



## CHAMELEONS NEWS

### VOLUME 32 - ISSUE 01 - JANUARY 2025

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)  
Registered Charity Number 1103879

**HAPPY NEW YEAR!** I hope that you all had wonderful Christmas and New Year Celebrations and are now going to take on the challenges we have ahead of us in 2025. We hope to hold all our usual events as long as we get better weather this summer and more importantly yourselves getting involved in the staging and attending of any event.

You will find some changes to the **newsletter** this year. I will not be putting in the dates of the swim sessions individually. If we know of any cancellations, you will be notified at the venue the when it will be, or if it is a sudden cancellation then an e-mail will be sent out as soon as it is known. Likewise with Bowls group.

The newsletter may not be produced every month, it will depend on what news items or information we have to give out. I also want to know; how important the newsletter is to you?

#### SWIM SESSIONS

**HOWELLS SCHOOL** - Every Sunday from 6:00pm - 6:45pm **Restart 5<sup>th</sup> January**  
**CMCS&S CLUB, UHW Site** Every Thursday from 8:00pm - 8:45pm **Restart 9<sup>th</sup> January**

#### BOWLS SESSIONS

**CARDIFF INDOOR BOWLS CLUB, Sophia Gardens** - Every Friday from 4:00pm - 6:00pm

**CHRISTMAS DISCO & BUFFET** - This was a very successful and enjoyable evening with about 40 attending. We raised **£96.00** on the raffle. We were very lucky to have it taking place before storm Darragh arrived. My thanks go to Nick Palmer who was there to do the music and Clare and Jane who did the buffet for us. I did a "photobooth" which only few took advantage of. Congratulations to Paul Scott of the Bowls group who won the Hamper.

We have been informed by the Head Coach of the **Reading Cygnets Swimming Club** that they are going to put on a gala on the 28th June. We were regular attendees to this gala many years ago, but since they lost their pool, they haven't been doing a gala for a while. It will be an overnight stay. Going up on the Saturday morning and returning on the Sunday. Any swimmer who is interested in going please contact Pamela.

The answer to the very last **Brain teaser** from last month is....

...ALADDIN, SNOW WHITE, CINDERELLA, THE UGLY SISTERS & PUSS IN BOOTS.

If you remember all the vowels were missing from the words.

How to contact us	
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Newsletter & Chair	Steve - 029 2025 7314 / 07791 759360 / <a href="mailto:stephen.bailey497@ntlworld.com">stephen.bailey497@ntlworld.com</a> <b>Items for the newsletter to be in 5 days prior to the end of the month.</b> <b>Please put it as a Word attachment if on e-mail</b>
Other contacts - Ian - 029 2023 3065      Denise - 029 2075 2909	

Bank details:

**Bank: HSBC**

**Account name - Cardiff Chameleons**

**Account Number 01431285**

**Sort Code 40-16-30**

*It would also be helpful if you could add your surname and/or reason for payment e.g.,  
Membership.*

If paying by cheque please make it out to Cardiff Chameleons