



Reg'd Charity 250008

# Halliwick AST Newsletter

November 2011

The Halliwick Association of Swimming Therapy in the UK

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

The 2011 National Swimming Championships, hosted by Halliwick ASTRA 15 - Wales held at the Pontypool Leisure Centre Saturday 15<sup>th</sup> October were a great success. Congratulations to Halliwick ASTRA 15 - Wales and to all who took part, whether as swimmers or officials and for the support from spectators. The overall winners of the 'Barnardo Trophy' for the winning region were Halliwick ASTRA 15 - Wales and they also won the National League - Arthur Gunton Cup. The full results appear on [page 4](#).

If you look at the website: [www.halliwick.org.uk](http://www.halliwick.org.uk), you will see that I have introduced an item on the 'Home' page headed "Dates for your Diary" similar to the one that appears in this Newsletter. At the moment this covers National meetings and events, but we would now like to include International, Regional and club events. So, if you have any event which you would like included, please send me details, including either an e-mail contact address or a name and postal address for further details.

We are now using 'Google' as a 'Search' engine at the top right of each page. Please try it - type in 'Joan Martin' - and you will see how comprehensive it is. [Click here](#) to read about the book launch of the short life-story "Passing the Flame" of Dr Joan Martin MBE our President on 14th September in Kensington. For those without a computer, see [pages 6 & 7](#) for a report, an Order Form and the book cover.

See the foot of [page 2](#) for news of the 'Accreditation for our Foundation Course with the Open College Network (OCN)' and news about updated Halliwick Order Forms appearing at the end of this Newsletter ; [page 3](#) for a photo taken at the Annual General Meeting of the Sport and Recreation Alliance (formerly CCPR) held at St James's Palace on 20<sup>th</sup> July, 2011, as well as news about CTX Programme.

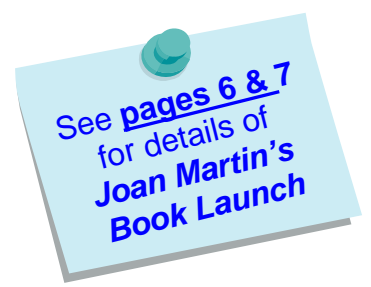
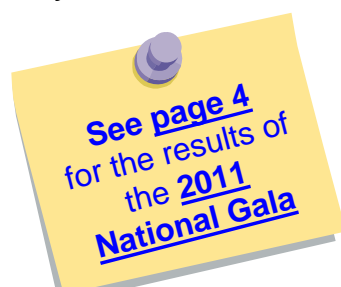
**As this is the last Newsletter of 2011, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2012.**

*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**

18 Thamesdale, London Colney, St Albans, Herts AL2 1TB Tel No: 01727- 825 524

See my NEW E-mail address: [patrick.hastings@btinternet.com](mailto:patrick.hastings@btinternet.com)



## 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@btinternet.com](mailto:patrick.hastings@btinternet.com)

**Sunday - 6<sup>th</sup> November 2011 - National Executive meeting** - start at 11 am,  
at the Barton Leisure Centre,  
(next door to Ormerod School) Barton, Oxford OX3 8GA

**Saturday - 21<sup>st</sup> January 2012 - Management meeting** at ADKC offices - London

**Sunday - 29<sup>th</sup> April 2012- AGM and National Executive Committee meetings**  
starting 11 am at the Barton Leisure Centre,  
(next door to Ormerod School) Barton, Oxford OX3 8GA

**12 - 14<sup>th</sup> October 2012 - Conference - 'Swimming for People with Disabilities'**  
to be held at the National School of Government,  
Sunningdale Park, Ascot, Berks SL5 0QE  
there will be speakers from Halliwick AST and we will have an Exhibition Stand.

