



Reg'd Charity 250008

Halliwick AST Newsletter

February 2013

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

A message from the Chair

At the moment I am writing this, looking out on a sea of snow, from my warm office !

After last November's 'Bumper' post Paralympics edition, this one is a much slimmer one, but with 2 interesting articles. The first is about **Jackie White MBE**, who was honoured in the New Year's Honours and the second by Pamela Galloway about an interesting development in the Bath area, a Halliwick practitioner, entitled '**Halliwick in the Community - setting up Bath Swim Therapy**'.

Once again I appeal to any of our Halliwick affiliated clubs for articles about their club and members, which they would like to give to a wider audience.

I look forward to meeting many of you at this year's **Annual General Meeting on Sunday - 28th April** starting promptly at 11.00 am at the Barton Leisure Centre, Waynflete Road, Headington, Oxford OX3 8GA. Directions of how to get there will follow in due course together with the Agenda. Please bring with you a packed lunch as there are no facilities for food! However, tea and coffee will be provided. The AGM will be followed by the first meeting of the newly elected National Executive Committee.

There will now only be 3 *Newsletters* in the year; 1st of February, June, so that a report on the April AGM and National Executive Committee meeting can be included and November., so that the results of the Annual National Swimming Championships can be included.

You may be interested in browsing the website of www.sensorytoywarehouse.com which sells lots of old favourites that are sometimes difficult to get hold of, such as the bird warbler and some new toys.

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

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'Dates for your
Diary - 2013

See [page 2](#)
for an article about
[Jackie White MBE](#)

See [page 3 & 4](#)
for an article
Halliwick in
the Community

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Training Courses

DATES FOR YOUR DIARY - 2013

Anyone is welcome to attend the AGM and meetings of the National Committees.
For venue details contact: patrick.hastings@btinternet.com

Sunday - 28th April 2013 - AGM and National Executive meeting - start 11 am at
the Barton Leisure Centre, Waynflete Road, Headington, Oxford OX3 8GA

Jackie White MBE

We are delighted that Jackie, our club treasurer and vice-president, has been Honoured in this year's New Year's Honours by the Queen with an MBE.

Jackie first became associated with Halliwick over 50 years ago when she joined a Halliwick club in North London (Optimists Swimming Club) in 1962. Optimists Swimming Club in those days was a new club and Jackie played a vital role in its growth and establishment, attending each week as a helper then instructor. Jackie continued until 1968 when she took "time out" to raise a family.

Her association with Halliwick was not interrupted for long however, as when in 1974, her family moved to Enfield, Jackie began her work with this club, Halliwick Penguins Swimming Club. Her work for and dedication to Halliwick Penguins Swimming Club continues to this day.

Jackie gives up her Saturday afternoons week-by-week, attending the weekly swimming sessions as a Senior Instructor. As a Senior Instructor, she organises swimming sessions and when doing so, is ultimately responsible for what happens on the poolside and in the water with our members. She tirelessly does this, teaching and encouraging swimmers and encouraging helpers and instructors (many of whom are "new to the job"), always in a positive and selfless manner. Jackie did attempt to "retire" once in 2005 although even then, would attend on occasion to help and to help out at our annual club galas. Sadly, in 2008, our then Chief Instructor passed away after a battle with cancer and, without hesitation, Jackie returned to the club as a Senior Instructor, carrying on just as she had done before, tirelessly and with absolute dedication, something which she continues to do to this day.

Very many congratulations Jackie from us all at the club on your award for services to Disability Swimming and to the community in Enfield, Middlesex; we are very proud of your achievement!

(With acknowledgements to the Halliwick Penguins SC website
See: <http://www.halliwickpenguins.org/#/jackie-mbe/4572585681>)



If this Newsletter has **not** been sent to the correct Club contact, it is important that you contact Eric Dilley at the ADKC Office to give him the correct details so that our records can be updated either by post OR e-mail: admin@adkc.org.uk

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 - June 2013 Copy to be received by mid **May 2013**
Send direct to the Chairperson by post or e-mail! (see page 1)

Halliwick in the Community - setting up *Bath Swim Therapy*

Here in Bath we have a somewhat different Halliwick set-up, which I would like to share with you as it's proving very successful and we don't know of anyone else doing it this way - if you know otherwise we'd love to hear from you so we can compare notes and learn from each other's experience.



