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Halliwick AST Newsletter

July 2009

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

A message from the Chair

As you are aware, our **Annual General Meeting was held on Sunday 26th April in Oxford** at Ormerod School, Headington, Oxford OX3 8DD.

At the AGM all the existing Officers were re-elected and Gill Wilkinson, was confirmed in her post as National Treasurer, a post she had taken over mid-term after the resignation of Tony Jandrell at last year's AGM. A small presentation was made to Tony to reflect his unstinting service over 25 years. We are still without an official National Secretary, but once again Eric Dilley agreed to undertake work involved.

Also at the AGM, a proposal from the National Executive to increase the Affiliation Fees was ratified. Affiliation fees will be increased thus - Personal Affiliates **£15**, Clubs and Groups **£20** and Overseas Clubs/Affiliates **£25**.

Important Notice!

The date of the November meeting of the National Executive Committee has been changed to Sunday the 8th and not Sunday the 1st

Tom Kelly, Secretary of **Wimborne Wagtails SC** answered my appeal for articles that I made in the April edition of this Newsletter. They are extending a warm welcome to any swimmer who is on holiday this summer in East Dorset, to join them for their swim session every Saturday from 11.30 to 12.30 (see article on page 4)

Have you heard of the Swimming Trust which 'helps people overcome barriers which prevent them from swimming, such as money, disability and lack of opportunity.' Their website, www.swimmingtrust.com gives examples of helping what appears to be elite swimmers, but it may be worth you approaching them.

See page 2 for details of another website The Wheel Life and page 3 for others

Advanced notice !! This year's National Swimming Championships will be held on 10th October, hosted by Halliwick ASTRA 1 at their club pool, Southgate Leisure Centre, Winchmore Hill Road, London N14 6AD Tel No: 0208-882 7963

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

If this Newsletter has **not** been sent to the correct Club contact, it is important that you contact Eric Dilley and send him the correct details - so that our records can be updated - by e-mail at admin@adkc.org.uk or by post at the ADKC office address above.

DATES FOR YOUR DIARY - 2009 / 2010

Anyone is welcome to attend the AGM and meetings of the National Executive

Saturday - 19th Sept - Management - - 11 am start at ADKC offices, London

Sunday - change of date - now **8th** and not 1st **Nov** - National Executive meeting
start 11 am at the Ormerod School, Waynfilet Road
Headington, Oxford OX3 8DD

Saturday - 10th October - 2009 National Swimming Championships to be held at the
Southgate Leisure Centre, Winchmore Hill Road, London N14 6AD

Saturday - 16th Jan **2010** - Management - 11 am start at ADKC offices, London

Sunday - 25th April **2010** - **AGM** and National Executive meeting - start 11 am at
the Ormerod School, Waynfilet Rd, Headington, Oxford OX3 8DD

The role of the new Independent Safeguarding Authority (ISA) and its effects on our members.

The Government has introduced new regulations for those working with children & vulnerable adults, which is in addition to the current CRB regulations.

At present we advise our affiliated clubs to contact either the Swimming Teachers Association (STA) or the Royal Life Saving Society (RLSS) for CRB checks.

We understand from the STA that volunteers will not have to pay for these additional checks and that in the case of the STA they will be setting up procedures to deal with this in due course and they will handle at the same time as a CRB check.

The one major advantage, is that the ISA Registration No **is transferable** between any paid-work or volunteering that you do, unlike the present CRB checks.

The CRB will be automatically carrying out enhanced ISA checks in due course.

Because of problems in implementation, the STA tell us that they have been advised by the Home Office that the start date has now been put back to July 2010!

So this is for information only! If you need to know more see:

<http://www.isa.gov.org.uk/Default.aspx?page=316#volunteers>

The Wheel Life - Why not check out the following website: www.thewheelife.com



The Wheel Life is a social network and a directory of companies and resources aimed at making life easier and more enjoyable for wheelchair users in the UK.

Disclaimer - The content of any websites shown in this *Newsletter*, are not in the control of Halliwick AST and may contain information that is not necessarily the view of or supported by Halliwick AST

Product Information

The Promove Sling

The Promove sling is a modern alternative to the Transit seat and can be used by two, three or four people using the handles.

Like any piece of manual handling equipment a Risk Assessment must be undertaken before attempting any lift for the safety of both the lifters and the person being lifted. It comes in a range of sizes for children through to adults.

Unlike the transit seat the Promove sling can be fitted under the person easily whilst they are in their wheelchair and would be more comfortable to sit on for longer periods of time.

The website is www.promove.uk.com and Tel No: 01970-820 893

Swimwear for Adults and Children– useful contact details:

Incy-wincy - Lovely swimwear in fantastic modern colours incorporating a built-in waterproof swim nappy. The range also includes products with halter necks and wrap-around design for children or adults who are not symmetrical in shape.

www.incywincy.net 08453-653 645

Drylife - Washable swimwear for adults and children

www.drylife.co.uk 08456-018 341

Hi-Line - Washable swimwear for adults and children

www.ostomarts.co.uk 08456-018 341

Rackety's - Washable swimwear for children

www.racketys.com 01538-381 430

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Halliwick AST Publications

New publication

Halliwick AST Publications Committee endeavours to produce good material that can be useful to all persons using the Halliwick Concept. There is now a publication available entitled 'S.W.I.M. – Swimming with Independent Measurement'. This very useful publication, produced by Kim Peacock, is an assessment scheme based on the Halliwick Concept. There is also a 12 minute DVD issued with each booklet. This publication is a must for those new to the Halliwick Concept or for those who need to break down the present badge scheme into smaller components.

