



Reg'd Charity 250008

# Halliwick AST Newsletter

January 2010

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB  
Website: [www.halliwick.org.uk](http://www.halliwick.org.uk)

## ***A message from the Chair***

Firstly, I hope that you all enjoyed a pleasant and relaxing Christmas holiday and may I wish you and yours a very **Happy New Year for 2010**.

I look forward to meeting many of you at this year's **Annual General Meeting on Sunday 25<sup>th</sup> April in Oxford** at the Ormerod School, Waynflete Road, Headington, Oxford OX3 8DD, starting at 11 am. 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. The AGM will be followed by the first meeting of the newly elected National Executive Committee.

Unfortunately, the results of last year's National Championships, which appeared on page 6 of the November *Newsletter*, were incomplete. This resulted in the last event, the Senior Relay being omitted and the points table being duplicated. On page 4, you will see the corrected version of these results (additions shown in **RED**).

**Advanced Notice !!** The 2010 National Swimming Championships, hosted by Halliwick ASTRA 2, will be held at the Sevenoaks Leisure Centre, Kent on Saturday 16<sup>th</sup> October, starting at 2.00pm.

We are delighted to report that the inaugural Meeting of the Halliwick Swimming Association of Ireland took place on 14th November in Limerick, after a 'Study day' led by Mary Arrigan-Langan, our Senior Halliwick Lecturer in Ireland.

In view of the proposed increase in Royal Mail postage costs and also the cost of photocopying, printing labels and envelopes, we are now considering e-mailing the Halliwick AST Newsletter to all concerned for whom we have an e-mail address. To help us, please [let me know](#) if you would like to be added to the list.

One other advantage of this, is that you can then view it in glorious **colour!!!**  
*Please feel free to contact me direct about anything in this Newsletter. If I don't have the answer, I am sure I can put you in contact with someone who does!*

**Patrick Hastings, National Chairperson**

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

Tel No: 01727-825 524 E-mail: [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.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.**

If this Newsletter has **not** been sent to the correct Club contact, it is important that you contact Eric Dilley send him the correct details - so that our records can be updated - by e-mail at [admin@adkc.org.uk](mailto:admin@adkc.org.uk) or by post at the ADKC office. We can then add you to our e-mailing list.

## DATES FOR YOUR DIARY - 2010

Anyone is welcome to attend the AGM and meetings of the National Committees.  
For venue details contact: [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)

Sat/Sunday - 27<sup>th</sup> & 28<sup>th</sup> March - National Education Weekend held at  
University College London, Holborn Union Building, Archway, London

Sunday - 25<sup>th</sup> April<sup>nd</sup> - AGM and National Executive meeting -  
start 11 am at the Ormerod School, Waynfilet Rd,  
Headington, Oxford OX3 8DD

Saturday - 16<sup>th</sup> October - 2010 National Swimming Championships  
to be held at the Sevenoaks Leisure Centre, Kent  
commencing 2.00pm

**Important:** see pages 6 and 7 for the latest January 2010 version of our  
'Publications Order Form' which is also downloadable from our website:  
<http://www.halliwick.org.uk/downloads/PubOrdForm2010.doc>

Also see page 8 for the latest January 2010 version of our 'Equipment Order Form'  
which is also downloadable from our website:  
<http://www.halliwick.org.uk/downloads/EquipOrdForm.doc>

As from Jan 2010, Centre 88 based in Hull will also be handling all Equipment Orders.

### **Transit Seats**

Before the installation of Hoists, this was essential piece equipment. Recently we have been asked by another club, from where they can be purchased, because their pool hoist was temporarily out of use.

For those who are not familiar with this item, it is 'a simple hardwearing polyester seat with 4 corner handles designed to help two people to transfer another to and from a wheelchair, toilet, shower, swimming pool etc..'

This item, which is a special manufacture, can be obtained from **Tyco Healthcare** who can be contacted by phone on **0800 - 581 596** for more details.

The price excluding VAT is approx £104.

*We would point out that we do not necessarily endorse this product and it is advisable to carry out a 'risk assessment' before using.*

Remember, one of the advantages of being an Affiliated club is that you can apply to the 'Keyhaven Fund' for help in purchasing this type of item.

