



Reg'd Charity 250008

Halliwick AST

Newsletter

April 2006

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB

Website: www.halliwick.org.uk

A message from the Chair

Our **2005 Annual General Meeting** took place on **Sunday 5th March in Oxford** at a new venue OXS RAD Sports Centre, Court Place Farm, Marsh Lane, Marston, Oxford, which it was agreed would become the venue for future meetings in Oxford. This was preceded by a meeting of the 'old' National Executive at which the question of the future funding of our Insurance Scheme was discussed.

At the **AGM** it was decided to move the date of the meeting forward in future years, from the 1st Sunday in March, to either the 1st or 2nd Sunday in APRIL. This will ease considerably the pressure on the preparation of both the Annual Report and Annual Accounts. If any affiliated club would like a copy of these, please contact Eric Dilley by e-mail: admin@adkc.org.uk or by letter at ADKC address at the top of this Newsletter.

Following a proposal by the National Executive regarding the future funding of our Insurance Scheme, it was agreed that for next year 2007, as with 2006, there would be no increase in premium rates (per head) charged to clubs.

At the **AGM**, all the existing Officers were elected for another year, though three, including myself gave notice that they would not be standing in 2007. Tony Jandrell has been our National Treasurer for the last 24 years and Eric Dilley, who though officially only the Insurance Advisor continues to keep the Association afloat by acting as our Secretary as he realises the importance of this position.

I must apologise for omitting a copy of the 'Publication Order Form - January 2006' with the January edition of the *Newsletter*. A copy is included with this Newsletter, which can also be downloaded at any time from our website: www.halliwick.org.uk/downloads/PubOrdForm1.pdf

Following remarks made at the **AGM** about communications between ourselves and clubs, I would once again ask Club Secretaries when they receive this Newsletter, to make it available to all their club members, for how else will they know what is happening at National level!

With my wife Marjorie, we had the pleasure of attending **Halliwick ASTRA 10's Inaugural AGM**, which formed part of a 'Study Day' held in Bath on Saturday 28th Jan. The AGM was a very lively meeting and my congratulations go to Pamela Galloway, Chair of ASTRA 10 and her Committee. A separate report can be found on page 2, with links to our website to view the second issue of their Newsletter and other items of interest.

As I have said before, please feel free to contact me direct about any item in this **Newsletter**. If I don't have the answer, I feel sure that I can put you in contact with someone who does!

Patrick Hastings, Chairperson. 18 Thamesdale, London Colney, St Albans, Herts AL2 1TB
Tel: 01727-825 E-mail: patrick.hastings@btopenworld.com

DATES FOR YOUR DIARY - 2006 - 2007

- Sunday - 11 June National Executive Committee Meeting, also at OXSRAD Sports Centre,
Court Place Farm, Marsh Lane, Marston, Oxford - 11 am start - 11 am start
- Saturday - 2 Sept National Management Committee Meeting at ADKC in London - 11 am start
- Sunday - 5 Nov National Executive Committee Meeting, at OXSRAD - 11 am start
- Saturday - 20 Jan-2007 National Management Committee Meeting at ADKC in London - 11 am start
- Sunday - 5 Mar-2007 National Executive Committee Meeting and **2006 AGM** at OXSRAD

Opportunity for Halliwick Swimming Clubs to contact schools in their area

The Amateur Swimming Association has offered to circulate information about Halliwick Swimming Clubs to pupils with disabilities. This is part of a nation-wide initiative within schools to encourage more pupils with disabilities to take up swimming. Pupils who show interest will be sent regular information packs about the swimming opportunities available in their area.

All swimming clubs that wish to attract young swimmers are invited to participate in this project. Send your publicity to me and I will send it on to the ASA. Make sure to include the location of your club and the contact information for new applicants.

Philip Puckrin - Chair, National Education Committee

E-mail: philpuckrin@freenet.co.uk

55 Jamieson Terrace, South Bank, York, YO23 1HF

Halliwick ASTRA 10 - Study Day - Jan 28th

Our first Study Day on Jan 28th at the Mineral Water Hospital in Bath was a great success. There may only have been 20 people, but what we might have lacked in numbers, we more than made up for in enthusiasm! It was wonderful to see not only people from Halliwick ASTRA10, but also a fair few who had travelled considerable distances, from as far away as Birmingham, Northampton & Reading.

Sessions included a Forum, led by a Halliwick lecturer, which addressed questions posed by the participants, everything from accessing more training to practical problems encountered with running swimming sessions.

Our Inaugural AGM, apart from seeing our committee becoming official, provided us with a raft of ideas - certainly more than enough for another Study Day!! A session on assessments & record-keeping prompted some very lively discussion and debate, and a practical, problem solving pool session rounded off an extremely interesting day. Feedback from the questionnaires at the end was very positive, so it looks like this could be the first of many.

We've put together a full report of all the sessions, which is available, along with our latest newsletter, on the Halliwick website. For those not able to access it that way, a copy can be obtained from: *Pamela Galloway, Chair of Halliwick ASTRA 10*
c/o 17 Baytree Road, Bath BA1 6NB

Stroke Technique Course

Have you got swimmers who have successfully mastered all of the 10 points of the Ten Point Programme and who want to learn to swim front crawl, back crawl or breast stroke?

Have you attended a 4 day Foundation Course (previously called Basic Course) but are not sure how to teach strokes?

Well, if the 'Advanced Stroke Technique Course' is offered again, why not apply for it?

I have recently attended this 2 day Course, led by Beryl Kelsey and Ann Thomson and it was EXCELLENT.