Bath Swim Therapy as an organisation has evolved over the last 6 years. It all started when I was introduced to a 9 yr old boy in a wheelchair who couldn't find any way to learn to swim. I had done my Halliwick training with a view to using it in my work with adults but it was meeting him that inspired me to set up a Halliwick group for children, *Get Wet Set Bath*, in 2006. The local special school allowed us the use of their hydro pool after school and I started with 6 children of very mixed ages & abilities. Rather than have volunteers, the parents wanted to learn what to do themselves plus it would also give them the confidence, if a suitable pool was available, to take their children swimming on their own or with family & friends. We were also fortunate to have the use of the staff room for refreshments which helped develop a great camaraderie and establish a parent committee to help run the group.

I'd never worked with children before, but I was the only one with any Halliwick training, so I set about applying what I'd learnt to the best of my ability. However, in no time at all the children were making great progress, as were the parents and everyone was having a great time, including me. Word got out & more children started coming but we could only have one group at a time in the small pool, so we had to extend the length of the session.



By 2008 I had started getting enquiries from parents with pre-school children so I decided to start a special session, *Splashers Bath*, for pre-school children and their parents, but it had to be at 12.00, the only time the pool was available. As I'm a physio with hydrotherapy experience, alongside teaching the basic Halliwick water independence skills as a group, I was able to include some individual therapeutic handling and activities, but there's always plenty of opportunity for lots of singing and group interaction. The sessions proved very popular though the lunchtime slot presented certain difficulties for some children & parents.

Both *Splashers* and *Get Wet Set Bath* were soon full to bursting but in Dec 2011 a new hydro pool opened nearby so I decided to start two new sessions, *Splashers Chippenham* and *Get Wet Set Chippenham*, both of which filled up pretty quickly and then in Nov 2012 yet another new hydro pool opened in the area and I started *Get Wet Set Frome* which is now also thriving. So this meant I had 5 sessions in term time with a total of over 60 children.

In the meantime, in 2009 the school in Bath decided to stay open over the summer for holiday schemes. It was too good an opportunity to miss and I decided to try offering sessions during the summer holidays. From the start they have proved extremely popular, so I now offer up to 4 sessions a week during the summer and in the other school holidays as well. Many of the children who attend in term time continue in the holidays but there are also a number of other children for whom the holidays are their only opportunity. Also, because the holiday sessions are based on individual slots rather than groups, siblings can come as well, so they're a great chance for families with disabled children to all swim together.

Running all these sessions with this number of children has been logistically challenging. Initially each of the sessions, *Splashers*, *Get Wet Set* and the *Holiday Sessions*, had to be a separate Halliwick group, each with its own parent committee though meetings were infrequent as I took responsibility for most of the organisation. Then, at the beginning of 2011, a number of the parents agreed to get more involved and so we brought all the groups together under one umbrella organisation, *Bath Swim Therapy*. I still do all the teaching of the children and the parents and I still take responsibility for a lot of the organisation. We have one regular volunteer who's a great asset, as she's been with us a number of years and has done the full Halliwick training but, during that time, she has also retrained and got herself a job which is great for her but means she's not able to give the commitment she used to. She can take charge of some sessions if I'm not there, but she's not in a position to take complete responsibility for all the sessions



The vast majority of the children who come to the sessions don't attend special schools but are supported in mainstream schools. Nevertheless they have a very wide range of disabilities or special needs, some extremely severe, and range in age from 1 - 19. All our sessions take place in warm water pools with fully accessible changing areas, which means they are suitable for any level of physical disability and it also helps make learning to swim an enjoyable experience for everyone. As they are all small pools they are also ideal for the type of children who need the quieter environment such as those on the autistic spectrum who find large pools very challenging.

