



Halliwick AST

Newsletter
November 2015

Promoting swimming for disabled people using the Halliwick Concept

Message from the Chair ...

by Will Wyatt

As time rushes towards Christmas, we have been busy as usual since our last newsletter in July.

Time though has not passed without some sad news, and it was with great sadness that we learned that David Patmore, long-time secretary to Halliwick ASTRA 2 and Trustee of Halliwick AST, passed away on Friday, 23rd October 2015. David did an enormous amount for Halliwick over many years, both within his region and nationally. There is a tribute to him later on in this newsletter. We will miss him greatly.

The National Championships 2015 were superbly hosted by a great team in Halliwick ASTRA 5 and held in Hull on 17th October. Information on that and results also appear later on in this newsletter. There are a few Halliwick AST Foundation Courses being planned and there is information on those, and



we are beginning a new feature, "News of Our Committees ...", which will briefly outline important discussions and decisions reached at our executive and other committee meetings. Minutes of meetings are circulated, but we thought it would be a good idea if brief information was also in the newsletter.

We have been working hard continuing with the updating of our website and there are lots of good things happening at www.halliwick.org.uk so take a look! As well as the newsletter, the website is the easiest way we have to communicate with you and we like doing that!

In closing, may I be among the first to wish you a very merry Christmas and happy New Year! 2016 promises to be another exciting year for Halliwick with lots being planned so watch this space (and our website) ...

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News of Our Committees ...

As an Executive Committee, we meet three times a year: January, April and September. In April each year, we also hold our Annual General Meeting (our AGM). All meetings of the Executive Committee are "in public" which means that any member of Halliwick AST is welcome to attend the meetings and give us views.

Working alongside the Executive Committee are a number of other committees. These are, in no particular order, the Education Committee, the Competitions Committee and the Publications Committee. That seems like a lot of committees, but working together, we make sure that Halliwick continues and develops in key areas so that we can provide the best support possible to our members, whether they are swimmers, instructors, helpers, those working professionally with Halliwick and others who affiliate to us.

We like to communicate with our members so please do feel free to contact us about anything to do with Halliwick. Our contact details are on the back page of this newsletter. We are here to help in any way we can!

As well as producing regular newsletters, one of the main ways we provide information to our members is through our website at www.halliwick.org.uk. There is lots of great stuff on there to help you including [publications](#), information on [Halliwick courses](#), information on [swimming clubs](#) and [competitions](#). If you are reading this newsletter in PDF format, you ought to be able to click on the links in this page to take you to the relevant pages of our website. Have a look! Publications and other information is regularly updated so it really is worth visiting our website regularly, so that you have access to the most up-to-date material.

Points of Note Following the September 2015 Executive Committee Meeting of Halliwick AST ...

- **Development of Halliwick AST:** As this is such an important issue, it was decided that the Executive Committee Meeting on 23rd January 2016 would be given over to a discussion about our work and development so that we can continue to grow and develop for the benefit of our members. Thoughts from members are welcome about how we can develop and grow, what we are doing right, what we are doing wrong and what we could do better.
- Congratulations were offered to Corrina Becket of the Sharks Swimming Club in Halliwick ASTRA 2, following her recent success at the Special Olympics.
- **Dates of future meetings:**
 - 23rd January 2016 – Executive Committee Meeting – London
 - 24th April 2016 – Executive Committee Meeting and Annual General Meeting – London
 - 17th September 2016 – Executive Committee Meeting - London

NATIONAL CHAMPIONSHIPS 2015



We had a great time at this year's National Championships! ...

Held on 17th October in Hull, they were superbly hosted by Halliwick ASTRA 5. Final placings were: **Halliwick ASTRA 2** (44 points); **Halliwick ASTRA 5** (43 points); **Halliwick ASTRA 1** (32 points); and **Halliwick ASTRA 8** (16 points). That means that this year's national champions are **Halliwick ASTRA 2** and their team received the **Barnardo Trophy**. Congratulations to Halliwick ASTRA 2 in what was a closely-fought contest!

There are more great photos of the event on our website at www.halliwick.org.uk so take a look! Over the page, you can see results of each race.

