



CHAMELEONS NEWS

The monthly newsletter for the Cardiff Chameleons swimming & bowls club
Volume 29 / Issue 12 / December 2022

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

www.cardiffchameleons.co.uk

Registered Charity Number 1103879

CHRISTMAS BUFFET & DISCO

Not long to go for our Christmas event at the Sports and Social Club at the Heath Hospital which we have opened this event **to everyone!**

Thursday 15th December starting from **7.30pm.**

Tickets have sold well and are still available so if you haven't got yours yet let us know and we'll get them to you.

This is by **ticket only** and you just cannot turn up as we need to know numbers for the catering in advance; so the **final date** for getting your ticket(s) is **Thursday 8th December.**

Just to remind you, your tickets must be brought with you and the raffle ticket attached as otherwise you will be voided from the draw.

Your name must also be written on the back

I can now reveal the one special prize!

You have the chance to win a **FESTIVE HAMPER** full of Christmas food.

There will also be our normal raffle should you be unlucky not to win the special prize! **Looking forward to seeing you all!**

FUNDRAISING COFFEE MORNING

A well, attended event, which seems to make a Saturday a popular day to hold one, anyway, with the raffle, the Christmas cards and wrapping paper and our new Tote and Jute bags sold and some donations, we raised the grand sum of £344.00. Thank you for your support.

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 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 **1st 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.

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 December are on **Sunday 4th and 11th.**

We will then take a break for Christmas and return on 8th January 2023.

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 December are on **Thursday 1st and the 8th** from 8pm until 8:45pm. As our Christmas Disco is on the 15th there will not be a session so the 8th is the last one and we will now take a break and **return on 12th January 2023.**

PEMBROKESHIRE PUFFINS' GALA

Well done to the team who went down to Haverfordwest for this gala on a dreadful rainy 5th November but it didn't put their fire out as they came back with cups and medals!

50+ CLUB

The lucky winners for both the November and December draws are:

November - £15.00 to Vicky Pearson and £10.00 to Julie Daw

December – £15.00 to Freda Bailey and £10.00 to Barrie Jenkins

Congratulations!

These are the last draws for the 50+ Club as I will not be running it next year. Numbers have dwindled since it first started and I am grateful to all who have participated since 2019.

NEWSLETTER

From January anyone who has not paid their membership or has not been "active" with the Club for some time will be removed from the list either on e-mail or paper copy. Unless I hear from you.

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/or reason for payment e.g., Membership.

Many thanks for your help.

CHAIRMAN'S REPORT

So, we come towards the end of 2022. It has been a year of going forward, yes, we know that Covid-19 is still about but we have been able to start back all of our activities both sporting and socially.

The swimmers have gone through a big change. Having had to leave the two pools that we were so used to; but adapting to Howells school and the Cardiff Medical Centre Sports & Social Club has been accepted and we get a good attendance each week. We have also been to 4 galas, Cheshire Penguins (NW Regional Gala) in Liverpool, SO Summer of Sport in Leeds and locally at Bridgend Sharks and most recently to the Pembrokeshire Puffins in Haverfordwest. We have also had some new members. Some have stayed but some also left.

The bowlers have also resumed their weekly meetings at the Cardiff Bowls Club and also too have been away to events such as Torquay, Plymouth and Stroud. Again, some new members and some leavers.

Within the Club as a whole we have had joy and sadness. Myrtle Beech reached the amazing age of 100 years old back in April but then in July we had the devastating news of Elaine Daw and her sudden passing. Elaine who had been our treasurer for so many years has left a big hole in the structure of the Club. It is here I would like to thank Barrie for volunteering to take over the role and so far, successfully getting the finances back on track.

Our social events have largely been successful with the usual summer events of the "Afternoon Tea" and the barbecue, especially with the hot and sunny weather we have had this year. Our Club gala and presentation evening also being successful.

However, all this is unobtainable without the small group of people who put in their time and effort in arranging and putting on these events. My gratitude to them is immense, thank you. Hopefully, next year I can ask you to think about how you can help them and make events better or even put on an event to aid the Club.

So, finally, if I do not see you at our Christmas event, I and on behalf of the committee wish all Club members and your families to have a merry Christmas and happy new Year and hope to see you safely back with us in 2023.

How to contact us	
Coaches	Pamela – 029 2025 7314 / 07817 380355 pamela.bailey6@virginmedia.com
	Robin – 029 2021 6008
	Barrie – 029 2075 3038 / barriejenkins50@live.com
Treasurer	Barrie Jenkins – Details as above.
Newsletter & Chair	Steve – 029 2025 7314 / 07791 759360 / stephen.bailey497@ntlworld.com 33 Ty Cerrig, Pentwyn, Cardiff. CF23 7DP Items for the newsletter to be in 5 days 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
Club sessions	
<p>Swimming - 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)</p> <p>Bowls – Cardiff Indoor Bowls Club - Friday 4.00 – 6.00pm</p>	

