



Reg'd Charity 250008

Halliwick AST Newsletter

July 2005

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

Website: www.halliwick.org.uk

A message from the Chair

At a meeting of the National Competitions Committee held on 10th April, one of the items discussed, was **'The Future of the National Championships'**. The committee have been concerned about the decline, over the last 3 years, in the number of competitors from each Region taking part.

With this *Newsletter* we are sending out a separate Questionnaire asking for your views, which needs returning by 16th Sept. Would you please make sure that the Option you chose is the view of the club members as a whole, not just the Officers. Option 1 is a major departure from the unwritten rule that we have always followed at Regional & National level, though it is often practiced at inter-club level.

Video scripts are now available for all of the videos we sell. These can be downloaded from our website. They will be particularly useful for anyone who has difficulty in hearing the voice-over on videos. Our grateful thanks go to volunteers of Halliwick ASTRA 5 who undertook this mammoth task.

Each year at our AGM I appeal for a volunteer to come forward to fill **the role of Secretary to our National Executive Committee.** For the last 7 years, Eric Dilley our Insurance Advisor has very kindly covered this role but at our last AGM he indicated that, as from next March, he will no longer be able to do so. I am therefore asking clubs to circulate an appeal amongst their members. The job entails attending during the year, 3 meetings in the Oxford area and 2 in London, to take the Minutes of the meetings, transcribing them at home and then circulating them to members. It is essential that they have a UK landline telephone and computer with internet access. It would be more convenient if they also have their own form of transport to attend meetings independently, though we may be able to arrange a car lift with one of our members, if the volunteer lives close to one of them.

In the April edition of this Newsletter we said that we would issue a **simplified 'Idiot's' guide to the workings of CRB check.** On page 3 you will see an example of such a guide that is currently used by the Hull Optimists SC, to whom we are grateful for allowing us to reproduce it.

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

Obituary: We are very sorry to hear of the death on 13th April of **Alan Williams** (1927-2005) the former Treasurer of **Halliwick Penguins SC.** Alan had been seriously ill for some time and reluctantly had resigned from the treasurer ship at the club's AGM in April 2004. Alan had been involved with the club since 1983 and had been Treasurer for over 17 years. We send our condolences to the club for whom this is the second sad loss that they have suffered in the last 2 years, following that of the late Phyl McMillan.

Halliwick Competence Certificates - Update

The Education Committee have updated the Certificates of Competence. If you have passed the Halliwick Instructor's Certificate (HIC), Group Leader's Certificate (GLC), Training Instructor's Certificate (TIC), Course Assistant / Pool Demonstrator (CAPD) Assessor or Lecturer and not received a certificate, please contact Allan Brown or Beryl Kelsey, with details of the assessment. The new certificates have our full title 'Halliwick Association of Swimming Therapy'. If you have an 'old' (i.e. 'Association of Swimming Therapy) certificate that was issued since the organisation's name change, you may have it replaced, if you wish.

Congratulations to the following people who have gained Certificates of Competence

Halliwick Instructors Certificate: Mary Walker, Amanda Goreham, Julie Mitchell, Marlene Smith and Elizabeth Ersfeld, all from Hull optimists SC & Karen Stockdale of Fredrick Holmes Special School
Course Assistant / Pool Demonstrator: Marion Wood of Springhead Swimmers, Scarborough

DATES FOR YOUR DIARY 2005 - 2006

- Saturday - 3 Sept National Management Committee Meeting, London - 11am start.
- Saturday - 15 Oct 2005 National Swimming Championships to be held at the Barry Leisure Centre, South Wales—doors open 2pm, prompt start 2.30pm
- Sunday - 6 Nov National Executive Committee Meeting in Oxford - 11am start.
- Sat/Sun - 26/27 Nov National Education Weekend, London - 11am start.
- Saturday - 21 Jan, **2006** 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

Brent News – final report from Bob and Betty Chapman - Halliwick ASTRA One

As you are already aware from our article in the April edition of this Newsletter, we have now retired from organising the Brent Courses, after the completion of the very successful May 2005 week end.

The new Course Organiser for Brent in 2006 will be Alison Skinner, who is a Halliwick Lecturer and will take on the administrative work. Betty and I will continue to attend the courses for registration, providing back-up for Alison, continue to provide refreshments & assist with pool work when required.

NATIONAL EDUCATION COMMITTEE WEEKEND

Fourteen delegates attended another successful National Education weekend on April 16th & 17th.