Here are the results by race ...

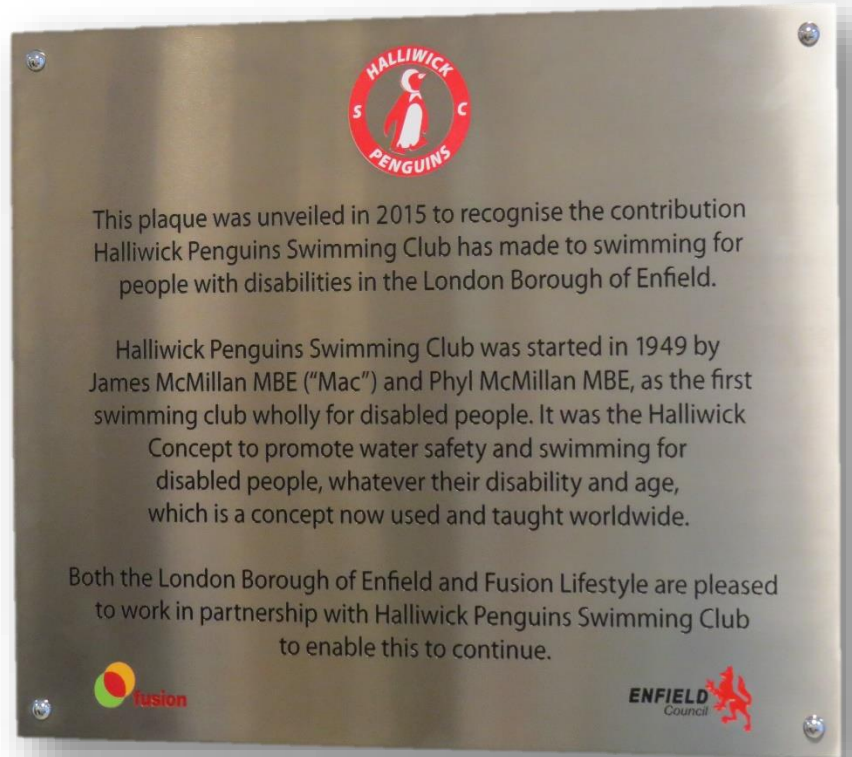
Girls' 25 Metres			
1 st - Katie Morgan (2)	2 nd - Vanshi Gunesh (1)	3 rd - Evie Novis (5)	4th - Collette Tyer (8)
Boys' 25 Metres			
1 st - Shane Gunesh (1)	2 nd - Owen Garsides (5)	3rd - Jack Lyons (2)	4th - Declan Bowlam (8)
Ladies' 25 Metres			
1 st - Colette McEvoy (2)	2nd - Jodie Ledger (5)	3 rd - Elizabeth Thompson (1)	
Men's 25 Metres			
1 st - Martin Hennessy (1)	2nd - Ben Summers (2)	3rd - Timothy Wong (5)	4th - Ben Triner (8)
Girls' 50 Metres			
1 st - Sophie Carter (5)	2nd - Erin Yoxall (8)	3rd - Vanshi Gunesh (1)	
Boys' 50 Metres			
1 st - Michael Simm (5)	2nd - Shane Gunesh (1)	3rd - Jack Feist (2)	Shea Dutton (8)
Ladies' 50 Metres			
1 st - Sarah Shutt (5)	2 nd - Sarah Galloway (2)	3rd - Elizabeth Thompson (1)	4th - Lynne Lucas (8)
Men's 50 Metres			
1 st - Ben Goldberg (2)	2nd - Martin Wells (5)	3rd - Liam Byrne (1)	4th - Neil Jones (8)
Girls' Championship			
1 st - Sophie Carter (5)	2nd - Hollie Cooke (8)	3 rd - Katie Morgan (2)	4th - Rashi Khullar (1)
Boys' Championship			
1 st - Connor Page (2)	2nd - Adam Loubani (5)		
Ladies' Championship			
1 st - Colette McEvoy (2)	2nd - Anne Crouch (1)	3rd - Emily Hayton (5)	4th - Mary Brown (8)
Men's Championship			
1 st - Ben Goldberg (2)	2 nd - Ben Nicholls (5)	3rd - Martin Hennessy (1)	4th - Callum Kent (8)
Junior Relay			
1 st - Jack Lyons Connor Page Katie Morgan Sonny Whiting (2)	2nd - Thomas Waterhouse Patrick Donohoe Adam Loubani Owen Garsides (5)	3rd - Rashi Khullar Shane Gunesh x 2 Vanshi Gunesh (1)	4 th - Declan Bowlam Ewan Bowlam Frankie Fairhill Kai Turner (8)
Senior Relay			
1 st - Ben Summers Rhianon Hicks Colette McEvoy Ben Goldberg (2)	2nd - Oliver Peace Sarah Shutt Emily Hayton Ben Nicholls (5)	3rd - Liam Byrne Martin Hennessy Elizabeth Thompson Anne Crouch (1)	4th - Paul Edwards Neil Jones Ben Triner Shaun Savage (8)
League Final 2015 (Arthur Gunton Cup)			
1 st - Anne Crouch Stephen Crouch Darren Crouch (1)	2nd - Martin Wells Sarah Shutt Oliver Peace (5)	3rd - Rhianon Hicks Sonny Whiting Connor Page (2)	4th - Tracey Smythe Mandy Dunn Andy Sutcliffe (8)

