



HALLIWICK AST

NEWSLETTER

JUNE 2019

PROMOTING SWIMMING FOR DISABLED PEOPLE USING THE HALLIWICK CONCEPT

Message from the Chair ...

by Will Wyatt

Welcome to the June 2019 edition of the Halliwick AST Newsletter.

A lot has been happening here and it amazes me how much my friends and colleagues do on our executive and other committees! Since our last newsletter in March, we have held our annual general meeting (AGM) and it was great to see people attend and contribute with ideas which we can develop and take forward.

There is a lot in this newsletter for you to read (and, I hope, enjoy). You can read a bit about what we got up to at our AGM, a bit about how our Treasurer got involved with Halliwick, a bit about Ann Thomson, who has been awarded an MBE and a bit about Halliwick Penguins Swimming Club, the first Halliwick swimming club, this year celebrating its 70th birthday! There is information on upcoming courses too, and more ...!

All we do is to support our members using Halliwick to teach swimming and water activity to disabled people. That includes this newsletter and our website at www.halliwick.org.uk which has some great resources for clubs and others. If you want to contact us about anything to do with Halliwick, then please do. Equally, if you can help us, we would love that too. We have limited people and resources and do sometimes struggle. We have lots of ideas about how we can develop the association for our members but more people to help us achieve what we want to would really be appreciated. Just get in touch and I'm sure we can find something for you to do that would really make a huge difference to us and our members. Our contact details are on the back page of this newsletter.

I wish you all a very happy summer; here's hoping that the weather improves!



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My Halliwick Story ...

by Gill Wilkinson

I am treasurer to Halliwick AST. My Halliwick Story starts many years ago when I met Beryl Kelsey. We both started as cadet nurses at the same hospital and continued to be friends, often long-distance friends, over the decades.

Prior to 2006 I had never heard of the Halliwick Association of Swimming Therapy, but it was then that I found out that Beryl had been a senior Halliwick lecturer for many years.

When I retired, I embarked on a local computer course with the U3A and then at a college. After completing this course, a chance remark to Beryl that I had done all this work and had no real use for it, resulted in her asking if I would like to help her with the paperwork/computer work for Halliwick Astra 5 courses where she lectured. Little did I know what it would lead to!

Through sending out literature to course members, I learned a great deal about the Halliwick Concept. Swimming for me in the past had been a weekly dip in the local pool where I was the one who kept her head above water so my hair didn't get wet! Not very 'Halliwick' and I did learn a lot when I attended the weekly Optimists' swimming sessions at a later date!

I helped with these courses and then was asked if I could also take over from the treasurer of her local club, Hull Optimists. My favourite subject at school was maths so I agreed to give it a try and still remain treasurer.

Another chance remark to my friend resulted in her suggesting that I ask Halliwick AST if I could do anything to help. This led to my being asked if I could be treasurer as the then treasurer was retiring. It was with some trepidation that I agreed. The sound of being treasurer of a National Charity was daunting, but my love of figures got me through, plus the support of other members.

My routine work as treasurer involves keeping paper copies of income and expenditure and entering the figures on spreadsheets. I check the bank statements and deal with cheques coming in and going out. When Halliwick AST meetings and Education meetings are imminent, I write financial reports and send them to the other Trustees. At the end of the year I total up the figures and these plus the files go to the independent examiner to be checked before sending to the Charity Commission. I check the stock figures from the publications and equipment as they too are included in the final accounts.



If anyone has some time to spare, Halliwick is looking out for volunteers like you or your friends and relatives. For instance, my family helps at the poolside at the annual regional gala. Help in local swimming clubs, galas, administration, advertising courses by email, being a trustee – all would be useful to Halliwick. And, if anyone fancies my job ...?!

The picture is how I see myself (although it is usually in front of a computer screen, not hiding away behind a delicious afternoon tea!).

Ann Thomson, MBE ...

We are delighted that our very own Ann Thomson has been honoured by Her Majesty the Queen in this year's Birthday Honours List, being awarded an MBE for services to physiotherapy education and disabled people through swimming exercise. You do so much for us Ann, and the Honour is well-deserved! Congratulations from us all!



Halliwick is 70 Years Old! ...

This year sees the first Halliwick swimming club in the world celebrating its 70th birthday! Halliwick Penguins Swimming Club was begun in 1949 by James ('Mac') McMillan MBE and Phyl McMillan MBE with just 12 girls from a school for disabled girls in Enfield, UK. The club is still going strong and we have asked one of its members, Wendy Berry, to write a little bit about what the club means to her and her son, Martin.

