



Reg'd Charity 250008

Halliwick AST Newsletter

November 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

The 2013 National Swimming Championships held on Saturday, 19th Oct 2013 at Southgate Leisure Centre. Winchmore Hill Rd, Southgate, London N14 6AD, hosted by Halliwick ASTRA 1 - Greater London, North of the Thames, were a great success. Congratulations to the host region and to all who took part, whether as Officials, Swimmers and for the support from the spectators. **Halliwick ASTRAs 5 & 8** were joint overall winners of the 'Barnardo Trophy' for the winning region and the winners of the National League - Arthur Gunton Cup were **Halliwick ASTRA 1**. The full results appear on page 7.

Since the May Newsletter, I have to report the deaths of 3 stalwart Halliwick members **Ian Jones** and **Bobby Wise** of Halliwick Penguins SC and **Elsie Little**, Regional Secretary of Halliwick ASTRA 15 - Wales - see page 3 & 4 for more details.

On a happier event see page 6, whilst on pages 3 & 5, see article on **Contact lenses**

On page 2, you will see 'Dates for your Diary' and a report by Beryl Kelsey about the awards of **Halliwick AST Competence Certificates**

As I keep repeating, the 'Halliwick AST Newsletter' is the main way in which we communicate with ALL Clubs & their members, Halliwick ASTRAs and individually affiliated persons. I would urge all clubs to copy and circulate our Newsletter to all their members. To this end, we are sending 5 copies of this Newsletter to clubs.

As this is the last Newsletter of 2013, I wish you all a very Enjoyable and Happy Christmas and a Prosperous and Healthy New Year for 2014.

Why not buy a copy of our invaluable Halliwick AST text book "Halliwick Swimming for Disabled People" as a gift for a friend this Christmas, at only £5 +P&P, Go to: [Halliwick Publications Order Form](#)

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

See page 2 for 'Dates for your Diary - 2013 - 14 & Halliwick AST Competence Certificates

See page 3 & 4 Obituries & page 3 & 5 Contact lenses

See page 7 for the 2013 National Gala results

See page 6 for A Happy event and page 8 for Training Courses

DATES FOR YOUR DIARY - 2014

Anyone is welcome to attend the AGM and meetings of the National Committees.

For venue details contact: patrick.hastings@btinternet.com

Saturday - 18th January - Management - 11 am start at ADKC offices, London

Sat / Sun - 22nd /23rd March

Saturday - National Education Committee meeting

Sunday - Publications Committee meeting

Venue to be advised, possibly in London

Sunday - 27th April - AGM and National Executive meeting - start 11 am at the
at the **new** venue - **Barton Community Centre**, Underhill Circus,
Headington, Oxford OX3 9LS,

Congratulations to the following who have attained Halliwick AST Competence Certificates:

Halliwick Instructor's Certificate (HIC):

Name of Recipients	Club / Group
Chris Econimedes	Barry Beavers
Catrin Roth	School for disabled children
Ella Day	Frederick Holmes Special School
Catherine Kelsey (Robinson)	Cambridge Park Acadamy
Laura Winterbottom (Bunn)	Keresforth Learning Disabiities
Susan Woodward	Blaenau Gwent Otters

Group Leader's Certificate:

Karen Brockwell	Frederick Holmes Special School & Hull Optimists
-----------------	--

6 Credits from the Open College Network Yorkshire & Humberside Region:

Chris Econimedes, Catherine Kelsey (Robinson) and Laura Winterbottom (Bunn)

(Both of the girls have got married recently. Their former name is in brackets).

Dates & Venues of future Halliwick AST Training Courses on 'The Halliwick Concept' in the **UK** appear on page 8 of this *Newsletter* and are also regularly updated on our **Website**, as well as **Overseas Courses**.

Next Issue - February 2014 Copy to be received by mid **Jan 2014**

Send direct to the Chairperson by post or e-mail! (see page 1)

Swimming wearing Contact Lenses?

In the recent past there have been stories in the news about swimming and contact lenses

This is from the BBC News: "a woman lost the sight in one eye after going swimming in a pool at a hotel spa wearing contact lenses. August 2012."

