



# Chameleons' news

The monthly newsletter of the Cardiff Chameleons

**Volume 25: Issue 3: March 2018**

Affiliated to:-Special Olympics GB, Special Olympics Wales, MENCAP,  
Welsh Sports Association for People with Learning Disabilities.

**Registered Charity No. 1103879**

## Save & Raise

### "100" Club

February winners were:-

£20.00 No.14 Christine Pope

£10.00 No.20 Laura Knight

£5.00 No.48 Ann Minchin

The lucky winners have been notified. The next draw will be on the 15<sup>th</sup> March.

**There will be no swim sessions on Monday 2<sup>nd</sup> and Tuesday 3<sup>rd</sup> April as it is the Easter bank holiday.**

## SWANSEA FESTIVAL

This is being held from **9<sup>th</sup> – 12<sup>th</sup> July**. Please can we have names in the first instance to Denise or Pamela!

**The SOUTH WALES ECHO** is again giving out a share of £25,000.00 by way of collecting tokens from the Echo each day which started on the 8<sup>th</sup> January and will stop at the end of February. It is now time to hand in the tokens if you have been collecting them. Just bring them along to swimming or bowls sessions. If you are collecting for us but don't attend any of the sessions please contact Elaine, Steve or Barrie on the contact numbers given overleaf and we can tell you how to get them to us. *Don't forget the more we collected the more money we'll receive!!*

## New Website

Our thanks go to Margaret Krawiecka who has set us up a website giving the Club a good promotion. Margaret is with the bowls group so at the moment most of it appertains to them but once any swimming events materialise then we shall get them on the site. So go to [www.cardiffchameleons.co.uk](http://www.cardiffchameleons.co.uk) and have a browse. Those of you who get this by e-mail just place the cursor on the address and control & click on the link and it should take you to it but it may take a few seconds or so.

**Penarth Operatic & Drama Society** is performing an adaptation of "Spamalot". We are arranging to go and see it at the Paget Rooms on Friday 18<sup>th</sup> May. If you would like to go, please contact Denise on 2075 2909.

## CARDIFF MENCAP CARAVAN

Fancy a week relaxing in west Wales? Then why not book the caravan which is situated in Penally just outside Tenby. Details of availability cost and bookings can be made through Denise Pearson on (029) 2075 2909.

Some of you might have seen Gareth Clark on the Welsh news about a group of actors from Hijinx going to Lesotho. Gareth's dad, Mike, has written the following outlining why they have gone.

#### GARETH'S VISIT TO LESOTHO

Gareth is one of four Hijinx Theatre actors with Downs Syndrome from across Wales who visited Lesotho from February 10<sup>th</sup> – 25<sup>th</sup>. The four learning disabled actors along with two professional actors from Hijinx are making the exciting visit to demonstrate that people with disabilities can contribute fully to society. In Lesotho disability is regarded as a real barrier and people with disabilities are rarely seen in public and children with disabilities are often abandoned by their families and left to grow up in orphanages.

During their stay in Lesotho, Hijinx will be rehearsing two inclusive pieces of theatre called "able to act" and "I aspire to be." They will be working with students from Machabeng International College and Pheusanog Orphanage. They will then perform with the children and students in the open. Their first public performance was in front of 450 people.

Lesotho is twinned with Wales but this is the first time that a project of this nature has happened. Most of the funding has come from the Welsh Government through Hub Cymru and the British Council.

Gareth has been swimming in the lodge where they have been staying and so he has done some training although it was an outdoor pool in the middle of their winter!!

A follow up article will appear next month to see how Gareth & Co got on.

#### **BOWLS DIARY**

The following is from Barrie to all our bowlers;-

The dates for competitions for 2018 are as follows:-

23-25 <sup>th</sup> March.	TLH resort Torquay. Disability Bowls Tournament.
15 <sup>th</sup> Feb – 16 <sup>th</sup> March.	Club Pairs competitions.
4 <sup>th</sup> May – 25 <sup>th</sup> May.	Club Singles Competitions
6 <sup>th</sup> June.	Great Western Bowls Tournament Stroud. A one day rinks competition 10am – 4pm. Leaving Cardiff approximately 8:15am returning 5pm. Three teams required.

4-5 <sup>th</sup> August.	Special Olympic, South West Regional event at Plymouth Life Centre.
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This is a Rinks competition (team of 4 players)  
Departing Saturday 4<sup>th</sup> August, overnight stay and  
Bowling from 9am – 4pm Sunday Return Sunday

evening.

Date in Early October.	Welsh Learning Disability Bowls Championships? To be Confirmed!
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Please let the Coaching team know whether you're available especially for the 6<sup>th</sup> June and 4-5<sup>th</sup> August so that we can plan teams, transport and accommodation. Costing and timings nearer the time.

<b>How to contact us...</b>			
<b>Pamela</b>	Swim coach	07817 380355	pamela.bailey6@virginmedia.com
<b>Robin</b>	Swim coach	2021 8006	
<b>Barrie</b>	Bowls coach	2075 3038	barriejenkins50@live.com
<b>Elaine</b>	Treasurer	2076 4770	elainemdaw@googlemail.com
<b>Denise</b>	Committee member	2075 2909	
<b>Ian</b>	Committee member	2023 3065	
<b>Heather</b>	Committee member		
<b>Steve</b>	Newsletter / chair	2025 7314	steve.bailey497@ntlworld.com
<b>Club sessions</b>	Swimming Pentwyn LC Mondays 8pm – 8.45pm	Swimming Eastern LC Tuesdays 8.30pm -9.15pm	Bowls Cardiff Indoor Bowls Club Sophia Gardens Fridays 4pm – 6pm
<b>Any items for the newsletter need to be in 5 days prior to the end of the month. Please put them in a word document and as an attachment to the e-mail. Thank you.</b>			
<b>Articles submitted to the newsletter are included as written and not subject to changes and not necessarily the views of the editor.</b>			