



Halliwick AST Newsletter January 2024

**PROMOTING SWIMMING FOR DISABLED PEOPLE
USING THE HALLIWICK CONCEPT**

Message from the Chair ...

by Will Wyatt



Welcome to the January 2024 edition of the Halliwick AST Newsletter.

I wish a very happy new year to all our members and am looking forward to a 2024 full of Halliwick!

It has been some time since our last full newsletter; we aim to produce one regularly but that has slipped recently and we will try to do better! That said, our website (www.halliwick.org.uk) is regularly updated and I hope that members regularly visit our website and make use of it. Members can also join us on our social media pages and I would particularly direct members to our Halliwick Community Forum Facebook Group

(<https://www.facebook.com/groups/5155366197829688/>). Please join and get involved in the discussion. It's a great way for us to

connect and start discussions about what is going on in our Halliwick community.

It is a delight to see that our clubs and groups have come through the very difficult days of the pandemic and are now back 'up and running'. We have been as busy as usual, with our executive and other committees meeting regularly. We also held the Halliwick AST National Championships on 28/10/2023, superbly hosted by Halliwick ASTRA 1 in Enfield, North London. You can read more about that on pages 3-4 of this newsletter.

There is lots in this newsletter for you, which I hope you find useful and interesting. Not least, on the next page there is a very interesting 'My Halliwick Story' from Sarah Cox, our newly elected Chair of Halliwick AST's Education Committee. We thank Ann Gresswell most sincerely for her many years in that role, and for an incredible job well done. Happily, Ann will continue to give us the benefit of her great knowledge and experience, on both the Education and Executive Committees.

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My Halliwick Story ...

by Sarah Cox

I was training as a physiotherapist at the Middlesex Hospital and University College London Medical School in the early 1990's and was used as a 'model' to demonstrate upthrust (in a mushroom float) by my university lecturer, Alison Skinner, who is also a Senior Halliwick Lecturer. Little did I know that was actually my first introduction to Halliwick!

Learning by doing, as much or as little as we were able, and gently being guided onto more challenging water activities all the time, whilst having fun and feeling the effects of the water, was a fantastic part of training as a physiotherapist; it confirmed my professional direction of using water throughout my career.

I also met Beryl Kelsey (another Senior Halliwick Lecturer and now appointed as Emeritus Lecturer by the International Halliwick Association (the IHA)) whilst attending my Halliwick AST Foundation Course in Hull in the mid-2000's, and have been using Halliwick techniques and principles in a more formal way ever since.

I have been an active member of the Aquatic Therapy Association of Chartered Physiotherapists (the ATACP), and have linked with Swim England and their drive to connect with water wellbeing. When sitting on the National Co-ordinating Committee for Disability Swimming (to which Halliwick AST belongs) I met Ann Gresswell (another Senior Halliwick Lecturer and now appointed as Emeritus Lecturer by the IHA) and her drive and passion for Halliwick was evident.

As a confessed optimist, I believe there is a place for different specialist services, clubs, and inspiring individuals in the water, for wellbeing and health space. Ann Thomson MBE (another Senior Halliwick Lecturer) was the person who inspired me to complete a Halliwick AST Advanced Course and then to train as a Halliwick Lecturer.

It has been a journey which, with its challenges, has allowed me to dive deeper (pun intended) into the world of tutoring and lecturing across the UK. I teach undergraduate physiotherapists about aquatic physiotherapy, I have been involved in the ATACP Foundation Course training and training up new lecturers, and, in 2022, I graduated from the University of Cambridge with a PG Cert in Clinical Research,



Education and Leadership. One of my current proudest achievements is the new e-learn module on the NHSE Learning Hub, which is about aquatic activity and swimming for health. This is now available on general access.

My Halliwick journey continues and I am now ready to take on the challenge of chairing the Education Committee of Halliwick AST so that it continues its work on sharing the principles of the Halliwick Concept, in the UK and further afield. With the guidance of Ann Gresswell and other lecturers, I hope to work on the Foundation Course and its application process. I have a list of 'to-dos' (I love a list) which includes understanding and evaluating the needs and demands of our members regarding training and education. Making sure that Halliwick AST produces training that is relevant and fit for purpose is vital. That the Halliwick Concept stays prominent and in the public consciousness regarding disability swimming, and that it is the 'gold standard' of education for taking anyone in the water is also vital. I especially want to increase links and cross-working with other organisations and charities, so that we can all share experiences and learn from each other.

I have loved the water since my dad took me into the sea aged ten days' old (I was born in Bahrain), and I have adored the way water changes attitudes, engagement and socialising since finding the Halliwick Concept.

National Championships 2023 ...

What a fun afternoon we had at the 2023 National Championships, hosted by Halliwick ASTRA 1 in Enfield, North London on 28/10/2023.

Four 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 8 (Cheshire, Staffordshire and Shropshire); and Halliwick ASTRA 15 (Wales).

It was great to see so many take part and swim so well. Results by race are on the following page of this newsletter. Here are some photos (more can be viewed at <https://halliwick.org.uk/2023/10/28/congratulations-to-halliwick-astra-15/>).



Results By Race, Showing Place, Name and Region ...

