



# Halliwick AST Newsletter

July 2003

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

Website: [www.halliwick.org.uk](http://www.halliwick.org.uk)

## A message from the Chair

### Help required! Is there any Club in the London area that can help with the following problem.

At this time of the year we often receive E-mails from people Overseas who will be visiting London on holiday and wish to make contact with a local club to see Halliwick Concept being practised. Please let me know if you can help, by e-mailing me the contact details, which we can hold on file. At the present time we have three such clubs on file. Also, if there is any club outside the London area who wishes to help in a similar manner in their part of the UK, please let me know.

Beryl Kelsey, one of our Lecturers, has sent me details of the **Arka Foundation Gozo in Malta** which can offer respite care for disabled people and a holiday for the family. All facilities are available to the holiday-makers, including a fitness suite and warm swimming pool. It can also offer Halliwick Courses for the carers while the disabled person is cared for, in the same building (for details log on to [www.arkafoundation.org](http://www.arkafoundation.org)).

**The International One - Hour Swim**, organised by the British Long-Distance Swimming Association takes place in January each year. World-wide over 2000 Swimmers take part, with entrants swimming for ONE-HOUR in their *own* pool. There is a Special Category for disabled swimmers. **Halliwick Penguins SC** in Enfield, North London have been entering for many years. Every entrant receives a badge showing the year and Gold medals are awarded for outstanding achievements. In 2003, they entered 27 members, 18 of which were disabled; 1,239 lengths x 33 ms were swum, which is more than 25½ miles !! Their most severely disabled member swimming 6 lengths and their fittest Instructor 90 ! In all, 27 badges and 11 GOLD medals were awarded. Well done to them all!!



As I have said before, please feel free to contact me direct about any item in this **Newsletter**. If I don't have the answer, I feel sure that I can put you in contact with someone who does!

Hope you like the photo !! **Patrick Hastings, Chairperson.**

Contact me at: 18 Thamesdale, London Colney St Albans, Herts AL2 1TB  
Tel No: 01727-825 524 E-mail: [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)

## Halliwick AST Policy on Protection for Vulnerable people

Because of the re-arranged date of the last National Executive meeting, the lateness of distribution of the document 'Safe-to-Swim' and the problems with photocopying, this resulted in members of the National Executive Committee who were unable to attend, not having sufficient time to digest and make reasoned comments on the document. This means that the approved document will not now be distributed to affiliated clubs until the end of August at the earliest.

**Assessments** - For all assessments of competence for the **Green Badge, Halliwick Instructors' Certificate and higher awards**, an Assessor from outside the club must be used. This is to ensure a good standard, but it also puts extra pressure on the candidate, as it is more public. Any failure is unpleasant for all concerned and a waste of the Assessors time. To guard against failure, a 3-tier system can be used. First, the person themselves says they are competent. Then someone in the club, i.e. a 'mock' test, checks them and finally, if this is successful, that person then recommends that a final assessment be made. The enclosed Assessment Application Form serves as a record of the 3 stages. If a club does not have the personnel mentioned, e.g. a teaching instructor, a responsible person can be designated (see page 4 for sample form) *Beryl Kelsey*

**Remember to visit our Website [www.halliwick.org.uk](http://www.halliwick.org.uk)**, which is continually being up-dated. Once again, let us know what you think of our Website and what further information needs to be included. E-mail suggestions to the National Chairperson [patrick.hastings@btopenworld.com](mailto:patrick.hastings@btopenworld.com)

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

## DATES FOR YOUR DIARY 2003 - 2004

- Saturday - 13 Sept National Management Committee Meeting, London, 11 am start.
- Saturday - 11 Oct 34th Annual National Swimming Championships at Sevenoaks, Kent.  
Doors open - 2.30 pm, prompt start - 3 pm.
- Sunday - 2 Nov National Executive Committee Meeting, 11am start - **Venue to be agreed.**
- Sat/Sun - 18/19 Oct National Education, Publications & SHTE Committees Meetings in London  
including seminar on Advanced Course (Teaching)
- Sunday - 7 March, **2004** **AGM** & National Executive Committee Meeting, Birmingham, 11 am start.

### National Education Weekend - 27 & 28<sup>th</sup> April.

Fifteen delegates attended the National Education Weekend held in London. They were delighted to hear that Veronica Boys has agreed to continue in the post of National Education Secretary. Three very constructive meetings were held. It was very encouraging to see the results of excellent work done in producing new course resources and in updating our existing publications. There has been a big demand for our highly regarded text book "Swimming for People with Disabilities". It is almost out of stock and we have to consider plans for a third update and reprint. The next National Education Weekend will take place on October 18 & 19 in London. It will include a seminar about the Advanced Course (Teaching), which should be particularly useful for any Lecturers who have not yet led an Advanced Course. *Philip Puckrin - Chairman, National Education Committee*

### Report of the Publications Committee

**Rainbow Series** - The publication "**Swimming Pool Design - Accessibility for All**" has been updated to include clip art and some coloured photos, courtesy of "Specially Safe".

**Publications** - "**Help Yourself**" has been removed from Publications List; "**Swimming Pool Safety**" has had the section on diving updated.

