



CHAMELEONS NEWS

VOLUME 32 - ISSUE 03 - MARCH 2025

The newsletter of the Cardiff Chameleons

Affiliated to: MENCAP Special Olympics GB
Special Olympics Wales Welsh Sports Association

Website: www.cardiffchameleons.co.uk

Registered Charity Number 1103879

Dydd Gŵyl Dewi Sant Hapus

NEWSLETTER

You will be pleased to know that the newsletter will still be issued each month. Sorry if I misled anybody in to thinking I was giving it up but it was just an idea not to issue until there was something to tell you about. However, it would help if you have anything that you need to tell us about, e.g. special birthdays etc., so as to fill out the page(s).

The newsletter is also available on the "Friends of Cardiff Chameleons" Facebook page and Barrie passes it around on his e-mail list and it should also be on our website too!!

SECOND SWIM SESSION

Thursday swim sessions as you know have ceased. We have approached some of the leisure centres and are waiting to get a response from them.

We did suggest putting on a session an hour earlier before the 6pm Sunday session but we have had a lot replying that they cannot make it and we have not heard from some of the others whether they can or can't so we are not going ahead with this option.

SWIM SESSIONS

HOWELLS SCHOOL - Every Sunday from 6:00pm - 6:45pm

BOWLS SESSIONS

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

VE Day - 80th Anniversary celebrations

On **Sunday 4th May** we are going to lay on an afternoon tea to celebrate. It will be held at Howells school from **2:30pm**. Please can you tell us if you are going to attend as we will want to know how many to cater for. We will have our usual raffle. Unfortunately, we will have to cancel the swim session in the evening.

CLUB ANNUAL GENERAL MEETING

Notice is hereby given that the Club's AGM is to be held on **Tuesday 18th March at Howells School starting at 7pm**. All members are invited to attend. The main parts of an AGM are the "Election of Officers" and Finance.

A committee meeting follows on from this, which again you are invited to stay for. If anyone does want to become a committee member; please can you let me know as soon as possible. Any items you wish to put at either meeting, please send them to me, firstly in writing, and if possible, to attend the meeting in person.

READING GALA

We have been informed by the Head Coach of the **Reading Cygnets Swimming Club** that they are going to put on a gala on **Saturday 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 asap.

SO North West Regional Swimming Gala (Cheshire Penguins)

This event is taking place on **Saturday 10th May** in Liverpool. We will be going up on the Friday and return on the Sunday. Any swimmer who is interested in attending please let Pamela know by the end of this month.

BOWLS GROUP

Good Luck to the bowlers as they have the Welsh Indoor Bowls Association Pairs and Triples semi-finals in Merthyr this month.

DONATIONS RECEIVED

We have received recently a total of £5,500.00 in donations from several donors. We thank them for their generosity.

FUNDRAISER REQUIRED

We are looking for someone who can assist Barrie, and the committee, to help in fundraising for the Club. At the moment we have three sources of funding, Easy Fund Raising, Give as you Live and Co-Op Causes. You would also be required to help with other fundraising that we do such as Coffee Mornings and Social Events.

Barrie would be on hand to show you round the three on-line sources initially before taking them over.

This is a voluntary role within the Club. Anyone who is interested or wants to know more, please contact Barrie on 07514 544619 or Steve 029 2025 7314 / 07791 759360.

SHERMAN THEATRE - "Housemates"

I have had an e-mail from Nick Palmer (Nick is our DJ at Christmas) about the above show at the Sherman Theatre. This has been on since 22nd February and runs until the 8th March.

"We're offering to pay for tickets and transport for any Cardiff Mencap Society members who want to go. So perhaps you could spread the word amongst those in the Chameleons as well? Or for anyone who knew Alan Duncan and John O'Brien.

<https://www.shermantheatre.co.uk/event/housemates-2025/> Further information can be got from Nick via [Nicholas Palmer<nickrhian@sky.com](mailto:Nicholas.Palmer@sky.com)

COMMUNICATION - Is a 2-way thing!

This is something that annoys me, when important information is sent out to you and I request a reply and you don't! It doesn't take long to reply to an e-mail even if it is just saying thank you!! When I put out that the Thursday sessions had ended, Pamela still had to go over there to make sure no-one turned up. Unfortunately, some did but were late and Pamela had gone, making that a wasted trip for them. A message had been sent to them but no action had been taken by the person who it was sent to!

| How to contact us | |
|--|---|
| Coaches | Pamela - 029 2025 7314 / 07817 380355 pamela.bailey6@virginmedia.com |
| | Robin - 029 2021 8006 |
| | Barrie - 07514 544619 barriejenkins50@live.com |
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| Chair & Newsletter Editor | Steve - 029 2025 7314 / 07791 759360 / stephen.bailey497@ntlworld.com 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 - Ian - 029 2023 3065 Denise - 029 2075 2909 | |



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