Halliwick Instructors Record Books (formally called 'log books')

It was agreed that these should now only be given out on Advanced Courses, **not** on the Foundation Courses. The Record Books are available from Centre 88 price £1 each.

Articles of interest

If you have any short articles (1 to 1½ pages of A4 size typing) of subjects relating to Halliwick and would be willing to have them published in a Halliwick booklet, please send them electronically to pamela.wood@virgin.net

To order any of the publications, complete a Publication Order Form and send it with payment to Centre 88. Order forms are available on the Halliwick AST website:

www.halliwick.org.uk/downloads/PubOrdForm1.doc

Calling all holiday makers visiting East Dorset this summer !!

Wimborne Wagtails meet at the Queen Elizabeth Leisure Centre on the outskirts of this ancient minster town, every Saturday at 1130am. Formed in 1993 we still have some founder members on our books, and cater for an age range from 4 to 84.

Our swimming team attend NASCH Regional galas' and we were able also to send a team to International Championships in Denmark in 2007 to swim with the Halliwick AST national team. The social side of the Club is thriving, with lunches, pantomimes, skittles matches and tractor trailer rides to sites we couldn't normally visit.

But I'm sure many of your readers will recognise and relate-to a recent spell though, when just a few dedicated volunteer committee members carried 95% of the workload on their shoulders, and found themselves up against a brick wall, unable to involve the majority in Club management. Not, I hasten to add, because of indifference by the majority, but usually because time could not be spared, or because medical problems meant that the spirit was willing but the body was not. We have tremendous support financially from the LVA and Rotary, and are very wealthy compared to other similar Clubs, so no problem in that respect. There was just that period when it all gets a bit too much for the three or four officers who strive to keep things moving.

However, the 2009 AGM faced the problem squarely ! Tasks were split into various parts, minimised to encourage members to offer their services. For example, we now have a Minutes Secretary to help the secretary, A Social Secretary to organise that part of Club activities, Christmas lunch and Panto representatives. The reality of losing Halliwick AST affiliation, if we did not have a working committee was probably sufficient incentive for others to take a more active role. By the way, our AGM meeting always includes a fish'n'chip supper, a raffle and a game of skittles. Some members just come along for the entertainment

So there we have it. Wimborne Wagtails will be around for many years to come, providing a service to swimmers in this area. If you are visiting East Dorset, why not drop in and swim with us ? We can ensure a warm welcome!

Tom Kelly. Secretary. 01202-823 675 e-mail: TKelly9380@aol.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.**

Next Issue - Nov 2009 - Contributions to be received by the **mid Oct**
Send direct to the Chairperson by post or e-mail!



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 International Halliwick Association (IHA)

Courses 2009 / 2010

Foundation Course - The Halliwick Concept (4 days)

Venue Dates

Nelson (Lancs)	September 1 st to 4 th , 2009
Oxford	October 10 th & 11 th and 24 th & 25 th , 2009
Brent - North London	March 13 th /14 th & May 15 th /16 th , 2010

Advanced Course - Teaching The Halliwick Concept - 4 days

Stanningley, Leeds	July 4 th & 5 th and 11 th & 12 th , 2009
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Application forms and posters can be downloaded from the web site
or by e-mail from the course organiser or send a SAE to the course organiser
For an update on courses visit www.halliwick.org.uk/html/courses/coursetimes.htm

Nelson (Lancs)	Barbara Atkinson, SScO INCLUSION P.C.H.S Oxford Nelson, Lancs BB9 8LF e-mail: batkinson@pchs.lancs.sch.uk
Oxford	John Partridge, 129 Windmill Road, Oxford OX3 7DN Tel No: 01865-764 919 e-mail: partridge700@btinternet.com
Brent	Alison Skinner 31 Syon Park Gdns Osterley Middlesex TW7 5NE Tel No - 0208 - 560 2034 e-mail: at.skinner@ucl.ac.uk
Leeds	Gill Wilkinson 97 Mill Falls Driffield, East Yorkshire YO25 5AZ Tel No: 01377-256 229 e-mail: gill.will9x@tinyworld.co.uk

Help needed to improve the advertising of Halliwick Courses!

Currently we mostly advertise Halliwick courses on our website, in this *Newsletter*, in 'Frontline' to reach physiotherapists, 'Swimming Times' for swimming teachers and directly to Special Schools. The area we find the most difficulty reaching is people in the Social Services sector and those working for charities. Advertising in journals can be expensive but it is worthwhile if it produces a good return.

If you work in this sector or know anyone who does, have you any ideas which Journals/magazines might be worth considering?

- * Which journals/magazines appear in their staff rooms?
- * Where do you/they look to find courses?
- * Any other ideas of how we can get the word out to these sectors?

Please contact: **Pamela Galloway** - Tel: 01225-337 555 or pgalloway1@googlemail.com