**A5 Leaflet No 10 "Communicating with people with disabilities"** - This leaflet is now ready and completes the set of A5 leaflets. **Videos** - The **Video** sleeves now have a colour scheme. The sleeves have information which we hope will prove useful - i.e. reference to other videos in the series, website address, credits and acknowledgements where known. *Pamela M Wood - Chairperson*

### Report of the Schools, Hospitals & Training Establishments (SHTE) Committee

The development and use of the Halliwick Concept in Schools, Hospitals and Training Establishments is the key aim of the above committee of the Halliwick Association of Swimming Therapy. There is a continued demand for the four day foundation Halliwick Concept courses and keen interest in the newly developed Advanced course for Therapists.

The development of guidelines on 'Moving and Assisting' and an outline of a training course for volunteers on this subject have recently been reviewed and updated. These are in line with the legislation produced in 1992 by the EU on Manual Handling.

Future topics of interest will be to continue to develop the Advanced Therapy course, manual handling at galas and assessment/documentation for swimmers who have water development programmes using the Halliwick Concept *Alison Balkas - Chairperson*

**Stop Press!** **Congratulations to Dr Joan Martin MBE** of Kensington Emperors SC and the Association's Hon medical Advisor, who was elected President of Halliwick Region ASTRA One at their AGM held on Tuesday 29th April, following the retirement the position of Phyl McMillan MBE after 25 years service!

**Next Issue – November 2003** Copy to be received by the Editor by **end of September**  
Send to: Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY  
**OR, direct to the Chairperson, if late !**

Dates & Venues of future Halliwick AST Training Courses on The Halliwick Concept, (formerly known as 'Method'), appear on **page 3** of this *Newsletter* and are also regularly updated on our **Website**.

# HALLIWICK ASSOCIATION OF SWIMMING THERAPY

REG'D CHARITY 250008



## Swimming and Therapy for People with Disabilities

Course are 4 days duration unless otherwise stated

### Foundation Courses The Halliwick Concept

Hull	November 8 <sup>th</sup> & 9 <sup>th</sup> and November 22 <sup>nd</sup> & 23 <sup>rd</sup> 2003
Newcastle	November 15 <sup>th</sup> & 16 <sup>th</sup> 2003 and March 27 <sup>th</sup> & 28 <sup>th</sup> 2004
Brent	March 13 <sup>th</sup> & 14 <sup>th</sup> and May 8 <sup>th</sup> & 9 <sup>th</sup> 2004
Troutbeck Bridge, Cumbria	March 22 <sup>nd</sup> to 25 <sup>th</sup> 2004
Hull (provisional)	October 23 <sup>rd</sup> & 24 <sup>th</sup> and 30 <sup>th</sup> & 31 <sup>st</sup> 2004

### Advanced Courses Teaching The Halliwick Concept

Brent	March 13 <sup>th</sup> & 14 <sup>th</sup> and May 8 <sup>th</sup> & 9 <sup>th</sup> 2004
Troutbeck Bridge, Cumbria	July 12 <sup>th</sup> to 15 <sup>th</sup> 2004

For further information send a SAE to the Course Organiser

#### Brent

Bob Chapman  
46 Craven Gdns.  
Barking  
Essex  
IG11 0BN

☎020 8252 4851

rob@chappers.karoo.co.uk

#### Troutbeck Bridge

Melanie McEwan  
7 Story Stones  
Eldwick  
Bingley  
West Yorks.  
BD16 3GA

☎01274 561544

Melanie.mcewan  
@friendsprovident.co.uk

#### Hull & Newcastle upon Tyne

Beryl Kelsey  
59 Woldcarr Rd  
Hull  
East Yorkshire  
HU3 6TR

☎01482 353547

kelsey@halliwickbk.karoo.co.uk

For an update on Course availability, Publications etc. visit [www.halliwick.org.uk](http://www.halliwick.org.uk)

**6.4 Certificates of Competence**

**Application Form for an Assessment of Competence**

I have attained the pre-requisites, and the appropriate sections of my log book are completed (if applicable). I apply for the following assessment (tick)

Proficiency Badge.....Halliwick Instructor's Certificate.....

Group Leader's Certificate.....Teaching Instructor's Certificate.....

Assessor.....Lecturer.....

Verifier of Lecturer.....

Print Name.....

Address.....

.....

Post Code..........

Name of Club / Group.....Region.....

Signed.....Date.....

**Recommendation** To be completed by the Chief Instructor / Teaching Instructor / Mentor.

Having checked the ability level and pre-requisites, I recommend this assessment.

Signed.....

Print Name.....

Position.....Date.....

Send the completed form to an Assessor when requesting an assessment.

**Confirmation of a successful assessment**

I have completed the assessment and confirm that the standard required has been attained.

Signed.....

Print Name.....Date.....

The Assessor returns this form to:

The club's Chief Instructor for a proficiency badge.

**or**

The Education Secretary C/O ADKC Office for issuing Competence Certificates (and gives a copy to the candidate).

The Assessor also signs the Record book for Instructors.