



Halliwick AST Newsletter March 2016

PROMOTING SWIMMING FOR DISABLED PEOPLE
USING THE HALLIWICK CONCEPT

Message from the Chair ...

by Will Wyatt

Welcome to the March 2016 edition of the Halliwick AST Newsletter.

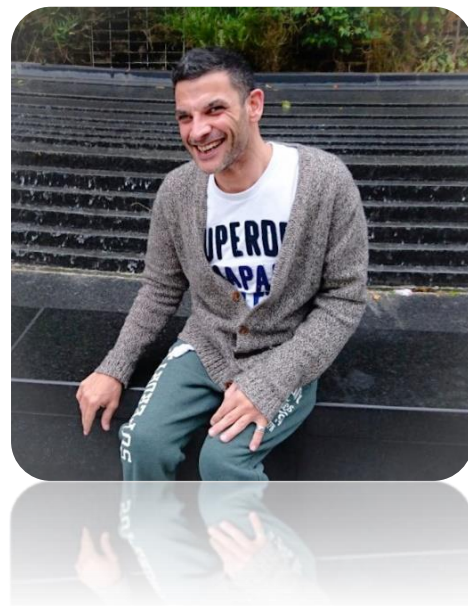
Things have been busy as usual since our previous newsletter in November 2015. We have been continuing our work in the various committees and thinking of ways that we can grow and develop.

So that we can do that though, **we really need your help!** The various committees work very hard to continue the work that we do as an association, but we really need more people to help us and, **without more help, we may not be able to continue!** Please see the article on page 3 of this newsletter for more information on the ways you can help us – we really would appreciate any help that you can give us!

Our Annual General Meeting this year is to be held on Sunday, 24th April 2016 at the ADKC Centre in London. It is important that as many members of the association attend as possible and there is more information on this on page 4 of the newsletter.

There are several Halliwick AST Courses taking place in the coming months and details can be found on page 6 of the newsletter. For the latest information, you should always check our website at www.halliwick.org.uk. Our series "My Halliwick Story" continues on page 2 of the newsletter, this time from Ann Gresswell, and we also have information on what we have been getting up to in our various committees over the last few months as well as dates for your diary on page 5 of the newsletter.

I hope you find the information in this newsletter useful and interesting. In closing, I wish you all the best in the months to come, when hopefully, the weather will start getting a little better leaving us with no excuse not to get into the water!



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My Halliwick Story ...

by Ann Gresswell



So how did my involvement with Halliwick begin?

As a paediatric physiotherapist I was interested in a holistic approach to working with children and in the mid-70s attended a number of courses at Castle Priory run by the Spastic Society (now SCOPE). One of those courses was an introduction to Halliwick led by Joan Martin and Allan Brown. The pool session was in an outside pool and the water was freezing! I remember Joan keeping the group warm (and teaching a file formation) with the participants moving round the pool singing a song. It was an inspirational day. Following that I ordered a copy of 'Water Free' to show to a group of Oxford therapists. Bob Fenton and Di Bailey (who had worked in London with James McMillan (Mac) - the founder of Halliwick) asked if they could come along to the showing of the video and talk about their Halliwick experiences. From this session a group of us set up, in 1977, the Oxford Swans which started at the Ormerod Special School. As the number of swimmers expanded we moved the sessions to the local public pool and now run 2 sessions at different public pools in Oxford.

In the 1970s a number of volunteers from Oxford Swans attended the Halliwick Basic (now

called Foundation) and Advanced Courses at the special school in Brent. In those days we were able to stay overnight in the school – bringing our own lilos, sleeping bags etc. One memory of this was getting locked out and having to climb a fence to get in a side entrance. Joan Martin was given a helping hand over the fence! I can't see that sort of thing happening now with health and safety rules!

A number of us from Oxford Swans were encouraged to become lecturers. In 1982 we were passed as a group but eventually some of us became recognised in our own right, so as a Halliwick lecturer I have run courses in the UK and in many countries abroad.

A number of Halliwick Lecturers, known as Custodians, who had worked with Mac in the early days of Halliwick were responsible for developing Halliwick. This group decided to expand and form an Education Committee of the Association of Swimming Therapy (now called the Halliwick Association of Swimming Therapy (Halliwick AST)) with representatives from different ASTRAs. I was one of those on this Committee and eventually became the Chair of this Committee, a post I still hold to this day.

