



Reg'd Charity 250008

Halliwick AST Newsletter

November 2009

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 at Southgate Leisure Centre, Winchmore Hill Road, London N14 6AD** held on Saturday, 10th October, hosted by ASTRA 1, were a great success. The competition was very keen, everyone was made very welcome. Congratulations to ASTRA One, 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' for the 5th year in succession were **ASTRA 15**, who also won the **National League**. The full results appear on [page 6](#).

How many of you saw our President, Dr Joan Martin MBE recently on the BBC? Not once but twice! On 16th August Joan was in the BBC4 documentary "100 years of Girl Guiding" talking about the Girl Guides Channel Relay swim in 1966, when she was the Team Doctor for the Guides crossing from France to England. This was the impetus behind our own Channel Relay swim in 1970 when she was also the Team Doctor! See her eye-witness report at:

www.halliwick.org.uk/html/history07.htm



During the first week in September on BBC1 there was a programme called "The Week We Went to War"; a look at the Home Front on the 70th anniversary of WW2. Joan appeared in the last episode, talking about how hard it was for women doctors during the war. She herself was based at The Royal Free Hospital in London during that time. Joan has been connected with Halliwick for 55 years, spending most of her working life as a Doctor in children's clinics in North Kensington, with special responsibility for disabled children. She realised that there was a need to expand their social responsibilities and this encouraged her to start Kensington Emperors SC in 1955. She has also been our Medical Officer for many years.

See [page 2](#) for **Enterprise SC's 50th Anniversary** & [pages 3, 4 & 5](#) for articles about the **International Halliwick Association (IHA) meetings** held in Austria in September.

As this is the last Newsletter of 2009, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2010.

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

PS - useful website: www.inclusivefitness.org/gettingpeopleactive

DATES FOR YOUR DIARY - 2010

Anyone is welcome to attend the AGM and meetings of the National Committees.

For venue details contact: patrick.hastings@btopenworld.com

Sat/Sunday - 14th & 15th Nov **2009**

National Education Weekend held at University College London,
Holborn Union Building, Archway, London

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, Wayflete Rd, Headington, Oxford OX3 8DD

ENTERPRISE SWIMMING CLUB - CROYDON

Motto "Nulli secundus"

Enterprise this year celebrates its 50th Anniversary and it is good to take stock and consider how we have managed to reach this milestone. We began life in the Croydon Baths in Scarbrook Road in central Croydon in October 1959. We changed in rather scruffy cubicles on the bathside and spectators sat in the balcony offering advice (welcome or otherwise) on how swimmers could improve their swimming techniques. I can remember a rather brackish footbath en route to the pool.

We were blessed with enthusiastic instructors, among them the late Norah Norman (Chief Instructor) who had trained with Mac and Phyl at Ironmonger Row, Danny Mahoney, the late Pam Harris (a physio from a London hospital) and Chris Motton (nee Ware). Norah involved us in many galas throughout the 60's and 70's and we travelled at weekends to such venues as Stoke Mandeville, Worthing, Blackpool and Southampton. Norah organised a "Splash Night" every year and involved swimmers of whatever level to take part.

All swimmers came in their own transport or instructors' cars and we had the support of the Red Cross and St. John's Ambulance to help with dressing and drying. Our present membership is over 100.

As Croydon developed, so land accommodating 2 large pools (one of which had been bombed during WW2) was earmarked for development into offices and flats. The baths were closed in 1970 and we were moved to other baths in the area. Finally in 1983 we were provided with a berth in Purley, where a 25 metre pool had been built by the Council with good parking facilities and a lift nearby. Now the Council wants to develop this site, containing a derelict Sainsbury store and the pool, to make a library complex and flats. We have slightly less than 3 years before we are moved elsewhere and swimming pools have now become a luxury that Councils are less prepared to fund.

In the meantime we continue to teach the Halliwick method - not quite as Mac practised it, but today Health and Safety demands greater care of both the swimmer and the instructor. Inter club galas have become a thing of the past but we have an enjoyable ASTRA 2 gala every year.

Contributed by Carol Kirsch (Chief Instructor)

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

International Halliwick Association (IHA) - Lecturers & Trainee Lecturers Course 2009

From 11th - 13th September a group of 23 Halliwick lecturers & trainee lecturers from 9 different countries met in Axams, a village near Innsbruck, for an international Halliwick training course. It was a fantastic opportunity to meet people from so many different countries, to exchange ideas about putting Halliwick into practice as well as teaching it. Also to hear about how Halliwick is developing around the world and discuss ways of moving Halliwick even further forwards in the future.

