



Reg'd Charity 250008

Halliwick AST Newsletter

February 2015

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



Message From the Chair

Welcome to the February 2015 edition of the Halliwick AST newsletter. Time flies and it seems a while ago now since Christmas and the New Year! I had a fun time doing lots of things and here I am with a friend's new dog—Coco! I think he was more interested in the mince pies on the table than having his photo taken with me! Who can blame him?!

Lots of exciting things are happening in Halliwick AST. Not least, although, at the time of writing, the website is “down” for reconstruction, this is for a good reason and we will very soon have a totally redesigned website at www.halliwick.org.uk, with lots of new features and a totally new look which we hope will make it more interesting and accessible.

We are also busily preparing for the upcoming AGM of the association, to be held on **26th April 2015** at the ADKC centre in London. I hope as many of you as possible will attend. Please remember that the AGM is an open meeting and anyone is free to

attend and to let us know what they think or what we should be doing better. The same is true of our Executive Committee meetings. As I have said before, we do what we do on behalf of you all and we will be making some important decisions at the AGM including the updating of our constitution (which is the main document setting out how we operate and the rules we must work to). We will also be discussing whether we should continue presenting perpetual trophies at our National Championships each year or, whether instead, we should present swimmers with something that they can keep for good. Your views are still needed on that so the article which appeared in the November 2014 newsletter is repeated in this newsletter. Please get in touch and let us know what you think.

Our “My Halliwick Story” series continues, this time from Patrick Hastings, past-chair, now president of Halliwick AST, which makes for an interesting read. As always, I hope you find the information in this newsletter interesting and of use and I wish you all the very best for 2015, a year that, as always, promises to see lots of new and exciting opportunities and challenges.

William Wyatt

Chair, Halliwick AST

Email : halliwickast.chair@gmail.com

We want to know what
you think ... see [Page 2](#)

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DATES FOR YOUR DIARY—2015

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

For venue details contact: halliwickast.chair@gmail.com

Sun. 26th April 2015

National AGM followed by National Executive Committee Meeting—ADKC, London, 11am

Sat. 19th September 2015

National Executive Committee Meeting—ADKC, London, 11am

Sat. 17th October 2015

National Championships—Hull

Sun. 1st November 2015

National Executive Committee Meeting—ADKC, London, 11am (to be confirmed at AGM)

We want to know what you think ...

For as long as we have been holding a national championship each year, swimmers winning their races have been presented with trophies. These trophies have been perpetual and as such, have been engraved each year. However, between championships, this has meant that the winning region has had to look after the trophy, making sure that it is in good condition and suitably engraved for the next year. This is expensive and also means that the region has the difficulty of ensuring that any trophies are kept safe and secure, essentially for a whole year, then having to collect all trophies for the following year's championship, which is in itself, very time-consuming.

It has been suggested that, in order to reduce cost and the burden on regions in future years, what we might do as an association is give the winners of each race at the national championships a smaller trophy which the region could then engrave and give to the swimmer to keep. This would reduce cost and would mean that the problem of keeping trophies safe and secure and in collecting trophies each year would be avoided.

A decision has not yet been made. **We want to know what you think.** Please email any comments to William at halliwickast.chair@gmail.com **by 20th March 2015** so that a proposal can be put to the association's AGM on 26th April 2015.

Dates and venues of forthcoming 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**, which also lists any **overseas courses**.

Next Issue of Newsletter—May 2015. Copy to be received by **15th April 2015**.

Send **direct to the Chair by e-mail to** halliwickast.chair@gmail.com.



My Halliwick Story—Patrick Hastings

In July 1950 when I was 14, whilst living in Birmingham I contracted Polio, which left me with paralysis in my lower limbs and back.

After returning home from hospital in April 1951 I found that there was an embargo on anyone who had had polio from returning to swimming in Public swimming baths. However, my father, who was the President of our Northfield SC, convinced the Birmingham Health Committee that there was no reason for this as Polio was not infectious and was not 'water borne' as the public had been led to believe. Hence I was able to rejoin the club, but realised that I needed a period of swimming rehabilitation. As it happens my parents had enrolled me that April in the Birmingham Branch of the Infantile Paralysis (IPF - now the British Polio Fellowship BPF), So I became a founder member of their swimming club and competed in many Galas both locally and nationally for the IPF (BPF), I swam In September 1956 at the 2nd National IPF Swimming Gala at Seymour Place Pool in London.

In December 1965 I married Marjorie and, due to business relocation, moved to High Barnet, North London. I was unsuccessful in contacting a local branch of the BPF, but did make contact with the Halliwick Penguins Swimming Club (HPSC) for the disabled at Arnos Grove Pool in Enfield, North London. This was run by Phyl and 'Mac', who in 1956 had visited Birmingham IPF and had the Halliwick Concept! So in 1965 I joined Halliwick Penguins SC and on my arrival at my first Saturday afternoon session, the first person that I met was Dr Joan Martin and so began a lifelong family friendship. From being just a competitive member and then an Instructor, I became their Hon Treasurer for a period of 3 years.

