

## CHAMELEONS NEWS

The monthly newsletter of the Cardiff Chameleons

Affiliated to: MENCAP Special Olympics GB  
Special Olympics Wales Welsh Sports Association

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

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### SWIM SESSIONS

#### *HOWELLS SCHOOL*

The sessions for December are on the 3<sup>rd</sup> and 10<sup>th</sup>

There is now only one session and that is from 6.00pm to 6.45pm.

**PLEASE NOTE:** Due to work being carried out within the school grounds or pool maintenance, sessions may be cancelled. We will endeavour to let you know as soon as we can if this happens.

**CMC S&S CLUB** - the sessions for December are on Thursday 7<sup>th</sup> and 14<sup>th</sup>.

**We restart in January 2024 on Thursday 4<sup>th</sup> for CMCS&S and Sunday 7<sup>th</sup> for Howells School.**

#### **Bowls Sessions**

The last bowls session will be on Friday 22<sup>nd</sup> December and restart in January on the 12<sup>th</sup>.

### **CHRISTMAS BUFFET AND DISCO**

This is being held on **Friday 8<sup>th</sup> December** at **St. Philip Evans Community Hall**, (Llanedeyrn Drive CF23 9UL) **from 7.30pm**

Entry is by **ticket only** and the cost is the same as last year at **£10.00 per person**.

**Tickets are still on sale!**

These will be available from Pamela at swim sessions and from Barrie at the bowls sessions.

**You only have until the 4<sup>th</sup> December to get your ticket.**

As we need to let the caterers know the numbers attending.

### PEMBROKESHIRE PUFFINS' GALA



At team of 7 swimmers attended this gala and all had a successful day. Some are pictured here showing off what they won.

Photo courtesy of Pamela

#### **Well, there goes another year!**

It is that time of year again to thank all our coaches and volunteers and family who support in keeping our swim and bowls sessions going each week.

I'd like to thank those who have put on and help out on the various events we have throughout the year, such as Afternoon Tea and the Barbecue. Unfortunately, it is the same people each time; so, they know who they are.

Thank you to all our swimmers and bowlers who turn up each week, without them the Club would not exist.

Thanks too, for the support of the CMCS&S Club, Howells School and Cardiff Indoor Bowls Club, where we carry out our training sessions each week.

Finally, I wish you all a very Happy Christmas and New Year and look forward to your continued support next year, in what will be our 65<sup>th</sup> year as a Club.

Steve. (Chair.)

## Cardiff Causeway Prospects Group

Invite you to join their Annual

# Christmas Carol



## Service

At  
Mackintosh Evangelical Church,  
Mackintosh Place, Roath

On  
Sunday 10th December

**3pm-5pm**

Followed by Refreshments and Mince Pies.

### How to contact us

Coaches	Pamela - 029 2025 7314 07817 380355 <a href="mailto:pamela.bailey6@virginmedia.com">pamela.bailey6@virginmedia.com</a>
	Robin - 029 2021 8006
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Treasurer	Barrie Jenkins - 029 2075 3038 / 07514 544619 <a href="mailto:barriejenkins50@live.com">barriejenkins50@live.com</a> 22 Heol Hir, Cardiff CF14 5AE
Newsletter & Chair	Steve - 029 2025 7314 / 07791 759360 <a href="mailto:stephen.bailey497@ntlworld.com">stephen.bailey497@ntlworld.com</a> 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	Ian - 029 2023 3065 Denise - 029 2075 2909
<b>Club sessions</b>	
<b>Swimming</b> - Howells School - Sundays 6.00pm - 6.45pm. Cardiff Medical Centre Sports & Social Club (UHW) - Thursdays 8.00pm - 8.45pm	
<b>Bowls</b> - Cardiff Indoor Bowls Club - Fridays - 4.00pm - 6.00pm.	