According to the British Contact Lens Association there are 3.7 million contact lens wearers in the UK which represents 7.5% of the adult population.

General medical advice

If you've been wearing contact lenses and you start developing irritation in the eye and sensitivity to the light, which doesn't settle down after a few hours you need to go and see a doctor or optician. If it lasts longer than 24 hours you need to go and see an eye specialist.

The British Contact Lens Association say risk factors for infection in contact lens wearers include:

- Using tap water during lens care (to rinse lenses or the storage case) or inadequate hand drying prior to lens handling
- Wearing lenses while swimming (without goggles), showering or in hot tubs
- Using ineffective lens care solutions
- Failing to follow lens care instructions

Symptoms of acanthamoeba keratitis include a sensation of having something in the eye, watery eyes, blurred vision, sensitivity to light, swelling of the upper eyelid and extreme pain.

The British Contact Lens Association advises against wearing contact lenses while swimming, unless goggles are also worn and, if contact lenses are kept in while showering, eyes should be tightly closed.

(continued on [page 5](#))

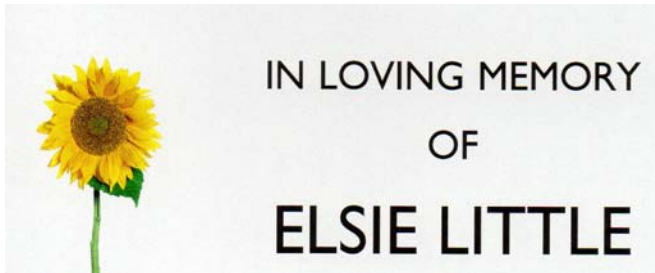
Recent deaths:

Ian Jones passed away in the early hours of 15th June. Ian was a life long member of Halliwick Penguins SC in Enfield, North London and for many years was also a member of the Halliwick AST Competitions Committee and Halliwick ASTRA One. Janet his wife is the Chief Instructor of HPSC. The Jones' 'family affair' with HPSC, began many years ago when Oliver, their disabled son was 6. He was quickly joined in the water by his sister, Alex and then Ian and Janet.

Bobbie Wise who died suddenly on 10th August, was also a member of Halliwick Penguins SC, from the mid 80's and loved competition and going around various clubs competing and even, in the early days, attended Halliwick AST National meetings. She was a hugely popular club member. She had for many years competed at the British Outdoor Long distance swimming championships.

Elsie Little suffered a massive a stroke whilst working at her office in the local branch of the Citizens Advice Bureau (CAB), and died shortly afterwards on 15th June. Elsie had been the Regional Secretary of Halliwick ASTRA 15 - Wales, for the past 10 years and was an active member of her own club the Glantawe Gulls. Elsie will be missed by the members of Halliwick AST and the CAB as well as the Welsh Caving Fraternity in all of which she held key positions.

See [page 4](#) for a personal tribute by Keith Beer, Chair of Halliwick ASTRA 15 - Wales



10th February 1947 - 14th June 2013



It was with surprise and great sadness that the members of the Halliwick Association of Swimming Therapy learnt of the death of Elsie Little.

Only a few days before we had seen Elsie at the June Regional Committee meeting of Halliwick ASTRA 15 - Wales, and many people had commented on how well she was looking after her well deserved and much needed holiday.

Elsie was not only the rock on which her own club, the Glantawe Gulls rested, but her work as Regional Secretary went far beyond that which would normally be expected of a secretary, since as well as advising and looking after the legal side of things for the Region, she also took an active part in advising as well as helping with the teaching and educational side of the region's activities.

Elsie was also known and respected on a national level and I have received numerous messages of condolence from members of the National Executive Committee, including the President Dr. Joan Martin MBE, the Chairman Patrick Hastings, the pro-tem Secretary Eric Dilley and members of the Education Committee, Anne Gresswell and Beryl Kelsey, as well as the former Secretary to the International Halliwick Association (IHA) - William Wyatt.

Elsie will be greatly missed by many in the Region since she was a born leader and teacher and quietly help many over difficult times in their lives. As Chairman of the Region I will miss her help and support, both as member of the Regional Committee, but perhaps most as good friend.

