



Reg'd Charity 250008

Halliwick AST Newsletter

November 2007

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

Website: www.halliwick.org.uk

A message from the Chair

Menghi Mulchandani
1963 – 2007



It is with great sadness that I have to tell you that, **Menghi Mulchandani**, one time National Chairperson of Halliwick AST, sadly passed away on 9th October at the relatively young age of 44, following a battle with cancer. A Tribute by William Wyatt, Chair, Halliwick Penguins Swimming Club and Hon Secretary of the International Halliwick Association (IHA) appears on page 3 of this Newsletter.

The remainder of my message continues overleaf

Next Issue - January 2008 Copy to be received by the **end Nov**
Send direct to the Chairperson by post or e-mail!

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

A message from the Chair - continued

On page 6 is a report of the **trip to Denmark** when a team of 17 swimmers, together with carers, helpers and officials, represented Halliwick AST – UK at the **2007 International Gala held in Arhus, Denmark on 8th September.**

The **2007 National Championships** hosted by ASTRA 2 - London, south of the Thames at Sevenoaks Leisure Centre, Kent were held on Saturday, 13th October, 2007, were a great success. The competition was very keen, everyone was made very welcome. Congratulations to the host region for such a memorable event and to all who took part, whether as swimmers or officials. The **overall winners** of the 'Barnardo Trophy' were **ASTRA 15 - Wales** and **Blaenau Gwent Otters** representing Halliwick ASTRA 15 won the **National League.** The full results appear on page 5.

A revised '**Equipment Order Form**' appears on page 8 and includes new A4 sized laminated charts. Always use an up to date version of this form when ordering, by downloading from the website at

www.halliwick.org.uk/downloads/EquipOrderForm2007.doc

As this is the last Newsletter of 2007, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2008.

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

Terrapin Swimming Club (Vranch House), Exeter met to celebrate 30 years since the club began



Forty-seven past and present members met for a celebration meal. A special cake was made for the occasion. It was cut by two members who joined the club when it first began in July 1977

Pamela Wood - Chairperson

Menghi Mulchandani 1963 – 2007
one time National Chairperson of Halliwick AST
A Tribute - 13th October 2007

As some of you will know, Menghi Mulchandani sadly passed away this last Tuesday, 9th October following a battle with cancer. I have been asked to say a few words in tribute to Menghi and her wonderful contribution to Halliwick.

Menghi was born in India in 1963 and developed polio as a baby. Her parents brought her over from India to the UK firstly for treatment and secondly, for her education. Menghi spent a great deal of time in her early years, in and out of Stanmore Hospital and attended a school for people with “special needs” - and anyone who knew Menghi will know that that phrase is perhaps not a phrase that she would have liked very much!

It was a teacher at the school that thought it would be a good idea if Menghi were able to swim and she contacted Dr. Joan Martin MBE, whom many of you know and who is the President of Halliwick AST. It was then that Menghi’s long association with Halliwick began.

Menghi was just 6 years old when she first attended Kensington Emperors Swimming Club in west London. Menghi was not only a swimmer at the club, but took great interest in her fellow members. Ultimately, she became Vice-Chair of Kensington Emperors Swimming Club and only a couple of years ago, organised a fabulous 50th birthday party for the club at Kensington Town Hall - no mean achievement. Those of us that attended know what a wonderful event it was, organised, as was typical of Menghi, magnificently. Menghi was a born organiser and enabler of other people.

Her work with Halliwick did not stop there though. She was also, for a number of years, Chair of Halliwick AST and indeed, Chair of the International Halliwick Association. Menghi was involved in Halliwick therefore, not only at her local club level, but regionally, nationally and internationally.

Menghi was also a great advocate for people with disabilities, not only through her work in Halliwick, but otherwise as, for example, an original member and then Chief Executive of “Action Disability Kensington & Chelsea” (ADKC), a centre which many of us know.