Girls' 1 Length			
1st—Eva Yoxall (8)	2nd—Carys Goddard (15)		
Boys' 1 Length			
1st—Edward Taylor (8)	2nd—Kaileh Spenser (15)	3rd—Giovani Ngehda (1)	
Ladies' 1 Length			
1st—Nina Joannou (1)	2nd—Nadiene Dyne (15)	3rd—Sarah Galloway (2)	4th—Cheryll Blocksidge (8)
Men's 1 Length			
1st—Colin Cushing (2)	2nd—Damon Bentley (1)	3rd—Brad Bevan (15)	4th—Zac Beeston (8)
Girls' 2 Lengths			
1st—Holly Willis (15)	2nd—Annabelle Marriot (8)		
Boys' 2 Lengths			
1st—Salas Yahia-Messaoud (1)	2nd—Jake Morgan Hays (15)	3rd—Miles Starkey (8)	
Ladies' 2 Lengths			
1st—Sinead Dobbins (8)	2nd—Nicola Evans (2)	3rd—Ann Crouch (1)	4th—Bethan Dally (15)
Men's 2 Lengths			
1st—Darren Crouch (1)	2nd—Ethan Carroll (8)	3rd—Tom Burley (15)	4th—Graham Petifer (2)
Girls' Championship			
1st—Courtney Clement (15)	2nd—Heidi Tomkinson (8)		
Boys' Championship			
1st—Ethan Dally (15)	2nd—Miles Starkey (8)		
Ladies' Championship			
1st—Mandy Dunne (8)	2nd—Megan Robinson (15)	3rd—Ann Crouch (1)	
Men's Championship			
1st—Stephen Crouch (1)	2nd—Brad Kingsley (15)	3rd—Jonathon Shaw (8)	4th—Kevin White (2)
Junior Relay			
1st—Keira D/Theo/Keira R/Holly (15)	2nd—Annabelle/Miles/Eva/Heidi (8)		
Senior Relay			
1st—Damon/Ann/Darren/Stephen (1)	2nd—Sam/James/Nick/Brad (15)	3rd—Andrew R/Brian/Andrew L/Beverley (8)	4th—Nicola/Derek/Graham/Michael (2)
League Final 2023			
1st—Sinead/Andrew L/Jonathon (8)	2nd—Tim/Lucas/Andrew (15)	3rd—Sarah/Colin/Kevin (2)	4th—Damon/Stephen/Darren (1)

Final placing was as follows: **Halliwick ASTRA 15** (49 points); **Halliwick ASTRA 8** (44 points); **Halliwick ASTRA 1** (33 points); and **Halliwick ASTRA 2** (13 points). That means that this year's national champions are **Halliwick ASTRA 15** and their team received the **Barnardo Trophy**. **Congratulations to Halliwick ASTRA 15** in what was an exciting afternoon of swimming!

Well done everybody!

The **National Championships 2024** are being hosted by Halliwick ASTRA 8 on **Saturday, 19/10/2024** at **Crewe Lifestyle Centre, Moss Square, Crewe, CW1 2BB** – put the date in your diary!

Dates for Your Diary ...

27/01/2024

- **Halliwick AST Executive Committee Meeting** via Zoom. All members welcome. Email halliwickast.chair@gmail.com for information.

09/03/2024 (provisional date to be confirmed)

- **Halliwick AST Education Committee Meeting.**

25/03/2024 - 28/03/2024

- **Halliwick AST Foundation Course**, Rhondda Cynon Taff, Wales. See <https://halliwick.org.uk.2023/08/25/halliwick-ast-foundation-course-rhondda-wales-announced-2/> for details.

28/04/2024

- **Halliwick AST Annual General Meeting 2024 followed by Executive Committee Meeting.** These will be hybrid meetings, with some attending 'in person' (venue to be confirmed) and others attending via Zoom. All members welcome. See below for further information.

12/10/2024 (provisional date to be confirmed)

- **Halliwick AST Education Committee Meeting.**

19/10/2024

- **Halliwick AST National Championships 2024.** Hosted by Halliwick ASTRA 8 at Crewe Lifestyle Centre, Moss Square, Crewe, CW1 2BB. Further details to follow nearer the time.

Dates are regularly added and updated on our website at <https://halliwick.org.uk/upcoming-dates/> so remember to keep checking.

HALLIWICK COMMUNITY FORUM

The Halliwick Community Forums we have held have been popular and they're a great way to share and discuss Halliwick ideas and issues, so keep an eye out for our next one being planned in 2024!

Halliwick AST Annual General Meeting 2024 ...

This is the opportunity for members of Halliwick AST to have their say in how the association is run and by whom. We would like to see as many members attend as possible therefore, whether you are from an affiliated club or group, and whether you are a swimmer, helper or instructor.

The meeting will take place on Sunday, 28/04/2024, beginning at 11 am and will be a hybrid meeting. That means that some will be attending 'in person' (at a venue to be confirmed, probably in London) and others will be attending via Zoom.

If you would like further details, please contact halliwickast.chair@gmail.com.

Publications & Equipment ...

There are lots of useful things available, including a wide range of publications, information and DVDs. There are also badge charts and proficiency badges (and certificates if you would prefer to award a certificate as well as/instead of the badges) for swimmers passing their Halliwick AST proficiency badges.

Our publications and equipment order form can be downloaded at www.halliwick.org.uk/orderforms/.

Publications are updated regularly, and all is designed for people working with the Halliwick Concept. If you have not looked at what's available yet, take a look at www.halliwick.org.uk/resources-for-halliwick-ast/publications-2/.

If you would like to nominate someone in your Halliwick club or group for an award from Halliwick AST ...

We have created a number of awards to recognise the work that people do up and down the UK – take a look at www.halliwick.org.uk/affiliation/halliwick-ast-awards/

STOP PRESS!

Very many congratulations to **Ann Gresswell** and **Beryl Kelsey**. Both are Senior Halliwick Lecturers, and both have now been recognised by the International Halliwick Association (the IHA) as **Emeritus Halliwick Lecturers**. We offer our huge congratulations to Ann and Beryl on very well-deserved appointments.

Newsletter
January 2024

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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 X 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 for England and Wales, charity number **250008**.