



Reg'd Charity 250008

Halliwick AST

Newsletter

January 2006

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

Website: www.halliwick.org.uk

A message from the Chair

Firstly, I hope that you all enjoyed a pleasant and relaxing Festive time and may I wish you a very **Happy New Year for 2006.**

I look forward to meeting many of you at the **2005 Annual General Meeting on Sunday 5th March in Oxford** at the OXSRAD Sports Centre, Court Place Farm, Marsh Lane, Marston, Oxford. *This is a new venue and directions of how to get there will follow in due course together with the Agenda.* Please bring with you a packed lunch as there are no facilities for food! However, tea and coffee will be provided. Following the success of the changes introduced last year, firstly there will be a meeting of the present National Executive Committee starting at 11 am, followed by the **AGM**, so allowing those present, time to read our Annual Report, prior to the AGM.

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.

Contact me at: 18 Thamesdale, London Colney St Albans, Herts AL2 1TB

Tel No: 01727-825 524 E-mail: patrick.hastings@btopenworld.com

The Way Ahead

Have you considered being a participant on an Advanced Halliwick Course?

The way ahead for Instructors who have done a Foundation Course, is to add to your knowledge and increase your skills.

The Advanced Course is essential for you to have a better understanding of teaching new helpers and to progress swimmers who come to your club/group.

The course will also concentrate on aspects of group work, voice care, protection issues and give a better understanding of the water work.

An Advanced Course is to be held at Brent on 11/12 March and 13/14 May 2006. Places are still available. To book contact Alison Skinner on at.skinner@ucl.ac.uk or obtain further details on the website about this and other Advanced Courses being held in other areas.

A1 Laminated Charts - To all clubs and Halliwick Instructors

With alterations being made to the Yellow and Green badge tests, it will be necessary for new A1 laminated sheets to be produced. A Blue badge A1 laminated chart is also being considered.

Costs may depend on the number of charts ordered and so an indication of interest is required; the last time these were produced was in about 1996, when the cost was £5 per chart.

Please contact patrick.hastings@btopenworld.com to give an indication of interest.

Centre 88 for the Ordering and Distribution of our Publications including Videos/DVDs

Orders for any of these items will in future be sent out from **Centre 88** in Hull. This Centre has kindly agreed to support us in this venture. For this reason, will you please ensure that you use the **latest version of the Publications Order Form** for all publications, as the Centre 88 address is now on it. A copy of the latest version of the 'Publication Order Form - January 2006' is attached and can also be downloaded at any time from our website: www.halliwick.org.uk/downloads/PubOrdForm1.pdf. Cheques are still to be made payable to 'Halliwick AST'.

DATES FOR YOUR DIARY - 2006

- Saturday - 21 Jan National Management Committee Meeting, London - 11am start.
- Sunday - 5 Mar National Executive Committee Meeting and **2005 AGM** at OXSRAD Sports Centre, Court Place Farm, Marsh Lane, Marston, Oxford - 11 am start
This is a new venue and directions of how to get there will be sent with the Agenda
- Sunday - 4 June National Executive Committee Meeting, also at OXSRAD - 11 am start

NATIONAL EDUCATION WEEKEND

Ten delegates attended meetings on the weekend of November 26th & 27th. The constitution of the National Education Committee was updated. The main objectives are now clearly placed on offering practical support to lecturers to help them deliver successful courses.

Halliwick AST has built up an impressive and ever expanding library of literature and teaching resources on all aspects of teaching swimming to people with disabilities. Existing publications are regularly revised and improved and new resources are being continually produced. More work than ever was undertaken in 2005 with a number of completely new publications and several updates of existing books. DVD versions of all Halliwick videos are also being produced.

The new edition of our textbook *Swimming for People with Disabilities* is now well underway with the first draft scheduled for completion in time for our next meeting.

The aim of this year's seminar, led by Ann Gresswell, was how to make the "Effects of Water" lecture more meaningful for participants on a Halliwick Foundation Course. A series of PowerPoint illustrations were shown that could be used to clearly demonstrate all the forces and concepts involved in balance in water.

Pamela Galloway, Chairperson of our newest region, ASTRA 10, reported on enthusiastic initiatives to establish Halliwick in the South West. Their committee have already organised several educational events for the region including two Foundation Courses, an Advanced Course and a Study Day (see *below for more details*). The next National Education weekend will be in London on March 25 & 26th 2006.

Philip Puckrin, Chairman, National Education Committee

Halliwick Region ASTRA 10

A Study Day, including the Inaugural AGM has now been arranged to be held in Bath on Saturday 28th January 2006, from 9 am to 4.30 pm at the Physiotherapy Department, Royal National Hospital for Rheumatic Diseases, Bath BA1 1RL

For more details visit the 'Home' page of our website www.halliwick.org.uk

Pamela Galloway, Chair of ASTRA 10, c/o 17 Baytree Road, Bath BA1 6NB pgalloway@members.v21.co.uk

Next Issue – April 2006 Copy to be received by the Editor by mid– March
Send to: Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY
OR, direct to the Chairperson by e-mail, if late !