My son, Martin Berry, is now 35 years old and has been a member of Halliwick Penguins SC in Southgate for almost 30 years. He has very severe learning disabilities and autism. Thanks to the famous Halliwick approach, he was soon taught to swim independently and now his swimming is one of the most important things in Martin's life.

Halliwick Penguins is a wonderful club, available to any person with a disability. It is run totally by volunteers, for whom I have so much respect. We have made some friends for life, and I am truly grateful for the work of instructors and supporters.

For Halliwick Penguins to still be such a thriving and successful organisation after 70 years is truly remarkable and something which we must all celebrate.

I shall always remember Phyl McMillan MBE, who welcomed us when we first joined the club. She was such a dynamic individual, already an elderly lady when I first met her, tiny in stature but full of strength and vitality. She inspired everyone to achieve their maximum, and even managed to get me to compete in swimming galas! Today, we no longer have Phyl, but many of the same officers who volunteered so selflessly 30 years ago are still active in the club today. So, Janet Jones BEM, Jackie White MBE, Eva Salisch, Edward O'Byrne and William Wyatt – we thank you. You are all amazing and inspirational people!

One of the very special things about Halliwick Penguins is that it is a club which welcomes disabled people of any age. This means that for those who join as young children, the pleasure of swimming does not stop, and they can continue to be members for as long as they wish. I still swim with my son every Saturday, and it is the highlight of our week.

So, congratulations, Halliwick Penguins, 70 years of achievement and joy! May you continue to flourish and empower people with disabilities to enjoy the pleasures and freedom of swimming.



Celebrating 70 Years!

Halliwick AST National Championships 2019 ...

It will soon be time for the Halliwick AST National Championships and we are really excited and looking forward to having regions compete with each other again, this year to become champions for 2019!

This year, Halliwick ASTRA 15 will be defending their 2018 title and will be hosting the event in Ebbw Vale, Wales on **19th October 2019**.

The event will take place at

Ebbw Vale Sports Centre, Lime Avenue, Ebbw Vale, Wales, NP23 6GL.

Doors open at 1.30 pm and the gala is planned to start at 2.00 pm.

Entry forms will be sent to regions nearer the time, but for now put the date in your diary and start to get your team ready for what promises to be another exciting event!

Congratulations to Catherine Kelsey ...

On being our newest Halliwick recognised lecturer, being recognised by Halliwick AST and the International Halliwick Association.

Well done, Catherine!



Halliwick AST AGM Held On 07/04/2019 ...

- We elected and appointed a great team of people onto our executive committee and you can see who they are at <https://halliwick.org.uk/contact-us/halliwick-ast-executive-members-trustees/>. We still need help though, so if you are interested then please get in touch!
- Following our successful 'Halliwick Event' in London in May 2018, we are looking to plan another event, hopefully to be held in 2020. We are still in the early stages of planning this though, so watch this space!
- Our next Executive Committee Meeting will be on 14/09/2019 in London. You can see all upcoming dates at <https://halliwick.org.uk/affiliation/upcoming-dates/> where there are also links to further information about things that are happening.

Upcoming Halliwick AST Courses ...

There are a number of upcoming Halliwick AST Courses available at the moment so don't forget to book **your place!** Discounts to course fees may be available for those affiliated to Halliwick AST for more than 2 years. Details of the cost of each course can be found on our website by following the links below.

Foundation Course – York, UK

August 2019 – 4-Day Course

See halliwick.org.uk/2019/01/09/york-and-hull-halliwick-courses-for-2019-announced/ or email kelsey59@kelsey59.karoo.co.uk for further information.

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

August 2019 – 4-Day Course

See halliwick.org.uk/2019/01/09/york-and-hull-halliwick-courses-for-2019-announced/ or email kelsey59@kelsey59.karoo.co.uk for further information.

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

October 2019 – 4-Day Course

See <https://halliwick.org.uk/2019/05/01/halliwick-ast-advanced-course-announced-barry-wales/> or email jenniferw7@hotmail.com for further information.

Foundation Course – Oxford, UK

November 2019 – 4-Day Course

See <https://halliwick.org.uk/2019/06/14/oxford-halliwick-foundation-course-announced-2/> or email ann_gresswell@hotmail.com for further information.

It is hoped that further courses will be available soon including a Foundation Course in London, so keep checking our website at <http://halliwick.org.uk/courses-training/> for the latest information and updates on courses and training.

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Contact Us ...



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- 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**.