



Reg'd Charity 250008

November 2004

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

A message from the Chair

The **2004 National Championships** hosted by ASTRA 8 at Sale Leisure Centre, near Manchester on Saturday, 16th October 2004, were a great success. The competition was very keen, everyone was made very welcome. Congratulations to all who took part, whether as swimmers or officials, and especially to the winners and to **ASTRA 2**, the winning ASTRA! The full results appear on page 3 of this Newsletter.

I thought you would be interested to know that the following new clubs have recently affiliated to our association: **Doncaster Delfyn's**, **Exmouth Waterbabies** and **Sandgate School at Kendal**. On your behalf I would like to welcome them to Halliwick AST! After recent years of hearing that clubs have had to close down for various reasons, it is heartening news. May they long continue!

In memory of our late President, **Phyl McMillan MBE**, two trees have been planted this year in her memory in different parts of the world. One outside the Southgate Swimming Pool in Enfield, where Halliwick Penguins SC now swim and the other in Denmark, which is the first country outside of the UK to which Phyl and 'Mac' took 'the message of Halliwick'. Turn to page 4, for more information on these events.

As this is the last Newsletter of 2004, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2005.

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!

Patrick Hastings, Chairperson. Contact me at: 18 Thamesdale, London Colney St Albans, Herts AL2 1TB
Tel No: 01727-825 524 E-mail: patrick.hastings@bopenworld.com

Future Organisation of the Brent - North London Courses

Bob & Betty Chapman will definitely retire from organising the Brent - North London Courses after the completion of the March and May 2005 course. We are now appealing for replacements for Bob and Betty, who by then will have been doing this task for the last six years. They are quite prepared to continue to provide help and support for whoever is willing to take on this extremely important role in Halliwick AST. Hard copy of all past documentation can be provided as well as on computer disks.

Halliwick AST Policy on Protection for Vulnerable people

NASCH, who operate on behalf of our association the CRB check for members of our affiliated clubs, have informed us of 2 alterations that need to be made to our publication '**Safe-to-Swim**'.

In **Section 2, page 2, bullet 5**, this is to end with the following additional text "- do not even put a dash or 'not applicable' - just leave these four sections BLANK ", and also on page 2, bullet 7, this is to end with the following additional text " in BLOCK CAPITALS and BLACK INK ".

Would Club Protection Officers, please amend their copies of this publication accordingly.

At the same time NASCH have informed us that forthwith there will be a 'handling charge' of **£5 for each CRB check requested by our affiliated clubs**, who are not also affiliated to NASCH.

Our publication '**Safe-to-Swim**' has been well received by clubs with some including a 'teach-in' session at their AGM. Halliwick Penguins SC has even been asked by people not even connected to the club to be included in the club's regular training on this subject.

DATES FOR YOUR DIARY 2005

Saturday - 15 Jan National Management Committee Meeting, London - 11am start.

Sunday - 6 March National Executive Committee Meeting in Birmingham,
followed by the AGM - 11am start.

Sat/Sun - 16/17 April National Education Weekend, London - 11am start.

National Education Committee Report - October 2004

Manual Handling Training highlighted at the National Education Committee

One of the main agenda items at the National Education weekend on October 2nd & 3rd was a seminar on *moving and assisting* at the swimming pool. Many swimming clubs have serious concerns about the legislation attached to moving and assisting swimmers with disabilities at the swimming pool. However manual handling trainer, Zelda Frizner, delivered a positive and reassuring message.

She was critical of rigid, across-the-board-policies such as “everyone must use the hoist” or “no lifting allowed” that had been adopted by some authorities. Excessively safety-first policies restricted the opportunities for some swimmers with disabilities to make progress and could also be against the law. We were pleased to learn that Zelda advocated the use of the transit seat to transfer particular individuals.

She said that risk assessments should not just be viewed negatively. It was important to weigh the benefits of participation against the potential risks. The purpose of risk assessments is not to try and eliminate all risk but to enable all our swimmers to access the pool in a reasonably safe and comfortable manner.

Zelda stressed that the Manual Handling Regulations do not prohibit all manual handling. A balanced approach should be taken to ensure that:

- Helpers are not required to perform tasks that put them at risk unreasonably.
- The swimmers' participation and independence is supported and encouraged as much as possible.

*** The full text of Zelda's talk is on our website www.halliwick.org.uk on the 'What's New' page ***

Manual Handling Training Days in London, 19th February and 19th March, 2005

Zelda's talk was enthusiastically received and led to requests for training opportunities for lecturers and swimming club helpers. In response, the National Education Committee has organised a two-day Manual Handling Course comprising of two separate parts - see page 6 of this Newsletter for details.

