



Reg'd Charity 250008

Halliwick AST Newsletter

May 2010

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

A message from the Chair

On Sunday 25th April we held our 2009 Annual General Meeting in Oxford at the Ormerod School, Waynflete Road, Headington, Oxford OX3 8DD, followed by the first meeting of the newly elected National Executive Committee.

Finally we have just received from the printers the 3rd edition of our handbook, with the revised title of "Halliwick Swimming for Disabled People" !! This news is being circulated to the Press and other interested organisations, who we hope will give positive reviews in the papers and professional publications and help to sell the 4,000 copies that we have just taken delivery of !! This can be ordered by downloading and completing a copy of our Publications Order Form from our website at: <http://www.halliwick.org.uk/downloads/PubOrdForm2010.doc>

At the AGM it was agreed that we would not increase either the Affiliation fees or the Insurance premiums for the year 2011.

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

I have had a number of responses to my January's appeal asking those of you who are online to agree to receive their copy of our Newsletter by e-mail. This is in view of the proposed increase in Royal Mail postage costs and also the cost of photocopying, printing labels and envelopes. To help us with this, would others please let me know by e-mail, if they 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



DATES FOR YOUR DIARY - 2010 / 2011

*Anyone is welcome to attend the AGM and meetings of the National Committees.
For venue details contact: patrick.hastings@btopenworld.com*

- Saturday - 11th Sept - Management meeting at ADKC offices - London
- Saturday - 16th Oct - 2010 National Swimming Championships
to be held at the Sevenoaks Leisure Centre, Kent
commencing 2.00 pm
- Sunday - 7th November - National Executive meeting -
start 11 am at the Ormerod School, Waynflete Rd,
Headington, Oxford OX3 8DD
- Saturday - 15th Jan, **2011** - Management meeting at ADKC offices - London
- Sunday - 10th April, **2011** - AGM and National Executive Committee meetings
start 11 am at the Ormerod School, Waynflete Rd,
Headington, Oxford OX3 8DD
- Saturday - 10th Sept, **2011** - Management meeting at ADKC offices - London
- Sunday - 6th November, **2011** - National Executive meeting -
start 11 am at the Ormerod School
Waynflete Rd, Headington, Oxford OX3 8DD

Another reminder!

Important: for the latest January 2010 version of our
'Publications Order Form' download from our website:
<http://www.halliwick.org.uk/downloads/PubOrdForm2010.doc>

Also for the latest January 2010 version of our 'Equipment Order Form'
download 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.

We have produced an article for the Interconnections Quarterly Journal (IQJ) which was posted on their website: www.icwhatsnew.com in January 2010. It outlines the 'Halliwick Concept', with coloured photographs, and Halliwick's history. Their website is 'Subscriber only', so we have put the article on our website. [Click here to read](#) the article.

2 years on.



Up until January 2008 I couldn't swim. Four lung diseases had created a variety of other symptoms and illnesses that had left me in a wheelchair for some years. My weight was increasing because of the lack of exercise and I wanted to do something to get healthy again. I contacted a health trainer locally who put me in touch with the Swans.

On my first visit they had me floating with assistance, moving myself as I floated and then without assistance. Now two years later I am swimming regularly, using the gym, having physiotherapy and losing weight with Weight Watchers. I'm not out of the chair yet, but I am more able than two years ago.

On February 13th after much preparation and training I did a sponsored swim for Sports Relief. I spent six hours in the water and completed a total of 152 lengths. So far I have raised over £600. None of this would have been possible without the help, encouragement and support of the Swans.

I will always be grateful, I'm not out of my wheelchair yet, but I'm working towards it!

Gina Ravens

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**, as well as **Overseas Courses**.

Next Issue - July Copy to be received by the **mid June**

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)

Foundation Course - The Halliwick Concept (4 days)

Venue

Dates

Courses 2010

Hull	Sept 25 th /26 th & Oct 2 nd /3 rd
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Courses 2011

Harrogate (Starbeck)	February - Tuesday 22 nd to Friday 25 th
Brent, North London	2 weekends in Spring - dates to be arranged.
Hull	2 weekends in Autumn - dates to be arranged

Advanced Course - Teaching The Halliwick Concept - 4 days

Harrogate (Starbeck)	July - Tuesday 19 th to Friday 22 nd 2011
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Cost £250 for each 4 day course.

(Discounts may be given to people affiliated to Halliwick AST for 2 years)

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

www.halliwick.org.uk/html/courses/coursetimes1.htm

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

For an update on courses visit www.halliwick.org.uk/html/courses/coursetimes.htm

Hull	Gill Wilkinson - 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel No: 01377 - 256 229 e-mail: gill.will9x@tinyworld.co.uk
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