



Halliwick AST Newsletter November 2016

PROMOTING SWIMMING FOR DISABLED PEOPLE USING THE HALLIWICK CONCEPT

Message from the Chair ...

by Will Wyatt

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

Firstly, I must apologise that, owing to several factors, we were not able to produce a May newsletter this year – I hope you didn't miss us too much!

Things have been busy as usual since our previous newsletter in March 2016. We have been continuing our work in the various committees and we also held our National Championships on 15th October 2016. There is lots of news on that on [pages 4 and 5](#) of this newsletter.

So that we can continue all that we do, we are repeating our plea for help on [page 3](#), and we really would appreciate hearing from you!

Our series, 'My Halliwick Story ...', continues on [page 2](#) and, this time, comes from a helper at Oxford Swans Swimming Club, one of our affiliated swimming clubs.

There are several Halliwick AST Courses taking place in the coming months and details can be found on [page 7](#) of the newsletter. 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 6](#) of the newsletter. **For the latest information, you should always check our website at www.halliwick.org.uk.**

Not least, we are very excited to be planning a workshop for affiliated clubs and groups and, although things are still being planned at the moment, more information is on [page 8](#) of the newsletter – we are planning an exciting and productive day and would really love as many people to come as possible.

I will close by wishing you all the best and all good wishes for the Christmas and New Year season which will very soon be upon us!



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My Halliwick Story ...

by Seoho (Michael) Song

So how did my involvement with Halliwick begin?

I am a helper at Oxford Swans Swimming Club in Oxford.

I became aware of Oxford Swans by being a gym user at the Ferry Leisure Centre where the club meets and, every Saturday, I would walk past the turnstile to watch the Swans in action.

I became curious, and one day, I mustered the courage to approach Jan, who was running the session that day, to ask about the organisation's activities and how I could join.

I have been an avid swimmer all my life, and I did not realise I could use this talent to help other people; I was unexpectedly delighted by this possibility.

In my first week with Swans, I interacted with many swimmers of varying capabilities, and I learned so much about how best to help each individual. However, one thing that I found common to everyone I helped was the joy they experienced just by being in the water. I was honoured to

become a part of this happiness. I found that volunteering at Swans also involved a great deal of interaction with other helpers and organisers, all of whom I found extremely friendly and helpful.

Not only did I quickly feel a sense of belonging in the Swans community, but I also enjoyed being in the pool, perhaps just as much as those whom I helped.

In retrospect, I frequently took my ability to swim for granted. I learned how to swim at an early age, and I could never imagine myself being unable to swim, or even being discomforted by the water. Swans has helped

me to be grateful for my swimming abilities, and it has shown me a way I can help others love being in the water as much as I do. For helping me realise this, and accepting me into its wonderful community, I would like to express my sincerest gratitude and my deepest sense of attachment for Oxford Swans.

I am proud to be a Swan!



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 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 7](#) of this newsletter.

We would really appreciate any help you can give us;
without you, we may not be able to continue!

Halliwick AST

National Championships 2016 ...



photographs courtesy of Steve Peace

What a fun afternoon we had at this year's national championships, hosted by Halliwick ASTRA 1 in Southgate, North London.

4 Halliwick ASTRAs (regions) took part: Halliwick ASTRA 1 (Greater London—North of the River Thames); Halliwick ASTRA 2 (Greater London—South of the River Thames, Kent Surrey and Sussex); Halliwick ASTRA 5 (Yorkshire); and Halliwick ASTRA 8 (Cheshire, Staffordshire and Shropshire).

It was great to see so many take part and swim so well.

Final placing was as follows:
Halliwick ASTRA 5 (49 points);
Halliwick ASTRA 1 (43 points);
Halliwick ASTRA 2 (37 points);
Halliwick ASTRA 8 (29 points).

That means that this year's national champions are **Halliwick ASTRA 5** and their team received the **Barnardo Trophy**.

Congratulations to Halliwick ASTRA 5 in what was an exciting afternoon of swimming!

There are lots of photographs of the event on our website at halliwick.org.uk and results by race are shown on the next page ...