Menghi held her own birthday party just last month, to which, many “old” friends of Kensington Emperors Swimming Club were invited. It was a great reunion once again, superbly organised by Menghi, I am told, in just one week!

I hope that this has given you a brief insight into the person that was Menghi Mulchandani. She was a person who had a great love of Halliwick and made an invaluable contribution to Halliwick and, whether they knew it or not, to the people in Halliwick, over many, many years. Her contribution and dedication to Halliwick will not be forgotten and her intelligence, charm and determination to succeed, not only for herself, but for others also will be greatly and sadly missed.

William Wyatt - Chair, Halliwick Penguins Swimming Club
Hon Secretary, International Halliwick Association (IHA)

DATES FOR YOUR DIARY 2007- 2008

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

Sat/Sun - 24th/25th Nov - National Education Committee Weekend in London

Saturday 19th January **2008** - Management Committee - 11 am start at
ADKC offices, London

Sat/Sun - April **2008** - National Education Committee Weekend in London

Sunday - 27th April **2008** AGM and National Executive meeting - start 11 am at
the Ormerod School, Waynflete Rd, Headington, Oxford OX3 8DD

News from Hull Optimists

Lynne Dawes our Membership and Fund Raising Secretary has been extremely successful this year in securing some local community grants and funding for training. We discovered we could be eligible for these grants last year, after some of our committee attended a meeting of the Humberside Learning Consortium. Through this we had an Audit carried out by the Workforce Development. We awaited the ensuing report with some trepidation. Briefly the results were that our swimming teaching skill were great but our organisational skills were somewhat lacking. Not surprising as we all wanted to teach swimming but had very little experience in running organisations. The report gave us a lot of information about grants and courses available to help us become more efficient and we are slowly working our way through some of the recommendations.

We are focusing on committee and organisation skills to become more efficient at organising and publicising our work teaching swimming to the community in Hull and the East Riding. If you have any experience of audits and how to make you club more efficient, we would love to hear from you. *(For contact - see below)*

Fund Raising and the FSB

Do you need to raise funds for large expenses such as pool hire? If raffles and jumble sale are not enough, you may apply to funding bodies. They have so many applicants, for limited funds, you need to convince them that money given to your club will be properly used. Registrating with The Fundraising Standards Board (FSB) may help. If you can succeed in fulfilling the conditions of membership it will make be easier to apply for funding as you can use the FSB kite mark when applying. This will assure the funders that you are following best practice in what you do.

Hull Optimist Club is currently applying for membership of the Fundraising Standards Board (FSB). We would be interested in hearing from any other Halliwick Clubs that have either successfully applied for or are in the process of applying to this body.

www.fsboard.org.uk

Amanda Goreham - Chairman Hull Optimists 01482 -86893

Dates & Venues of future Halliwick AST Training Courses on 'The Halliwick Concept' in the **UK** appear on **page 7** of this *Newsletter* and are also **regularly updated on our Website, as well as Overseas Courses.**

**Results of the 38th National Championships held on Saturday 13th October 2007
at Sevenoaks Leisure Centre, Kent**

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)

First position

Second position

Third position

National League: Arthur Gunton Cup

Halliwick ASTRA 15. Halliwick ASTRA 2 Halliwick ASTRA 1
 (Halliwick ASTRA appears as an *, after swimmers' names)

Girls 25 metres: Sir Max Rayne Cup

Laura Yalez *1 Jodie Bourne *2 Alice Weigold *15

Boys 25 metres: Swimmers Cup

Jon Hallett *15 Andrew Clarke *1 Luke Glover *2

Ladies 25 metres: Beryl Miller Cup

Eva Salisch *1 Sue Norman *2 Carol Clarke *8

Men's 25 metres: London Transport Revenue Cup

Paul Smallman *15 Ben Goldberg *2 Ian Carpenter *1

Girls 50 metres: ASTRA Fifteen Cup

Laura Yalez *1 Jordan Margery *15 Katie Neil *2

Boys 50 metres: Keyhaven Cup

Jack Pierce *2 Andrew Bayliss *15 Jack Watkins *10

Ladies 50 metres: Olive Lee Memorial Cup

Eileen Moon (2) Anne Couzens *1 Margaret Edwards *8

Men's 50 metres: George Lyons Cup

Richard Field *15 Mark Naish *8 Peter Gothard *5

Girls Championship -100 metres: Penguins Jubilee Cup

Rebecca Evans *15 Anna Harris *2 Laura Cowsill (8)