### Accreditation for our Foundation Course

For over a year, **Halliwick ASTRA 5** personnel from Yorkshire have been working with the **Open College Network (OCN)** to have the **Halliwick Foundation course** accredited. All the hard work has paid off and the first group of Instructors have successfully taken the Halliwick Instructors Certificate (HIC) and OCN credits six credits at level two). After some fine tuning to the assessment process we hope to have a second pilot assessment in the autumn, then make this available nationally.

Congratulations to the successful candidates who are:

Karen Brockwell (Frederick Holmes Special School)  
Debbie Malton (Tweendykes Special School),  
Sue Over (Immingham Orcas)  
and Ian Carr and Simon Kelsey (Hull Optimists).

### Halliwick Order Forms

For updated versions - August 2011, see pages 8, 9 & 10 or visit our 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 5 of this *Newsletter* and are also regularly updated on our Website, as well as Overseas Courses.

**Next Issue - January 2012** Copy to be received by early December  
*Send direct to the Chairperson by post or e-mail! (see page 1)*

As Halliwick AST National Chairperson, I was invited to attend the **Annual General Meeting of the Sport and Recreation Alliance** (formerly CCPR) held at **St James's Palace** on 20th July, 2011. Below is a photo taken by the official photographer showing (from L to R), The Earl of Wessex, Ann Thomson one of our International Halliwick Lecturers, myself and the Earl's Aide. The Earl who is SARA President, is holding a copy of the latest edition of our text book, '**Halliwick Swimming for Disabled People**' which I presented to him. We have subsequently received a letter from the Earl's Office, thanking us for presenting him with his copy of our book.



### CTX programme

This programme is run by a charitable foundation, whereby eligible UK-based charities are able to request donated technology products from [Partners](#) such as Microsoft, Symantec and Cisco. The products include operating system software and server software, security software and hardware products such as switches, routers, wireless equipment and firewalls.

Halliwick AST is now registered with CTX programme and is eligible to request products on behalf of their members at a very reduced handling fee, often making substantial savings of between 92-96% on typical retail prices. See [www.ctxchange.org](http://www.ctxchange.org) then [www.ctxchange.org/directory](http://www.ctxchange.org/directory) for availability. This will be for Trustees/Officers of Halliwick AST and Halliwick affiliated clubs. As this is up-to-date software, computers must be compatible. Any enquiries to [gill.will9x@btinternet.com](mailto:gill.will9x@btinternet.com)

**The deadline for requests this next 12 months will be the 30<sup>th</sup> November 2011**

**Results of the 42<sup>nd</sup> National Championships held on Saturday 15<sup>th</sup> October 2011 at the Pontypool Active Living Centre, Pontypool, South Wales - hosted by Halliwick ASTRA 15**

**Competitors taking 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 an \* after the swimmers' names)

First	Second	Third
National League: Arthur Gunton Cup		
ASTRA 15	ASTRA 2	ASTRA 1
Girls 1 length - 25ms: The Halliwick Cup		
Kimberley Ireland *15	Amy Halfpenny *8	Christine Craven *5
Boys 1 length - 25ms: Halliwick Junior Cup		
Daniel Weigold *15	Ben Nicholls *5	Connor O'Flaherty *8
Ladies 1 length - 25ms: Beryl Miller Cup		
Helen Rogers *15	Lynn Lucas *8	Amanda Turner *2
Men's 1 length - 25ms: London Transport Revenue Cup		
Oliver Peace *5	Michael Mollett *15	Jon Locke *1
Girls 2 lengths - 50ms: ASTRA Fifteen Cup		
Courtney Rogers *15	Emily Hayton *5	Isobel Heath *2
Boys 2 lengths - 50ms: Keyhaven Cup		
Jake Sharpe *15	Shane Gunesh *1	Jac Weigold *15
Ladies 2 lengths - 50ms: Olive Lee Memorial Cup		
Tracy Marchant *15	Collette McEvoy *2	Eva Salisch *1
Men's 2 lengths - 50ms: George Lyons Cup		
Gavin Shaw *5	Darren Crouch *1	Ben Goldberg *2
Girls Championship- 100ms: Penguins Jubilee Cup		
Amy Halfpenny *8	Layla Rogers *15	Christine Craven *5
Boys Championship - 100ms: Phyl McMillan Cup		
Twm Draper *15	Ben Nicholls *5	Andrew Brown *8
Ladies Championship - 100ms: Derek Burnard Cup		
Mary Brown *8	Amy Crouch *1	Rebecca Evans *15
Men's Championship - 100ms: Monton Cup		
Jonathan Harrison *8	Liam Forbes *15	Darren Crouch *1
Junior 4 x 1 Relay: HAST National Cup		
ASTRA 15	ASTRA 5	ASTRA 8
Senior 4 x 1 Relay: Nellie Sims Cup		
ASTRA 2	ASTRA 15	ASTRA 5

