



# Chameleons' news



The monthly newsletter of the Cardiff Chameleons

**Volume 25: Issue 5: May 2018**

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

**Registered Charity No. 1103879**

## "100" Club

April winners were:-

£20.00 No.8 Denise Pearson

£10.00 No. 12 Sandra Jones

£5.00 No. 16 Robin O'Donovan

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

**There will be no swim sessions on Monday 28<sup>th</sup> and Tuesday 29<sup>th</sup> as it is the spring bank holiday.**

**Congratulations** to John Stafford who celebrates his 65<sup>th</sup> birthday on the 23<sup>rd</sup>!!

**BEST WISHES** to Linda Aylward who hopefully will have her knee operation on 2<sup>nd</sup> May. It has been cancelled twice! We hope she has a speedy recovery.

**REMINDER No.1...Please** if you are a winner on the "100" Club" **please** bank your cheques as soon as possible. Some of you have still not banked your winnings and after 6 months the cheque cannot be cashed.

**REMINDER No.2...**that you need to attend ***at least 26 training sessions*** in the year of the sport of your choice before you can put your name down to go to a gala, or bowls competition, in other words you need to do the 26 weeks swim training if you want to compete at a competition.

## SUMMERTIME TEA

We are holding an "**Afternoon Tea**" at Howells School on **Sunday 8<sup>th</sup> July**. It will consist of sandwiches, cake and tea / coffee / wine. We will have our usual raffle too! **Tickets are £3.50** and will be on sale soon. **ALL WELCOME!**

## British Learning Disability Swimming Championships (BLDSC)

These are being held this year in Swansea on Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> September. If anyone is interested in attending please give your name to Pamela. We may only need to attend the first day, it depends on the programme.

## 60<sup>th</sup> ANNIVERSARY

We will be celebrating 60 years as a Club next year and so we are looking for some ideas on how to celebrate it. A dinner is going to be held on June 15<sup>th</sup> at St. Peter's Hall. We have thought of a Club photograph, a special gala and getting in some memorabilia such as pens. A sub-committee may need to be formed but if you have any ideas please contact me or another member of the committee.

## **RHS FLOWER SHOW**

This was held at Bute Park over the 13<sup>th</sup> – 15<sup>th</sup> April and once again we manned the Plant Crèche. We looked after about 950 items over the three days. Thanks to Ian Marshall for arranging this again and also to the volunteers from the club who helped out. We raised £593.51 for Club funds. Photographs will be on the website.

## **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.

Cardiff Chameleons Bowls Section have achieved the

Disability Sport Wales Insport Ribbon Standard



The purpose for Insport Clubs is to create a culture of awareness and develop the skills to allow people of all disabilities to participate and compete in Sport.

Disability Sport Wales have developed a Toolkit which is intended to support the development of inclusive thinking, planning and delivery by the club so that ultimately they could deliver across the spectrum to disabled and non-disabled people.

At each standard the Insport Club logos will be provided to the club for use on their marketing and communications, and they will be promoted through the DSW website as well. It will mean that if disabled people are looking for a club within their local area, they will know which clubs are better suited to their needs or desire for sport involvement.

In some local authorities, having achieved one of the Insport Club standards will be beneficial in applying for Community Chest and other local grants.

**BOWLS DIARY** - The following is from Barrie to all our bowlers;-

The dates for competitions for 2018 are as follows:-

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.  
This is a Rinks competition (team of 4 players)  
Departing Saturday 4<sup>th</sup> August, overnight stay and

Bowling from 9am – 4pm Sunday and return Sunday evening.

Date in Early October. Welsh Learning Disability Bowls Championships?

To be confirmed!

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. Costings and timings nearer the time.

### **Louise is Home ! Alleluia !**

After over eleven months in hospital Louise is now home again.

Louise would like to thank all her friends for visits, cards, flowers, presents and thinking of her whilst in hospital.

Louise continues to welcome visitors at home. Please feel free to call in if you are passing this way. However, please 'phone first if you wish to be sure we are at home.

Thanks and every blessing to you all!

Keith, Elaine, Julie and Louise x

### **Thank You !**

On behalf of the Chameleons, I should like to thank the Park End Mothers and Toddlers Group 'Birthday Fund' for the generous cheque of £352.00 for club funds. This amazing amount was raised through giving donations in lieu of birthday presents. Thank You All! Elaine x

<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	barriejenkins500@outlook.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	stephen.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>			
Articles submitted to the newsletter are included as written and not subject to changes and not necessarily the views of the editor.			