



Reg'd Charity 250008

Halliwick AST

Newsletter

November 2014

The Halliwick Association of Swimming Therapy in the UK

c/o ADKC Centre, Whitstable House, Silchester Road, London W10 6SB

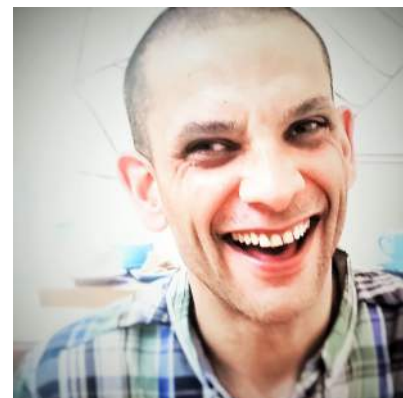
Website: www.halliwick.org.uk



Message From the Chair

Welcome to the November 2014 edition of the Halliwick AST newsletter!

I hope this finds you well and that things are going well for you wherever you are swimming. Although, here in the UK, the good weather has gone for this year, we can still get into the water (using the Halliwick Concept of course!) and do what we do best! Having said that, I shall let you into a little secret if you don't tell anybody! I don't like falling into the water forwards, so I do an exit in reverse! Shhhh! Don't tell anyone and don't copy me! It's not 'Halliwick' and you are all probably far better at your entries than I am! It'll be our little secret!



Since the newsletter in May, we have had a busy time and a lot has been happening. Not least, we held our national championships on 18th October in Sevenoaks in Kent. Full results are on page 5. The event was superbly hosted by Halliwick ASTRA 2 and it was great to see so many of us come together. Everyone had a great time. Congratulations to Halliwick ASTRA 5 who were overall winners, taking home the Barnardo Trophy, awarded to the winning region.

The various committees of Halliwick AST, executive, education & research and publications, have been meeting regularly and working hard on, well, just too many things to mention here. We are in the early stages of planning a big event. We have not worked out the precise details of this yet, but it is going to be an event to support those working in Halliwick, in clubs and other places, so watch this space! We are also working hard to update the website which will have a new look with lots of great stuff on it! In the meantime, the website still has some great things on it so go and take a look at www.halliwick.org.uk.

I hope you find the information in this newsletter interesting and useful. Oh, and don't forget to read the next in our series of 'My Halliwick Story' on page 3—this time from Beryl Kelsey in Halliwick ASTRA 5. It's great to learn about how different people got involved in Halliwick and what they do!

William Wyatt

Chair, Halliwick AST

Email : halliwickast.chair@gmail.com

**We want to know what
you think ... see Page 6**

See **page 2** for
**Dates for your
Diary - 2014/15 and
new publication**

See **page 3** for
**My Halliwick Story -
Beryl Kelsey**

See **page 4** for
**Halliwick
Course AND
congratulations
given!**

See **page 5** for
**National
Championships
2014 Results**

DATES FOR YOUR DIARY - 2014/2015

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

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

Sun. 16th November 2014

National Executive Committee Meeting—Kensington, London, 11am **(note change of venue)**

Sat. 17th January 2015

National Executive Committee Meeting—ADKC, London, 11am

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

Sun. 1st November 2015

National Executive Committee Meeting—ADKC, London, 11am

Halliwick AST Publications—New CD

Halliwick AST has produced a number of publications over the years and one of the most popular has always been “**Swimming Songs**”.

As this publication has 114 songs, it has become evident that not everybody knows every song or the tunes used. For this reason, it was felt that a CD should be made.

This necessitated 2 CDs and so the booklet has been updated (4TH edition) and reference given to the equivalent CD numbers. The CD number is in red next to the song title (i.e. **1:1, 1:2** etc. referring to the first CD and **2:1, 2:2** etc. for the second CD). Songs are sung, spoken or chanted. There are just 4 songs not recorded and some songs have 2 versions.