**CHAMPION ASTRA and winner of the Barnardo Cup:** ASTRA 15 - 45 points  
**Second:** ASTRA 5 - 32 points **Third:** ASTRA 8 - 28 points **Fourth:** ASTRA 2 - 23 points  
**Fifth:** ASTRA 1 - 20 points **Sixth:** ASTRA 10 - 6 points





Reg'd Charity 250008

# 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](http://www.halliwick.org.uk)

## Courses 2012 - Foundation - The Halliwick Concept (4 days)

**Cost £280** for each 4 day course

(Discounts may be given to people affiliated to Halliwick AST for 2 years)

### Venue

### Dates

London - Venue to be advised	2 weekends in March and May
Hull - East Yorkshire	Saturday 31 <sup>st</sup> March to Tuesday 3 <sup>rd</sup> April
Bexhill - East Sussex	11 <sup>th</sup> to 14 <sup>th</sup> April 2012 - 4 consecutive days
Hull - East Yorkshire	November 10 <sup>th</sup> & 11 <sup>th</sup> and 17 <sup>th</sup> & 18 <sup>th</sup>
Newcastle	<b>Dates to be arranged</b>

## 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 - Yorkshire	Tues 24 <sup>th</sup> to Friday 27 <sup>th</sup> July - 4 consecutive days
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Application forms and posters can be downloaded from the web site or by email from the course organiser below or send a S.A.E. to the course organiser

London	Alison Skinner 31 Syon Park Gdns, Osterley, Middx TW7 5NE Tel: 0208 - 560 2034 <a href="mailto:at.skinner@ucl.ac.uk">at.skinner@ucl.ac.uk</a>
Hull, Harrogate & Newcastle	Gill Wilkinson 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel: 01377 - 256 229 <a href="mailto:gill.will9x@tinyworld.co.uk">gill.will9x@tinyworld.co.uk</a>
Bexhill, East Sussex	Jane Stewart Parry Tel: 01424 -730 - 740 <a href="mailto:jstewartparry@gmail.com">jstewartparry@gmail.com</a>

**The book launch of the short life-story “Passing the Flame”  
of our association’s President, Dr Joan Martin MBE**

Some of you may be aware that for several months earlier this year, a friend of Joan’s, Joy Puritz, who has worked in the book trade for many years, had been writing her biography. The book launch was on Wednesday evening 14<sup>th</sup> September at St Mary Abbots Hall in Kensington, only a few hundred yards from Joan’s old flat.



Visit our website: [www.halliwick.org.uk](http://www.halliwick.org.uk) for a full report on the evening including photos

On **page 7** you will see the cover of this 132-paged publication, which will give you a taster of its fascinating contents.

