

CHAMELEONS NEWS

The monthly newsletter of the Cardiff Chameleons Swimming & Bowls Club

VOLUME 33

ISSUE 07

JULY 2026

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

Website
www.cardiffchameleons.co.uk

Registered Charity Number
1103879



Editor:
Steve Bailey

stevebailey438@gmail.com

© MMXXVI

Chameleons swim tour 2026

Our next scheduled gala is the **Pembrokeshire Puffins** and this is on **Saturday 14th November**. This is in Haverfordwest, west Wales and is a one-day event. Please can you give us your name if you wish to go by the **end of September**. Thank you.

SWIM SESSIONS

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

Swim subs are £5.00 per session.

NO SWIM SESSIONS IN AUGUST

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

Swim subs are £4.00 per session.

There will not be a session on the 19th July. This is due to the Garden Party taking place that day.

NO SWIM SESSIONS IN AUGUST

BOWLS SESSIONS

Cardiff Indoor Bowls Club, Sophia Gardens

Fridays 4.00pm - 6.00pm

There will not be a training session on Friday 10th July as the team will be in Plymouth.

Special Olympics GB membership

Athletes who wish to attend Special Olympics events will need to pay the membership fee of £23.00. Please contact Barrie for further information

This month we remember...

David Stafford
Parent & Supporter
2005

Louise Daw
Swimmer & Bowler
2019

Elaine Daw
Club Treasurer
2022

Reading Gala

A team of 6 swimmers attended this gala. They left Howells School along with Pamela, Owain and Chris Pope just before 9a.m and arrived at the pool about 12 noon.

Teresa won a silver, gold and bronze. Chelsea had a 4th, bronze and gold. John had bronze, 5th and bronze. Richard had a 6th, 4th and silver. Spencer had a 5th, gold and a 5th. James had a 5th, silver, 5th and a bronze. Well done all. Our thanks go to Owain for doing the driving.

SUMMER EVENTS

Sunday 19th July

A **World Cup** "Themed Garden Party" is to be held at **Howells School**, which happens to be the day of the final.

There will not be an entry fee as mentioned in last month's issue, as we have received a sum of money from MENCAP for their birthday and we are using this to cover the cost of the event. It will start from **2:30pm**.

Naturally we will still have our usual raffle and I will (hopefully) do a World Cup Quiz. We will be providing the food but would like **you** to bring your own drinks or even some to share!

Of course it is important that you let us know if you are going to attend as we will need to know how many we are going to cater for!

So will you please let me know or swimmers please tell Pamela at swim sessions or bowlers please let Barrie know at your sessions but it has to be **before the 10th July**.

CLUB GALA

Our Club Gala this year is on **Sunday 26th July** at Howells School. **We have had some names but please we need the rest of you to tell us if you are going to attend or not and by FRIDAY 17th JULY. As we will have to sort out a programme.**

The swimming and presentations will be done on the same night. The gala will start at **5pm**, so you will need to be at the pool by **4.30pm**.

We already have all the cups and trophies.

Our **annual barbecue** has as yet to be decided when it is going to be held, but once we know we will let you know.

BOWLS GROUP NEWS

Great Western Bowls Tournament

Three teams from Cardiff Chameleons made the trip to Cotswold Indoor Bowls Club this week, to compete in the Great Western Bowls Tournament, a total of Ten teams from the East Midlands, Wales and the Isle of Wight competed in this long-standing tournament for bowlers with an Intellectual Learning Disability. In the morning session, all three Cardiff teams qualified in Division One. The afternoon session determined the eventual Trophy winner and Cardiff Blues retained the Trophy with Cardiff Chameleons runners-up following a very close final game. Cardiff Extra's finished in fourth place. My thanks to the Organisers, Coaches, Families and Carers who made the trip a success.

Welsh Lawn Bowls Championships

Fourteen members of Cardiff Chameleons Bowls section entered the Welsh Lawn Bowls Pairs and Triples Championships on 14th June. Seven members made it through to the Second round of the Pairs and seven members qualified for the Triples Semi-Finals. Good luck to all those members who compete on Sunday 28th June at Cardiff Bowls Club.

SOGB National Summer Games 2026

Chameleons Bowls section members will be competing at this year's National Summer Games at Plymouth Life Centre. The weekend of 10-12th July the team will be competing in Pairs competitions against teams from Yorkshire, Isle of Wight and Plymouth. Good luck to all our members.

Special Olympics GB membership fees are due...

If anyone wants to attend a Special Olympics event then a fee of £23.00 is to be made. This can be paid to Barrie or by bank transfer. E.g. a Special Olympics event for the swimmers would be attending the (Cheshire Penguins) NW Special Olympics Regional Gala. Further details from Barrie.

Joke Time

What do you call a Judge with no thumbs? Justice Fingers.

A friend of mine split up with his girlfriend recently as she just wouldn't stop counting.

I wonder what she's up to now!

We were so poor we couldn't afford shoes, so we covered our feet with bubble wrap and popped our way to the shops!

A friend of mine's daughter was lining up her dolls on the patio so I asked her what they were doing, she said they're having a barbie queue!

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 or e-mail stevebailey438@gmail.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	
Please note if you are paying anything by bank transfer our account name is Cardiff Chameleons Swimming Club.	