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## *Dear All*

You will have received the news that I will be leaving Cambridgeshire Hearing Help at the end of the financial year in March 2017. This is not yet the time to make a farewell speech, but you may be interested to know I am currently taking a course in Hearing Therapy so I will not be leaving this field of work altogether. I have also been elected to the Board of Healthwatch as a Non-Executive Director. Healthwatch is the organisation that represents patients' interests within the NHS and care sector.

This is the time of year when we focus on fundraising. Thanks to the excellent work of Jenny Tootal we have managed to increase the level of local grants from Parish Councils and local Trusts by almost £3,000 this year. The Lions Club (Huntingdon and Grafham Water) have also very generously donated £300, following a short talk I gave to them in Brampton, but we still need to cover our income and expenditure gap. Small sums of money really do add up. So please think about how you might encourage people to donate to us this Christmas time. Perhaps your local church or social club would like to support us as their chosen charity?

There is also still time to register your or your family's online Christmas purchases with easyfundraising <http://www.easyfundraising.org.uk/how-it-works/>. Furthermore we very much appreciate a legacy or donation from funeral collections which is a fitting way of being remembered after your volunteering days are ended. There is an opportunity to sign up for the sponsored walk at Grafham Water in May (details below). I have already collared my sister to walk with me and could be bringing the dog although it may be a step too far for such a lazy hound!

Here is an interesting fact about how charitable Britain compares to the rest of the world. CAF's latest World Giving Index shows that the UK is Europe's most generous country but still lags behind the developing world. The survey shows Myanmar is more generous and volunteering is more common in Turkmenistan than in the UK.

The Equipment Demo at the Commemoration Hall in Huntingdon was the most successful event we have had outside the Cambridge area, with 44 visitors who all needed good advice. So well done to the equipment team and the PR and Fundraising Group who all worked hard to bring in the public.

The Addenbrooke's audiologists, Elizabeth and Jan, completed another marathon session for us at the end of November with refresher training and open fit training. We discussed the familiar range of hearing aids and problems we have in retubing with, for example, very narrow apertures. We also heard about new hearing aids coming into the NHS repertoire such as receiver-in-the-canal aids for people who have a hearing loss just outside the open fit range.

We have a new office volunteer, Rachel, who now works on a Monday. She is helping us to get up to speed with the database amongst other office duties.

Pauline Marsh will be starting lip-reading classes in January in the CDA bar room (drinks not included!). We cannot afford to offer this for free so there will be a small charge of £6 per session payable for five sessions in advance. But I hope that the people who benefitted from Addenbrooke's classes will be able to join in the new service. There are to be two classes, with a maximum of 15 people in each class, on Fridays. If you know of anyone who would like to join, please contact the office.

We are running a new volunteer training course in Brampton in February to boost the team in the Huntingdon District, so if you know of anyone who would like to join us please encourage them to ring the office to book a place.

Thank you for all your work in 2016 and have a very Happy Christmas.



## *Frances*

### *Congratulations*

Ruth Godden, Managing Professional Advocate, who has won Health Worker of the Year Award, pictured opposite, at the Cambridge News Community Awards, Homerton College.

Ruth's advocacy work encompasses representing many deaf people in health related circumstances. Her award recognises her extraordinary achievements and track record in supporting the local deaf community in our area and in particular in Cambridgeshire.

Well done, Ruth!



### *Safari Walk at Grafham Water, Huntingdon*

Every year, Huntingdon Grafham Water Lions Club holds a walking event called "Grafham Water Safari", next year's date is **Sunday 21st May 2017**. Anyone can walk the 10 miles, or alternatively 3 miles which is suitable for wheelchair users, to raise funds for a charity of their choice. Alan Jones, our President, is doing the walk to raise funds for us. Maybe you would like to join him? You can now register by going to the Virgin Giving Webpage and find the charity Cambridgeshire Hearing Help, then follow the link. Or if you prefer not to use the online way, sponsorship forms will shortly be available from the office.



Taking a walk a day is kind of like that proverbial apple: There's a good chance it'll keep the doctor away".  
<http://www.prevention.com/fitness/benefits-walking-every-day>

## Audiology News

There are some significant changes in the way audiology is organised in Cambridgeshire. Hinchingsbrooke Hospital are no longer providing a service for patients with a straightforward hearing loss – that is without any complications that might require a specialist service. These cases now come under Specsavers. Addenbrooke's will follow this and will no longer be taking new cases, they will continue the repair service until March 2017. However, both Hinchingsbrooke and Addenbrooke's Hospitals will continue to provide a service for paediatrics, balance, tinnitus and other hearing losses that relate to more complicated conditions.