Dates & Venues of future Halliwick AST Training Courses on 'The Halliwick Concept' in the **UK** appear on page 4 of this *Newsletter* and are also regularly updated on our **Website**.

If this Newsletter has **not** been sent to the correct Club contact, it is important that you write to Eric Dilley at the ADKC Office to give him the correct contact so that our records can be updated.

Congratulations !

Certificates are available for those (instructors, helpers and swimmers) who have followed the **Protection of Vulnerable Persons** home study package which is in Section 3 of *Safe to Swim*.

Nine members of **Hull Optimists** have successfully completed it. Congratulations to them for the excellent results. Certificates are on their way!

As a result of this club completing the study package, some small alterations have been made and the following procedure should now be followed if you wish to receive a certificate.

The procedure is:-

First study the pack,

Secondly answer the questions at the back and check their answers against the answers given in the pack.

When you feel that you are competent, complete the questions again in the presence of a responsible person in the club and without reference to the *Safe to Swim* pack.

The 3 page answers should then be sent with their name and address to:

Pamela Wood, 16 Rowan Close, Ogwell, Newton Abbot TQ12 6YN and
a certificate of completion will be sent to successful people.

Certificates will only be given to those who achieve a 75% and above pass mark.

Why not meet together as a club and complete the study pack together?

Report of the Publications Committee

The Publications Committee have produced some new additions to the Rainbow Series and have updated several others. The two new additions are a '*Distance Learning Pack for Assessing*', which is an innovative scheme for anyone who wants to learn about assessing at any level, from badges upwards, who are unable to attend a normal course, and '*No Fear*' which is a self-help pack for anyone who wants to overcome a fear of water.

Updated publications include – *Teaching and Testing Proficiency Badges*, *Course Organisers Information Pack*, *Swimming Pool Safety*, *Club Information Pack* and *Safe to Swim-Sections 1 & 3*. The *Club Information Pack* now contains specimen policies on many subjects such as Risk Assessment, Anti bullying, Volunteering, policy on physical contact, Complaints and Grievance procedures, Health and Safety and, dealing with disruptive behaviour. This book is a must for any club and only costs £4!

The updated *Teaching and Testing Proficiency Badges* includes the changes made to the yellow and green badges, which are:-

Yellow badge – the addition of a combined rotation from a vertical position to a back float.

Green badge – it is no longer recommended that a swimmer is pushed down when in the mushroom float position. The test now reads – “submerge by any means to a depth of 1.2 metres, get into a mushroom float position, float to the surface and recover with a longitudinal rotation.”

A *Supplement* has been prepared to accompany our essential hand book “**Swimming for People with Disabilities**”. All books sold in coming months will include the supplement, but if you wish to obtain a copy it can be downloaded from our website www.halliwick.org.uk. The *Supplement* reflects the changes that have taken place since 1992, within the Halliwick Concept.

Pamela Wood - Chair of the Publications Committee



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

Foundation Course The Halliwick Concept

Venue	Dates
Troutbeck Bridge Windermere, Cumbria	February 13 th to 16 th - 4 consecutive days
Brent, North London	March 11 th & 12 th and <u>May 13th & 14th (revised)</u>
Cheltenham	April 1 st to 4 th - 4 consecutive days
Hull	Autumn - 2 weekends, <i>Dates to be decided</i>

Advanced Course Stroke Technique

in association with the

Hydrotherapy Association of Chartered Physiotherapists

Brent, North London January 14th to 15th

Advanced Course Teaching The Halliwick Concept

Hull	February 25 th & 26 th and April 22 nd & 23 rd
Brent	March 11 th & 12 th and May 13 th & 14 th
Troutbeck Bridge Windermere, Cumbria	July 10 th to 13 th - 4 consecutive days

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

Brent	Troutbeck Bridge	Hull- <u>also for Troutbeck Bridge</u> <u>Foundation Course</u>	Cheltenham
Alison Skinner	Wayne Rawlinson	Beryl Kelsey	Pamela Galloway
31 Syon Park Gdns	85 Milnthorpe Rd.	59 Woldcarr Rd	17 Baytree Rd.
Osterley	Kendall	Hull	Bath
Middlesex	Cumbria	East Yorkshire	BA1 6NB
TW7 5NE	LA9 5HE	HU3 6TR	
☎ 0208-560 2034	☎ 01539-726 252	☎ 01482-353 547	☎ 01225-337 555
at.skinner@ucl.ac.uk	wayne@onetel.net	kelsey@halliwickbk.karoo.co.uk	pgalloway@members.v21.co.uk

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