Halliwick has always aimed for balance and freedom of movement in the water and this may be achieved through the use of songs and music. The use of songs is a fun way for people to learn without being immediately aware that they are learning.

All songs and activities must have a purpose. The songs in this booklet are linked to the Halliwick 10-Point Programme and, although placed in various sections, some songs fit more than one category and/or can be adapted. The first verse of the song may be used initially but, as a swimmer becomes more competent, other verses may be added.

This publication is a ‘must have’ and, at **£7 for the booklet and 2 CDs**, is a good buy.

For more information about publications and an order form see www.halliwick.org.uk.

Pamela M Wood
Chair, Publications Committee

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 - February 2015. Copy to be received by **15th January. 2015.**

Send **direct to the Chair by e-mail to** [**halliwickast.chair@gmail.com**](mailto:halliwickast.chair@gmail.com).

My Halliwick Story—Beryl Kelsey



I first heard of Halliwick when I was on an ASA disability teachers' course. On my return home, I contacted the association and was told 'sorry, no Halliwick in the North of England; all we can suggest is that you hire the film 'Water Free' and we are writing a book 'Swimming for Disabled People'. So I paid my £2 affiliation fee (as it was back then) and waited for a few years. I was teaching swimming to patients from 3 learning disability hospitals and arranged a viewing of the film and resuscitation training for all the staff involved. With the Halliwick I had learned on the ASA course, and the knowledge gleaned from the 'Water Free', we were able to provide excellent sessions for our swimmers with widely varying needs.

Well, everything comes to those who wait and, eventually, we heard of a 2-day training course in London. It was really limited to Astra 1 club members, but Joan Martin was the organiser and allowed the 2

interlopers from Hull to attend, as well as letting us sleep on her living room floor. Wanting to extend my experience, we set up a Halliwick club, Hull Optimists. Sometime after the course, Joan and Alan Brown put the 2-day course on in Hull and I assisted. By this time I was getting a lot of experience lecturing for the ASA disability teaching awards and so, with Alan's help, I was soon lecturing for Halliwick AST.

A 2-day course followed, perhaps a year or more later, by another 2-day course (known as part A & B) was awkward for some attendees, so I presented all 4 days as 1 course. This attracted participants from overseas, leading to my being invited to present courses in other countries, 11 so far.

As well as lecturing and running a club and a region (Halliwick Astra 5), I have sat on virtually all the committees and also did a spell on the International Halliwick Association Executive Committee.

Able2 Success at Disability Sport Yorkshire Awards

Able2 Pontefract Special Olympics are celebrating after double success at this year's Disability Sport Yorkshire Awards held at the Centenary Pavilion Banqueting Suite, Leeds United FC on Friday 12th September. Wakefield-based charity Disability Sport Yorkshire held its twenty-first annual awards event recognising and celebrating the sporting achievements of people with disabilities from across Yorkshire. The special guest speakers at this year's event included three Paralympians: Australian swimmer Elizabeth Wright, archer Danielle Brown MBE and discus athlete Kevan Baker OBE. DSY received nominations from all over the region to recognize amazing sporting achievement for awards in twelve different categories ranging from Young Achiever to Sportswoman and Sportsman of the Year.

Able2 Pontefract Special Olympics were thrilled to see Sarah and Oliver named Sportswoman and Sportsman of 2014. Sarah competed in 16 swimming competitions in the last year, including 5 at national level and 3 European championships winning 10 gold, 14 silver and 14 bronze swimming medals. As a member of the GB Down Syndrome squad, Sarah competed in the Down Syndrome International Swimming Organisation (DSISO) European Championships in Portugal. There, Sarah won 3 gold medals and broke 4 World records and 5 European records for swimmers with Down Syndrome. Sarah was the most successful GB swimmer at the Championships.