The next National Education Weekend is on April 16th & 17th, 2005 in London.

Philip Puckrin, Chairman, National Education Committee

Remember to visit our Website 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.

Next Issue – January 2005 Copy to be received by the Editor by **end November**
Send to: Dr Joan Martin, Flat 2, 66 Kensington Church Street, LONDON W8 4BY
OR, direct to the Chairperson by E-mail, if late !

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.

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

Results of the 35th National Championships held on Saturday 16th October 2004 at the Sale Leisure Centre, near Manchester.

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 15 (Wales)

First position

Second position

Third position

National League: Arthur Gunton Cup

Halliwick ASTRA 1

Halliwick ASTRA 15

Halliwick ASTRA 8

(Halliwick ASTRA appears in brackets, after swimmers' names)

Girls 25 metres: Sir Max Rayne Cup

Taylor Carter (1)

Kelly Cope (8)

Cerys Rees (15)

Boys 25 metres: Swimmers Cup

Daniel Combes (2)

Bradley Coulson (5)

Shaun Cope (8)

Ladies 25 metres: Beryl Miller Cup

Linda Lowe (8)

Joint 2nd: Betty Chapman (1) and Susan Cantelo (15)

Men's 25 metres: London Transport Revenue Cup

Jamie Rushbrook (2)

Kevin Dutton (5)

Andrew Russel (8)

Girls 50 metres: ASTRA Fifteen Cup

Rachel Frodsham (2)

Collette M^cEnvoy (2)

Boys 50 metres: Keyhaven Cup

Simon Leggie (1)

Steven Langdon (2)

Michael Lewis (15)

Ladies 50 metres: Olive Lee Memorial Cup

Sarah heron (2)

Tracy Gibbon (5)

Linda Robinson (8)

Men's 50 metres: George Lyons Cup

Iain Ambrose (2)

Richard Jones (1)

Kevin Napper (8)

Girls Championship -100 metres: Penguins Jubilee Cup

Stacey Smith (15)

Lydia Parke (1)

Boys Championship -100 metres: Phyl McMillan Cup

Chris Bayliss (15)

Thomas Colgan (2)

Darren Crouch (1)

Ladies Championship -100 metres: Derek Burnard Cup

Lindsay Harris (15)

Sarah Louise Casey (2)

Mel Foreman (1)

Men's Championship -100 metres: Monton Cup

Carl Wilde (15)

Anthony Mould (8)

Ben Goldberg (2)

Junior 4 x 25 metres Relay: HAST National Cup

Halliwick ASTRA 1

Halliwick ASTRA 15

Halliwick ASTRA 2

Senior 4 x 25 metres Relay: Nellie Sims Cup

Halliwick ASTRA 8

Halliwick ASTRA 1

Halliwick ASTRA 15

CHAMPION ASTRA and winner of the Barnardo Cup: ASTRA 2 - 42 points

Second: ASTRA 15 - 40 points

Third: ASTRA 1 - 38 points

Fourth: ASTRA 8 - 25 points

Fifth: ASTRA 5 - 20 points



It doesn't seem that over 12 months have passed since **Phyl McMillan's** death.

On 13th May this year, a Rowan tree was planted just outside the entrance to Southgate Swimming Pool, where Halliwick Penguins now swim.

This was Phyl's original club and the tree was planted in her memory by the members of the club. Although the event was planned at short notice, Phyl's brother John, and her youngest daughter Jan were able to attend together with some of the club members.

On Friday 10th September, the first anniversary of Phyl's death, Margaret, her eldest daughter, was present at the dedication of a plaque which read:

“ Planted May 2004 in loving memory of
Phyl McMillan MBE
Co-founder and vice-president of
Halliwick Penguins Swimming Club
Formed April 1949”.



Her eldest daughter, Margaret has written to us as below enclosing the photo opposite. In July, Margaret was a member of the British Masters Athletic team, taking part in the European Athletic Championships in Denmark at which she became European Champion for the Women's 60-65yrs Pole Vault!

“While I was there I met up with a lady called Aase Norrung who is a member of the Halliwick Swim club in Aarhus. We spent a lovely afternoon together. She took me to the swimming pool at Lyseng where the club meet, to show me the oak tree that has been planted in memory of Phyl. There is to be a granite plaque but that had not arrived at the time of my visit, it is coming from China! She showed me round the pool and told me all about the swim sessions, which groups they have, where the groups swim and generally painted me a lovely picture of the club. Did you know that some of their helpers are sent by the Courts as their Community Service? We went into the clubroom to see where they gather after their swim and it came as quite a surprise to me, to see pictures of my Mum (Phyl) and Dad ('Mac') all over the walls. You do not expect to go abroad and come face to face with that. I found it a very emotional experience.”.

