



Reg'd Charity 250008

Halliwick AST Newsletter

November 2008

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

A message from the Chair

The **2009 National Championships** hosted by ASTRA 15 - Wales, at the Pontypool Active Living and Ski Centre, South Wales. held on Saturday, 11th October, 2008, 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 **Rhondda Polar Bears SC** representing **ASTRA 15** won the **National League**. The full results appear on [page 6](#).

In the July Newsletter I mentioned Venturers SC **50th Anniversary Reunion Service of Thanksgiving** which was held on Sunday, 5th October. On [page 5](#) you will see the 'Thanksgiving Address' given by Roger Plowman, the club's Chairman and Chief Instructor, which is very appropriate! Together with my wife Marjorie and Dr Joan Martin our President, it was our great pleasure to attend the celebrations. Afterwards, as you see Joan is cutting the cake, as well as a close-up one of the cake.

On [page 4](#), you will see an article explaining the latest position with regard to CRB checks and an article, submitted by Beryl Kelsey of Hull Optimists SC and one of our Senior Lecturers - '**Royal Life Saving Society (RLSS) Awards and CRB checks**'

It is with great regret that I have to tell you of the untimely death of two of our stalwart members, namely **Frank Hough** of Seahorse SC and **Don Jeffrey** of Venturers SC, both of whom will be sorely missed, see on [pages 2 & 3](#) for more details.

As this is the last Newsletter of 2008, 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

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 or by post at the ADKC office.

DATES FOR YOUR DIARY - 2008-9

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

Sat/Sun - 15/16th November **2008** - National Education Weekend in London

Saturday - 17th January **2009** - Management Committee
- 11 am start at ADKC offices, London

Sat/Sun - 21/22nd March **2009** - National Education Weekend in London

Sunday - 26th April **2009** - **AGM** and National Executive meeting - start 11 am
at the Ormerod School, Waynflete Road
Headington, Oxford OX3 8DD

News of Halliwick outside the UK - *The Republic of Ireland revisited*

Every County in the Republic has appointed Disability Sports officers, who have been keen to have Halliwick training.

Dr Joan Martin and Pamela Wood led a Foundation Course in Galway from 26th - 29th July this year. The facilitator was keen and helpful, the lecture room, pool and equipment were all good. The back-up team, organised by Aoife NiMhuri (who is working towards being re-instated as a Halliwick Lecturer) worked very hard to make the course a success.

Joan tested & passed, both Aoife NiMhuri and her colleague Ursula, for their HIC (Halliwick Instructors Certificate); both are potential lecturers.

Another Foundation Course was held in Carlow from 20th - 23rd October. There were 22 participants and Alison Skinner and Pamela wood were the lecturers with Mary Arrigan-Langan as trainee lecturer.

This course was very well accepted and everyone went away with new ideas and enthusiasm.

A further Foundation Course has already been arranged in Tralee, Co Kerry in January/February 2009 and is already full !

Ireland is being encourage to affiliate to the IHA (International Halliwick Association).

Obituary

It is with regret that we have to report the sad news of the death, on the 29th July at the age of 68, of **Frank Hough**, Chairman of the Crewe Seahorse Swimming Club.

Frank, an honorary member of the club, had been involved with Seahorse for the past 18 years, serving as a committee member, chief instructor and chairman. Frank devoted much of his time to the club and several members at the club relied on him to transport them to Crewe's Municipal Swimming Baths each week. In recent years he gave swimmers the opportunity to compete in the Regional and National Galas. Recently, Frank had been involved with campaigns to save Crewe's Municipal Swimming Baths from possible closure. He will be greatly missed.

Sheila Edwards -Treasurer, Seahorse Swimming Club

Obituary

It is with regret that we have to report the sad news of the death, on the 21st October at the age of 74, of **Don Jeffrey**, a founder member and past Chairman and then past President of Venturers SC and a member of Halliwick AST since 1958.

Together with my wife Marjorie, we attended the funeral held on Friday 31st October at his local church in Speldhurst, near Tunbridge Wells, where he had lived with his wife Joan. We have known Don since 1965, after we moved down from Birmingham to London and joining Halliwick Penguins SC

Until his move from Epping down to Speldhurst, he was an active member in our Competitive swimming work, not only at Venturers, but locally in North London and nationally. He was instrumental in organising training courses for Gala Officials on how best Galas should be run. As Keith Beer of ASTRA 15 - Wales said, their Annual Welsh Regional Gala would not have started without the help and support of Don. Even in 1976, Don was talking about 'Zero tolerance' in handicapping.

