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May 2011

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

A message from the Chair

In January there was no Newsletter as there was no news, but this is a bumper one !

On Sunday 10th April we held our 2010 Annual General Meeting in Oxford at the the Barton Leisure Centre, (next door to Ormerod School) Barton, Oxford OX3 8GA , followed by the first meeting of the newly elected National Executive Committee.

The meeting began with a minutes silence as a mark of respect for **Tony Jandrell** a former National Treasurer who died on 15th March after a long illness with cancer. On page 2, there is a Tribute from Keith Beer, Chairman of the Welsh Region 15 of Halliwick AST & friend of Tony. This is also on the website: www.halliwick.org.uk .

Once again it was agreed that we would not increase either the Affiliation fees or the Insurance premiums for the year 2012.

"Halliwick Swimming for Disabled People" 3rd edition was published at the end of 2010, see page 3 for a review of the latest edition of our **Halliwick textbook**.

Advanced Notice !!

The **2011 National Swimming Championships**, hosted by Halliwick ASTRA 15 - Wales, will be held at the Pontypool Active Living Centre, Pontypool, South Wales on Saturday 15th October; more details will be posted on our website in due course.

On pages 5 & 6 there is a profile of the **CRC Dolphins Water Confidence group from Dublin**, who are affiliated to *Halliwick Association of Swimming Therapy* both in the UK and Ireland. If any other of our affiliated clubs would like to contribute a similar such article I will be only too happy to print it.

Our website has undergone a complete re-design, using the latest technology and is now up and running! www.halliwick.org.uk

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

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E-mail: patrick.hastings@btinternet.com

Look at page 3 for **Dates for your Diary** and our **Book Review**

Look at page 4 & 5 **Funding for clubs** and an article on 'How to keep warm in water'!

Look at page 6 & 7 for a **Club Profile:** and page 8 for a report from **Wagtails SC**

Look at page 8 for **Halliwick Training Courses**

John Anthony "Tony" Jandrell 1927– 2011
former National Treasurer of Halliwick AST
A Tribute - 15th March 2011

As some of you will know, John Anthony Jandrell sadly passed away on Tuesday, 15th March following a battle with cancer. I have been asked to write a few words in tribute to Tony and his many years of dedication to the Halliwick concept and its Ideals.

I first met Tony when I was a member of the embryonic Welsh Regional Committee of the Halliwick Association of Swimming Therapy and he was our first Treasurer. When ten years later I became Chairman of the region it was Tony who guided my first faltering steps and taught me the secrets of steering a committee through its agenda, so that it could make the right decisions.

Although we had our differences over the years, usually over spending the association's money, it never got in the way of our respect and understanding of each others views or our close friendship. In fact his wife Margaret who he loved dearly and missed so much when she died twenty years ago in 1990, once said he was like an elder brother to me.

Tony was a member of a very close and loving family and will be greatly missed by his daughter Kim and her husband Dylan, his son Chris and his wife Carole, and his grand children Amy, David, James and Owen.

Tony went on to become the United Kingdom's National Honorary Treasurer for the Association, a post he held for twenty-five years, during which time he jealously guarded our funds and tenderly guided and nurtured them so that when he had to retire from the position, due to ill health three years ago, the accounts were in good order with a healthy balance. However, he never forgot his local club the Newport Seals, of which not only was he a founding member, but he was also a very active member for many years.

When Tony retired as an Electrical Engineer for CEGB, he worked in Malta for several years and it would normally be rather worrying to have the National Treasurer out of the country for such a long period of time, but Tony organised everything so efficiently that no-one noticed his absence and inevitably, while he was there, he established a swimming club for people with disabilities.

I hope that this has given you a brief insight into the person that was Tony Jandrell. He was a very private person who had very strong principles, a great love of Halliwick to which he made an invaluable contribution over many years.

His contribution and dedication to Halliwick will not be forgotten and neither will his intelligence, understanding and determination to do right, not only for himself, but for others. Tony will be sadly missed not only nationally, but also by his friends in Wales - the land he loved.