HALLIWICK ASSOCIATION OF SWIMMING THERAPY



TEACHING PEOPLE WITH DISABILITIES TO SWIM

INAUGURATED 1952 Registered Charity Number 250008

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

www.halliwick.org.uk

Affiliated to the International Halliwick Association (IHA)

Course are 4 days duration

Courses 2005

Manual Handling and Risk Assessment at the swimming pool

Two days of training for staff and helpers

involved with moving and assisting swimmers with disabilities

Venue

Dates

University College of London, Archway Campus, Highgate Hill, London
Part 1 - Theory Saturday 19th February, 2005 (9.30 a.m. - 4.30 p.m.)
Part 2 - Practical Saturday 19th March, 2005 (9.30 a.m. - 4.30 p.m.)

[See over to page 6 for more details and application form >>>>](#)

Foundation Course The Halliwick Concept

Foundation Courses - The Halliwick Concept

Venue

Dates

Llanfrechfa, South Wales January 25th to 28th (4 consecutive days)
Brent (North London) March 12th & 13th and May 7th & 8th
Troutbeck Bridge, Windermere, Cumbria May 9th & 12th (4 consecutive days)
Hull October 29th & 30th and November 12th & 13th
Bath *To Be Arranged*

Advanced Course - Teaching The Halliwick Concept

Venue

Dates

Brent (North London) March 12th & 13th and May 7th & 8th
Bath *To Be Arranged*

**For further information, send a SAE to the Course Organiser
 or visit our website www.halliwick.org.uk and download the Application Forms :**

Brent	Troutbeck Bridge	Hull	Llanfrechfa, South Wales	Bath
Bob Chapman 46 Craven Gdns Barking Essex IG11 OBN	Wayne Rawlingson 85 Milnthorpe Rd. Kendall Cumbria LA9 5HE	Beryl Kelsey 59 Woldcarr Road Hull, East Yorkshire HU3 6TR	Heather Maling Hydrotherapy Dept. Llanfrechfa Grange Hospital Cwmbran NP44 8YN	Pamela Galloway 17 Baytree Road Bath BA1 6NB
☎ 020-89415498 rob@chappers. karoo.co.uk	☎ 01539-726252 waynes@world007. freeserve.co.uk	☎ 01482-353547 kelsey@halliwickbk. karoo.co.uk	☎ 01633-623692 physio@cheerful.com	☎ 01225-337555 pgallow@members. v21.co.uk

HALLIWICK ASSOCIATION OF SWIMMING THERAPY

REG'D CHARITY 250008

TEACHING PEOPLE WITH DISABILITIES TO SWIM

Manual Handling and Risk Assessment at the swimming pool Two days of training for staff and helpers involved with moving and assisting swimmers with disabilities

The training has been split into two separate courses – **Part 1** (theory) and **Part 2** (practical). Places for Part 1 (theory) should be unlimited but there are only twelve places available for the Part 2 (practical). Applicants for Part 2 must have attended Part 1 or another similar course of training. The cost of each part will be £30.00.

These courses are aimed at all who have responsibility for the participation and safety of swimmers with disabilities (teachers, instructors, helpers, carers, lifeguards etc). It should enable participants to understand the legal requirements, carry out risk assessments and use safe procedures for "people" handling within the swimming pool environment.

Venue: University College of London, Archway Campus, Highgate Hill, London

Dates: **Part 1 - Theory** Saturday 19th February, 2005 (9.30 a.m. – 4.30 p.m.)

Part 2 – Practical. Saturday 19th March, 2005 (9.30 a.m. – 4.30 p.m.)

Fees: **Part 1** £30.00; **Part 2** £30.00 (*payable to Halliwick AST*)

Tutor: Zelda Frizner, Chartered Physiotherapist and manual handling trainer.

Zelda advises the Amateur Swimming Association on manual handling.



COURSE APPLICATION FORM

(Please photo copy this form but only one form per applicant)

Manual Handling and Risk Assessment (Swimming for people with disabilities)

University College of London , Archway Campus, 19th February & 19th March, 2005

Name

Address

.....

.....Post code.....

Telephone Home.....Work.....

Fees: **Part 1 - 19th February** £30.00 *Enclosed* *Invoice*

Part 2 - 19th March £30.00 *Enclosed* *Invoice*

N.B Cheques should be made payable to "Halliwick AST"

Places cannot be confirmed until the receipt of fees or an invoice address

Invoice address (if applicable)

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Return this form to:-

Halliwick AST, 55 Jamieson Terrace, South Bank, York YO23 1HF

For an update on Course availability, Publications etc. visit www.halliwick.org.uk