A personal tribute by Keith Beer, Chair of Halliwick ASTRA 15 - Wales

Swimming wearing Contact Lenses? *(continued)*

The British Contact Lens Association say risk factors for infection in contact lens wearers include:

- Using tap water during lens care (to rinse lenses or the storage case) or inadequate hand drying prior to lens handling
- Wearing lenses while swimming (without goggles), showering or in hot tubs
- Using ineffective lens care solutions
- Failing to follow lens care instructions

Symptoms of acanthamoeba keratitis include a sensation of having something in the eye, watery eyes, blurred vision, sensitivity to light, swelling of the upper eyelid and extreme pain.

The British Contact Lens Association advises against wearing contact lenses while swimming, unless goggles are also worn and, if contact lenses are kept in while showering, eyes should be tightly closed.

The Daily Mail ran a feature, parts of which are below:

'Scientists say wearers must be diligent about keeping their contact lenses clean. Contact lens wearers are at the mercy of a bug that is found in tap water and gnaws through the eyeballs causing blindness, scientists have warned.

- Acanthamoeba parasite found in tap water, dust and swimming pools
- It causes painful infection that is a 'potential problem for every single contact lens wearer'

It can eat its way through the cornea and even cause blindness

The actual number of infections is small but treatment is long, painful and not completely effective, meaning some Britons are left blind every year.

The British Science Festival in Aberdeen heard that Acanthamoeba, a tiny single-celled parasite, feeds on bacteria found on dirty contact lenses and cases.

When the lens is put in the eye, the parasite starts to eat its way through the cornea, the outer layer of the eyeball and breeding as it goes.

Symptoms include itchy and watery eyes, blurred vision, sensitivity to light, swelling of the upper eyelid and extreme pain. Vision can be permanently damaged within a week, said Graeme Stevenson, an optician.

Fiona Henriquez, of the University of the West of Scotland, said: 'It is a potential problem for every single contact lens wearer.' Professor Craig Roberts, of the Strathclyde University, who is working with Dr Henriquez to produce better contact lens cleaning solutions, said: 'It's absolutely everywhere. **He added that many of the 75 infections recorded each year in the UK occur because people fail to follow the instructions they are given by their optician.'**

'Usually a lot of it is non-compliance. It's patients rinsing their case out in tap water or rinsing their lenses out in tap water. Potentially something as simple as swimming or showering while wearing their lenses increases the risk significantly.'

Treatment includes Dettol-like eye drops, with patients initially being treated every 20 minutes, day and night and spending up to three weeks in hospital. The most severe cases are given cornea transplants.

Advice for avoiding the bug includes keeping lenses and cases clean and replacing them regularly.

Given the above advice, we should be passing this information on and giving information about prescription goggles. So that this can be presented in context, it is worth noting the following: 'Of the 75 infections recorded each year in the UK occur because people fail to follow the instructions they are given by their optician.'

The percentage of risk is .0000202% based on the figures given in these two reports.

Prescription swim goggles can be purchased from a number of the optical retailers (certainly Specsavers & Vision Express) at a cost between £19 - £30, so it's worth enquiring locally as well as searching on the internet.

Information collated by Veronica Boys former Secretary of the Halliwick AST Education Committee

Halliwick Plays Cupid

When Catherine Robinson applied for a place on a Halliwick Foundation course in Hull, little did she know how much it would be life changing - not only by learning the Halliwick Concept! Equally neither did Beryl Kelsey, Halliwick senior lecturer and her son Simon Kelsey (Course assistant) have an inkling of the events to come - culminating in a delightful sunny wedding in Caistor Lincolnshire.

For Simon and Catherine it was love at first sight and the bonds grew stronger as they met again on the Advanced course and of course other times! Catherine applies her Halliwick knowledge for the benefit of the children at the school where she works. Both Simon and Catherine are keen to become lecturers in the future - but that is a bit on hold at present while they continue renovations started by Simon in the Grade 2 listed house in Hull that is to be their family home. As you read this, you may recognise one of the projects that was broadcast on BBC 2 in August in the programme 'Restoration Homes'. Then you will realise what a challenge is ahead of the happy couple - when it is completed, becoming Halliwick lecturers will be easy. We wish Catherine and Simon all the best for a long healthy and happy, life together.