The price of the book is **£10.49** (incl P&P). Joy is handling all postal sales

[See Order Form below](#)

<b>Send this Order Form to:</b>	<b>Deliver to:</b>	
Miss Joy E Puritz  149E Holland Road, London W14 8AS  <u>Any problems:</u>  Tel. (home) +44 (0)20 7602 4187 e-mail: <a href="mailto:jepuritz@btinternet.com">jepuritz@btinternet.com</a>	Name	
	Address	
	City	Country
	Post code:	Contact's Tel No :
	e-mail address:	

**Order Form for “Passing the Flame” - a short life-story of Dr Joan Martin MBE**

**Terms:** Complete this Order Form and submit it to Miss Joy Puritz, by post at the address above, together with your cheque for **£10** (incl P&P) made payable to “**J E Puritz**”

## Passing the Flame



This is the story of a remarkable woman whose life spans almost a century. Joan Martin's adventures include driving a Mini over the mountains of Swaziland, plucking a bishop from Greek waters and being smuggled out of Australia on a New Zealand cargo ship.

As a junior doctor in London during the Blitz she experienced the greatest trauma of her life when she found herself caught up in the Bethnal Green shelter disaster in which 173 people were crushed to death.

Joan's many achievements include years of helping disabled children and their families as a doctor in Kensington, forming a swimming club for disabled people which she still runs, and becoming Guide Training Adviser for England. Throughout, she has been led and inspired by her Christian faith.

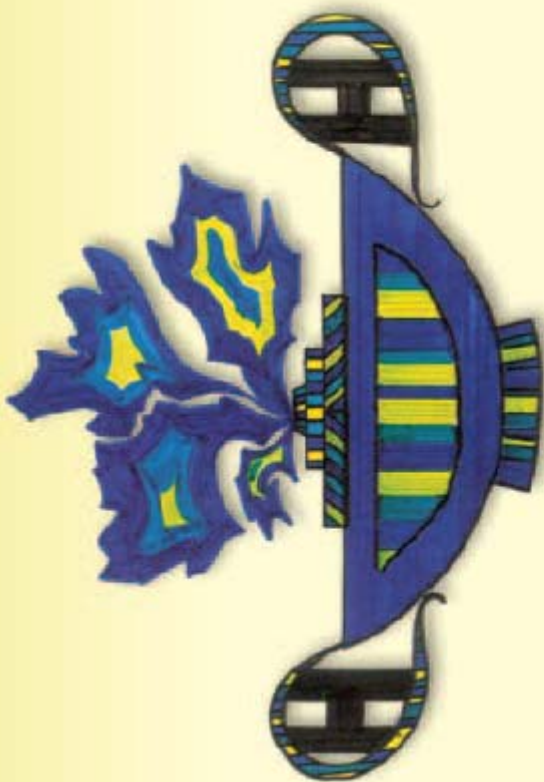
Joan's work has been recognised with an M.B.E., one of several awards she has received, but few even of her closest friends know the full account of her life or how much she has done to improve the lives of others across the world.

Back cover photo:  
Joan at home in March 2011,  
by Joy Puritz



GREEN OAK  
PUBLISHING

JOY PURITZ



# Passing the Flame

*The Life and Work of Dr Joan Martin*



JOY PURITZ





The Halliwick Association of Swimming Therapy

Publications Order Form - August 2011

Course venue ..... (where applicable)

Some publications may be available in **LARGE PRINT** on request

\* Also available as a free download from the website.