Representatives came from as far afield as Japan & Brazil, Poland & Israel as well as Denmark, Belgium, Ireland, Slovenia & Malta. It was fascinating to hear the different ways in which Halliwick has developed in the various countries. From Ireland where it has spreading through the Sports Development Network which is very strong with regard to adaptive sports, while in Israel and Brazil, Halliwick is the basis of hydro-therapy treatment and swimming teaching in the major centres where they are conducting some very interesting research.

Ann Gresswell (UK) Chair of IHA Education & Research Committee opened the course by illustrating how much Halliwick has developed in the last 10 - 15 years, but it wasn't long before we were in the water, exchanging ideas about the Ten Point Programme in true Halliwick style, everyone joining in, singing, laughing and generally having great fun. Some things just transcend language barriers!

Miriam Getz & Merav Hader-Frumer (Israel) then gave us an extremely interesting & well researched presentation on the ICF (International Classification of Function) and the Ten Point Programme, showing how well Halliwick fits with this way of looking at working with people with disabilities, as it focuses on function and activities through to participation. Another pool session gave us more ideas and new ways of developing activities using the Ten Points.

Jean-Pierre Maes (UK & Belgium) then helped us to focus on children with cerebral palsy, especially those with hypertonia, encouraging us to think about how to use the different points of Ten Point Programme, again applying the ICF to encourage participation. Yet another pool session allowed us to expand on this in practice.

Throughout the course we heard presentations about how Halliwick is used and is developing in the various countries and also there were poster presentations of some very interesting research. In Brazil one person had looked at using Halliwick with very young children with spina bifida as a means of assessing and treating the various levels, while another had used Halliwick with older children with haemophilia to improve range in their joints. In Israel they had done case studies on children with cerebral palsy, while a doctor in Slovenia had conducted an evaluation of the benefits of Halliwick using the SWIM (Swimming with Independent Measurement) assessment over a 3 year period. In Malta the case study was on a child with PMLD. All these studies illustrated how versatile Halliwick can be and were able to demonstrate clearly the benefit that had been derived from using it.

It was an intensive 48 hours of lecturers and pool sessions but we were well sustained by a plentiful supply of the coffee and cakes for which the Austrians are renowned and the evenings were the opportunity to relax and unwind and share even more songs in between generous helpings of wonderful Austrian food. Such fantastic hospitality provided by Karin & Marcus and great organisation by the Education & Research Committee meant we came away buzzing with ideas and information - what a pity these courses only happen every 6 years!

Pamela Galloway, Trainee Lecturer

Halliwick through the years

My poster shows a map of Halliwick UK and the division of the Halliwick **ASTRAs** (Association of **S**wimming **T**herapy **R**egional **A**reas.) I felt it would be interesting to look at how Halliwick has progressed in the past 60 years. I have gone back to 1970. Most of you will be aware of how Halliwick started with James McMillan. The whole 'Halliwick Story' can be found on the Halliwick UK website (www.halliwick.org.uk) and is well worth a read.

Channel Swim

The website has a 6 part account of the 'Halliwick Story' written by Phyl McMillan. Phyl ended part 6 by mentioning the Channel Swim. After Phyl died, Dr Joan Martin - who was in the boat accompanying the swimmers - has wrote a part 7 postscript outlining the swim. Our team of disabled swimmers swam the English Channel and held the record for the fastest time that year for a team of swimmers.

Now, nearly 40 years later, this has never been repeated and Dr Joan has expressed a desire for an International Challenge - not necessarily the English Channel, but maybe a lake or large expanse of water - I leave that one with you!

National Education Committee

As Halliwick grew it became necessary for some kind of bringing together of courses and standardisation of content and training for lecturers and so the National Education Committee (NEC) was set up. However, the NEC grew and it became necessary to form sub committees or working parties to take on some of the work being done by the NEC.

Publications Committee

In 1981 a number of lecturers felt a book should be written to outline what Halliwick was all about. The book was entitled "Swimming for the Disabled". A second edition was produced in 1992 - mainly to update terminology and also the title had to be changed to "Swimming for People with Disabilities". 17 years later and many changes to Halliwick, the book is being reprinted and is with the publishers as I speak.

From the book being published more and more publications have been published and, because the covers are all the colours of the rainbow plus some others, we call them the Rainbow Series. As technology has advanced, so has Halliwick and videos were produced and later DVDs.

All can be ordered through a publications order form available from the website.