Oliver is an all-round athlete who competes in 6 sports: swimming, athletics, equestrian (dressage), table tennis, boccia, new age kurling. Since January 2013, Oliver has taken part in over 30 competitions. He has competed in 12 competitions at national level in 5 different sports. The Awards compere, Roger Greenwood, said, "Oliver's medal tally of 39 gold 18 silver and 5 bronze reads more like the medal tally of a country at the Olympic games than an individual sportsman!"





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

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

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 may be available.

Ask via the website for details:

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

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

Congratulations ... to the following people
who have gained 6 credits at level 2 from Certa (the new name for OCN)
and who have completed the
Halliwick Instructors' Certificate:

Jackie Pattman
Simona Toure
Jeffrey Adams
Anthony West
Jordi Finestra Alberola
Ella Day
Sue Nicholls
Rosie Green
Sue Woodward
Jenny Morris

Princess Royal Hospital BSUH Trust
London Centre for Children with Cerebral Palsy
Wren Spinney Community Special School
Canterbury & Swale Adult Learning Disabilities Team
Guttmann Institute, Spain
Frederick Holmes Special School
Tweendykes Special School
Hull Optimists
Blaenau Gwent Otters
Derbyshire

Halliwick AST National Championships 2014

18th October—Sevenoaks, Kent

5 Halliwick ASTRA teams took part in this year's championships and we had a great day at the event, superbly hosted by a great team in Halliwick ASTRA 2. The event was attended by Councillor Simon Raikes, (the Mayor of Sevenoaks), and by Mrs Christine Raikes. Also in attendance were Councillor Robert Piper and Mrs Marylin Piper, Dr. Joan Martin MBE (Vice-President of Halliwick AST) and William Wyatt (Chair of Halliwick AST). Well done to all swimmers for doing so well and to all who made the day possible and such a success. The Mayor of Sevenoaks expresses his sincere thanks for being invited. He was very impressed by the hard work of the swimmers and their determination to succeed, and the way in which the whole event was organised. Next year, we go to Hull! Here are the results:

Girls' 25 Metres (Halliwick Cup)				
1 st – Erin Yoxall (8)	2 nd – Amy Todd (5)	3 rd – Isabelle Steggles (2)		
Boys' 25 Metres (Swimmers' Cup)				
1 st – Thomas Radding (5)	2 nd – Shane Gunesh (1)	3 rd – Alex Byles (2)	4 th – Thomas Summers (8)	
Ladies' 25 Metres (Beryl Miller Trophy)				
1 st – Hayley Amson (10)	2 nd – Emily Hayton (5)	3 rd – Eva Salisch (1)	4 th – Helen Sturgis (2)	
Men's 25 Metres (L T Revenue Trophy)				
1 st – Oliver Peace (5)	2 nd – John Andrews (1)	3 rd – Thomas Eckersley (8)	4 th – Lauren Crisp (2)	5 th – Greg Peters (10)
Girls' 50 Metres (ASTRA 15 Cup)				
1 st Isobel Heath (2)	2 nd – Bethany Corran (5)	3 rd – Maria Leung (1)	4 th – Rosie Berowski (8)	
Boys' 50 Metres (Keyhaven Cup)				
1 st – Thomas Radding (5)	2 nd – Shea Dutton (8)	3 rd – Jack Feist (2)	4 th – Shane Gunesh (1)	
Ladies' 50 Metres (Olive Lee Memorial Cup)				
1 st – Sarah Shutt (5)	2 nd – Caroline King (2)	3 rd – Hayley Amson (10)	4 th – Anne Crouch (1)	5 th – Gaynor Tonks (8)
Men's 50 Metres (George Lyons Cup)				
1 st – Ben Goldberg (2)	2 nd – Adam Faldon (10)	3 rd – Neil Jones (8)	Ben Nicholls (5)	5 th – Gary Genender (1)
Girls' Championship (HPSC Silver Jubilee Cup)				
1 st – Amy Halfpenny (8)	2 nd – Sophie Carter (5)	3 rd – Katie Morgan (2)	4 th – Maria Leung (1)	
Boys' Championship (Phyl McMillan Cup)				
1 st – Patrick Saunders (1)	2 nd – Michael Simm (5)	3 rd – Connor Page (2)	4 th – Brandon Halfpenny (8)	
Ladies' Championship (Derek Burnand Cup)				
1 st Beverley Stoddard (8)	2 nd – Brenda Shine (1)	3 rd – Corina Becket (2)	4 th – Emily Hayton (5)	
Men's Championship (HPSC Celebration Cup)				
1 st – Martin Hennessy (1)	2 nd – Oliver Peace (5)	3 rd – Stephen Langdon (2)	4 th – David Allen (10)	5 th – Tim Bolam (8)
Junior Relay (Halliwick AST National Cup)				
1 st – Colette Tyre Amy Halfpenny Shea Dutton Sam Forster (8)	2 nd – Patrick Saunders Aayush Parekh Benjamin Adjei Maria Leung (1)	3 rd – Isabelle Steggles Eloise Shand Daniel Hopkins Jack Feist (2)	4 th – Sophie Carter Michael Simm Amy Todd Thomas Radding (5)	
Senior Relay (Nellie Sims Cup)				
1 st – Ben Summers Caroline King Laura Mitchell Stephen Langdon (2)	2 nd – Tracey Smythe Christine Taylor Gaynor Tonks Mandy Dunne (8)	3 rd – Sarah Shutt Oliver Peace Emily Hayton Ben Nicholls (5)	4 th – Damon Bentley John Andrews Stephen Crouch Darren Crouch (1)	5 th – David Allen Adam Faldon Rhiannon Pimlett Greg Peters (10)
League Final 2014 (Arthur Gunton Cup)				
1 st – Ada Faldon David Allen Rhiannon Pimlett (10)	2 nd – Ian Tullett Michael Gallett Amanda Turner (2)	3 rd – Stephen Crouch Anne Crouch Darren Crouch (1)	4 th – Ben Simm Bethany Corran Sophie Carter (5)	

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 31st December 2014 so that a proposal can be put to the association's AGM on 26th April 2015.

National Deaf Children's Society (NDCS)—Deaf-Friendly Swimming Project

The NDCS is running a deaf-friendly swimming project and, as part of this, has a number of resources to support swimming providers including:

BSL Youtube videos

Useful sport and swimming specific gestures

Deaf-friendly swimming resource and BSL flip cards

Deaf-friendly swimming iLearn

This is a free accredited online course for swimming teachers to become more deaf aware. There are eight modules including Understanding Deafness, Communication and Technology.

Ready Steady Swim Challenge

An exciting sponsored swim challenge open to all ages and abilities which challenges swimmers and supports deaf children at the same time.

2 Upcoming Workshops : 'Making Swimming Deaf-Friendly' and 'British Sign Language for Swimming'

The workshops will support swimming teachers and coaches to make simple changes to make activities deaf-friendly and develop confidence communicating with deaf children and young people. The courses are free and strong priority will be given to teachers and coaches who commit to both workshops.

Other resources are also or will become available.

For further information, please contact Ashleigh (swimming development officer) by email to: swimming@ndcs.org.uk

Advertisements*

Incontinence Swimwear

'Incy Wincy '

Incy Wincy Swimstore has been established since 1996 and we provide good quality swimming products. We specialise in Incontinence Swimwear for children and adults. The age range of our products starts at 3 months and goes up to adults. We have swim nappies for all ages. We have our own brand of incontinence swimwear—Kes-Vir™. These are designed to be more versatile and fashionable too. Kes-Vir™ Wrap shorts and Kes-Vir™ Halter-neck have received 2nd and 3rd place in LGFG Award by Joint ACA & Promocon in May 2012. **For further information, visit www.incywincy.net.**

'Splash About '

