

# CHAMELEONS NEWS

The monthly newsletter for the Cardiff Chameleons swimming & bowls club

**Volume 29 / Issue 11 / November 2022**

Affiliated to: MENCAP / Special Olympics Wales / Special Olympics GB /  
Welsh Sports Association for people with Learning Disabilities

[www.cardiffchameleons.co.uk](http://www.cardiffchameleons.co.uk)

Registered Charity Number 1103879

## FUNDRAISING COFFEE MORNING

We have a coffee morning on **Saturday 26<sup>th</sup> November** at **St. Philip Evans church hall**, Llanedeyrn Drive, from **10am – 12 noon**.

**Entry is £2.00** and you pay on the door. We hope to be selling Christmas wrapping paper and cards! The usual raffle and of course coffee / tea / hot chocolate by the mug full and mince pies (biscuits for those who don't like mince pies!) Come and catch up with some friends.

## TOTE & JUTE BAGS

We have a supply of Tote Bags and Jute Bags which have the Club Logo on the side which we are selling at £2.50 and £4.00 respectively. These will be available at the coffee morning, swim sessions, bowls sessions or by contacting Pamela.

## ANNUAL GENERAL MEETING

This took place on Tuesday 25<sup>th</sup> October at Howells School. The following actions were decided...

1. Membership to the Club will now be £24.00 for the year.
2. The committee are staying the same and Pamela was confirmed as being secretary and Barrie as treasurer.
3. Robin O'Donovan was elected as Vice-chair.

## ANNUAL MEMBERSHIP

Now that the Club is back and both swimmers and bowlers have resumed their sessions and some competitions **Membership for 2022/2023 is £24.00 for the year**. This will help with any *new members* who join us during the year to pay a pro-rata rate.

Payment is back dated to the **1<sup>st</sup> October** and therefore is now due **immediately** a form is attached to be completed and returned to Barrie / Pamela or by bank transfer but please let us know if you have used this method.

**In addition** to your Club membership the fees for Special Olympics Great Britain and Special Olympics Wales are also due. SOGB fees are £20.00 and SO Wales is £3.00. If you wish to attend any Special Olympics event at Regional, National, European or World Games, this payment must be paid by the end of December.

## VERA TRENWITH

I have recently learned that Vera had passed away; mother to Richard [one of our bowlers] and Wendy please accept our condolences and to your family at this time. Her funeral was on the 31<sup>st</sup> October.

We are pleased to welcome **LAURA TILLEY & JULIE CHINCHEN** who have recently joined the swimming group.

### PODS PANTOMIME

We are hoping to go to see their production of the "Snow Queen" on the evening of **Thursday 1<sup>st</sup> December**. Tickets are priced at **£14.00**. Please can you contact Pamela if you would like to come with us by **Sunday 13<sup>th</sup> November**.

### SWIM SESSIONS

You will need to book your place if you are attending for the first time, after that you will be put on the list that you will be attending regularly. However, if you **are not** going to attend at a session, please can you let Pamela know.

**HOWELLS SCHOOL** sessions for November are on Sunday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and the 27<sup>th</sup>.

There is now only **one session** and that is from **6.15pm to 7.00pm**.

For our beginners and novices, their session will be for half an hour from 5.45pm – 6.15pm.

**CMCS&S Club** - the sessions for November are on Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and the 24<sup>th</sup> from 8pm until 8:45pm.

### PEMBROKESHIRE PUFFINS' GALA

**Good luck** to the swimmers attending the above gala on Saturday 5<sup>th</sup> November. Let's hope they go with a "bang" and a "whoosh" and "rocket" down the pool and are "sparklers" at the end!!

### CHRISTMAS BUFFET & DISCO

Pamela has booked the Sports and Social Club at the Heath Hospital and we are opening this event **to ALL members** for our Christmas event this year.

The evening will consist of a buffet, bar, **a strip of raffle tickets for one special prize** and the music provided by our usual *DJ Nick Palmer*.

All this at **£10.00 per person** and **tickets are now on sale!** We will have them at swim sessions and we will come to a couple of bowls sessions during the month but you can book them by contacting Pamela or myself by phone, text or e-mail, details at the end of the newsletter.

The date for your diary, or whatever device you use to remind yourself with, is **Thursday 15<sup>th</sup> December** starting from **7.30pm**. There will also be our normal raffle should you be unlucky not to win the special prize!

### 50+ CLUB

The lucky winners for the October draw are:

£15.00 to Sandra Jones and £10.00 to David Galsworthy.

Congratulations!

## BANK TRANSFERS

To avoid paying bank charges on cash and cheques when paying any monies to the Club please try and do it by bank transfer, the details are...

**Bank: HSBC – Account name – Cardiff Chameleons – Sort Code 40-16-30  
Account Number 01431285**

*It would also be helpful if you could add your surname and reason for payment e.g., Membership.*

Many thanks for your help.

<b>How to contact us</b>	
Coaches	Pamela – 029 2025 7314 / 07817 380355 <a href="mailto:pamela.bailey6@virginmedia.com">pamela.bailey6@virginmedia.com</a>
	Robin – 029 2021 6008
	Barrie – 029 2075 3038 / <a href="mailto:barriejenkins50@live.com">barriejenkins50@live.com</a>
Treasurer	Barrie Jenkins – Details as above.
Newsletter & Chair	Steve – 029 2025 7314 / 07791 759360 / <a href="mailto:stephen.bailey497@ntlworld.com">stephen.bailey497@ntlworld.com</a> 33 Ty Cerrig, Pentwyn, Cardiff. CF23 7DP Items for the newsletter to be in <b>5 days</b> prior to the end of the month. Please put it as a Word attachment if on e-mail
Other contacts	Denise – 029 2075 2909                      Ian – 029 2023 3065
<b>Club sessions</b>	
<b>Swimming</b> - Howells School – Sunday 5.45 – 6.15pm (novices) and 6.15 – 7.00pm (First time booking required) Cardiff Medical Centre Sports & Social Club (UHW site) – Thursday 8.00pm – 8.45pm (First time booking required)	
<b>Bowls</b> – Cardiff Indoor Bowls Club - Friday 4.00 – 6.00pm	