M. Keith Beer - Chairman of the Welsh Region 15 of the Halliwick and friend of Tony.

DATES FOR YOUR DIARY - 2011 –2012

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

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

Saturday - 10th September - Management meeting at ADKC offices - London

Sunday - 6th November - National Executive meeting - start at 11 am, at the
Barton Leisure Centre, (next door to Ormerod School)
Barton, Oxford OX3 8GA

Saturday - 15th January **2012** - Management meeting at ADKC offices - London

Sunday - 10th April **2012** - AGM and National Executive Committee meetings
start 11 am at the Barton Leisure Centre,
(next door to Ormerod School) Barton, Oxford OX3 8GA

HALLIWICK SWIMMING FOR DISABLED PEOPLE - *our textbook*

“Halliwick Swimming for Disabled People” 3rd edition was published in 2010. This book was previously entitled “Swimming for People with Disabilities” 2nd edition and before that “Swimming for the Disabled” 1st edition and this reflects changes in terminology and disability equality.

WHAT'S NEW in this edition?

Halliwick Method has been changed to Halliwick Concept and is developed with guidance on facilitating swimming for people with disabilities based on the physical properties of water. Using this Concept instructors can encourage their swimmers to experience the enormous sense of satisfaction and freedom that stems from a greater independence in water. This is explained through the Ten Point Programme which has been included together with detailed diagrams.

New coloured photographs have been taken to enhance the book and also included is information on the International Classification of Functioning, Disability and Health (ICF) in relation to Halliwick. The diagrams throughout the book have all been modernised.

“Halliwick Swimming for Disable People” is an important reference book for anyone who wishes to teach swimming to disabled people. Its special emphasis is on instruction, regardless of the swimmer's level of disability, as it emphasises ability in water and not disability on land.

There has been NO INCREASE IN PRICE in this latest edition and is excellent value at only £10 a copy (+p&p). Copies may be obtained by completing a Publications Order Form which can be downloaded from the Halliwick website at:

<http://www.halliwick.org.uk/publications/orderforms/>

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.**

Another reminder!

Important: for the latest January 2011 versions

Copies of both our Publications Order Form and our Equipment Order Form are attached and can be download from our website at:

<http://www.halliwick.org.uk/publications/orderforms/>

Cash-4-Clubs (UK)

Local grassroots community sports clubs in the UK that require funding for equipment, facilities or coaching can apply for grants of between £250 and £1,000 through Cash-4-Clubs. The Cash 4 Clubs scheme is funded by Betfair and is supported by SportsAid, the charity for sports people. No preference is given as to the types of sport or the age range accessing the activity; however clubs should play an active role in the community, encourage social interaction and fitness, and be registered with their sports' National Governing body. The fund is open to any sports club that is registered with its sports' National Governing body or local authority. Applications can be submitted at any time. <http://www.cash-4-clubs.com/> Inspired Facilities Fund (England)

Sport England, as part of the £135m 'Places People Play' initiative, has announced the Inspired Facilities Fund. This is a locally-focused fund, which will launch in February 2011, and will open to applications from April, for the first of five £10 million funding rounds, with the final round being in 2014/15. The fund will be open to clubs, community and voluntary sector groups and councils, and will offer grants of between £25,000 and £150,000 towards projects that can prove a local need for a facility to be modernised, extended or modified to open up new sporting opportunities. Inspired Facilities aims to fund up to 1,000 local sport facilities:

http://www.sportengland.org/media_centre/press_releases/places_people_play/places.aspx?dm_i=AXF,AVAM,2C2RVI,U2H8,1

'Sportsmatch' to re-open for Applications in the New Year (England)

Sport England has announced that the Sportsmatch scheme will re-open for applications on the 17th January 2011. Sportsmatch offers pound for pound matched funding to investments made by businesses, trusts and individuals into projects that encourage sports participation at grass roots level. The funding available is primarily for running costs (maximum grant £100,000) although capital awards of up to £25,000 can be made through the scheme. This can include non personal sports equipment such as outdoor basketball nets, kwik cricket surfaces, boats, sports wheelchairs etc. The scheme is open to community based sports projects, in particular those that benefit young people, disability groups, black and minority ethnic groups and/or women and girls. Since its original launch in November 1992, Sportsmatch, together with commercial sponsorship, has invested more than £102 million into 5784 community sports projects across England.:

<http://www.sportengland.org/funding/sportsmatch.aspx>

Barclays Community Sports Award (UK)

Barclays Spaces for Sports has announced the launch of its new Community Sports Award. The Award is a new award to recognise the outstanding achievements of Individuals and groups that use sport to benefit communities across the UK.