I am also a member of the Executive Committee and hold the fancy title of 'vice-president'.

In 1989 and again in 1990 James McMillan (Mac) came and stayed at my home with my family and me. He was back in England (he had been working abroad for a number of years) to lecture on two 5-day courses that I had organised in Oxford. These were memorable

occasions. Mac would lecture all day in the class room (other than the pool sessions) with the only aids being a blackboard, chalk and duster – he didn't like white boards nor flipcharts and never used overheads (PowerPoint hadn't been invented and doubt he would have used it!). With his talking and drawings on the blackboard he kept us awake and interested. In the pool sessions he could be a hard task-master! He expected perfection from the participants. I remember him shouting at one participant who was working with another participant and he couldn't get her attention, or that's what he thought. Eventually he shouted "Why don't you look at me?" and she responded "because you said we were never to take our eyes off the 'swimmer' we are working with!" He never shouted at a nun who was on the course (I think he didn't think this would be the 'done thing') nor me. When my daughter asked why he didn't shout at me he said "You never shout at the General in front of the troops!" I have never been thought of as a General before!!

In 1994 the inaugural meeting of the International Halliwick Association (IHA) was held which I was privileged to attend. Since then I have been a member of the IHA Education and Research Committee and for a number of years was the Chair of this Committee.

Through Halliwick I have made many new friends and have learnt a lot about working in the water, chairing meetings, writing papers etc, etc. Thanks to all of those who have helped me - the Custodians, Lecturers, Instructors and swimmers.

*We really
need your
help! ...*



As an association, our aim is to support our members and to promote and encourage water skills and swimming for disabled people but, we only have limited resources and we really need your help!

As an association, we work on:

- **Development** - developing and sharing ideas and information about water skills and swimming for disabled people through the Halliwick Concept.
- **Education** - developing and running courses on the theory and best practice of the Halliwick Concept.
- **Swimming** - supporting affiliated swimming clubs and groups, who teach disabled people water skills and swimming. We also organise and oversee National Championships that take place each year.
- **Publications** - As part of all of the above, we develop and produce publications on a whole host of different topics relating to water skills and swimming for disabled people through the Halliwick Concept.

All of that takes an enormous amount of time and commitment from people working with us on our various committees.

There is the Executive Committee (which oversees the running of the association as a whole), the Education Committee (which develops ideas and best practice for water skills and swimming for disabled people using the Halliwick Concept), the Competitions Committee (which oversees swimming competitions and galas within the association) and the Publications Committee (which develops and produces a range of publications relating to the association's work).

If the association's work is to continue, then we really need more people to join us and help!

Although we will continue to do the very best we can with the limited resources that we have, without more people joining us and helping us with our work, it is unlikely that the association will be able to continue to provide the services that it does.

If you think you might be able to help us, even if it is only for a few hours at a time, then please get in touch with us as soon as possible. Our contact details are on page 6 of this newsletter.

**We would really appreciate any help you can give us.
Without you, we may not be able to continue!**

Halliwick AST

Annual General Meeting ...

Date : Sunday, 24th April 2016

Time : 11am Start, Followed by Lunch

Venue : ADKC Centre (address on page 6 of this newsletter)

It is very important that as many members of the association as possible attend the AGM ...

This is the main annual meeting of the association and it is where important decisions are reached on how, and by whom the association is run, and what work the association does.

It is your chance to have your say!

Ideally, each region of the association should have at least 2 people attend as representatives. If you are not sure which region of the association you are in, then take a look at our website at <http://halliwick.org.uk/contact-us/halliwick-astras/>. As we have said elsewhere in this newsletter, we really need your help to continue the work of the association and attending the AGM of the association is one way that you could start to get involved. Part of our discussion will concern how to develop and sustain the work of the association for the benefit of its members.

To help you in attending, we will reimburse reasonable travelling expenses of up to 2 attendees from each region. There will also be lunch and refreshments provided at the meeting.

Please return the tear-off slip below to indicate whether or not you are attending the meeting. We need to know whether or not you are attending **by 15th April 2016** so that we can cater accordingly. Alternatively, or if you have any queries regarding the meeting, then please email admin@adkc.org.uk.

