



Reg'd Charity 250008

Halliwick AST Newsletter

July 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 May (I mean July!) 2015 edition of the Halliwick AST newsletter!

I am very sorry but circumstances have meant that it was not possible to get our usual 'May' edition of the newsletter out and so, this year, the May newsletter is in July! I hope that you are all enjoying the good weather we have been having recently; it's certainly ideal weather for getting into the pool!

Things have been busy for us as usual. We held our Annual General Meeting in April and, elsewhere in this newsletter, there is a summary of the highlights of the meeting. Some of us also went to the International Halliwick Association's (the IHA's) event in Barcelona recently and again, there is more news of that elsewhere in this newsletter.

We are looking forward to the National Championships to be held on 17th October 2015, this year to be hosted by Halliwick ASTRA 5 in Hull. It promises to be another great event with Halliwick teams competing from around the country.

Our website is also back up and running at www.halliwick.org.uk and has a new look and new features. There are still things to "tweak" but we are getting there and we hope it proves a useful resource for our members and others interested in Halliwick. If you do spot anything that needs to be changed or added, then do let me know and I will do what I can (with my limited technical abilities).

Also in this newsletter, our series of "My Halliwick Story" continues, this time from Pamela Galloway of Halliwick ASTRA 10.

As always, I hope you find this newsletter of interest and I wish you all the very best.

Yours for Halliwick,

William Wyatt

Chair, Halliwick AST

Email : halliwickast.chair@gmail.com

See [page 2](#) for
Dates For Your
Diary 2015/16

See [page 3](#) for
My Halliwick Story -
Pamela Galloway

See [page 4](#) for
Information on the
York Halliwick Course

See [pages 5-6](#) for
Information following
our AGM and the IHA
Event in Barcelona

DATES FOR YOUR DIARY—2015/16

Anyone is welcome to attend the AGM and meetings of the National Committees.
For venue details contact: halliwickast.chair@gmail.com

Sat. 19th September 2015

National Executive Committee Meeting—ADKC, London, 11am

Sat. 17th October 2015

National Championships—Hull

Sat. 23rd January 2016

National Executive Committee Meeting—ADKC, London, 11am

Sun. 24th April 2016

Annual General Meeting followed by Executive Committee Meeting—ADKC, London, 11am

Sat. 17th September 2016

National Executive Committee Meeting—ADKC, London, 11am

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—November 2015. Copy to be received by mid-October 2015.

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

Ann Thomson and Alison Skinner do get around!

Here they are, meeting none other than HRH Prince Edward and Ian Taylor (CEO of Skills Active) at the AGM of the Sports and Recreation Alliance on 8th July 2015 and, of course, they talked about Halliwick!



My Halliwick Story—Pamela Galloway



My connection with Halliwick goes back a long way though I have only re-engaged relatively recently. My first Halliwick course was in 1977, while working in Leukerbad, a spa high in the Swiss Alps. The course was at Bad Ragaz and the lecturer was none other than 'Mac' (James McMillan, the co-founder of Halliwick swimming) himself. Immediately I realised Halliwick was something incredibly special and I was inspired.

I used Halliwick therapeutically in Switzerland and also in a rehabilitation centre in Vancouver, Canada, but in neither place were there any clubs where I could teach swimming. In 1982 I came back to the UK and settled in Bath. It may be world famous for its warm healing waters but none of my jobs included hydrotherapy and there was still no club.

It was February 2004 before I made contact with water again and this was during a campaign for a warm water pool while I was working with a residential home for disabled young adults. They wanted to go swimming but, as it was 27 years since my last course, I had to retrain. With an Advanced course due in July, the only Foundation course available was with Beryl Kelsey in Brazil. So, combining it with a holiday, I was there! With typical Beryl persuasion, we had a course in Bath that October and before long I was organising more courses and started lecturing. So began my Halliwick journey that has taken me all over the world – Brazil, Switzerland, Greece, Austria, Poland, Ireland, Mexico and, this year, Barcelona.

The home I was working with decided not to set up any swimming, but I did meet a young disabled boy who couldn't find any way to learn to swim. After much consideration, as I had never worked with children before, I decided to 'test the water' about offering Halliwick swimming lessons. Before long, I had 6 families interested and had persuaded the local special school to let us use their pool, and thus was born the first Get Wet Set® in Bath. This proved popular and, as 2 new warm pools opened, each 15 miles from Bath, more sessions started. By now families with preschool children were also enquiring so I found pool time and set up 2 'Splashers' sessions, bringing my total to 5 a week. Yet there were still more children who couldn't come in term time so I started sessions in the holidays and we brought them all together under the name of Bath Swim Therapy.

Rather than being a club with volunteers we call our sessions 'lessons' and we teach the parents as much as we teach the children—a double challenge! With no other Halliwick trained person available in the area, I am responsible for every session—an enormous commitment but one that is so satisfying when I see the children and the parents improving and everyone enjoying the water.

As well as organising all these sessions, I am also on various Halliwick AST national committees, including the Executive as representative for Halliwick ASTRA 10, the south-west region. It all keeps me really busy and there are times when retirement beckons, but how could I?—I'd miss teaching the children far too much!



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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 Course

**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.

For updated course information, publications and much more, visit
www.halliwick.org.uk

Congratulations Mary!

Mary Arrigan-Langan from Renmore in Ireland has received the **Sporting Hero Award** at the Irish Mirror, Pride of Ireland Awards.

First becoming involved in Halliwick and training as an instructor at Kensington Emperors Swimming Club in London, Mary moved back to Ireland and set up the Octopus Swimming Club in 1981. This was the first club of its kind in Ireland and continues to this day.