Congratulations to Halliwick Penguins SC ...

Congratulations to Halliwick Penguins SC who have had a plaque unveiled at their pool, Southgate Leisure Centre in Enfield, North London, to celebrate the fact that they were the first Halliwick club, started in 1949 by James ('Mac') and Phyl McMillan.

It was in 1949, at the club's then home in Arnos Grove, that Halliwick and the Halliwick Concept began, now used all over the world.

They had a great afternoon, celebrating with the Worshipful Mayor of Enfield, Councillor Patricia Ekechi and Mr John Ovens of the London Borough of Enfield.

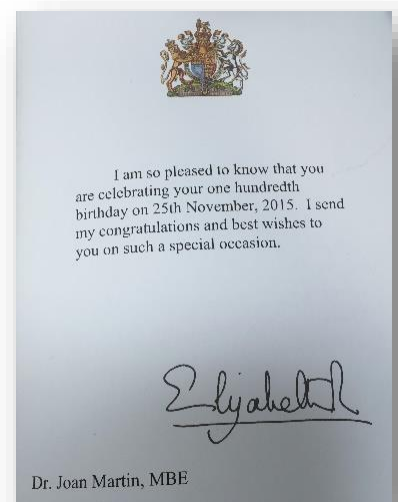


Very Many Congratulations to Dr. Joan Martin, MBE ...



We offer very many congratulations to Dr. Joan Martin, MBE who celebrates a very special birthday. In fact, Joan is 100 years old this month and, by the time you read this, many of us will have attended her birthday party to celebrate this very special occasion.

As one of our Vice-Presidents, Joan remains very active in Halliwick AST, first becoming involved in Halliwick when it was in its relative infancy in 1955. Joan attended a lecture given by James ('Mac') McMillan on Halliwick at County Hall in London and has been committed to Halliwick ever since. Notably, she was very involved in the Halliwick Channel Swim in 1970 and is no less involved with Halliwick today! Congratulations from all of us, Joan!



Upcoming Halliwick AST Foundation Courses ...

Halliwick AST Foundation Course – Barry, Wales, UK

5th/6th and 12th/13th March 2016 (4-day course – 2 consecutive weekends)

Cost - £400-00 per participant

See our website at <http://halliwick.org.uk/2015/12/01/wales-halliwick-ast-foundation-course-announced/> for further information and email Kayewatts@btinternet.com for the application form.

Halliwick AST Foundation Course – Hull, UK

2nd/3rd and 9th/10 July 2016 (4-day course – 2 consecutive weekends)

Cost - £400-00 per participant

See our website at <http://halliwick.org.uk/2015/11/29/halliwick-ast-foundation-course-announced-2/> for further information and application form or email gill.will9x@btinternet.com.