RAINBOW SERIES	TITLES	Current edition	Cost	No. Req.	Total Cost
	Assessment of Competence Certificates	4 <sup>th</sup>	£5		£
	Teaching and Testing Halliwick AST Proficiency Badges	4 <sup>th</sup>	£5		£
	Swimming Pool Safety <i>Guidelines on safety issues for Halliwick pool sessions</i>	3 <sup>rd</sup>	£5		£
	Information Pack for Clubs <i>Document for setting up and running a club</i>	3 <sup>rd</sup>	£5		£
	Guidelines for manual handling tasks at the swimming pool	3 <sup>rd</sup>	£5		£
*	Organisation Pack for Halliwick Foundation Courses	5 <sup>th</sup>	£5		£
	Safe to Swim. <i>Information for Clubs on Protection of Vulnerable People</i>	3 <sup>rd</sup>	£5		£
	Swimming Songs. <i>Songs to assist in teaching Halliwick</i>	3 <sup>rd</sup>	£5		£
	Swimming Games and Activities <i>Games and Activities to assist in teaching Halliwick</i>	3 <sup>rd</sup>	£5		£
	No Fear. <i>A self-help programme for people who want to overcome a fear of water</i>	2 <sup>nd</sup>	£5		£
	Swimming Pool Design - <i>Accessibility for all</i>	2 <sup>nd</sup>	£5		£
	Distance Learning Handbook for the Training of Assessors	2 <sup>nd</sup>	£5		£
	Programme Ideas for Pool Sessions	2 <sup>nd</sup>	£5		£
	S.W.I.M. Swimming with Independent Measurement <i>with DVD</i>	2 <sup>nd</sup>	£5		£
	Halliwick AST text book "Halliwick Swimming for Disabled People" 3 <sup>rd</sup> edition (2010)	3 <sup>rd</sup>	£10		£
<b>LEAFLETS</b> listed below are <b>ONLY</b> sold as sets of 10 for £1 <b>i.e. a 'set' being one of each of these 10 leaflets</b>			£1		£

1	Working with young children using the Halliwick Method
2	A safer method of teaching swimming for people with severe learning disabilities
3	Teaching breath control to people with profound or multiple disabilities
4	Teaching swimming to people who are hearing impaired
5	Minimising dangerous behaviour at the swimming pool
6	Teaching swimming to people with severe learning difficulties
7	Guiding People who are Visually Impaired around the Pool Environment
8	Teaching swimming to people who are visually impaired using the Halliwick Method
9	Teaching Swimming for People with Multiple Sclerosis
10	Communicating with people with disabilities when using the Halliwick Concept

Sub total to carry forward to next page £ \_\_\_\_\_



STATIONERY	Sub total brought fwd			£
	Current Issue	Cost	No. Req.	Total Cost
* Halliwick Affiliation Forms ( <i>highlight as required</i> ) Club/Group / Individual / Overseas		Free		
* Benefits of Affiliation	2005	Free		
* Halliwick AST Information Leaflet	2005	Free		
* Halliwick AST Equipment Order form	2005	Free		
Halliwick Record Books (Log Books)	2007	£1		£
Halliwick AST Competition Laws	2005	£1		£
<b>DVDs:</b> "Entries, Exits and Supports"	1996	£10		£
"Activities on the Ten Point Programme"	2006	£10		£
"Breath Taking" ( <i>small revision made in 2006</i> )	1988	£10		£
"Another kind of playground"	1993	£10		£
"Water Free" ( <i>of historical interest</i> )	1975	£10		£
"Halliwick Method" ( <i>of historical interest</i> )	1970	£10		£
Scripts can be downloaded from the following webpage Also reviews to help you select the right video. <a href="http://www.halliwick.org.uk/publications/dvds/">http://www.halliwick.org.uk/publications/dvds/</a>	<b>Total</b>			£
	<b>add P&amp;P (see below)</b>			£

**Above prices do not include the cost of P&P to Overseas**

**P&P to GB and N Ireland:** For orders up to £10.00 add £2.50  
For orders between £10.0 & £25.00 add £4.00  
For orders over £25.00 add £6.50

**Please ring round the method of payment:**

**by cheque OR electronic transfer**                      **Final Total**    £ \_\_\_\_\_

Terms: **Complete this Order Form** and submit it to Halliwick AST Publications either **by e-mail OR** post it to them at the address as below, together with your cheque made payable to **Halliwick AST** or pay by electronic transfer (see a/c details below), Items will be sent once payment has been received. **For Overseas orders ONLY**, please **DO NOT** pay in the first instance. Send in your completed Order Form, showing an e-mail contact and we will then send an Invoice including the cost of P&P. You can then send your cheque to Centre 88 **making payment in £ Sterling** for the total cost, OR pay by electronic transfer as per our Bank details below, on receipt of which your order will be processed.

