



Reg'd Charity 250008

# Halliwick AST

## Newsletter

February 2014

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*

A very Happy and Healthy NEW Year to all our readers!

I look forward to meeting many of you at this year's **Annual General Meeting on Sunday - 27<sup>th</sup> April** starting promptly at 11.00 am at the **new** venue -

**Barton Community Centre**, Underhill Circus, Headington, Oxford OX3 9LS which is very close to last year's AGM venue at Barton Leisure Centre.

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 limited 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.

Disappointedly, there have been no offers of help following the appeal letter to you from Eric Dilley, our pro-tem Secretary, enclosed with last November's *Newsletter*, so the letter is being also sent out again with *THIS Newsletter*, as an insert.

The pre-Christmas offer in last November's *Newsletter*, of the chance to buy our text book "**Halliwick Swimming for Disabled People**" at the reduced price of £5 plus P&P has now ended and **the cost has reverted £10 plus P&P**.

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.

*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

E-mail address: [contact.halliwickast@yahoo.co.uk](mailto:contact.halliwickast@yahoo.co.uk)

See page 2 for '  
**Dates for your  
Diary - 2014  
& Regional Gala  
medals**

also page 2 for  
**An important note  
on PPL**

See page 3 for  
**Article on  
Transit seats  
and others**

See page 4 for  
**Halliwick Courses  
& pages 5 to 7 for  
Order Forms -  
updated 2014**

## 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](mailto:patrick.hastings@btinternet.com)

**Sat - 22nd - National Education Committee meeting - starting 11 am at**

St. Mary Abbots Hall, Vicarage Gate, London W8 4HN

**Sunday - Publications Committee meeting - Venue to be advised**

**Sunday - 27<sup>th</sup> April - AGM and National Executive meeting - starting 11 am  
at the **new** venue**

**Barton Community Centre, Underhill Circus, Headington, Oxford OX3 9LS**

## Proposal for purchasing Regional Gala medals - 2014

For many years Regional gala medals have been purchased centrally but this arrangement has resulted in problems. Also increased cost of postage has outweighed the advantage of bulk buying. The Executive committee has agreed that each region is to purchase its own medals and ribbons. If this causes financial hardship, the region can apply for a grant in the usual way. Halliwick AST will continue to provide medal centres. To save postage, the centres can be collected at the AGM or the previous National gala. To order and arrange delivery of medal centres contact Beryl Kelsey. [Kelsey59@kelsey59.karoo.co.uk](mailto:Kelsey59@kelsey59.karoo.co.uk)

The medals for the National Finals, as usual will be paid for by Halliwick AST, but purchased locally by the Host region.

## An important note on PPL - [Music licensing for recorded music played in public.](#)

Club Leads, Chairs, Chief Instructors please note that it is your responsibility as a Club officer to ensure that you comply with the law relating to the playing of recorded music in public. If your Club uses recorded music for swimming sessions then you will almost certainly have to get a PPL separate from the centre or school in which you conduct your swimming sessions. You can get very helpful information on PPL from the PPL website: <http://www.ppluk.com/> This is very informative with several 'Frequently Asked Questions'. In order to determine whether or not you need a PPL and, if you do, how much your tariff will be, email [ppnb@ppluk.com](mailto:ppnb@ppluk.com) OR Telephone 0207 - 534 1070

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 any Overseas Courses.**

**Next Issue - May 2014** Copy to be received by mid **April 2014**  
*Send direct to the Chairperson by post or e-mail! (see page 1)*

Transit Seat: For many years Halliwick AST advocated the use of the transit seat to transfer wheelchair users between different surfaces. It had the advantage of being highly flexible and allowed the weight to be spread between up to 4 helpers. If you are still using one in your club make sure it is a good state of repair with no frayed edges, loose stitching, discolouration of the material or other indication of wear and tear. The Transit Seat is no longer produced and if members decide to undertake repairs to an existing product they could be liable if there was an injury.



