



Reg'd Charity 250008

# Halliwick AST Newsletter

February 2012

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*

**Apologies that there was no January Newsletter, but it was a combination of very little news and not enough hours in the day to produce it!**

**Once again our President, Dr Joan Martin is in the news!** Joan was nominated for the prestigious Times/Sternberg Active Life Award - 2012. This is the fourth annual Active Life Award sponsored jointly by Sir Sigmund Sternberg, the 89 year old philanthropist and founder of the Three Faiths Forum and *The Times*. It recognises contributions to society by the over-70s. There is a £5,000 first prize and £1,000 each for the five runners-up. Joan was amazed that she was one of the runners-up. [Click here](#) to see the leading article from *The Times* on Friday, 30 December 2011 and [click here](#) to see the full list of Winners and **63** Nominees! In both cases you will need to 'Zoom' into the articles to read them, due the size of the type!

Under '[Dates for your Diary](#)' on **page 2**, there are more detail of the Conference to be held over the weekend of 12th - 14th October entitled

**'Swimming for People with Disabilities'** organised by the National Co-ordination Committee (NCC) the full programme of which, with Booking Forms, will appear on our website shortly

On **page 3** is an article from **Conquest SC** and one from **Joan Martin** on her recent visits to 2 Royal Residences. She also wants to inform you that **M&S** are installing Fitting Rooms for the disabled in their stores and that new London Underground maps are now available showing updated Disabled access to stations for wheelchair users.

Updated January versions of our two Order Forms are on **pages 5 to 7**.

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

See [page 2](#) for  
'[Dates for your  
Diary 2012](#)  
and updated  
Order Forms

See [page 3](#)  
News-Conquest SC  
and  
Visiting Royal  
Residences

See [page 4](#)  
for [Dates of  
Halliwick Training  
Courses](#)

See [pages 6 & 7](#)  
Updated Halliwick  
Order Forms  
Jan 2012

## DATES FOR YOUR DIARY - 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 - 29<sup>th</sup> April - 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 - Conference - 'Swimming for People with Disabilities'**  
**organised by the National C-ordination Committee (NCC)**  
will be held at the National School of Government,  
Sunningdale Park, Ascot, Berks SL5 0QE

The first 4 'Keynote' speakers on the 13th are all from Halliwick AST - UK  
namely:

**Mandy Hudson** - a member of Halliwick AST  
"Disability Equality in Swimming delivered through the Social Model"

**Anne Gresswell** - a recognised IHA Halliwick Lecturer  
"An introduction to Halliwick"

**Jean-Pierre Maes** - a recognised IHA Halliwick Lecturer  
"Halliwick and Therapy in the context of children with Cerebral Palsy"

**Emilie Leeks** - a speech and language therapist & a Halliwick practitioner.  
"Communication"

**and we will have an Exhibition Stand**

### Halliwick Order Forms

For updated versions - January 2012, see **pages 5 to 7** 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 4 of this *Newsletter* and are also regularly updated on our Website, as well as Overseas Courses.

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

## News from Conquest SC who swim at the Beckenham Spa, Kent

Congratulations to Chris & Carol Davis on their Ruby Wedding Anniversary, Sept 2011.

Chris & Carol met at the Conquest SC, who then swam at Beckenham Baths 44 yrs ago, volunteering to help others less fortunate. Chris has been Chief Instructor for the last 30 yrs and Carol, secretary for 25 years.

Yes, both giving up every Saturday for the club - Dedication in itself, which was recognised with a Mayor's award in 1990 and a further award in 2010.

The swimmers would also like to thank the loyal band of helpers and instructors who help keep the club going and expanding.



## Visiting Royal Residences by Dr Joan Martin

Have you ever thought of visiting Windsor Castle or Buckingham Palace?

I have visited both of them recently and was very impressed with the helpfulness of the staff at both palaces. I went to *Windsor Castle* with friend, without previously making any disability arrangements. We did not have to queue and I was helped up and down stairs and when available taken up and down in lifts. I was taken by a friend to *Buckingham Palace* who had made previous arrangements.