In the first instance, please write to our Treasurer, Mrs Gill Wilkinson, at 97, Mill Falls, Driffield, East Yorks YO25 5AZ

**Next Issue - April 2010** Copy to be received by the mid March  
*Send direct to the Chairperson by post or e-mail!*

## ENTERPRISE SWIMMING CLUB - CROYDON

As reported in the November Newsletter, Enterprise SC celebrated its 50<sup>th</sup> Anniversary in October last year. Unfortunately, the report that follows from their President Ian Gill, was received too late for inclusion in the November edition.

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### Our 50<sup>th</sup> Anniversary Luncheon on 3<sup>rd</sup> October, 2009 at Fairfield Halls, Croydon

Eighty current and former members attended this 50th Anniversary celebration of the Enterprise Club, which was formerly inaugurated on the 25<sup>th</sup> September, 1959. A number of special guests were present including the Mayor of Croydon, Councillor Margaret Mead and her consort, Councillor Dudley Mead. Also Dr Joan Martin MBE the President of Halliwick AST, David Patmore (Secretary of Halliwick ASTRA 1). Bernard Searle (General manager of Purley Pool) and Rob Macchi (Chief Executive, Croydon Accessible Transport) and his wife Alanna.

After a marvellous meal, Clive Baker the Club's Treasurer propose the loyal toast and invited Ian Gill, the Club President to say a few words to mark the occasion. In his speech he said that he was very appreciative of the efforts made by those original members in attending the luncheon, since without their efforts so many years ago, there would have been no Enterprise Club. He also referred to the inaugural meeting at which such members as Charles Buchanan, Pamela Harris and Sheila O'Sullivan were present. Charles was unable to attend, Pamela Harris was no longer with us, but Sheila O'Sullivan was present and was duly acknowledged

At the end of his speech, Ian presented the Mayor of Croydon with a cheque as a contribution towards her charity.. The Mayor was then invited to cut the Anniversary Cake and she proposed a toast to the club, after which she was presented with a basket of flowers by Ben Tasker. This was a very special day in the 50 years of the club and one that will be treasured by all those who attended



*The Mayor of Croydon, Ian Gill and Ben Tasker*



*Sheila O'Sullivan holding her Anniversary mug. Everyone who attended received one!*

**Results of the 40<sup>th</sup> National Championships held on Saturday 10<sup>th</sup> October 2009  
Southgate Leisure Centre, Winchmore Hill Road, London N14 6AD**

**Competitors took part from:**

- Halliwick ASTRA 1 (Greater London, North of River Thames)
- Halliwick ASTRA 2 (Greater London, South of River Thames with Kent, Surrey and Sussex)
- Halliwick ASTRA 5 (Yorkshire)
- Halliwick ASTRA 8 (Cheshire, Staffordshire & Shropshire)
- Halliwick ASTRA 10 (Cornwall, Devon, Dorset, Somerset and Wiltshire)
- Halliwick ASTRA 15 (Wales)

(The Halliwick ASTRA appears as \* after the swimmers' names)

| First                                               | Second             | Third              |
|-----------------------------------------------------|--------------------|--------------------|
| National League: Arthur Gunton Cup                  |                    |                    |
| ASTRA 15                                            | ASTRA 8            | HASTRA 2           |
| Girls 1 length - 25ms: The Halliwick Cup            |                    |                    |
| Amy Halfpenny *8                                    | Shannon Rodgers*15 | Jessie Downard *1  |
| Boys 1 length - 25ms: Halliwick Junior Cup          |                    |                    |
| Daniel Hitchman*15                                  | Neil Britton *2    | Rodger Jolly *1    |
| Ladies 1 length - 25ms: Beryl Miller Cup            |                    |                    |
| Brenda Shine *1                                     | Sarah Parry *15    | Jenny Tarry *8     |
| Men's 1 length - 25ms: London Transport Revenue Cup |                    |                    |
| Eric Spalding *2                                    | Brian Russell *10  | Ron Woodhouse *5   |
| Girls 2 lengths - 25ms: ASTRA Fifteen Cup           |                    |                    |
| Megan Davis *15                                     | Christine Craven*5 | Hannah Babitas *8  |
| Boys 2 lengths - 25ms: Keyhaven Cup                 |                    |                    |
| Twm Draper *15                                      | Connor Page *2     | Luke Ricketts *1   |
| Ladies 2 lengths - 25ms: Olive Lee Memorial Cup     |                    |                    |
| Sandra Howe*5                                       | Eva Salisch *1     | Collette McEvor *2 |
| Men's 2 lengths - 25ms: George Lyons Cup            |                    |                    |
| Will Griffiths *15                                  | Darren Crouch *1   | Josh Smelt*5       |
| Girls Championship- 100ms: Penguins Jubilee Cup     |                    |                    |
| Amy Halfpenny *8                                    | Jordan Margery*15  | Southie Weaver *5  |
| Boys Championship - 100ms: Phyl McMillan Cup        |                    |                    |
| Liam Forbes *15                                     | Olive Pearce *5    | Sandeep Bugnath *1 |
| Ladies Championship - 100ms: Derek Burnard Cup      |                    |                    |
| Barbara Hopper *1                                   | Pamela Hill *5     | Lynne Lucas *8     |
| Men's Championship - 100ms: Monton Cup              |                    |                    |
| Martin Hennessey *1                                 | Jack Watkins *10   | Ron Woodhouse *5   |
| Junior 4 x 1 Relay: HAST National Cup               |                    |                    |
| ASTRA 8                                             | ASTRA 1            | ASTRA 15           |
| <b>Senior 4 x 1 Relay: Nellie Sims Cup</b>          |                    |                    |
| <b>ASTRA 15</b>                                     | <b>ASTRA 8</b>     | <b>ASTRA 10</b>    |

**CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 15 - 45 points**

Equal Second: ASTRAs 1 & 8 - 35 points Fourth: ASTRA 5 - 27 points

Fifth: ASTRA 2 - 24 points Sixth: ASTRA 10 - 14 points





# 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](http://www.halliwick.org.uk)

Affiliated to International Halliwick Association (IHA)

## Courses 2010

### Foundation Course - The Halliwick Concept (4 days)

Venue

Dates

|                             |                                                                                   |
|-----------------------------|-----------------------------------------------------------------------------------|
| Henshaws College, Harrogate | February 15 <sup>th</sup> to 18 <sup>th</sup> (4 days)                            |
| Brent - North London        | March 13 <sup>th</sup> /14 <sup>th</sup> & May 15 <sup>th</sup> /16 <sup>th</sup> |
| Dorchester                  | April 8 <sup>th</sup> - 11 <sup>th</sup> (Four days)                              |
| Hull                        | Sept 25 <sup>th</sup> /26 <sup>th</sup> & Oct 2 <sup>nd</sup> /3 <sup>rd</sup>    |

### Advanced Course - Teaching The Halliwick Concept - 4 days

**No courses planned as yet for 2010**

Application forms and posters can be downloaded from the web site;

[www.halliwick.org.uk/html/courses/coursetimes](http://www.halliwick.org.uk/html/courses/coursetimes)

or by e-mail from the course organiser below or send a SAE to the course organiser

|           |                                                                                                                                                                                                                                     |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Harrogate | <b>Elizabeth Connall</b> - Henshaws College, Bogs Lane, Harrogate, North Yorkshire HG4 1ED e-mail: <a href="mailto:Liz.Connall@henshaws.ac.uk">Liz.Connall@henshaws.ac.uk</a>                                                       |
| Brent     | <b>Alison Skinner</b> - 31 Syon Park Gdns, Osterley, Middlesex TW7 5NE<br>Tel No: 0208 - 560 2034 e-mail: <a href="mailto:at.skinner@ucl.ac.uk">at.skinner@ucl.ac.uk</a>                                                            |
| Dorset    | <b>Linda Rieder</b> - Learning Disabilities Service, Nightingale House<br>49, Alumhurst Road, Bournemouth, Dorset BH4 8EP<br>Mobile: 07810 - 835 123 e-mail: <a href="mailto:linda.rieder@dhft.nhs.uk">linda.rieder@dhft.nhs.uk</a> |
| Hull      | <b>Gill Wilkinson</b> - 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ<br>Tel no - 01377 - 256 229 e-mail: <a href="mailto:gill.will9x@tinyworld.co.uk">gill.will9x@tinyworld.co.uk</a>                                          |

### Have you any suggestions how we could improve the advertising of Halliwick Courses?

Currently we advertise Halliwick courses on the website & in this newsletter, in Frontline to reach physiotherapists, Swimming Times for swimming teachers and directly to Special Schools, plus various other contacts.

Have you got any suggestions or contacts which might be useful?

Which journals/magazines appear in your staff room?

Where do you look to find courses?

Any other ideas of how we can get the word out to other sectors, especially people in social services?