Schools, Hospitals and Training Establishments Committee

Halliwick UK started for clubs and gradually professional people were interested and started to attend training courses. It became apparent that a committee was needed to meet the needs of people working in schools for disabled children, training establishments and in hospitals. Just over a year ago this committee changed its name to **Health, Education and Community Committee** to reflect its work with health and community issues. As legislation has changed in the UK this committee has endeavoured to keep up and meet the demands in areas of Health and Safety, Manual Handling etc. There are other committees but time does not permit to go into these here

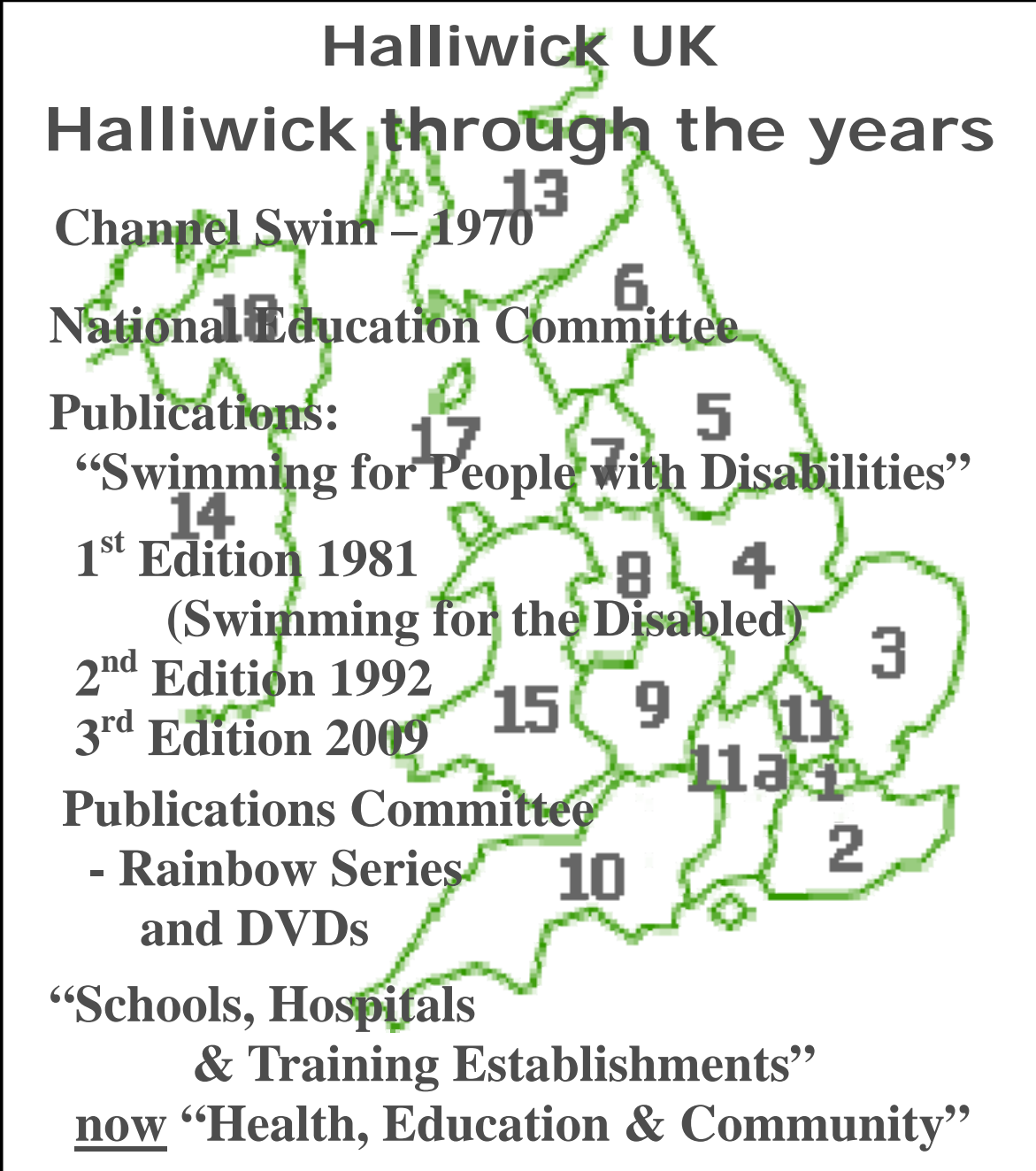
Continued on page 5

Halliwick through the years - *continued*

What of today?