With my Disabled parking tickets we drove in through the front gates and were shown where to park. From there, the 3 of us were taken in a buggy in through the inner door, where a wheel chair was waiting for me. This meant that I was pushed by friends along the corridors and up and down in lifts to the State Apartments. We were lucky enough to see the Treasurers of the Faberge collection and the Royal Wedding cake.

The entrance fee is not cheap, but the contents of the State rooms and the amazing collection of paintings made it worth while. Buckingham Palace is now closed until Spring 2012. Windsor Castle and St George's Castle are open all the year round. For more details contact:

Buckingham Palace, Stable Yard House, St James' Palace, London SW1 1JR

<http://www.royalcollection.org.uk/default.asp?action=article&ID=30>

Windsor Castle, Saxon Tower, Windsor, Berks SL4 1NJ

<http://www.royalcollection.org.uk/default.asp?action=article&ID=34&Keywords=disabled%2Cparking>



# 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)

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## 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 - Enfield Arnos Grove Pool, N11 1BD the 'Home' of Halliwick	March 10 <sup>th</sup> & 11 <sup>th</sup> and 17 <sup>th</sup> & 18 <sup>th</sup>
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>

## 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.**

St Rose's School, Stroud, Glos GL5 4AP	June - Sat/Sun 16th/17th & 23rd/24th
Harrogate - Yorkshire	Tues 24 <sup>th</sup> to Fri 27 <sup>th</sup> July - 4 consecutive days

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	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>
Stroud, Glos	Pamela Galloway, 17 Baytree Road, Bath BA1 6N <a href="mailto:pgalloway1@gmail.com">pgalloway1@gmail.com</a>

For updated course information, publications etc. visit [www.halliwick.org.uk](http://www.halliwick.org.uk)



The Halliwick Association of Swimming Therapy

Publications Order Form - January 2012

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	3 <sup>rd</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	2 <sup>nd</sup>	£5		£
*	Organisation Pack for Halliwick Foundation Courses	6 <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>	2 <sup>nd</sup>	£6		£
	Swimming Games and Activities <i>Games and Activities to assist in teaching Halliwick</i>	2 <sup>nd</sup>	£6		£
	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	1 <sup>st</sup>	£5		£
	Programme Ideas for Pool Sessions	1 <sup>st</sup>	£6		£
	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 for these DVDs can be downloaded from the following webpage. Also reviews to help you select the right ones. <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 £3.00  
For orders between £10.0 & £25.00 add £5.00  
For orders over £25.00 add £7.00

**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; please make sure that you have the current version by visiting our website: <http://www.halliwick.org.uk/wp-content/uploads/2010/12/PubOrdForm20113.doc> For all **non publication enquiries** contact: c/o ADKC Centre Whitstable House, Silchester Road, London W10 6SB **A completed Order Form MUST be sent in, otherwise the order WILL NOT be processed**



**The Halliwick Association of Swimming Therapy  
Equipment Order Form – January 2012**

Items	Cost	No. Req.	Total Cost	
a. <b>Proficiency badges</b> * Red	£2 each		£	
Yellow	£2 each		£	
Green	£2 each		£	
Blue	£2 each		£	
<b>Note</b> * these badges can only be supplied to <b>affiliated</b> Halliwick AST Clubs and members.				
b. <b>A5 Certificates</b> for general achievements (sets of 10)	10 for £1.00		£	
c. <b>Metal Halliwick logo lapel badges</b> (1 inch diameter)	£2 each		£	
d. <b>Poached Eggs</b> : in packs of 10	£6.50 per pack		£	
e. <b>Laminated A4 Badge Charts</b> 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. <b>Laminated A1 Badge Charts</b> 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 affiliated Halliwick AST Club:</b> _____			<b>Total cost before adding P&amp;P</b>	£
			<b>add extra cost of P&amp;P see 'Terms' below</b>	£

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.

<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:	

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