The Committee approved assessments on the following lecturers:

- Alison Skinner**- Halliwick Lecturer
- Jane Stewart- Parry** - Halliwick Lecturer (re-accredited)
- Mary Arrigan-Langan** - Senior Halliwick Lecturer
- Jean-Pierre Maes** - Assessor of Halliwick Lecturers
- Rajko Vute (Slovenia)** - Assessor of Halliwick Lecturers
- Jackie Rae** - Assessor for the Halliwick Instructors Certificate

A team of chapter writers have been appointed to update our text book *Swimming for People with Disabilities*.

Two minor changes were made to the Teaching and testing of Halliwick proficiency Badges, which only affect the Yellow and Green badges.

Yellow Badge - an extra test has been added: demonstrate a rolling recovery (combined rotation) from a vertical position to a back float.

Green Badge - the swimmers are now allowed to submerge *in any way* to a minimum depth of 1.2 metres, for the mushroom float test. However, it is recommended that instructors encourage swimmers to get down by their own efforts and avoid having them pushed down. The swimmer should then assume a mushroom position followed by an unassisted controlled return to the surface and then recover to a safe breathing position by the use of a longitudinal rotation.

Twelve Halliwick lecturers and swimming teachers attended the two-part **Manual Handling training course** organised by the National Education Committee. The evaluation comments indicated that everyone found it useful and enjoyable.

Emma Throndsen offered to take over some of the workload from our current Secretary, **Veronica Boys**. Her offer was gratefully accepted and **she was duly appointed joint National Education Secretary**.

Next National Education Weekend will take place in London on November 26 & 27th. The seminar topic on November 26th will be *Balance in Stillness* led by Ann Gresswell and Jean-Pierre Maes.

Philip Puckrin (Chairman, National Educational Committee)

Next Issue – November 2005 Copy to be received by the Editor by **end September**
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.

Hull Optimists SC

A swimming Club For People With Special Needs

www.hulloptimists.org.uk

Registered Charity No 1014672

All new helpers must undergo Criminal Records Bureau (CRB) check or 'disclosure'.

We have 2 Club Protection Officers (CPOs): Mons - Edna Richardson & Thurs - Beryl Kelsey.

What to do now:

Complete the club application form and give it to the Club Protection Officer (Edna or Beryl)

Then complete the photocopied CRB form as a 'dummy run'. The CPO will go over the form with you first. Let the CPO see this before you complete your real form.

Some information from your application form will be given to the CRB.

They will send you your real CRB form, partially completed with the information you have given.

What to do when your CRB application form arrives:

Using your 'dummy run' form as a guide, Complete the form **IN BLOCK CAPITALS AND IN BLACK INK** (this is very important as a machine reads the form at the CRB, not a person).

What to do when you have completed your sections of the form:

You take the form to the CPO (Edna or Beryl). **They complete section X.**

To complete section X they will need **at least 3** documents from this list that confirm your identity:

Passport	Driving licence	Birth certificate	Marriage certificate
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If you cannot produce three from the above list, then we will discuss alternatives, but please try.

They also need a utility bill – gas, electric etc. to confirm your address.

They send the form to the NASCH Protection Officer, (Carol O'Neil), who will sign section Y then forward it to the CRB.

The CRB will eventually send you your disclosure. You show it to the **Club** Protection Officer you and will become an official club helper. A copy will also go to the NASCH Protection Officer (not the club).

Because this process takes so long, you may start helping straight away providing you are supervised at all times. (The club asks that all helpers avoid being alone with a vulnerable person)

All helpers are encouraged to read the 'Protection of Vulnerable People' home study pack and gain the associated certificate.



HALLIWICK ASSOCIATION OF SWIMMING THERAPY

TEACHING PEOPLE WITH DISABILITIES TO SWIM
 INAUGURATED 1952, Registered Charity Number 250008

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

www.halliwick.org.uk

Affiliated to International Halliwick Association

Course are 4 days duration

Courses 2005

Foundation Course The Halliwick Concept

Venue

Dates

Hull

October 29th & 30th and November 12th & 13th 2005

Advanced Course Teaching The Halliwick Concept

Llanfrechfa, South Wales

October 20th to 23rd 2005

Courses 2006

Foundation Course The Halliwick Concept

Brent

March 11th & 12th and May 13th & 14th (revised)2006

Cheltenham

April 1st to 4th 2006

Troutbeck Bridge, Cumbria

February 13th to 16th 2006

Hull

Autumn. Date to be decided

Advanced Course Teaching The Halliwick Concept

Brent

March 11th & 12th and May 6th & 7th 2006

Troutbeck Bridge, Cumbria

July 10th to 13th 2006

Hull

Spring. Date to be arranged

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	Troutbeck Bridge	Hull	South Wales & 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	
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