He was the President of the Venturers SC for many years and returned every year to present his own cup, the President's Cup, at their annual Gala. He reluctantly stepped-down in 2003 as the journey up and around the M25 had become too much. Unfortunately, he was not able to join in this year's 50th Anniversary celebrations.

His love of swimming, stemmed from his time at Bishop's Stortford School, where he represented the school (now College) at Rugby, Swimming and Water polo. He was a member of the swimming section of the IPF Edmonton branch, before founding Venturers SC in 1958, where his life-long interest in working with the young and especially disabled swimmers began and became his passion.

Eric Dilley, our Insurance Officer, first met Don when they both worked in the City of London. After National Service, Don joined a firm of Stockbrokers and worked in that field until he retired. Eric said that, but for Don's help and advice, the Halliwick AST Insurance scheme would not have been formed.

In Speldhurst Don and Joan soon became an integral part of the village and Don continued his research into both local and Family History, his other abiding interest. In the church, he was known as 'Mr Churchyard', because at a moments notice he would turn up to show a visitor, often from abroad, exactly where their ancestor's were buried! He also joined the local Probus club.

As Neil Smith, Secretary of Venturers SC said of Don: " This man did so much, for so many, for so long and was to all of us a great friend."

We send our condolences to his wife Joan and their families.

Next Issue - January 2009 Copy to be received by the early-December
Send direct to the Chairperson by post or e-mail!

Stop Press News - *too late for the July Newsletter!*

As from 14th July - [Ceejay Services](#), the company we recommend our affiliated clubs to use **regarding CRB checks**, has had its registration withdrawn. Along with some 1,200 other organisations across the UK, it does not meet the minimum threshold of 100 applications in a 12 month period.

We suggest that clubs may contact the following alternatives:

either [the RLSS - the Royal Life Saving Society](#) - where to partake in their scheme
each individual club would first have to affiliate.

There are two levels of annual affiliation fee:

either £122.25 if you do not actively offer the RLSS courses
or £41.25 if you do; either way each CRB check is FREE.

Contact details: Tel: 01789 - 773 994

OR [the STA - Swimming Teachers Association](#) - where there is no requirement to affiliate,
but the cost of each CRB check starts at £12.

Contact details: Claire Lowbridge, Tel: 01922 - 748 381

The choice is yours! However, read the article below

Royal Life Saving Society (RLSS) Awards and CRB checks

The RLSS provide a range of awards that are suitable for wide sections of the community. Some are particularly appropriate for members of Halliwick swimming clubs. Hull Optimists were keen to encourage all their members, swimmers and instructors, to train in basic life saving skills, and have recently held training courses for the following:

Life Support

The basic training covers Cardio Pulmonary Resuscitation (heart compression and 'kiss of life') and treatment for bleeding, choking and shock. All the participants passed at this level, including junior members, and some went on to take the higher award, Life Support 3.

Rescue Test for Supervisors of Swimmers with Disabilities.

The course covers accident prevention including a normal operating and emergency action plans, resuscitation, first aid, medical considerations, aquatic rescue and initiative tests.

We held a full day of training for the resuscitation awards and two days for the rescue test, although the training can be held over a number of weeks. Each participant was provided with a course manual and a home study pack, so they could prepare well for and so reduce the pressure and to ensure a high standard.

The RLSS also provide visual aids for training young children in different aspects of safety, and we hope to bring these into use in our club sessions shortly.

Apart from the knowledge and skills gained on these courses, the participants all agreed that the camaraderie and enjoyment gained was well worth giving up a weekend.

Hull Optimists have affiliated to the RLSS for the benefits of the wide range of training on offer, paying the lower rate, and then RLSS provides **free CRB checks**.

Many thanks to Beryl Kelsey of Hull Optimists SC for this article

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**.

Venturers Swimming Club

50th Anniversary Reunion Service of Thanksgiving

Thanksgiving Address: given by Roger Plowman - Chairman and Chief Instructor:

In water we find ourselves surrounded by huge powerful forces. We are all pulled to the centre of the earth, we are all lifted by the upthrust of the water around us. We do not create or control these forces, they act and we live in their balance. Only because of these forces can we use our abilities to walk, swim, float, jump, stretch, communicate and move independently. Because of these forces we are given limitless opportunities, they are part of the continuous miracle of divine creation given to us by God.

At every swim we have swimmers who are disabled and instructors who may not be disabled. But those who are helped are the teachers. The instructor becomes the learner taught by the swimmer they are helping.

The reason we have for learning and teaching is to use the knowledge we gain to freely help others.

