



Halliwick AST Newsletter

January 2002

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB Tel/Fax 020-8968 7609

Website: www.halliwick.org

A VERY HAPPY NEW YEAR TO ALL OUR MEMBERS !

A message from the Chair

Well, I hope you all had an enjoyable Christmas. Now its back to swimming to help in losing those extra pounds, sorry kilograms, gained, in over indulging!.

Firstly, a big 'Thank you' to **Ann Gresswell**, who retired last November after 11 years as Chair of our Education Committee. Under her leadership great things have been accomplished both here in the UK and abroad. Secondly, I would like to welcome **Philip Puckrin** from Sunderland, who was elected as the *new* Chair to succeed Ann. Philip is an active member of Halliwick ASTRA 6 and has been very involved with Halliwick for many years both working in a Halliwick Club and as a lecturer. We wish him well as the new Chair of this Committee. A 'Thank you' also to **Allan Brown**, who at the same meeting stood down as Vice-Chair, a position that he has held for a number of years; Ann has agreed to act as Vice-Chair for the next year. I have been amazed, when reading the minutes of their meetings, how much is packed into the available time!

The '**Gala Organisation Pack**', which was presented to the 2000 AGM, is now available under the 'Rainbow Series'. Copies available at £5 each (incl P & P) from the ADKC address as shown above. This is a **must** for anyone organising a Swimming Gala!

As I have said before, please feel free to contact me direct about any article in this **Newsletter**. I may not have the answer, but 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 or **E-mail: pmbhast@ukonline.co.uk**

Book Review - "Footnotes" published by Monarch Books is the autobiography of Lena Maria Klingvall a Thalidomide baby, born in Sweden, who learnt to swim using The Halliwick Method. Subsequently she became a European Champion, setting a World record before representing her country at the Seoul Paralympics. She has developed a notable career as a singer & is now married to another musician,

Price: £7.99 from Bridge Publications 01244-342 502

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Copy to be received by the Editor
by the **mid March**

Send to: Dr Joan Martin, Flat 2
66 Kensington Church Street
LONDON W8 4BY

OR, direct to the Chairperson, if late !

Swim ware for people who experience faecal incontinence.

Reliable and reusable can be worn under regular swim ware. In sizes from babies to adults. Available from PHP (Perfectly Happy People) Ltd 31/33 Park Royal Rd London NW10 7LQ Tel: 0870 6070 545 E-mail: mail@medicair.co.uk

A small publicity brochure for each lecturer will be available at the next Education Committee meeting.

Stop Press: Congratulations to **Maria Ines Prat Ramos and Mauricio Garcia Kaprowski both of Brazil** on becoming accredited Halliwick Lecturers.

The Dates & Venues of future Halliwick AST Training Course(s) on The Halliwick Concept' (formerly known as 'Method') appear on a separate A4 sheet sent out with this *Newsletter*.

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.

DATES FOR YOUR DIARY - 2002

Sunday	- <u>17</u> March	AGM & Executive Committee Meeting, Birmingham
Sunday	- 26 May	National Executive Committee Meeting, Oxford (remember, the Bank Holiday is now June 3/4, because of the Queen's Golden Jubilee)
Sat/Sun	- 20/21 April	National Education Committee Meeting, London
Saturday	- 14 September	National Management Committee Meeting, London
Sat/Sun	- 19/20 October	National Education Committee Meeting - <u>Venue to be advised</u>
Sunday	- 3 November	National Executive Committee Meeting, Oxford

HALLIWICK AST EDUCATION COMMITTEE MEETING

The Halliwick AST Education Committee met in Oxford on 3rd November 2001 with representatives from Halliwick ASTRA 1, 2, 5, 6 and 11A. The National Treasurer also attended along with some individuals involved with lecturing, from areas without a recognised Halliwick ASTRA.

The results of the Election of Officers is reported elsewhere in this Newsletter. Luckily **Pam Scott** was willing to continue as Secretary, a post she has held for even more than my 11 years as Chair! The Committee thanked Pam for all her work.

Work continues on producing on CD, all the four volumes of **The Foundation (Basic) Course Handbook**. New certificates have also been designed which will be A4 size, including the IHA and Halliwick AST logos.

Information on Halliwick AST and the Halliwick Concept has been collected and this is being organised for the **re-launch of the Halliwick website (www.halliwick.org.uk) early in 2002.**

The Committee were made aware of the **NSPCC Child Protection Awareness Programme – 'Keeping children safe in sport'**. Each module is 3 pages of A4 and make a good resource for a club. For more information contact NSPCC EduCare, Keeping Children Safe in Sport, Child Protection Awareness Programme, PO Box 62, Royal Leamington Spa, Warwickshire CV32 5GE

A seminar held in conjunction with the Oxford meeting included practical work and discussion on the 'Halliwick Concept Paper'. Ideas, especially on teaching Sagittal Rotation Control, were exchanged.

If you are interested in the Education side of Halliwick AST do come to the Education Committee Meetings. See top of this page for future dates and for further details contact Pam Scott, the Education Secretary.

Ann Gresswell (Chair Halliwick AST Education Committee)

We send our 'Best Wishes' to our President, **Phyl McMillan**, who was involved in an accident whilst posting her Christmas cards, which caused her to fall and brake her pelvis and wrist on 10th December. She was in hospital for 4 weeks but is now home convalescing. Her daughter, Margaret, managed to get her out for 3 days for the Christmas festivities!

Dr Joan Martin reports that the prognosis is good for **Barry Couzens** of Optimists SC in north London, who has been 'in the wars' since breaking his leg several years ago and has been in and out of hospital ever since. His wife Pat is the Club Secretary and they have written to say that without the whole ethos of the Halliwick 'Method', Barry would not have been so positive in dealing with the members of the medical profession who had written him off as a 'disabled idiot'. He has been with Optimists since the early 50's and with his wife and their daughter Anne they are staunch members of the club. I know that you will wish him and his family all the best for the future. *Patrick Hastings - Chairperson*

HELP!

To make organising courses more efficient we would like to have a database of appropriate venues for poster distribution such as school, hospitals training establishments and other disability related organisations. We have all the information. We need someone to process it into a database, so we need someone with the knowledge and time. This would suit someone who wants to help, but is restricted in some way and not able to attend committee meetings etc. The database will help to fill courses and therefore make more courses available to our affiliated members. It could also lead to the development of Halliwick AST by making courses in new areas viable. Please ask around. You may not be able to help, but you may know a man (or woman) who can!