



Halliwick AST

Newsletter

June 2024

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

Message from the Chair ...

by Will Wyatt



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

I write this just as it looks as if summer is finally about to begin – let's see how long it lasts!

I start with the exciting news of some brand new videos! Firstly, we have produced **'Making Waves, Changing Lives'**, publicising the work of Halliwick AST. Secondly, but just as importantly, for those working with swimmers when taking swimmers through their Halliwick AST Proficiency Badges, there are three badge videos. See [page 4](#) for details.

We have been as busy as usual, with our executive and other committees meeting regularly, and we're really looking forward to the Halliwick AST National Championships 2024, which are to be hosted by Halliwick ASTRA 8 in Crewe on 19/10/2024. Dates for your diary and other notices appear on [page 3](#) 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 fascinating **'My Halliwick Story'** from Dawn Moore, which gives a 'real life' example of how Halliwick really does change lives!

As I always say, 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.

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My Halliwick Story ...

by Dawn Moore



Hello, I'd like to share with you how my daughter, Charlotte, and I became involved with Halliwick.

When I was in primary school, our school was

attached to a SEN school for severely disabled children. Once a week some of us were chosen to help the children in their school pool. Being a very competent swimmer at a young age, I was regularly chosen to go and help, and I absolutely loved the experience even though I was only around 8 years old at the time. We made lovely friendships with the children, and it gave us a good early education on inclusion, even back in the early 1970s. I then attended Watford Grammar School for girls, where we had our own pool and had a programme with another SEN school, where they would come to our pool and a group of us were committed every week to work with the children from the school in the water. Once again, this was a fantastic opportunity for all involved and extremely rewarding. Once I left school, I had a career in dentistry and not only was I able to do dental nursing, but I was also a dental health educator and specialised in working with disabled people and managing their oral health with adaptations to suit.

In 1996, I gave birth to my eldest daughter, Charlotte. Charlotte was a tiny, beautiful baby, but didn't meet the milestones very well. Charlotte was later diagnosed with autism as well as other conditions. In 2000, we moved to Paignton, Charlotte was aged six. Charlotte was based in an SEN unit with six other pupils (all boys, as it was more common for boys to have a diagnosis of autism than girls). The class were awarded a National Lottery grant towards swimming lessons. Charlotte could already swim, but they had a lovely instructor, (who had a son with Fragile X syndrome who also joined the class). I helped with the sessions in the water. Had we known about Halliwick at the time, we would have made contact with Pamela Wood in Halliwick ASTRA 10.

In 2006, we moved to Wales. The first thing that I did was enquire whether there might be somewhere that was suitable for disabled swimming. I was put in contact with Rhondda Polar Bears Disabled Swimming Club, who are affiliated to Halliwick AST. We were made extremely welcome and were shown a different way of teaching, using parts of the Halliwick Concept. It wasn't long before Charlotte started entering galas, and I was welcomed on to the club's committee. At this point I also started my early years practitioner career, and worked with the Children's Disabled Team and Children's social services; this gave me added experience in working with disabled children and adults, alongside their families and other outside agencies. Over the past few years, since joining Polar Bears Disabled Swimming Club, I have been involved with their committee, and became their Vice-Chair. Charlotte has won many medals, including being Welsh Regional Champion twice and, last year, finally taking part in the National Championships.

In the summer of 2021, when we were coming out of the lockdown period, I was asked if I could help out more at regional level, and I was also asked if I'd like to attend a Halliwick AST Education Meeting. I went along with Chris Economides. and it was there that I met with the rest of the Halliwick AST Education Committee. I must admit that I felt like a rabbit caught in the headlights! However, everyone was absolutely lovely and, somehow, I found myself agreeing to be Ann Thomson's assistant, I am still wondering how that happened! I have gone on to participate in a Foundation Course and an Advanced Course, and am currently on the Trainee Lecturer path with Halliwick AST. I have helped deliver many workshops and Foundation Courses. My Halliwick work keeps me extremely busy, and, in March 2023, I made the decision to close my own business (offering passive exercise to disabled and elderly people), so that I could focus on my Halliwick studies. I never thought I would be in a position to do my 'dream job' and what I love doing best, helping disabled people, and giving something back to the community.

Ann Thomson and I make a great team as well as having formed a close friendship, and Alison Skinner is the best cook ever, so I always look forward to staying as a guest at their house! As for Charlotte, she just loves to be in the water. Charlotte says it brings her peace from anxiety and that swimming is the best thing in the world. We are both pictured above.

Dates for Your Diary & Other Notices ...

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!

22/07/2024 - 25/07/2024

- Halliwick AST Foundation Course, Rhondda Cynon Taff, Wales. See <https://halliwick.org.uk/2024/03/06/halliwick-ast-foundation-course-rhondda-wales-announced/> for details.

21/09/2024

- Halliwick AST Executive Committee Meeting. Via Zoom. Everyone welcome.

06/10/2024

- Halliwick AST Education Committee Meeting. Via Zoom.

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.

16/11/2024

- Halliwick AST Education Seminar (for Lecturers and Trainees).

25/01/2025

- Halliwick AST Executive Committee Meeting. Via Zoom. Everyone welcome.

27/04/2025

- Halliwick AST Annual General Meeting 2025, Followed by Executive Committee Meeting. Via Zoom. Everyone Welcome.

18/10/2025

- Halliwick AST National Championships **2025**. Hosted by Halliwick ASTRA 15 (Wales).

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!

We're planning for an 'in person' Halliwick Event in 2025, especially for Halliwick clubs and groups.

Keep an eye out on the website for details which will be published as soon as possible!

We're Really Excited That New Videos Are Now Available! ...

- **Making Waves, Changing Lives:** This is a free short video to show to anyone who might be interested in helping out at a Halliwick club or group. You can view it at <https://halliwick.org.uk/2024/06/11/making-waves-changing-lives/>, and please feel free to share!
- **Teaching and Testing Halliwick AST Proficiency Badges:** There are three **brand new videos** available to purchase from Halliwick AST, at £10 each or £25 for all three. The first video concentrates on the **Red Badge**, the second on the **Yellow Badge**, and the third on the **Green Badge**. Each video demonstrates the badge's curriculum to assist in taking swimmers through each of the badges in turn. They are an ideal companion to Halliwick AST's updated publication, 'Teaching and Testing Halliwick AST Proficiency Badges', now in its seventh edition, also available to purchase. See <https://halliwick.org.uk/2024/06/16/new-videos/> for details.
- Our **updated** publications and equipment order form can be downloaded at www.halliwick.org.uk/orderforms/.

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/

The International Halliwick Association (the IHA) Has a Newsletter Too! ...

You can download it at <https://halliwick.org.uk/2024/06/16/iha-education-research-newsletter-june-2024/>

Newsletter June 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**.