Very many congratulations to Mary and to Halliwick Ireland, which is continuing to grow.

Report on the Halliwick AST Annual General Meeting 26th April 2015, London

We had a very productive AGM and here is a summary of the major issues we discussed and the decisions made:

The Association's Constitution

A draft 2015 constitution had been prepared and circulated to the association prior to this meeting following discussions at the January 2015 Executive Meeting, to update our current constitution (a) which was felt outdated in some respects (b) to fall more in line with current requirements of the Charity Commission, particularly in relation to who is to be regarded as a Trustee of the association. Much discussion ensued in this regard, the meeting going through the draft 2015 constitution clause-by-clause, making amendments and additions as felt necessary. It was thereafter proposed and agreed unanimously that the draft constitution as amended at the AGM be submitted to the Charity Commission for comment/amendment as they feel necessary, which document would then stand adopted as the constitution of the association.

For clarity, it was confirmed and underlined that the following were trustees of the association:

- (a) Chair, Vice-chair, Secretary and Treasurer;
 - (b) A named representative from each formed and active Halliwick ASTRA;
 - (c) A named representative from each of the following standing committees:
 - (i) education;
 - (ii) publications;
 - (iii) competitions;
 - (iv) any other special or standing committee appointed by the Executive of the association.
 - (d) Up to 3 other named members of the Executive co-opted to sit on the Executive of the association.
- It was underlined that trustees must be named and able and willing to act as a trustee.

The following were therefore duly elected/appointed as officers (trustees where applicable (denoted by **(T)**) by the AGM for the year 2015/16:

President – Patrick Hastings

Vice-Presidents – Ann Gresswell and Dr. Joan Martin MBE

Chair – William Wyatt **(T)**

Vice-Chair – Eric Dilley **(T)**

Secretary – vacant but Eric Dilley as Acting Secretary

Treasurer – Gill Wilkinson **(T)**

Medical Advisor – Dr. Joan Martin MBE

Hon. Insurance Advisor – Eric Dilley

Hon. Solicitor – Sean Harris

Independent Examiner – Philip Crook FCA

IHA Representative – Ann Gresswell (or in her absence, Pamela Wood or Ann Thomson)

National Coordinating Committee Representative – Dr. Joan Martin MBE and Ann Gresswell

Halliwick ASTRA 1 Representative – Alison Skinner **(T)**

Halliwick ASTRA 2 Representative – David Patmore **(T)**

Halliwick ASTRA 5 Representative – Beryl Kelsey **(T)**

Halliwick ASTRA 10 Representative – Pamela Galloway **(T)**

No nomination for representative for Halliwick ASTRA 15 has been received.

Education Committee Representative – Ann Gresswell **(T)**

Publications Committee Representative – Pamela Wood **(T)**

Competitions Committee Representative – John Bentley **(T)**

Co-opted member of the Executive – Dr. Joan Martin MBE **(T)**

Executive Committee Meetings

It was proposed that the November Executive meeting in each year be dispensed with on a trial basis. This was unanimously agreed.

Mileage Allowance

It was proposed that the mileage allowance be increased to 45p per mile. This was unanimously agreed.

Trophies at National Championships

Following discussions and articles in previous newsletters suggesting that trophies at National Championships be dispensed with, some discussion took place and ultimately it was agreed that, with the exception of the Champion Region Trophy and League Cup, which would still be awarded, trophies would not be awarded at the National Championships in 2015. We will then review the position next year.



The International Halliwick Association (IHA) Goes to Barcelona!

The IHA held a Lecturers' Course and General Meeting at the In Out Hostel in sunny Barcelona, from 2nd–5th July 2015. The programme was created by the Education and Research Committee of the IHA, of which Ann Gresswell is a member, and was hosted by the Catalonian Halliwick Association. There was a lot of fun in the pool and much networking took place between the 36 delegates from 13 different countries.

Halliwick AST was represented by Ann Gresswell, Alison Skinner, Ann Thomson Beryl Kelsey and Pamela Galloway.

- Ann Gresswell led a session on Advanced Courses.
- Beryl Kelsey led a practical session on swimming strokes.
- Ann Thomson presented a short discussion paper on Mentoring.
- Alison Skinner and Ann Thomson (as IHA Treasurer and Secretary respectively) contributed to the agenda of the General Meeting.

There were interesting presentations, short papers and posters which included the following topics:

- Foundation Courses and Advanced Courses.
- The Impact of a water based movement programme on the balance of older adults.
- SWIM TEST- Assessment of Progress of Children with Disabilities.
- Hydrotherapy as part of an intensive physical rehabilitation programme in patients with Multiple Sclerosis.
- Greek translation, content validity and reliability control of wota 1 & 2, SWIM test in water based Halliwick Concept in children with cerebral palsy.
- Interpreting and Planning Research.
- Halliwick as a tool for promoting development of children with end-stage renal disease treated by dialysis.
- Halliwick work in Israel and Chile.
- Halliwick swimming in Slovenia.
- Mentoring and the process of becoming a lecturer and senior lecturer with invited speaker, Olga Borao Soler.
- What to do after reaching the highest achievement of the Halliwick Ten Point Programme.
- The Effect of Infant Aquatics on Neurodevelopment of Premature Infants.
- Habilitation through activities in water.
- Practical sessions on swimming stroke, quality of movement and observation of Halliwick applied within families.

Socialising and sightseeing took place with a guided tour of Barcelona and a meal in town. The 36 delegates came from Catalonia, Denmark, Greece, Ireland, Japan, Slovenia, United Kingdom, Chile, Croatia, Israel, Malta, Poland and Spain.