Here are the results, by race ...

Girls' 1 Length			
1st—Georgia Jones (2)	2nd—Jessica Wortley (5)	3rd—Vanshi Gunesh (1)	4th—Frankie Fair-Hill (8)
Boys' 1 Length			
1st—Michael Simm (5)	2nd—Shane Gunesh (1)	3rd—Jack Lyons (2)	4th—Zack Beeston (8)
Ladies' 1 Length			
1st Collette McEvoy (2)	2nd—Lizzy Waite (8)	3rd—Sharon Kill (1)	
Men's 1 Length			
1st—Martin Wells (5)	2nd—Andrew Lo (8)	3rd—James Bowers (2)	4th—Damon Bentley (1)
Girls' 2 Lengths			
1st—Alicia Thelwell (8)	2nd—Vanshi Gunesh (1)	3rd—Sophie Carter (5)	Katie Morgan (2)
Boys' 2 Lengths			
1st—Shane Gunesh (1)	2nd—Declan Bolan (8)	3rd—Jamie Hale (5)	
Ladies' 2 Lengths			
1st—Sarah Shutt (5)	2nd—Anne Crouch (1)	3rd—Rhiannon Hicks (2)	4th—Gaynor Tonks (8)
Men's 2 Lengths			
1st—John Andrews (1)	2nd—Ben Nicholls (5)	3rd—Ben Goldberg (2)	4th—Niyall Bolan (8)
Girls' Championship			
1st—Sophie Carter (5)	2nd—Maria Leung (1)	3rd—Kiera McNary (2)	4th—Hollie Cooke (8)
Boys' Championship			
1st—Thomas Raddings (5)	2nd—Shea Dutton (8)	3rd—Connor Page (2)	4th—Ashi Sekeran (1)
Ladies' Championship			
1st—Anne Crouch (1)	2nd—Sarah Shutt (2)	3rd—Rhiannon Hicks (2)	4th—Beverley Stoddart (8)
Men's Championship			
1st—Oliver Peace (5)	2nd—Jonathan Harrison (8)	3rd—Ben Goldberg (2)	4th—Gary Genender (1)
Junior Relay			
1st—Rashi/Aayush/Ashi/Maria (1)	2nd—Georgia/Jack/Katie/Connor (2)	3rd—Michael/Jamie/Tyler/Thomas (5)	4th—Amelia/Zack/Sam/Alicia (8)
Senior Relay			
1st—Martin/Ben/Sarah/Oliver (5)	2nd—James/Rhiannon/Vincent/Ben (2)	3rd—Gary/John/Anne/Stephen (1)	4th—Thomas/Andrew/Beverley/Jonathan (8)
League Final 2016			
1st—Gaynor/Alec/Tracey (8)	2nd—Damon/Stephen/ John (1)	3rd—Millie/Daniel/Tyler (5)	4th—Keira/Rhiannon/Vincent (2)

Well done everybody!

News of Our Committees ...

Since our newsletter in March 2016, the Executive Committee of Halliwick AST has met twice, in April 2016 and in September 2016. The Annual General Meeting of the association also took place in April 2016. The Education Committee and the Publications Committee of Halliwick AST have also met.

Here are some of the highlights of our meetings:

- We had a productive Annual General Meeting on 24th April 2016 and reports of that meeting as well as information on those elected and appointed at the meeting can be found on our website at <http://halliwick.org.uk/contact-us/halliwick-ast-executive-members-trustees/>. It was agreed at the meeting that, for those members taking advantage of our insurance scheme, premiums would remain unchanged for another year, to be reviewed in 2017.
- The Executive had productive committee meetings on 24th April 2016 and 17th September 2016: It has been agreed that as from 2017, course certificates issued will be valid for a period of 5 years so that those with Halliwick qualifications are encouraged to keep their skills and training up-to-date. Work on our data protection policy continued. Much of the work of the Executive committee focused on the planning of the Halliwick Workshop (see [page 8](#) of this newsletter – we would love to hear from you!) and plans are continuing.
- The Education Committee had a very productive meeting on 1st October 2016 followed by a seminar the following day. Work on all aspects of Halliwick education and training continues.
- The Publications Committee had a very productive meeting on 16th October 2016, work having been ongoing throughout the year updating various Halliwick AST publications. Details of all of our publications can be found on our website at <http://halliwick.org.uk/resources-for-halliwick-ast/publications-2/>.