Each month, the winner of the award will receive £1,000 for their group or organisation, a limited edition trophy and will be entered into the end of season award to win a further £5,000. Nominations can be made for any individual, group of individuals or not-for-profit organisation. All entries must be made via www.barclayscommunitysportsaward.com on or before 5.00 p.m. on the 20th of each month. <http://www.barclayscommunitysportsaward.com/>

Funding for Projects that Support Disabled Children and their Families (UK)

Local organisations and projects that support disabled children and their families have the opportunity to apply for funding through the True Colours Trust. Grants of up to £10,000 are usually available for one-off purposes, to help smaller organisations develop and deliver programmes for children, their siblings and families. The Trustees are particularly keen to award grants for Hydrotherapy pools; Multi sensory rooms; Mini buses; Young carers projects; Sibling projects; and Bereavement support. This programme provides grants, of between £1,000 - £2,500, to organisations offering palliative services:

http://www.truecolourstrust.org.uk/small_grants.aspx

Calling all volunteers - How to keep warm in the water !!

Many of our Instructors at Oxford Swans complained about getting cold when helping with the Halliwick sessions, especially with the 2 hour sessions on a Saturday. The pool temperature is 28°C which is probably the same for most of you using public pools.

The Committee agreed to help instructors with a contribution to purchasing a thermal vest. A source that we have found useful is Wetsuit Outlet. Their website is www.wetsuitoutlet.co.uk or you can phone 01702 295678. This company are very helpful and are happy to talk on the phone about your requirements, though we feel we should point out that the Oxford Swans Committee does not endorse this company's products and you need to decide for yourself if it seems right for you.

There are men and women versions available of the thermal vests and a variety of sizes. There is a short-sleeved version available and a long sleeved for those of us who really feel the cold !

If you are thinking of purchasing one, check before you buy that you are allowed to wear these in your pool.

Ann Gresswell (Chief Instructor Oxford Swans)

Club Profile: CRC Dolphins



The CRC Dolphins Water Confidence group was established by the Physiotherapy Department of the Central Remedial Clinic, Dublin in 2005, following on from a number of trial summer groups. The group arose from recognition of limited services for children with physical disability to access appropriate swimming classes. The club is an affiliated member of the Halliwick Association of Swimming Therapy both in the UK and Ireland.

The Halliwick Concept is used during sessions. Our aim is to allow children to become as safe and independent as possible in the water, within the limitations of their particular disability. For some this will mean progression to a mainstream swimming group, or independent movement in the water. For others this will mean optimal safety in the water, with regard to breathing and positioning.



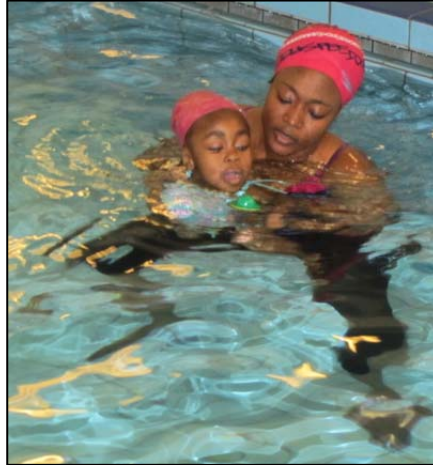
Children with physical disability are catered for in our group, including Cerebral Palsy, Neural Tube Defect and Brachial Plexus Injury, with the majority of participants attending mainstream school. There are currently 30 children taking part, whilst many more have progressed out of the group onto either a mainstream class or onto a more specific hydrotherapy group to meet their needs.

