

# MSSC

## **MERTON SPORTS AND SOCIAL CLUB IS A COMMUNITY BASED, INTEGRATED CLUB FOR VISUALLY IMPAIRED AND SIGHTED MEMBERS**

Our regular activities include:-

**SOCIALS:** We meet every Tuesday evening from 8pm at the Guardian Centre for various social activities, Indoor Bowls, Darts, a chat and/or a drink. The bar is open. Suggestions for events are welcome. Phone Derek Coughlan 0208 540 3255.

**TANDEM CYCLING:** There are rides on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays in the month with a sighted front rider. The cyclists participate in the Tandem Marathon at Spalding in Lincolnshire every April and there is a club weekend cycling to Eastbourne in the summer. Organiser is Roy Benjamin 020 8540 3959. Turbo Training takes place on Tuesday evenings at the Guardian Centre organised by Russell Sparkes 07949 844 165.

**SWIMMING** takes place every Thursday evening at the Cannons Leisure Centre in Mitcham. Organiser is Hilary Leacock 020 8540 0158.

**BOWLS:** Our very active team plays matches in the summer against other clubs, of mostly sighted members. We use cords to separate the lanes and Walkie-Talkies to keep in touch with players. Organiser is Chris Durban 020 8947 2050.

**QUIZZES:** The team participates in the Merton Council Quiz League at the Civic Centre during the winter. Organiser is Simon Coates 020 8540 5396.

**DARTS:** Matches are arranged, both home and away, generally against sighted players. Organiser is Chris Durban 020 8947 2050.

**RAMBLING:** Friendly, not too strenuous, walks take place mostly in the summer. We are looking for a new coordinator.

Chairman: Roy Benjamin 0208 5403959.

Secretary: Derek Coughlan 020 85403255.

Address: The Guardian Centre, 67 Clarendon Road, Colliers Wood, London SW19 2DX.