However, these pools come at a price, up to £40/hour, making a total just for the pool hire of nearly £200/week. Having responsibility for so many children in so many sessions every week is rewarding, but it is also a great commitment and, much as I might want to follow the original



Halliwick philosophy and do this on a voluntary basis, I feel it's not realistic when I'm teaching at this level, so I get paid for my time in the water (though not for the time I put in on the organising side). We also support our volunteers by paying travel expenses, and then there's the admin & publicity costs, as well as our affiliation to Halliwick AST & insurance. Families pay £4 per session (or whatever they can afford), but this nowhere near covers the total cost so we always have to source other funding which is a constant issue.

We have been very successful along the way applying for grants from various trusts including the Lottery and attracting donations from businesses as well as Rotary & Lions Clubs, but it is very time consuming and has become noticeably harder in the current climate as competition for funding has become much more intense. Our annual budget for all sessions is now £20,000 which is proving a real challenge but we are hoping we can secure some longer term funding soon for 3 or even 5 years which will make a big difference. However, applications for that level of funding are far more complex and competition is much more fierce, but we are determined that, having got this far, we're not giving up.

The families who come to us are desperate for their child to learn to swim, because they feel they are not getting the specialist input they need at school, and sports centres aren't able to provide suitable facilities and/or the specialist approach at an affordable price. But also the parents want to learn how they can help their own child and be able to take them swimming themselves. This situation must be replicated elsewhere - in fact I know it is because we often get enquiries from families in other areas struggling to find opportunities for their disabled or special needs child to learn to swim. I would really encourage anyone to consider doing what I'm doing and make Halliwick more available in their wider community. It takes commitment and dedication but I believe teaching at this sort of level should be seen as a speciality worthy of financial remuneration. Maybe then more people will consider it as a career choice and teaching disabled and special needs children will attract the status and the funding it rightly deserves.

Pamela Galloway www.bathswimtherapy.org.uk



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HALLIWICK ASSOCIATION OF SWIMMING THERAPY

TEACHING PEOPLE WITH DISABILITIES TO SWIM

INAUGURATED 1952

Registered Charity Number 250008

'the HALLIWICK ASSOCIATION OF SWIMMING THERAPY LOGO is a registered trademark'

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

www.halliwick.org.uk

Affiliated to International Halliwick Association (IHA)

Courses 2013 - Cost £280 for each 4 day course

Foundation Course - The Halliwick Concept - 4 days

The Foundation course is accredited by the Open College Network

London - Arnos Grove	March 9 th & 10 th & May 11 th & 12 th - over 2 weekends
Bexhill on Sea	July or August - Dates to be arranged
York - Energise Leisure Centre	Monday, August 5 th to Thursday 8 th over 4 days
Hull - East Hull Pools	November 9 th & 10 th and 23 rd & 24 th - over 2 weekends

Advanced Course - 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.

Hull - East Hull Pools	Saturday, March 23 rd to Tuesday 26 th over 4 days
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Application forms and posters can be downloaded from the web site **or** by email from the course organiser, see below **or** send a S.A.E. to the course organiser below

Discounts **may** be given to people affiliated to Halliwick AST for a minimum of 2 years

'In house' courses can be arranged at your venue: also One day introduction or Four day accredited courses. Ask via the website for details.

<http://www.halliwick.org.uk/contact-us/feedback-suggestions/>

Hull	Gill Wilkinson - 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel: 01377 - 256 229 gill.will9x@tinyworld.co.uk
London	Alison Skinner - 31 Syon Park Gdns, Osterley, Middx TW7 5NE Tel: 0208 - 560 2034 at.skinner@ucl.ac.uk
York	Philip Puckrin - 01904 - 654 302 philpuckrin@tiscali.co.uk
Bexhill on Sea	Jane Stewart-Parry - St Mary's School Bexhill on Sea TN40 2LU

For updated course information, publications etc. visit www.halliwick.org.uk