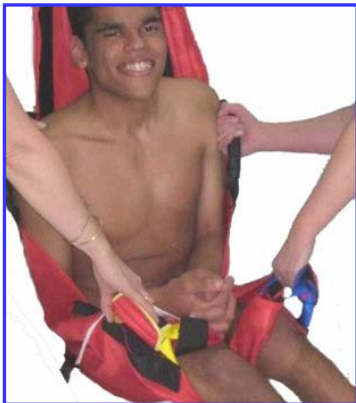
The Ann-Yang Pool Evacuation Sling: This is designed to remove swimmers from the water in an emergency for example following an epileptic seizure. It is not advocated as part of a normal operating procedure. The standard method requires the use of an additional glide sheet and Airex mat to protect the user as they are placed on poolside. Care must be taken when using the glide sheet to make sure it is well clear of user's feet.



**NB DO NOT STAND ON GLIDE SHEET**

The advantages of this product are that it wraps around the user and protects their head and limbs from injury. For some swimmers this has a calming effect when leaving the pool.

There are substantial disadvantages from using a glide sheet near the feet of the poolside helpers and a detailed risk assessment would be required to ensure safe practice for all those involved.



Promove Sling: The Promove sling is promoted as both an emergency evacuation sling and a transfer aid. It also comes with extension straps to allow carers of different heights or for a range of levels to assist with transfers. It is much easier to fit under the user due to its clever wrap around design. It comes in three sizes: under 8, under 12 and 12 to adult with or without a head support. The basic sling allows up to 4 users to share the load & up to 8 with the extension straps. Cost (January 2014) £250.80 plus cost of bag and additional

**Do you know of any other similar or better products that you would recommend to other clubs and swimmers? Please let us know.**

**ALL PRODUCTS ON THIS PAGE REQUIRE A DETAILED MANUAL HANDLING RISK ASSESSMENT AND SAFE OPERATING GUIDELINES (INCLUDING WEIGHT LIMITS) FOR THEIR USE AT YOUR INDIVIDUAL POOL. ANY ONE USING THEM MUST HAVE RECEIVED MANUAL HANDLING TRAINING BEFORE ASSISTING.**



Rg'd Charity 250008

# 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](http://www.halliwick.org.uk)

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 15 <sup>th</sup> & 16 <sup>th</sup> & May 10 <sup>th</sup> & 11 <sup>th</sup> - 2 weekends
Hull - East Hull Pools	April 12 <sup>th</sup> to 15 <sup>th</sup> 4 consecutive days. Saturday to Tuesday
York	August 26 <sup>th</sup> - 29 <sup>th</sup> - 4 consecutive days, Tues to Friday
Hull - East Hull Pools	November 8 <sup>th</sup> & 9 <sup>th</sup> and 22 <sup>nd</sup> & 23 <sup>rd</sup> - 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 <sup>nd</sup> to 25 <sup>th</sup> 4 consecutive days, Tuesday to Friday
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Application forms and posters can be downloaded from the web site:

<http://www.halliwick.org.uk/courses-training/uk-course-dates-organisers-2011/>

or by email from the course organiser, see below

or send a S.A.E. to the course organiser below

Hull	<b>Gill Wilkinson</b> - 97 Mill Falls, Driffield, East Yorkshire YO25 5AZ Tel: 01377 - 256 229 <a href="mailto:gill.will9x@btinternet.com">gill.will9x@btinternet.com</a>
London	<b>Alison Skinner</b> - 31 Syon Park Gardens, Osterley. Middlesex TW7 5N Tel: 0208 - 560 2034 <a href="mailto:alison.skinner@hotmail.co.uk">alison.skinner@hotmail.co.uk</a>
York	<b>Philip Puckrin</b> Tel: 01904 - 654 302 <a href="mailto:philpuckrin@tiscali.co.uk">philpuckrin@tiscali.co.uk</a>

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.**





# The Halliwick Association of Swimming Therapy

## Publications Order Form - February 2014

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	4 <sup>th</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>	4 <sup>th</sup>	£5		£
	Guidelines for manual handling tasks at the swimming pool	3 <sup>rd</sup>	£5		£
	* Organisation Pack for Halliwick Foundation Courses	5 <sup>th</sup>	£5		£
	Safe to Swim. <i>Information for Clubs on Protection of Vulnerable People</i>	3 <sup>rd</sup>	£5		£
	Swimming Songs with 2 CDs. <i>Songs to assist in teaching Halliwick</i>	4 <sup>th</sup>	£7		£
	Swimming Games and Activities <i>Games and Activities to assist in teaching Halliwick</i>	3 <sup>rd</sup>	£7		£
	Gala Organisation Pack	3 <sup>rd</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	2 <sup>nd</sup>	£5		£
	Programme Ideas for Pool Sessions	2 <sup>nd</sup>	£6		£
	S.W.I.M. Swimming with Independent Measurement <i>with DVD</i>	2 <sup>nd</sup>	£6		£
	* Policies and Procedures (free to affiliated members)	1 <sup>st</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** £ \_\_\_\_\_