Dates for Your Diary ...

Saturday 21st January 2017 – Executive Committee Meeting – London

Sunday 23rd April 2017 – AGM and Executive Committee Meeting – London

Saturday 16th September 2017 – Executive Committee Meeting – London

Everyone is welcome to attend Executive Committee Meetings and the AGM
email halliwickast.chair@gmail.com for time and venue details

Upcoming Halliwick AST Courses ...

There are several upcoming Halliwick AST Courses and you should always check our website at <http://halliwick.org.uk/courses-training/> for the latest information on courses and training. Discounts to course fees may be available for those affiliated to Halliwick AST for more than 2 years.

Foundation Course – Oxford, UK

January 2017 – 4-day course – Cost per participant £400-00

See <http://halliwick.org.uk/2016/10/11/oxford-halliwick-foundation-course-announced/> for further information.

Foundation Course – Hull, UK

February 2017 – 4-day Course – Cost per participant £400-00

See <http://halliwick.org.uk/2016/09/30/hull-halliwick-foundation-course-announced/> or email gill.will9x@btinternet.com for further information.

Foundation Course – Newcastle-Upon-Tyne, UK

March 2017 – 4-day Course – Cost per participant £400-00

See <http://halliwick.org.uk/2016/11/01/newcastle-upon-tyne-halliwick-ast-foundation-course-announced/> or email david.palmer@hadrian.newcastle.sch.uk for further information.

Foundation Course – North London, UK

March 2017 – 4-day Course – Cost per participant £400-00

Email at.skinner@ucl.ac.uk for further information.

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

July 2017 – 4-day course – Cost per participant £400-00

See <http://halliwick.org.uk/2016/09/30/advanced-course-teaching-applying-halliwick-skills-announced/> or email gill.will9x@btinternet.com for further information.

Foundation Course – York, UK

August 2017 – 4-day course – Cost per participant £400-00

See <http://halliwick.org.uk/2016/11/01/york-halliwick-ast-foundation-course-announced-2/> or email philippuckrin@gmail.com for further information.

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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**.

Halliwick AST Workshop

For Affiliated Clubs and Groups ...

- ❖ 2017 – date to be confirmed
- ❖ All day event, likely to be in London
- ❖ Lunch and refreshments provided

We have been discussing how we could engage more with our members and provide them with greater support.

So that we can hear what our members think, we are planning a workshop and inviting every affiliated club/group to send a representative.

The aims of the workshop would include:

- ❖ club representatives meeting to create a support network;
- ❖ to share common issues with clubs and discuss possible solutions;
- ❖ to discuss how the Halliwick AST could better help members;
- ❖ to consider how we might involve more members in the Halliwick AST organisation;
- ❖ to share best practice and 'brainstorm' ideas for the future development of Halliwick AST and its members.

The venue is likely to be in London (as it tends to be easier to get to from different parts of the country), but we are open to suggestions. We would provide lunch and refreshments and be open to helping with reasonable expenses of attending.

Please let us know if you would be interested in coming along to what we hope will be a very enjoyable and productive event. It would be helpful if you would return the tear-off slip below, as soon as possible.

We look forward to hearing from you!

Your name	Your club/group and your position/delegation in club/group
Your address (include postcode)	Your telephone number
Your email address	Your signature
How many from your club/group will be attending?	Are there any dates you would NOT be able to attend a workshop?
<p>Please return as soon as possible:</p> <ul style="list-style-type: none"> ❖ BY POST TO: Halliwick AST, C/o ADKC, Whitstable House, Silchester Road, London, W10 6SB, UK ❖ OR BY EMAIL TO: halliwickast.chair@gmail.com 	