<b>Send order to:</b>	<b>Deliver to:</b>		
Halliwick AST Publications Centre 88 Ltd, Saner Street Kingston upon Hull HU3 2TR England E mail: <a href="mailto:office@centre88.karoo.co.uk">office@centre88.karoo.co.uk</a>  <b>Account name:- Halliwick Association of Swimming Therapy</b> <b>Account Number:- 40123366</b> <b>Bank &amp; Branch Barclays, Kingsbury</b> <b>Bank Code:- 20-29-37</b> <b>SWIFTBIC:- BARCGB22</b> <b>IBAN No.:- GB23 BARC 2029 3740 123366</b> :	Name		
	Address		
	City	Country	
	Post code	Contact's Tel No	
	E-mail address:		

This Order Form is updated regularly. For the current version visit our website:

<http://www.halliwick.org.uk/wp-content/uploads/2010/12/Publication-Order-Form-August-2011Final.doc>

For all non-publication enquiries contact:

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

**A completed Order Form MUST be sent in, otherwise the order WILL NOT be processed**



**The Halliwick Association of Swimming Therapy  
Equipment Order Form - August 2011**

Items	Cost	No. Req.	Total Cost
a. <u>Proficiency badges</u> * Red	£2 each		£
Yellow	£2 each		£
Green	£2 each		£
Blue	£2 each		£
<b>Note</b> * these badges can only be supplied to <u>affiliated</u> Halliwick AST Clubs and members.			
b. <u>A5 Certificates</u> for general achievements	10p each		£
c. <u>Metal Halliwick logo lapel badges</u> (1 inch dia)	£2 each		£
d. <u>Poached Eggs</u> : in packs of 10	£6.50 per pack		£
e. <u>Laminated A4 Badge Charts</u> Red/Yellow/Green	£2.50 each		£
Red/Yellow	£2.50 each		£
Green	£2.50 each		£
Blue	£2.50 each		£
or set of 4 for	£8.00 per set		£
f. <u>Laminated A1 Badge Charts</u> Red	£15.00 each		£
Yellow	£15.00 each		£
Green	£15.00 each		£
Blue	£15.00 each		£
Ten Point Programme	£15.00 each		£
or set of 5 for	£72.00 per set		£
<b>Name of <u>affiliated</u> Halliwick AST Club:</b>		<b>Total cost <u>before</u> adding P&amp;P</b>	<b>£</b>
_____		add extra cost of P&P see 'Terms' below	£

**Please ring round the method of payment:**

**by cheque OR electronic transfer      Final Total      £ \_\_\_\_\_**

Terms: **Complete this Order Form** and submit it to Halliwick AST Publications either **by e-mail OR** post it to them at the address shown below; please **DO NOT** pay in the first instance. We will then send an Invoice including the cost of Postage & Packing. You can then send your cheque to Centre 88 making payment in £ Sterling for the total cost, OR pay by electronic transfer as per our Bank details below, after which your order will be processed. On receipt of which your order will be processed.

<b>Send order to:</b>	<b>Deliver to:</b>	
Halliwick AST Publications Centre 88 Ltd, Saner Street Kingston upon Hull HU3 2TR England E mail: <u>office@centre88.karoo.co.uk</u>  <b>Account name:- Halliwick Association of Swimming Therapy</b> <b>Account Number:- 40123366</b> <b>Bank &amp; Branch Barclays, Kingsbury</b> <b>Bank Code:- 20-29-37</b> <b>SWIFTBIC:- BARCGB22</b> <b>IBAN No.:- GB23 BARC 2029 3740 123366</b> :	Name	
	Address	
	City	Country
	Post code	Contact's Tel No
	E-mail address:	

**A completed Order Form MUST be sent in; otherwise the order WILL NOT be processed.**