Beryl ably looked at how our Halliwick knowledge combined with her ASA knowledge, plus ideas from the Shaw Technique and Total Immersion could give ideas for teaching strokes.

Ann went through the importance of teaching good body positions & how bad technique can lead to injuries.

I highly recommended attendance at this course if you see it advertised (or why not ask Beryl & Ann to run this course in your area?). As an added bonus your own stroke technique will improve!

Thanks to Beryl & Ann for such a useful and enjoyable two days. (Ann Gresswell)

ICE - In Case of Emergency

Have you put **ICE** in your mobile? Putting ICE along with a name and telephone number will enable the emergency services to contact your family in the event of an emergency.



ICE (In Case of Emergency) is a simple idea to help save lives using mobile ones. It was first proposed over a year ago by a British Paramedic after a survey revealed that 75% of people didn't carry emergency contact information, but that 85% carried a mobile phone. He had often found it a struggle to obtain contact details from shocked or injured patients at the roadside.

Looking through the contacts in a mobile phone can prove difficult. Someone might have 'Mum' in their phone book, but that doesn't mean they'd want them contacted in an emergency. Almost everyone carries a mobile phone now, and with **ICE** they'd know immediately who to contact and which number to ring. The person may even know their medical history. It is hoped that who to contact and which number to ring.

The person may even know their medical history. It is hoped that all emergency services will promote ICE in their area.

Original source: Loud & Proud - Autumn 2005 (submitted by Beryl Kelsey-Halliwick ASTRA 5)

Next Issue – July 2006 Copy to be received by the Editor by ***mid – June***

Send to: Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY
OR, direct to the Chairperson by e-mail, if late !

Report from the International Halliwick Association (IHA) Education and Research Committee

Having not written anything from this Committee for the Halliwick AST Newsletter for a long while, I thought it was time to put pen-to-paper – or perhaps I should say fingers-to-keyboard - but it doesn't have the same ring!

The present members of this Committee are Ann Gresswell (UK), Bodil Fons Knudsen (Denmark), Jean-Pierre Maes (Belgium & UK), Inger-Lise Sorbo (Norway) and Montserrat Gutierrez (Spain).

We meet twice a year and correspond between meetings by email.

Most requests for help from this Committee are about how to become a lecturer. The IHA Education and Research Committee have spent a large amount of time in the past few years to try and address this and related issues. We have tried to find a way forward that all the different Halliwick Associations in the different member Countries can agree with, which has meant compromises. The work by Halliwick AST, including all its numerous publications, has been very valuable in helping with this process.

One area of work has been the development of IHA Certificates for lecturers and the first certificate to be given out was to Joan Martin (President of Halliwick AST-UK). Joan, who has been involved with Halliwick since 1950, a year after being stared by Jim McMillan (Mac), said that it was the first Halliwick certificate she had ever received!

The IHA Education and Research Committee have now started to address the 'Research' part of our name and are starting to collect details of any publications including books, articles etc that relate to Halliwick. Hopefully, in the future we can support Halliwick practitioners (though not financially) who are going to carry out research about the effectiveness of Halliwick.

Do contact me if you have any issues related to education and research that you wish to raise with the IHA Education and Research Committee.

Ann Gresswell (Chair IHA Education and Research Committee)
Email:- ann_gresswell@hotmail.com

Dates & Venues of future Halliwick AST Training Courses on 'The Halliwick Concept' in the **UK** appear on **page 5** of this *Newsletter* and are also **regularly updated on our Website, as well as Overseas Courses.**



HALLIWICK ASSOCIATION OF SWIMMING THERAPY

TEACHING PEOPLE WITH DISABILITIES TO SWIM

INAUGURATED 1952

Registered Charity Number 250008

C/o ADKC Centre, Whitstable House, Silchester Road, LONDON W10 6SB

www.halliwick.org.uk

Affiliated to the International Halliwick Association (IHA)

Courses 2006

Cost - £150 or £125 (with bursaries available for volunteers from affiliated clubs)

Foundation Course The Halliwick Concept

Venue

Dates

Brent, North London

Day 3 & 4 - May 13 & 14

Oxford

June 17th & 18th and July 8th & 9th

East Lothian, Scotland

June 21 to 24 (**4 consecutive days**)

Hull

Autumn - 2 weekends, *Dates to be arranged*

Advanced Course Teaching The Halliwick Concept

Hull

Day 3 & 4 - April 22 & 23

Troutbeck Bridge
Windermere, Cumbria

July 10th to 13th - 4 consecutive days

Brent, North London

Day 3 & 4 - May 13 & 14

Application forms and posters can be downloaded from the web site
or by email from the course organiser or send a S.A.E. to the course organiser

For an update on courses, publications etc. visit www.halliwick.org.uk

Brent	East Lothian Scotland	Hull	Oxford	Troutbeck Bridge
<i>Alison Skinner</i>	<i>Wendy Alexander</i>	<i>Beryl Kelsey</i>	<i>John Partridge</i>	<i>Wayne Rawlinson</i>
31 Syon Park Gdns	Ageing well co-ordinator	59 Woldcarr Rd	129 Windmill Rd	85 Milnthorpe Rd.
Osterley	East Lothian Council	Hull	Oxford OX3 7DN	Kendall
Middlesex	John Muir House	East Yorkshire		Cumbria
TW7 5NE	Haddington EH41 3HA	HU3 6TR		LA9 5HE
☎0208-560 2034	☎01620-828 760 Fax: 01620-827 291	☎01482-353 547	☎01865 764 919	☎ 01539-726 252
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