As there is a high demand for the group, we work on a block rotation basis, with each child having one six week block per school term. Beginner, Intermediate and Advanced levels are catered for. Each session is led by two Chartered Senior Physiotherapists. There are 4 Physiotherapists in total involved in the group, all trained in the Halliwick Concept, two to Advanced level. Parents provide the one to one helper support in the pool. This enables them to become confident and safe in handling their children in the water, and allows parents and children to practice the principles and skills taught between blocks.



Proficiency is assessed using the Halliwick Badge system. Video analysis is used to aid in scoring assessments. Children who move on to stroke training progress to a qualified ISA Swimming Instructor who works with us. Children who have a more severe level of involvement progress to an Aquatic Therapy group which takes place in our hydrotherapy pool, using the Halliwick Concept in conjunction with Bobath based physiotherapy approaches.

Club Profile: CRC Dolphins (continued)



The increased heat and intimate nature of the hydrotherapy pool allows this specific client group to reach their full potential. The group has proved very popular with parents, who are often amazed at their child's potential in the pool. All the children thoroughly enjoy the sessions and it is great to see them attain new skills and confidence in the water.



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aquinn@crc.ie or jmaguire@crc.ie

Report from Tom Kelly, Secretary of Wagtails Swimming Club.

Tom Kelly reported in the March edition of their Newsletter, that he attended our 2010 AGM in Oxford and said "I drove up to Oxford on the 10 April to attend the Halliwick AST AGM. On one of the warmest days of the year so far we sat indoors. Not an opening window in the room and the air conditioning with a mind of its own. I was amazed at the fortitude of the committee which puts a great deal of their time & effort at our disposal. They are dedicated people, some with disabilities which they carry without complaint I was glad to be with them again after some years away."

He also reported that their Chairman **David** was able to introduce their new Hon. President, Annette Brooke MP, at the WSC delayed Christmas lunch and in March she paid her first visit to their swim session at the Queen Elizabeth Leisure Centre in Wimborne. She is a stalwart supporter of the disabled in many areas of sport and leisure, and we look forward to using her valuable experience in their affairs.

David also reports that Annette organised a trip around Westminster for him and 3 friends, coinciding with Prime Minister's question time. In fact they watched the Budget speech by young George; they also climbed the tower to hear the mighty Big Ben chime 3 pm.



One of their disabled youngsters **Charlie Williams** tested his strength & endurance to the full on Saturday 16th April in the London Mini Marathon. Charlie attempted the 3 mile course on his modified cycle to raise funds for 2 of his favourite local charities, Poole Sailability and the Victoria Education Centre's "Sparkle" appeal. He did really well - got all the way round, in just under an hour (55 mins 38 secs). Since it was not sure that he would finish, it was a real triumph. The fastest in his category did it in about 12 mins, but he never gave up and kept going. The club are really proud of him. It was well reported in their local press and he raised in excess of £1400 !! It was a hard slog, but he did it !! *Congratulations*

We have had a number of replies to my appeal last year asking those of you who are online to agree to receive their copy of our Newsletter by e-mail. In view of the latest increase in Royal Mail postage costs and it is now more urgent that we use this method of circularising. Please let me know by e-mail, if you would like to be added to the list: patrick.hastings@btinternet.com One other advantage of this, is that you can then view it in glorious **colour!!**"

Next Issue - July 2011 Copy to be received by mid **June**
Send direct to the Chairperson by post or e-mail! (see page 1)



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 in 2011

Foundation - The Halliwick Concept (4 days)

Venue

Dates

Hull	September 24 th & 25 th and October 1 st & 2 nd
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Advanced Courses - Teaching The Halliwick Concept - 4 days

A pre-requisite for attending any of the Advanced Courses is that you need to have attended a Halliwick Foundation Course.

Harrogate	July - Tuesday 26 th to Friday 29 th
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For the cost of courses contact the course organiser.

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

Hull Foundation and Harrogate Advanced Courses	Gill Wilkinson 97 Mill Falls Driffield East Yorkshire YO25 5AZ (01377-256 229) gill.will9x@tinyworld.co.uk
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For an update on courses visit www.halliwick.org.uk/html/courses/coursetimes.htm