Contact ; - **Pamela Galloway** - Tel 01225 - 337 555 or [pgalloway1@googlemail.com](mailto:pgalloway1@googlemail.com)



# HALLIWICK ASSOCIATION OF SWIMMING THERAPY

## Publications Order Form - January 2010

*Some publications may be available in **LARGE PRINT** on request*

\* Also available as a free download from the website

| RAINBOW SERIES | TITLES                                                                                                                                                   | Current edition | Cost | No. Req. | Total Cost |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|------|----------|------------|
|                | Assessment for Competence Certificates                                                                                                                   | 3rd             | £5   |          | £          |
|                | Teaching & Testing the Halliwick AST Proficiency Badges                                                                                                  | 3rd             | £5   |          | £          |
|                | Swimming Pool Safety <i>Guidelines for safety issues for Halliwick pool sessions</i>                                                                     | 2nd             | £5   |          | £          |
|                | Information Pack for Clubs <i>Documents/info for running a club</i>                                                                                      | 2nd             | £5   |          | £          |
|                | Guidelines for manual handling tasks at the swimming pool                                                                                                | 2nd             | £5   |          | £          |
|                | * Organisation Pack for Halliwick Foundation Courses                                                                                                     | 4th             | £5   |          | £          |
|                | 'Safe to Swim'. <i>Information for clubs, Policies and Procedures, a Training Pack</i>                                                                   | 2nd             | £5   |          | £          |
|                | Swimming Songs. <i>Songs to assist in teaching the Halliwick Concept</i>                                                                                 | 2nd             | £5   |          | £          |
|                | Swimming Games and Activities <i>Games to assist in teaching the Halliwick Concept</i>                                                                   | 2nd             | £5   |          | £          |
|                | Swimming Pool Design - <i>Accessibility for all</i>                                                                                                      | 1st             | £5   |          | £          |
|                | 'No Fear'. <i>A self help programme for people with a fear of water</i>                                                                                  | 1st             | £5   |          | £          |
|                | Distance Learning Handbook for Trainee Assessors                                                                                                         | 1st             | £5   |          | £          |
|                | Programme Ideas <i>Ideas for group pool sessions</i>                                                                                                     | 1st             | £5   |          | £          |
|                | S.W.I.M. Swimming with Independent Measurement <i>with DVD</i>                                                                                           | 1st             | £5   |          | £          |
|                | <b>Halliwick AST BOOK</b><br>"Swimming for People with Disabilities" 3 <sup>rd</sup> edition (2010)<br><i>At present with publishers - due out soon.</i> | 3 <sup>rd</sup> | £10  |          | £          |
|                | <b>LEAFLETS</b> listed below are <b>ONLY</b> sold as sets of 10 for £1<br><i>i.e. a 'set' being one of each of the 10 leaflets</i>                       |                 | £1   |          | £          |

|    |                                                                                  |
|----|----------------------------------------------------------------------------------|
| 1  | Working with young children using the Halliwick Method                           |
| 2  | A safer method of teaching swimming for people with severe learning disabilities |
| 3  | Teaching breath control to people with profound or multiple disabilities         |
| 4  | Teaching swimming to people who are hearing impaired                             |
| 5  | Minimising dangerous behaviour at the swimming pool                              |
| 6  | Teaching swimming to people with severe learning difficulties                    |
| 7  | Guiding People who are Visually Impaired around the Pool Environment             |
| 8  | Teaching swimming to people who are visually impaired using the Halliwick Method |
| 9  | Teaching Swimming for People with Multiple Sclerosis                             |
| 10 | Communicating with people with disabilities when using the Halliwick Concept     |