We now celebrate 50 years of Venturers, all that we do in Galas, Socials, Parties, Excursions to the sea-side and holidays, everything is based on this fundamental reason to love and help one another voluntarily.

We must always remain thankful to the Lord for this divine gift we share. At every swim and meeting we are rewarded by seeing and sharing the fruits of this blessing with all the members, families, helpers and swimmers together. Let us pray that the Lord is pleased in what we do.



**Our President, Dr Joan Martin,
cutting the 50th Anniversary Celebration Cake**

**Results of the 39th National Championships held on Saturday 11th October 2008
the Pontypool Active Living and Ski Centre, South Wales.**

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)

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

First	Second	Third
National League: Arthur Gunton Cup		
HASTRA 15 Rhonda Polar Bears	HASTRA 8 Seahorse	HASTRA 2
Girls 1 length - 25ms: Sir Max Rayne Cup		
Jodie Bourne *2	Karla Higgins *15	Jessie Downard *1
Boys 1 length - 25ms: Halliwick Junior Cup		
Connor Page *2	Connor Moulton *8	Daniel Weigold *15
Ladies 1 length - 25ms: Beryl Miller Cup		
Alice Weigold *15	Sarah Galloway *2	Bobbie Wise *1
Men's 1 length - 25ms: London Transport Revenue Cup		
Paul Smallman *15	Brian Russell *10	Jamie Hind *8
Girls 2 lengths - 25ms: ASTRA Fifteen Cup		
Jordan Margery *15	Jodie Bourne *2	Jessie Downard *1
Boys 2 lengths - 25ms: Keyhaven Cup		
Connor Page *2	Thomas Williams *5	Ryan Saunders *15
Ladies 2 lengths - 25ms: Olive Lee Memorial Cup		
Charlotte Middleton *5	Eva Salisch *1	Carina Brown *10
Men's 2 lengths - 25ms: George Lyons Cup		
Darren Crouch *1	Will Griffiths *15	Stephen Marchase *2
Girls Championship - 100ms: Penguins Jubilee Cup		
Ashleigh Sweeney *5	Rebecca Evans *15	Amy Halfpenny *8
Boys Championship - 100ms: Phyl McMillan Cup		
Liam Forbes *15	Luke Grover *2	Andrew Dosdale *5
Ladies Championship - 100ms: Derek Burnard Cup		
Lindsay Harris *15	Pamela Hill *5	Barbara Grover *2
Men's Championship - 100ms: Monton Cup		
Darren Crouch *1	Ben Goldberg *2	Andrew Lamorte *15
Junior 4 x 1 Relay: HAST National Cup		
HASTRA 15	HASTRA 2	HASTRA 8
Senior 4 x 1 Relay: Nellie Sims Cup		
HASTRA 15	HASTRA 2	HASTRA 10

CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 15 - 44 points

Second: ASTRA 2 - 37 points

Third: ASTRA 5 - 25 points

Fourth: ASTRA 1 - 23 points

Fifth: ASTRA 8 - 19 points

Sixth: ASTRA 10 - 10 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

Affiliated to International Halliwick Association (IHA)

Halliwick Courses 2008-9

Foundation Course -The Halliwick Concept - 4 days

Newcastle	Nov 29/30 th 2008 & Jan 31st/Feb1st - 2009
Harrogate	Mon Feb 16 th to Thurs 19 th - 2009
Grove Park School, Grove Road Brent, London NW9 0JY	March 14/15 th & May 9/10 th - 2009
Hull	June 6 th /7 th & 13 th /14 th - 2009

Advanced Course - Teaching The Halliwick Concept - 4 days

Grove Park School, Grove Road Brent, London NW9 0JY	March 14/15 th & May 9/10 th - 2009
---	---

Application forms and posters can be downloaded from the web site - www.halliwick.org.uk
or by e-mail from the course organiser or send a S.A.E. to the course organiser

Hull & Harrogate	Gill Wilkinson 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel No:01377-256 229 e-mail - gill.will9x@tinyworld.co.uk
Newcastle	Sarah Foulkes, 57 Appletree Gdns, Whitley Bay, Tyne & Wear NE25 8XD Tel No:0191-280 9774 e-mail - sarahfoulkes76@hotmail.com
Brent - London	Alison Skinner, 31 Syon Park Gdns, Osterley, Middlesex TW7 5NE Tel No:0208-560 2034 e-mail - at.skinner@ucl.ac.uk

For updates on any further courses, publications etc. visit - www.halliwick.org.uk

Can you help to improve the advertising of Halliwick Courses

Currently we mostly 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 other 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?

Contact: **Pamela Galloway** – Tel 01225-337 555 or pgalloway1@googlemail.com