Catherine Simon and proud
Mother of the Groom Beryl



Cutting the cake

Results of the 44th National Championships hosted by Halliwick ASTRA 1 held on Saturday, October 19th 2013 at Southgate Leisure Centre. Winchmore Hill Road, Southgate, London N14 6AD. Regions 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)

First	Second	Third
National Swimming League final : Arthur Gunton Cup		
ASTRA 1	ASTRA 8	ASTRA 2
Girls 1 length - 33.3ms: Halliwick Cup		
Isabel Steggles *2	Amy Halfpenny *8	Maria Leung *1
Boys 1 length - 33.3ms: Swimmers Cup		
Nial Volam *8	Michael Simm *5	Patrick Sauders *1
Ladies 1 length - 33.3ms: Beryl Miller Cup		
Sue Bonker *5	Sarah Galloway *2	Louisa De Rosario *1
Men's 1 length - 33.3ms: London Transport Revenue Cup		
Tom Eckersley *8	Oliver Peace *5	Gary Genender *1
Girls 2 lengths - 66.6ms: ASTRA Fifteen Cup		
Sophie Carter *5	Isabel Heath *2	
Boys 2 lengths - 66.6ms: Keyhaven Cup		
Shane Gunesh *1	Thomas Radding *5	Connor O'Flaherty *8
Ladies 2 lengths - 66.6ms: Olive Lee Memorial Cup		
Anne Crouch *1	Beverley Stoddart *8	Sandra Howe *5
Men's 2 lengths - 66.6ms: George Lyons Cup		
Ben Nicholls *5	Daren Crouch *1	Ben Goldberg *2
Girls Championship- 100ms: HPSC Silver Jubilee Cup		
Sophie Carter *5	Amy Halfpenny *8	Rachel Hopkins * 2
Boys Championship - 100ms: Phyl McMillan Cup		
Benjami Adjei *1	Brandon Halfpenny *8	Ashley Carven *5
Ladies Championship - 100ms: Derek Burnard Cup		
Emily Hayton *5	Lyn Lucas *8	Anne Crouch *1
Men's Championship - 100ms: HPSC Celebration Cup		
Martin Hennessy *1	Jonathan Harrison *8	Martin Wells *5
Junior 4 x 1 Relay: Halliwick AST National Cup		
ASTRA 2	ASTRA 8	ASTRA 5
Senior 4 x 1 Relay: Nellie Sims Cup		
ASTRA 8	ASTRA 1	ASTRA 5

CHAMPION ASTRA and Joint Winners of the Barnardo Cup: ASTRA 5 & 8 = 43 points
Third: ASTRA 1 - 37 points Fourth: ASTRA 2 - 31 points



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

Rg'd Charity 250008

Affiliated to International Halliwick Association (IHA)

Courses 2014 - **Cost £280** for each 4 day course

Foundation Course - The Halliwick Concept - 4 days

accredited by the Open College Network - Yorkshire and Humberside Region (OCNYHR).

London	March & April - over 2 weekends
Hull - East Hull Pools	April 12 th to 15 th 4 consecutive days. Saturday to Tuesday
York	August - 4 consecutive days (details to be confirmed)
Hull - East Hull Pools	November 8 th & 9 th and 22 nd & 23 rd - over 2 weekends

Advanced Course Teaching and Applying Halliwick Skills - 4 days

'advancing Halliwick skills in different settings' - 'building upon your Foundation Course'

A pre-requisite for attending any of the Advanced Skills Courses is that you need to have attended a Halliwick Foundation Course.

Hull - East Hull Pools	July 22 nd to 25 th 4 consecutive days, Tuesday to Friday
------------------------	---

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

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 Gardens, Osterley. Middlesex TW7 5N Tel: 0208 - 560 2034 alison.skinner@hotmail.co.uk
York	Philip Puckrin Tel: 01904 - 654 302 philpuckrin@tiscali.co.uk
Bexhill-on-Sea	Jane Stuart - Parry St Mary's School Bexhill on Sea TN402LU no courses pending

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/>