**Sub total to carry forward to next page**

£ \_\_\_\_\_

|                                                                                                                                                                                                                                                   | Sub total <i>brought fwd</i>     |             |                 | £ -               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------|-----------------|-------------------|
| <b>STATIONERY</b>                                                                                                                                                                                                                                 | <b>Current Issue</b>             | <b>Cost</b> | <b>No. Req.</b> | <b>Total Cost</b> |
| * Halliwick Affiliation Forms *Group / Individual/Overseas<br>(*delete one)                                                                                                                                                                       |                                  | Free        |                 |                   |
| * Benefits of Affiliation                                                                                                                                                                                                                         | 2005                             | Free        |                 |                   |
| * Halliwick AST Information Leaflet                                                                                                                                                                                                               | 2005                             | Free        |                 |                   |
| * Halliwick AST Equipment Order form                                                                                                                                                                                                              | 2005                             | Free        |                 |                   |
| Halliwick Record Books (Log Books)                                                                                                                                                                                                                | 2007                             | £1          |                 | £                 |
| Halliwick AST Competition Laws                                                                                                                                                                                                                    | 2005                             | £1          |                 | £                 |
| <b>DVDs</b>                                                                                                                                                                                                                                       |                                  |             |                 |                   |
| Each title is available in video and DVD format. Please indicate the number required in the appropriate column                                                                                                                                    |                                  |             |                 |                   |
| "Entries, Exits and Supports"                                                                                                                                                                                                                     | 1996                             | £10         |                 | £                 |
| "Activities on the Ten Point Programme"                                                                                                                                                                                                           | 2006                             | £10         |                 | £                 |
| "Breath Taking" ( <i>small revision made in 2006</i> )                                                                                                                                                                                            | 1988                             | £10         |                 | £                 |
| "Another kind of playground"                                                                                                                                                                                                                      | 1993                             | £10         |                 | £                 |
| "Water Free"                                                                                                                                                                                                                                      | 1975                             | £10         |                 | £                 |
| "Halliwick Method"                                                                                                                                                                                                                                | 1970                             | £10         |                 | £                 |
| Scripts can be downloaded from the following webpage<br>Also reviews to help you select the right video.<br><a href="http://www.halliwick.org.uk/html/publications/pubvideos.htm">http://www.halliwick.org.uk/html/publications/pubvideos.htm</a> | <b>Total</b>                     |             |                 | <b>£</b>          |
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|                                                                                                                                                                                                                                                   |                                  |             |                 | <b>£ -</b>        |

**Above prices do not include the cost of P&P to GB and N Ireland.**

|                                    |           |
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| For orders up to £10.00            | add £2.50 |
| For orders between £10.0 & £ 25.00 | add £4.00 |
| For orders over £ 25.00            | add £6.50 |

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This Order Form is updated regularly, please make sure that you have the current version by visiting our website: <http://www.halliwick.org.uk/downloads/PubOrdForm2010.doc> For all non-publication enquiries contact: c/o ADKC Centre Whitstable House, Silchester Road, London W10 6SB England  
Make cheques and postal orders payable to '**Halliwick AST**' and send with completed form



## HALLIWICK ASSOCIATION OF SWIMMING THERAPY Equipment Order Form - January 2010

| Items                                                                                                 | Cost                                                   | No. Req. | Total Cost |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------|----------|------------|
| a. <b>Proficiency badges</b> * Red                                                                    | £2 each                                                |          | £          |
| Yellow                                                                                                | £2 each                                                |          | £          |
| Green                                                                                                 | £2 each                                                |          | £          |
| Blue                                                                                                  | £2 each                                                |          | £          |
| <b>Note</b> * these badges can only be supplied to <b>affiliated</b> Halliwick AST Clubs and members. |                                                        |          |            |
| b. <b>A5 Certificates</b> for general achievements                                                    | 10p each                                               |          | £          |
| c. <b>Metal Halliwick logo lapel badges</b> (1 inch dia)                                              | £2 each                                                |          | £          |
| d. <b>Poached Eggs:</b> in packs of 10                                                                | £6.50 per pack                                         |          | £          |
| e. <b>Laminated A4 Badge Charts</b> Red/Yellow/Green                                                  | £2.50 each                                             |          | £          |
| Red/Yellow                                                                                            | £2.50 each                                             |          | £          |
| Green                                                                                                 | £2.50 each                                             |          | £          |
| Blue                                                                                                  | £2.50 each                                             |          | £          |
| <b>or set of 4 for</b>                                                                                | £8.00 per set                                          |          | £          |
| f. <b>Laminated A1 Badge Charts</b> Red                                                               | £15.00 each                                            |          | £          |
| Yellow                                                                                                | £15.00 each                                            |          | £          |
| Green                                                                                                 | £15.00 each                                            |          | £          |
| Blue                                                                                                  | £15.00 each                                            |          | £          |
| <b>Ten Point Programme</b>                                                                            | £15.00 each                                            |          | £          |
| <b>or set of 5 for</b>                                                                                | £72.00 per set                                         |          | £          |
| <b>Name of <u>affiliated</u> Halliwick AST Club:</b>                                                  | <b>add extra cost of P&amp;P<br/>see 'Terms' below</b> |          | £          |
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|                                                                                                                                                                                                        | City              |           |
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