

The newsletter for the Cardiff Chameleons Swimming and Bowls Club

Affiliated to Special Olympics GB / Special Olympics Wales / Mencap / Welsh Sports Association for People with a Learning Disability. www.cardiffchameleons.co.uk Registered charity number 1103879

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ELAINE DAW

Passed away suddenly on Wednesday 6th July at home and her funeral was on the 25th July at Park End church and then the Wenallt Chapel at Thornhill crematorium. A very popular lady as the church was full and it was nice to see some of our members in the congregation.



Elaine had been our treasurer for many, many, years and will be missed by Keith, her husband, daughter Julie and son Martyn. Our thoughts and prayers are with them and the family.

DENISE PEARSON

Denise had a fall at home last month in which she sustained a broken hip. She was taken to hospital where she underwent an operation and is now having physiotherapy. Denise is still in hospital. I hope you will all join me in wishing her a speedy recovery.

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 a session please can you let Pamela know; this is so that she can arrange how many sessions to hold at Howells school or the number of lanes required at the CMC S&S Club.

There are no sessions at Howells during August. Sessions will restart on Sunday 11th September.

It is being proposed that from this date to re-arrange the Sunday sessions. As we have a few younger members who are not that strong in swimming we are going to give them a session of their own to use the width of the pool instead of a lane. Their time will be 5.45pm until 6.15pm. As we have had a fall in numbers of regular attendees, there will now only be one session from 6.15pm until 7.00pm.

CMC S&S Club - the sessions for **August** are on Thursdays the **4th, 11th and 18th** from 8pm until 8:45pm.

BRIDGEND SHARKS GALA

Bridgend Sharks are holding their gala in Aberavon on Saturday 17th September, any swimmer who is interested in taking part please can they contact Pamela. T

CLUB GALA & PRESENTATION EVENING

After 3 years it was great to see our swimmers get back to racing each other in this really friendly and enjoyable competition. Their family and supporters were sat along the side cheering them on. Although with some of our swimmers not attending it was a shorter gala than usual.

We held the presentations at the CMC S&S Club at UHW and again a good attendance with the swimmers receiving their medals and trophies. Well done all! We raised £101.00 on the raffle and thanks to Jenny Jenkins and Suzanne Chapple for selling and folding the tickets.

AFTERNOON TEA

With a damp start to the day the rain had stopped by the time we were to have our afternoon tea. A group of thirty or so members arrived at Howells school and in the hot sunshine enjoyed a wonderful afternoon of sandwiches and cakes. Pamela made two cakes and two trifles to sell and along with a short quiz and the ever present raffle we made a total of £142.10. Thanks go to Rose, Ian and Pamela for their hard work in making this event successful.

CLUB BARBECUE

This is being held on **Sunday 4th September** at Howells School starting from **2.30pm**. Please can we have names if you are attending so that we know how many we are catering for!

A swim session will be available if you want to have a swim before eating. Our usual chefs will provide the food and as usual please bring your own drink. A raffle will also be done.

Due to building restoration at Howells school there is a lot of scaffolding around the buildings. Please use the CAR PARK and then walk around to back of the school.

50+ Club

I have temporarily suspended this until the financial arrangements with the bank have been sorted and/or we have a new treasurer. I will catch up on all missed draws.

PAMELA 60

For her 60th Pamela had an "Afternoon Tea" and requested donations to the Club in lieu of presents, although she got both, and raised a total of £400.00. Well done and thank you!

TREASURER REQUIRED

Due to the sad loss of Elaine we are now in a position that we are looking for a new treasurer. If anyone within the Club who has the skills and/or experience and is interested or knows of anyone who may be interested in doing this very important job could you please let me know as soon as possible. This will be a voluntary position.

FINALLY

Good luck! to Teresa and Emily and support as they will be climbing Mount Snowdon on the Bank Holiday weekend at the end of the month in aid of MENCAP.

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.

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	Vacant
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	
Swimming - Howells School – Sunday 6.00-6.45pm & 6.45 – 7.30pm (Booking required) Cardiff Medical Centre Sports & Social Club (UHW site) – Thursday 8.00pm – 8.45pm (Booking required)	
Bowls – Cardiff Indoor Bowls Club - Friday 4.00 – 6.00pm	