Clubs are still active throughout the UK and some are reviving the twinning system which was set up many years ago. Schools, College and other students are being encouraged as part of their education and training to join clubs as instructors. Many go to University and some come back later to the clubs.

We have to work in partnership, if we are to survive.



Halliwick UK

Halliwick through the years

Channel Swim – 1970

National Education Committee

Publications:

“Swimming for People with Disabilities”

1st Edition 1981
(Swimming for the Disabled)

2nd Edition 1992

3rd Edition 2009

Publications Committee

- Rainbow Series
and DVDs

“Schools, Hospitals
& Training Establishments”

now “Health, Education & Community”

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 & 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 40th National Championships held on Saturday 10th October 2009
Southgate Leisure Centre, Winchmore Hill Road, London N14 6AD**

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

First	Second	Third
National League: Arthur Gunton Cup		
ASTRA 15	ASTRA 8	HASTRA 2
Girls 1 length - 25ms: The Halliwick Cup		
Amy Halfpenny *8	Shannon Rodgers*15	Jessie Downard *1
Boys 1 length - 25ms: Halliwick Junior Cup		
Daniel Hitchman*15	Neil Britton *2	Rodger Jolly *1
Ladies 1 length - 25ms: Beryl Miller Cup		
Brenda Shine *1	Sarah Parry *15	Jenny Tarry *8
Men's 1 length - 25ms: London Transport Revenue Cup		
Eric Spalding *2	Brian Russell *10	Ron Woodhouse *5
Girls 2 lengths - 25ms: ASTRA Fifteen Cup		
Megan Davis *15	Christine Craven*5	Hannah Babbitas *8
Boys 2 lengths - 25ms: Keyhaven Cup		
Twm Draper *15	Connor Page *2	Luke Ricketts *1
Ladies 2 lengths - 25ms: Olive Lee Memorial Cup		
Sandra Howe*5	Eva Salisch *1	Collette McEvor *2
Men's 2 lengths - 25ms: George Lyons Cup		
Will Griffiths *15	Darren Crouch *1	Josh Smelt*5
Girls Championship- 100ms: Penguins Jubilee Cup		
Amy Halfpenny *8	Jordan Margery*15	Southie Weaver *5
Boys Championship - 100ms: Phyl McMillan Cup		
Liam Forbes *15	Olive Pearce *5	Sandeep Bugnath *1
Ladies Championship - 100ms: Derek Burnard Cup		
Barbara Hopper *1	Pamela Hill *5	Lynne Lucas *8
Men's Championship - 100ms: Monton Cup		
Martin Hennessey *1	Jack Watkins *10	Ron Woodhouse *5
Junior 4 x 1 Relay: HAST National Cup		
ASTRA 8	ASTRA 1	ASTRA 15
Senior 4 x 1 Relay: Nellie Sims Cup		
ASTRA 15	ASTRA 8	ASTRA 10

CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 15 - 45 points

Equal Second: ASTRAs 1 & 8 - 35 points Fourth: ASTRA 5 - 27 points
Fifth: ASTRA 2 - 24 points Sixth: ASTRA 10 - 14 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)

Courses 2010

Foundation Course - The Halliwick Concept (4 days)

Venue

Dates

Henshaws College, Harrogate	February 15 th to 18 th (4 days)
Brent - North London	March 13 th /14 th & May 15 th /16 th
Dorset	4 days in Easter holidays - to be confirmed
Hull	Sept 25 th /26 th & Oct 2 nd /3 rd

Advanced Course - Teaching The Halliwick Concept - 4 days

No courses planned as yet for 2010

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

www.halliwick.org.uk/html/courses/coursetimes

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

Harrogate	Elizabeth Connall - Henshaws College, Bogs Lane, Harrogate, North Yorkshire HG4 1ED e-mail: Liz.Connall@henshaws.ac.uk
Brent	Alison Skinner - 31 Syon Park Gdns, Osterley, Middlesex TW7 5NE Tel No: 0208 - 560 2034 e-mail: at.skinner@ucl.ac.uk
Dorset	Linda Rieder - Learning Disabilities Service, Nightingale House 49, Alumhurst Road, Bournemouth, Dorset BH4 8EP email - linda.rieder@dhft.nhs.uk
Hull	Gill Wilkinson - 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel no - 01377 256 229 email - gill.will9x@tinyworld.co.uk

Have you any suggestions how we could improve the advertising of Halliwick Courses?

Currently we 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 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, especially people in social services?

Contact ; - **Pamela Galloway – Tel 01225 337555 or pgalloway1@googlemail.com**