



CHAMELEONS NEWS

VOLUME 32 - ISSUE 11 - NOVEMBER 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

MEMBERSHIP

Last month was the time to renew your Club membership. The annual fee is £24.00. Payments to Barrie or Pamela at your club sessions or by bank transfer (preferred) details below...

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 you have problems paying try Cardiff Chameleons Mencap Gateway Club*

If paying by cheque please make it out to Cardiff Chameleons. Many thanks for your help.

If, however, you no longer want to be part of Club please, out of courtesy, let us know.

THANK YOU to those who have paid and rejoined for another year.

Cardiff Chameleons Annual General Meeting

This being held on **TUESDAY 18th November** at **Howells school** starting at **7:30pm**. All welcome to attend, but please let us know as we can then tell you where it is being held in the school. A committee meeting will follow afterwards.

Coffee Morning

We are holding the above event on **Saturday 29th November**, from **10am - 12pm** at St. Philip Evans Hall, Llanedeyrn Drive.

Entry is £2.00 which includes coffee, tea or hot chocolate, biscuits and/or mince pies.

We have a brand-new stall this time. We are selling Jewellery, Christmas Jewellery and LED candles and more! We will have our usual cake stall and raffle. Come for a chat and bring a friend!

SWIM SESSIONS

STAR HUB - Muirton Road - Friday's from 7:30pm - 8:15pm.

Swim subs are £5.00 per session.

We are **cancelling** the session on the 7th November due to swimmers attending a gala the next day.

HOWELLS SCHOOL- Cardiff Road, Llandaff - Sunday's from 6:00pm - 6:45pm.

Swim subs are £4.00 per session.

We are **cancelling** the session on the 9th November due to swimmers attending a gala the day before.

ADVANCE NOTICE - Swimming in December will only be on the following dates - STAR Hub, Friday 5th December and Howells School, Sundays' 7th and 14th December.

Reminder- When attending swim sessions at Howells school on Sundays please ***do not arrive before 5:45pm*** as the gates may be locked and you will block the entrance. You are also required to pay for your sessions on the day.

BOWLS SESSIONS

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

Good luck

To the swimmers attending the Pembrokeshire Puffins gala in Haverfordwest on the 8th November.

Swimmers & Bowlers Annual Christmas Buffet & Disco

This being held on **Friday 12th December**, at St. Philip Evans Hall, Llanedeyrn Drive.

Attendance is by ticket only and are **£10.00 per person** and can be bought from Pamela or Barrie or applying to me. As usual we will have a raffle and a Prize Hamper. I have been in contact with our DJ Nick Palmer and he is available to do the music and our buffet caterers are also booked.

TICKETS AVAILABLE FROM THE 7th NOVEMBER!

Club Gala

We have decided that this will not take place this year. It is a disappointment and thank you for returning the cups and trophies. It was difficult to find a date to run it at Howells school for swimmers to attend, plus there was a lack of interest for the original date.

WELCOME TO...

...Ussumane, known as Baba, who has joined us in the swimming group. We also welcome his family.

FUTURE ISSUES - This will be the last issue to the members who have not rejoined for the coming year. It is regretted, but the newsletter is part of your membership fee and so will not be sent or printed out for you.

We are sorry that you have left us for whatever reason, ☹ but if your, or the Club circumstances change, then you will be welcomed back.

| 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 |
| Treasurer | Barrie Jenkins - 07514 544619 barriejenkins50@live.com 22 Heol Hir, Cardiff CF14 5AE |
| 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 contact - Ian - 029 2023 3065 | |