	Sub total brought fwd			£
<b>STATIONERY</b>	<b>Current Issue</b>	<b>Cost</b>	<b>No. Req.</b>	<b>Total Cost</b>
* Halliwick Affiliation Forms ( <i>highlight as required</i> ) Club/Group / Individual / Overseas		Free		
* Benefits of Affiliation	2011	Free		
* Halliwick AST Information Leaflet	2011	Free		
* Halliwick AST Equipment Order form	2014	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 can be downloaded from the following webpage Also reviews to help you select the right video. <a href="http://www.halliwick.org.uk/publications/dvds/">http://www.halliwick.org.uk/publications/dvds/</a>	<b>Total</b>			<b>£</b>
	<b>add P&amp;P (see below)</b>			<b>£</b>

**P&P to GB and N Ireland:** For orders up to £10.00 add £4.00  
For orders between £10.0 & £25.00 add £6.00  
For orders over £25.00 add £8.00

**Method of payment: cheque OR electronic transfer** (circle method) **Final Total** £ \_\_\_\_\_

Terms: **Complete this Order Form** and submit it to Halliwick AST Publications either **by e-mail OR post** to the address below, together with payment - 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, above prices do not include the cost of P&P to Overseas. DO NOT PAY** in the first instance. Send completed Order Form, with e-mail contact details, then an Invoice including the cost of P&P will be sent to you.

Payment may then be made by cheque, payable to Halliwick AST, sent the address below, **made payable in £ Sterling**, for the total cost, **OR** pay by electronic transfer, (see a/c details below), On receipt of payment your order will be processed.

<b>Send order to:</b>	<b>Deliver to:</b>	
Halliwick AST Publications c/o 209 Park Avenue Hull HU5 4DE Email: <a href="mailto:jeanmac@ourplace.karoo.co.uk">jeanmac@ourplace.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 the 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 England

**A completed Order Form MUST be sent or the order WILL NOT be processed**



# The Halliwick Association of Swimming Therapy Equipment Order Form - January 2014

Items	Cost	No. Req.	Total Cost
a. <b>Proficiency badges</b> * Red	£2.50p each		£
Yellow	£2.50p each		£
Green	£2.50p each		£
Blue	£2.50p 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)	£1 set		£
c. <b>Metal Halliwick logo lapel badges</b> No longer available			£
d. <b>Poached Eggs:</b> No longer available from Halliwick AST. See SWIM SHOP <a href="http://www.swimshop.co.uk">www.swimshop.co.uk</a> – egg flips			£
e. <b>Laminated A4 Badge Charts</b> Red	£2 each		£
Yellow	£2 each		£
Green	£2 each		£
Blue	£2 each		£
or set of 4 for These charts are printed on coloured card with black wording	£6.00 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		£
Name of <b>affiliated</b> Halliwick AST Club:			<b>Total cost before adding P&amp;P</b> £
			add extra cost of P&P see 'Terms' below £

Please ring round the method of payment:

by cheque (payable to Halliwick AST) 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** send payment with your order. You will receive an email Invoice for cost of goods and postage. When this is paid your order will be sent. Your email address is essential . Make your **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 and posted.

<b>Send order to:</b>	<b>Deliver to:</b>	
Halliwick AST Publications c/o 209 Park Avenue Hull HU5 4DE Email: <a href="mailto:jeanmac@ourplace.karoo.co.uk">jeanmac@ourplace.karoo.co.uk</a>	Name	
<b>Account name:- Halliwick Association of Swimming Therapy</b>	Address	
<b>Account Number:- 40123366</b>	City	Country
<b>Bank &amp; Branch Barclays, Kingsbury</b>	Post code	Contact's Tel No
<b>Bank Code:- 20-29-37</b>	E-mail address:	
<b>SWIFTBIC:- BARCGB22</b>		
<b>IBAN No.:- GB23 BARC 2029 3740 123366</b>		

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