Splash About is a multi-award winning company that specialises in baby, toddler and disability swimming products. The highly accredited Happy Nappy technology has been applied to our special needs and disability products such as the Splash Short. The Splash Short comes in children's and adult sizes, meaning that anyone that experiences incontinence can swim safely. Our range of Splash Shorts are made from extremely soft neoprene with closely fitted ribbing around the legs and waistband to ensure that there are no faecal leaks. **For further information, visit www.splashabout.com.**

*** Halliwick AST does not endorse the products advertised but the advertisements are placed here for information purposes only. Readers should note that other companies produce/provide comparable products.**

In Loving Memory of
Dinah Rosemary Cadogan MBE MCSP DipTP
4th January 1927– 2nd November 2014
(A Tribute From Keith Beer, Chair Halliwick ASTRA 15)



It was with great sadness and regret that I heard that the President of the Welsh Region of the Halliwick Association of Swimming Therapy and my dear friend and mentor, Dinah Cadogan, had passed away on the late afternoon of Sunday, 2nd November 2014.

Dinah brought the Halliwick Concept to Wales in July 1973, because she realized that although many of her charges had plenty of exercise and a social life when they were in school, when they left there was nothing and so single handily she helped start almost all of the twenty-seven clubs in Wales, and so for this she was made a Member of the British Empire in 1988.

Dinah will not only be missed by the members of the Welsh Region, because of course she was involved with much more than swimming. Dinah believed passionately in the integration of people with disabilities into sport and to this end she designed a canvas carry seat so that young people could go on camp with the Brownies and the Guides and adult size seats were also made, and used for many years by the swimming Clubs, not only to get people onto the side of the pool, but when they went on bus trips or visited other Clubs. Dinah also helped run the Heath Riding for the Disabled club in Cardiff, because she thought it was a fun way to learn the art of balance.

However Dinah's first love was Guiding, where she was greatly respected and as well as being an Honorary Member of the World Guiding Committee, she was a holder of the Beaver Award, which is the highest honour the Guides can give, but for many years Dinah also ran her own Brownie pack in Cardiff, which was sacrosanct and she very rarely missed any of their meetings.

I owe much to Dinah's help and guidance, especially when I first took over from her as Regional Chairman and although I made my own decisions, Dinah would never criticize me when things went wrong, she just got on and helped me sort out the problem.

In the latter part of her working life Dinah was the Vice Principal of the School of Physiotherapy at the University Hospital of Wales, Heath Park, Cardiff, where she was both feared, and also greatly loved by her students, but before this she had helped with much of the early pioneering work on the treatment of Polio victims.

(Continued on page 8)

Dinah understood the people of Wales and so the region was run with strict democratic values, but with Dinah firmly in control, which only worked because of the high regard in which she was held.

I have many memories of Dinah and one in particular was when we were driving to our Club in Newtown, Dinah pointed out the old road in the valley below, telling me how she used to ride along it, on her motorbike when she was visiting her students in the Physiotherapy Unit of the local Hospital. The image of Dinah striding into the department, in full leathers has haunted me for years! I also remember the numerous times we got lost on our way to visit the various clubs in our area, due mainly to my blind faith in Dinah's navigational skills.

Although Dinah had not been active on the National scene for many years, her input in the early days of Halliwick was tremendous, especially in the field of moving and handling.

Dinah will be greatly missed not only by the members of the Welsh Region of the Halliwick Association of Swimming Therapy and the members of the National Executive of the Association, but by the many others whose lives she touched.



Perhaps the best memorial to Dinah we can have is to continue the work she started in Wales, over forty years ago.

News of Patrick Hastings, Past Chair ...

We are pleased to report that Patrick's health continues to improve.

He has now moved and is doing well, still keeping us "on our toes" with all things Halliwick!

Patrick would be very pleased to hear from you!

If you would like full contact details, please email him at pmbhastings@yahoo.co.uk.