Boys Championship -100 metres: Phyl McMillan Cup

Liam Forbes *15 Andrew Clarke *1 Andrew Dosdale *5

Ladies Championship -100 metres: Derek Burnard Cup

Lindsay Harris (15) Cheryl Norman *2 Pam Hill *5

Men's Championship -100 metres: Monton Cup

Martin Hennessey *1 Damian Hallett *15 Michael Scott *8

Junior 4 x 25 metres Relay: HAST National Cup

Halliwick ASTRA 15 Halliwick ASTRA 1. Halliwick ASTRA 8

Senior 4 x 25 metres Relay: Nellie Sims Cup

Halliwick ASTRA 1. Halliwick ASTRA 10 Halliwick ASTRA 15.

CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 15 - 43 points

Second: ASTRA 1 - 37 points

Third: ASTRA 2 - 32 points

Fourth: ASTRA 8 - 20 points

Fifth: ASTRA 5 - 13 points

Sixth: ASTRA 10 - 12 points

Denmark 2007

The country of Denmark, and city of Aarhus in particular, were invaded over the weekend of 6th - 9th September. Over 50 participant swimmers plus carers and supporters from Norway, Switzerland, *United Kingdom*, Poland and Japan met with almost as many swimmers from areas of Denmark, to be part of the Aarhus Festival Week, the 3rd International Halliwick Swimming Gala and to celebrate the 35th Anniversary of HASA (Halliwick in Denmark). The purpose of the swimming gala was to bring together disabled swimmers from other countries in an exciting and free-for-all competition on equal terms.

A guided tour of Aarhus, free time in the city and a practice swim in the baths, set the weekend off to a good start. During the evening everybody got to know each other over a shared meal prepared in the marquee tent in the grounds of the swimming baths.

The Alderman for Sport and Culture, Mr F Knudsen, performed the opening ceremony, after which there was a demonstration of competition swimming with famous athletes from Aarhus. After this, the fun and excitement began. Friendly rivalry was seen as the participants raced in heat after heat over 25, 50 & 100 ms. This was followed by semi-finals, finals and lastly reparsee races. Adjudicators and timekeepers were kept busy to ensure correct entry of times.

After all the races were over the participants and supporters joined the Danish team and some former members of HASA in a celebration dinner beautifully provided through the Danish hospitality. Excitement began to rise even higher as results were announced and the medal ceremony began. The cup for the overall winning country was well deserved by Denmark. The UK were placed a well-deserved third. Every participant did their best and carried this same spirit into the dancing and jollity that followed late into the evening.

The IHA (International Halliwick Association) held a meeting of their Executive Committee, followed by their AGM meeting on Sunday the 9th September. A new committee was elected, new lecturers approved and reports received from countries affiliated to Halliwick and from the IHA Education and Research Committee.

The weekend was a huge success and everyone came away very tired but happy.

The UK team consisted of the following 17 disabled swimmers, with the co-team leader Dave Patmore, Hon Sec of ASTRA 2.