Halliwick AST Annual General Meeting - Sunday, 24th April 2016 - Response Form

Please Return by 15th April 2016 to: Halliwick AST, C/o ADKC, Whitstable House, Silchester Road, London, W10 6SB or by email to admin@adkc.org.uk.

I am able* / unable* to attend the AGM (*delete as appropriate) (indicate number) ____

(indicate number) ____ people will require lunch and refreshments

Name _____ Club/Group _____ Region _____

Email Address _____ Postal Address _____

Signature _____ Date _____

News of Our Committees ...

Since our November 2015 Newsletter, the Executive Committee of Halliwick AST has met just once, in January 2016.

Other committees have also met including the Education Committee. The Education Committee have been reviewing *Registration/Course Fees/Lecturer Fees for 2016* and these are as follows:

Foundation Courses	<i>as before</i>
Affiliates	<i>£400.00</i>
Non Affiliates	<i>£650.00 for 12 participants</i>
	<i>£800.00 for 16 participants</i>
	<i>£1200.00 for 24 participants</i>
	<i>(The reduced fee for affiliated organisations becomes available on payment of the third annual affiliation fee – i.e. two full years of affiliation.)</i>
Day Workshops	<i>as before - £250.00</i>
Course Fees	<i>increased to £400.00</i>
Lecturers' Fees	<i>increased to £350.00 per day</i>

Following feedback at the 2015 National Championships, it has been decided that, for the time being at least, we will return to the presentation of perpetual trophies for each race at our National Championships. However, this issue is to be consulted on and reviewed further in the coming months.

Much of the Executive Committee Meeting in January 2016 was concerned with the development of Halliwick AST as an association and how we can best grow and develop to the benefit of our members. As a result of this discussion, it has been agreed that we are looking to organise an event for members within clubs, principally Chief Instructors or equivalent, where we can explore various aspects, such as best practice within clubs, problem solving, publications and other materials available and required and so on, with the aim of becoming more useful to clubs and ensuring that information is shared.

Watch this space and our website at www.halliwick.org.uk for more news on that!

Dates for Your Diary ...

Sunday 24th April 2016 – AGM and Executive Committee – London – **SEE PAGE 4**

Saturday 17th September 2016 – Executive Committee – London

Saturday 15th October 2016 – National Championships (Southgate, North London)

Upcoming Halliwick AST Courses ...

There are several upcoming Halliwick AST Courses and you should always check our website at www.halliwick.org.uk for the latest information. Discounts to course fees may be available for those affiliated to Halliwick AST for more than 2 years.

Foundation Course – London, UK

May 2016 (final dates to be confirmed but to be held over 2 weekends – 4-day course)

Cost per participant £400-00

See <http://halliwick.org.uk/2015/12/14/london-halliwick-ast-foundation-course-announced/> or email alison.skinner@hotmail.co.uk for further information.

Foundation Course – Hull, UK

2nd/3rd and 9th/10 July 2016 (4-day course – 2 consecutive weekends) Cost per participant £400-00

See <http://halliwick.org.uk/2015/11/29/halliwick-ast-foundation-course-announced-2/> or email gill.willgx@btinternet.com for further information.

Foundation Course – York, UK

22nd to 25th August 2016 (4-day course) Cost per participant £400-00

See <http://halliwick.org.uk/2015/12/01/york-halliwick-ast-foundation-course-announced/> or email philippuckrin@gmail.com for further information.

Advanced Course (Applying and Teaching Halliwick Skills) – Wales, UK

21st to 24th October 2016 (4-day course) Cost per participant £400-00

See <http://halliwick.org.uk/2016/02/28/advanced-course-teaching-and-applying-halliwick-skills-announced/> or email sarahdavies2110@gmail.com for further information.

Foundation Course – Wiltshire, UK

23rd to 26th October 2016 (4-day course) Cost per participant £400-00

See <http://halliwick.org.uk/2016/01/21/wiltshire-halliwick-ast-foundation-course-announced/> or email pgalloway1@gmail.com for further information.

**Halliwick
AST**

C/o ADKC
Whitstable House
Silchester Road
London
W10 6SB, UK

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**.