The club was the founder member of a national body for disabled swimming called the AST (Association of Swimming Therapy) and I became their National Treasurer from 1972 to 1978. I swam competitively until 1992 in Club, Regional and National Galas, finally in 1999 becoming the National Chairman of the renamed Halliwick AST. Together with my late wife Marjorie, we were founding members of Barracuda SC in Potters Bar, and from 1972 to 1982 I was the Hon Treasurer of the now defunct Halliwick ASTRA 11. I also organised many Galas both locally, regionally and nationally, being Referee many times both locally and nationally.

Together with the late Don Jeffrey of Venturers SC, Enfield, I was instrumental in the production of the AST publication 'Gala Organisation 1979', at the same time running training courses on 'Gala Organisation'. During the making of the film 'Water Free' I represented the AST in legal meetings, with 'Mac's' solicitors. In 1995, I was co-opted onto the National Competitions Committee to revise the Halliwick AST 'Competition Laws'. In 2014 I was elevated to the role of National President, following Dr Joan Martin's retirement as President.

I have 2 daughters and 3 grandchildren. Marjorie's death in 2010 was a great blow, but with the support of family and friends I managed to maintain an almost normal life. However, following a number of lengthy stays in hospital during 2014, there was a significant decline in my mobility, resulting in being unable to stand up or walk independently and having to use a hoist for transfer. I therefore decided to move into a local Residential Care Home in October last year with a wheelchair being my sole means of getting about. I am grateful to all my Halliwick friends who have supported me through this testing time; their kindness has meant a great deal.



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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)

Upcoming Courses

London
Foundation Course—
The Halliwick Concept
(Four-Day Course)
14th and 15th March 2015
18th and 19th April 2015

Cost — £320-00

Contact Alison Skinner

T : 020 8560 2034

M : 07727 605 625

E : at.skinner@ucl.ac.uk

York
Foundation Course—
(Four-Day Course)
24th—27th August 2015
inclusive

Cost — £320-00

Contact Philip Puckrin

E : philpuckrin@tiscali.co.uk

Discounts **may** be given to people affiliated to Halliwick AST for more than 2 years.

'In-house' courses can be arranged at your venue. Also, one-day introduction or four-day accredited courses may be available.

Ask via the website for details:

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

For updated course information, publications and much more, visit

www.halliwick.org.uk



The Halliwick Association of Swimming Therapy

Publications Order Form – January 2015

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 th	£5		£
	Teaching and Testing Halliwick AST Proficiency Badges	4 th	£5		£
	Swimming Pool Safety <i>Guidelines on safety issues for Halliwick pool sessions</i>	3 rd	£5		£
	Information Pack for Clubs <i>Document for setting up and running a club</i>	3 rd	£5		£
	Guidelines for manual handling tasks at the swimming pool	3 rd	£5		£
	* Organisation Pack for Halliwick Foundation Courses	5 th	£5		£
	Safe to Swim. <i>Information for Clubs on Protection of Vulnerable People</i>	3 rd	£5		£
	Swimming Songs. <i>Songs to assist in teaching Halliwick</i>	3 rd	£6		£
	Swimming Games and Activities <i>Games and Activities to assist in teaching Halliwick</i>	3 rd	£6		£
	Gala Organisation Pack	3 rd	£6		£
	No Fear. <i>A self-help programme for people who want to overcome a fear of water</i>	2 nd	£5		£
	Swimming Pool Design - <i>Accessibility for all</i>	2 nd	£5		£
	Distance Learning Handbook for the Training of Assessors	2 nd	£5		£
	Programme Ideas for Pool Sessions	2 nd	£6		£
	S.W.I.M. Swimming with Water Independent Measurement <i>with DVD</i>	2 nd	£6		£
	* Policies and Procedures (free to affiliated members)	1 st	£5		£
	Halliwick AST text book "Halliwick Swimming for Disabled People" 3 rd edition (2010)	3 rd	£10		£
	LEAFLETS listed below are ONLY sold as sets of 10 for £1 i.e. a 'set' being one of each of these 10 leaflets		£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			£
STATIONERY	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		£
DVDs: "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. http://www.halliwick.org.uk/publications/dvds/	Total			£
	add P&P (see below)			£

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

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.

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

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 2015

Items	Cost	No. Req.	Total Cost
a. <u>Proficiency badges</u> * Red	£2.50p each		£
Yellow	£2.50p each		£
Green	£2.50p each		£
Blue	£2.50p each		£
Note * these badges can only be supplied to <u>affiliated</u> Halliwick AST Clubs and members.			
b. <u>A5 Certificates</u> for general achievements (sets of 10)	£1 set		£
c. <u>Metal Halliwick logo lapel badges</u> (1 inch dia)	£1 each		£
d. <u>Poached Eggs</u> : No longer available from Halliwick AST. See SWIM SHOP www.swimshop.co.uk – egg flips	£6.50 per pack		£
e. <u>Laminated A4 Badge Charts</u> 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. <u>Laminated A1 Badge Charts</u> 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 <u>affiliated</u> Halliwick AST Club:	Total cost <u>before</u> adding P&P		£
	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.

Send order to:	Deliver to:
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Email: jeanmac@ourplace.karoo.co.uk	Address
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Account Number:- 40123366	Country
Bank & Branch Barclays, Kingsbury	Post code
Bank Code:- 20-29-37	Contact's Tel No
SWIFTBIC:- BARCGB22	E-mail address:
IBAN No.:- GB23 BARC 2029 3740 123366	

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