Swimmers:

ASTRA 1 - Aquaccess SC: Mel Foreman, Richard Jones and Martin Seidenbird
Halliwick Penguins SC: Martin Hennessy
Venturers SC: Laura Jackson

ASTRA 2 - Ashford Dolphins SC: Jodie Bourne, Barbara Grover (*co-team leader*),
George Grover, Luke Grover and Alex Priest

ASTRA 5 - Lynne Dawes, Adam Meanwell and Fern Meanwell

ASTRA 10 - Wimborne Wagtails SC: Carina Brown, Rusty Garner
Elsie Stone and Jack Watkins



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 **2007**

Foundation Course - The Halliwick Concept (4 days)

Venue

Dates

Newcastle

November Tuesday 27th to Friday 30th

Courses **2008**

Foundation Course - The Halliwick Concept (4 days)

Harrogate

February 12th to 15th 2008

Bournemouth

2 weekends - Feb / March - dates to be arranged

Grove Park School

March 8th & 9th and May 11th & 12th

Brent, North London

Hull

October dates to be arranged

Advanced Course - Teaching The Halliwick Concept (4 days)

Grove Park School

March 8th & 9th and May 11th & 12th

Brent, North London

Harrogate

February 12th to 15th 2008

Application forms and posters can be downloaded from the web site
 or by e-mail from the course organiser or send a S.A.E. to the course organiser
 For an update on courses visit www.halliwick.org.uk/html/courses/coursetimes.htm

Bournemouth	Brent, North London	Hull & Harrogate	Newcastle
Pamela Galloway	Alison Skinner	Gill Wilkinson	Sarah Foulkes
17 Baytree Road	31 Syon Park Gdns	97 Mill Falls	57 Appletree Gdns
Bath BA1 6NB	Osterley, Middlesex	Driffield, East Yorkshire	Whitley Bay
	TW7 5NE	YO25 5AZ	Tyne & Wear NE25 8XD
01225 - 337 555	0208 - 560 2034	01377-256 229	0191 - 2809 774
pgalloway1@googlemail.com	at.skinner@ucl.ac.uk	gill.will9x@tinyworld.co.uk	sarahfoulkes76@hotmail.com

HALLIWICK ASSOCIATION OF SWIMMING THERAPY

Equipment Order Form (Badges etc) 2007

Club

Send form To: Equipment Secretary:-

Pamela Wood, 16 Rowan Close, Ogwell
Newton Abbot, Devon TQ12 6YN

Region: ASTRA(if applicable)

e-mail: pamela.wood@virgin.net

Please Supply:-

No Reqd

Amount.

- a. Proficiency badges *
- | | | |
|---------------------|-------------------|--------|
| Red | @ £2.00 each..... | £..... |
| Yellow | @ £2.00 each..... | £..... |
| Green | @ £2.00 each..... | £..... |
| Blue | @ £2.00 each..... | £..... |

Note:- * these badges can only be supplied to affiliated Halliwick AST Clubs.

b. A5 Certificates for general achievements @ 10p each.....£.....

c. Metal Halliwick logo lapel badges (1 inch dia) @ £2.00 each ...£.....

d. Poached Eggs: in packs of 10

No of packs _____ @ £5.00 per pack... £.....

e. Laminated A1 charts

Red () Yellow () Green () Blue () Badges
Ten Point Programme ()

Enter required number after each colour chart

Packing & Post dependant on number of charts ordered £.....

Total No of charts _____ @ £10 each £.....

f. Laminated A4 Badge Charts **New Item**

Red/Yellow/Green () Red/Yellow () Green () Blue ()

Enter required number after each colour chart

Individual Charts £2.50 each or set of 4 for £8

Total No of charts _____ £.....

Total £ _____

Terms:- Please first e-mail or phone details of your Order to the Equipment Secretary who will then contact you re the additional total 'Postage & 'Packing' charge. Next send in your Order Form to the Equipment Secretary with a cheque (in pounds sterling) made payable **to 'Halliwick AST'**, after which the order will be dispatched to you. If a receipt is required please enclose a SAE.

Name of affiliated Halliwick AST Club.....

Contact Name/Address to be sent to:-.....

Post Code..... Tel No.....

Email address.....

For official use

a	£.....
b	£.....
c	£.....
d	£.....
e.....	£.....
f.....	£.....

Packing & Post £ _____

Total £ _____