Halliwick AST Foundation Course – York, UK

22nd to 25th August 2016 (4-day course)

Cost - £400-00 per participant

See our website at <http://halliwick.org.uk/2015/12/01/york-halliwick-ast-foundation-course-announced/> for further information and email philippuckrin@gmail.com for the application form.

Halliwick AST Foundation Course – London

A 4-day Halliwick AST Foundation Course is being planned for London (March and May 2016) and full details will be up on our website as soon as possible, so keep visiting <http://halliwick.org.uk/courses-training/> for the latest information.

Discounts on course fees may be available to those affiliated to Halliwick AST for more than 2 years.

Halliwick
AST

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Contact Us ...

- Email us at halliwickast.chair@gmail.com
- Like us on Facebook at www.facebook.com/HalliwickUK
 - Follow us on Twitter at [@HalliwickUK](https://twitter.com/HalliwickUK)
 - Visit us at www.halliwick.org.uk

The Halliwick Association of Swimming Therapy is a registered charity with the Charity Commission of England and Wales, charity number **250008**.



David Patmore

(15th July 1932 – 23rd October 2015)

It was with great sadness that we learned that, after a short illness, David Patmore passed away on Friday, 23rd October 2015. He was a Trustee of Halliwick AST as well as being secretary to his region, Halliwick ASTRA 2.

By way of a tribute, we share some memories of David, from Tom Brown and Chris Davis of Halliwick ASTRA 2.

Tom Brown

I first met David when running an engineering company about 40 years ago. We became friends through work and in general conversation, I mentioned my involvement and interest in a residential centre for young adults with cerebral palsy, Coombe Farm, and a school for children with physical disabilities where a good education was provided, St. Margarets.

Coombe Farm had a small "Mr Pastry" swimming/hydro pool. I first visited Coombe Farm as a consultant to help the occupational therapists there. I went to Coombe Farm on a Thursday evening, the one night a week a little club called Scampi SC took residents into the pool on a one-to-one basis, the helpers also being responsible for drying, dressing and taking the residents to and from their residential area.

As I was about to leave, a young man approached me and asked if I had come to help. He was Danny. He told me about Scampi SC, and that he ran it. I thought of 20 reasons why I hadn't time to get involved and he dismissed them all, so I became a helper and was taught what to do. I didn't have a Thursday night off again until the centre closed in 1986.

David showed interest and I put him in contact with a Halliwick AST club near him. He joined and, of course, met Danny who had left Scampi SC to start another club, Conquest SC. David became a regular and supportive member, both in the water and on the administrative side of things. He became club secretary and a very successful organiser of local and regional galas, the last one he organised being only a few weeks before his death.

He was a friend and I, and many others, will miss him.

Chris Davis

I first met David in 1986 or 1987. He came to Conquest SC from Scampi SC, as Saturdays were better for him. He started, as most have, with no knowledge of handling disabled people, but with plenty of enthusiasm.

He had already shown interest in helping with Halliwick ASTRA 2 and became its secretary when Dave and Doris Vinten moved away from the area and gave up their positions on the committee. David also started coming to national Halliwick AST meetings and became the gala organiser for Halliwick ASTRA 2, previously organised by a committee.

In the early 1990s, Conquest SC were at Beckenham Baths in the teaching pool but we had many swimmers at Green Badge level so we arranged an additional swim on Sundays. That swim was taken over by 3 people in rotation: Ken Benham, Chris Reece and David Patmore. As time went on, Beckenham had a new pool and we therefore only needed to swim on Saturdays.

David did more and more for Halliwick ASTRA 2 but still came to the club unless he was involved in a national meeting. He contributed greatly to the national competitions committee as they updated and refined competition laws and we went to the meetings with Keith Beer as chairman.

David organised his last gala in September this year, despite losing his wife, Mary, in April. He had given up driving at this point and his son, Steve, drove him to Sevenoaks for the gala.

Halliwick is still "in the family" as his grandson, Sam, has been involved in Halliwick ASTRA 2's galas, first as a runner, then a timekeeper, and now chief timekeeper.

David was our good friend, and Conquest SC will miss him. He will be a hard act to follow.

