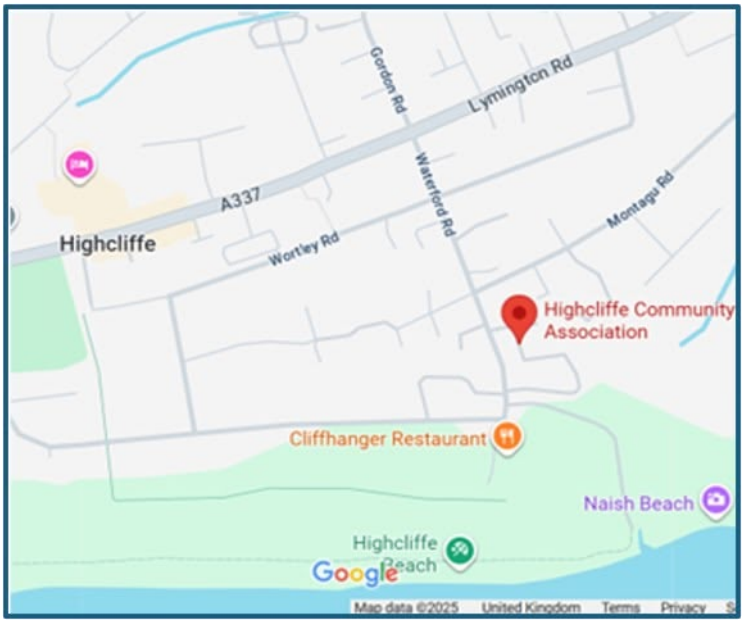

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PHOTOGRAPHY SECTION
Presentation:
NEW YORK
By Mike & Jacky Smith
A visual journey through one of the world's most iconic cities.
From towering skylines to street-level stories, discover New York through our lens.
Date: 12th November
Time: 10.30–12.30
Room: 11
New members welcome


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



The location of the Highcliffe Community Association in Waterford Road

COPY DATE FOR NEXT (December/January) ISSUE OF NEWSLETTER

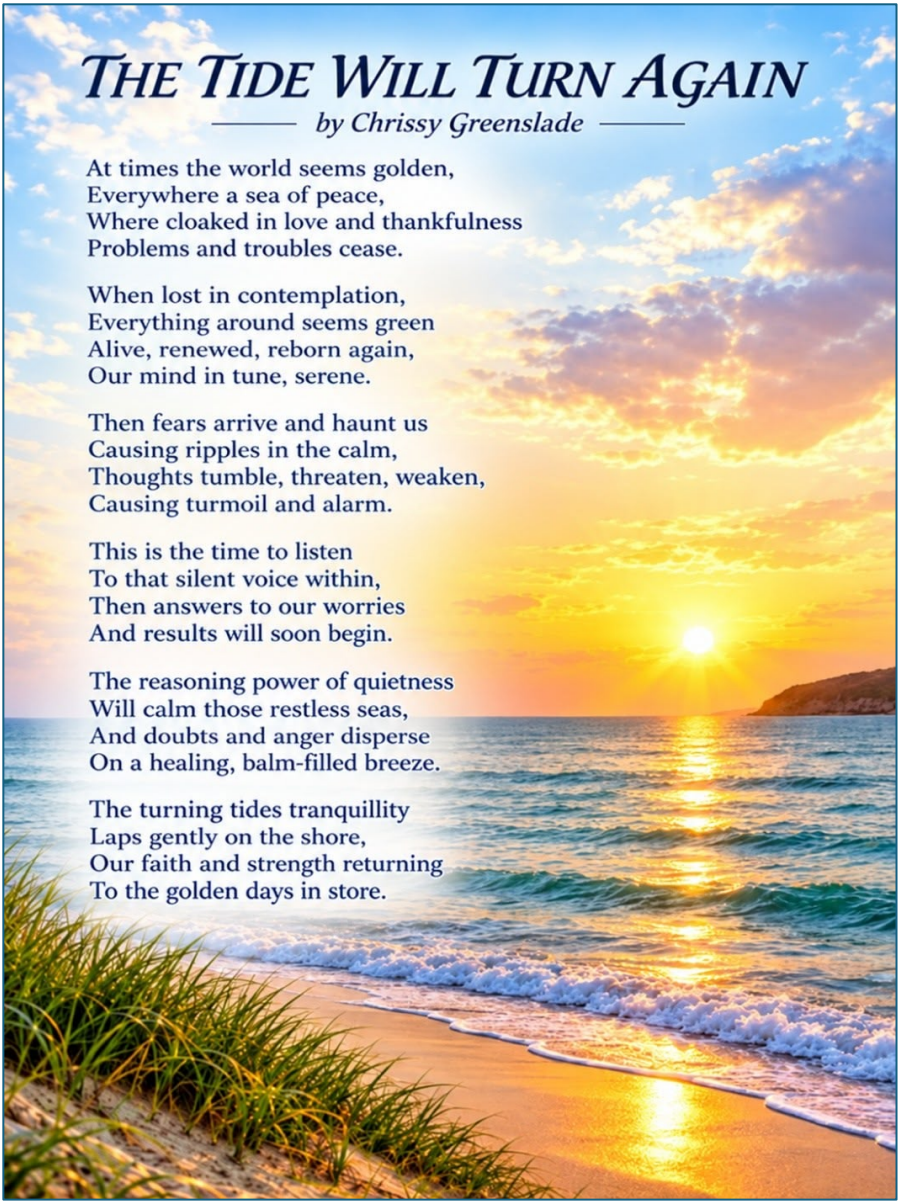
Submissions to be received by Monday 16th November 2026

PUBLICATION DATE

26th November 2026

This issue of the newsletter was edited by Hazel Stubbs

PAUSE FOR THOUGHT



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