Specsavers are no longer providing a batteries by post service. Cambridgeshire Hearing Help also do not offer this service except for people in emergencies. We continue to provide the free replacement for NHS users at our Hearing Help Sessions which run throughout the county. Batteries can also be obtained from the Mobile Library which have 4 vans covering the whole county.

Any patients who are unclear about which service to use should telephone the contact number for the organisation that originally provided the hearing aid, and they will then be directed to the right provider. There may be some cases which are unclear, and patients who are not satisfied with the provider must contact their GP.

## Button Batteries Pose 'deadly' Risk to Toddlers

**It is very important that we keep hearing aid batteries out of the reach of children. The article below makes sober reading.**

**Surgeons are warning of the potentially deadly risk posed to young children by button batteries.** If accidentally swallowed, the small, round batteries can get lodged in the oesophagus and burn a hole through its lining. London's Great Ormond Street Hospital has seen a big increase in cases in the past year. Surgeon Kate Cross said: *"Button batteries should be treated like poison and kept out of reach of children."*



Great Ormond Street Hospital says a decade ago they rarely treated button battery injuries, but there has been a dramatic rise recently, and now are seeing about one child a month. Kate Cross, consultant neonatal and paediatric surgeon said: *"If the battery gets enveloped in the mucosa of the oesophagus it creates an electrical circuit and the battery starts to function, releasing an alkali which is like caustic soda, which can erode through the wall to the windpipe. If the battery is facing a different way it can burn into the aorta, a major blood vessel, and there have been cases in Britain where the child has bled to death. That is why it is important to get the message out to parents but also other health professionals because this is a time critical problem."*

Katrina Phillips, Chief Executive of the Child Accident Prevention Trust, said: *"Button batteries are everywhere in our homes, in many products that appeal to children. But very few parents know about the danger they pose, especially those containing lithium. We want to join forces with the battery forces with the battery industry to raise awareness and help keep children safe."*

In 2014, engineers in the US produced button batteries with a special coating which conducts electricity only when squeezed, such as when it is in a spring-loaded compartment. However, the technology has yet to be incorporated by manufacturers. The British and Irish Portable Battery Association (BIPBA) said it was investigating such designs. BIPBA said it *"takes the safety of consumers very seriously"*, adding that warning notices are placed on batteries and packaging is child resistant.

<http://www.bbc.co.uk/news/health-37410343>

## Our Busy Volunteers...at the Equipment Demonstration in Huntingdon.



Presenter, Peter Rogers from Huntingdon Community Radio HCR 104 FM with volunteer, Diane Edwards who he interviewed on his radio show to publicise CHH and the equipment demo.



Eric Brown



**Comment from a visitor:** "Sue Stanley was very helpful with choice of telephones, and we appreciated Paul's welcome and help with parking too!"

## Welcome to Rachel



I have recently started doing voluntary working in CHH office. I enjoy it and am finding it rewarding being able to contribute in my own small way to a very worthy cause. Also it's been a great opportunity for me to rediscover my long lost skills after spending years at home looking after my children.

Sewing is a passion of mine: I have been sewing since I was a young child and when my children were little I started making things for them and now run a small business, selling home sewn gifts and accessories, called "Oh Sew Sweet". I sell online and at craft fairs throughout the year, which are great fun. I also enjoy reading/watching crime thrillers, jigsaw puzzles, long country walks and family holidays by the seaside. We used to live in Dorset, a beautiful part of the country, so try to go back there when we can. Any excuse for a cream tea!

## Meet the Team - Q. and A. with Frances Dewhurst

### What is your work for CHH?

I have been the Director since June 2008.

### Why did you choose to work for this charity?

I wanted to work with older people as I really enjoy listening to people's life experiences. I needed a job in Cambridge as I was very involved in helping to raise my niece and nephew who lived here. It was just chance that I came across a job that required someone who was interested in hearing loss and that I wore hearing aids. I was amazingly lucky.

### Whom would you most like to meet and why?

Elizabeth Fry the 19<sup>th</sup> Century Prison Reformer. She worked for people who the rest of society had rejected and put rehabilitation at the centre of her work. She also managed to have 11 children so she must have been extraordinarily healthy and energetic.

### What makes you cross?

Sweets for sale at the checkout at a low level for children to be tempted by. You can see parents struggling to say "No" but being overwhelmed by trying to manage both the shopping and thwarted children in a public place.

### What makes you happy?

Where to start?.....Walking my dog, Charlie, on a clear morning before work, cooking a meal for people I love, and being told how much the work of CHH is appreciated by users.

### If you had supernatural powers what would you change in the world?

I would adjust our DNA so we had an extra ability to understand other people's point of view. At the moment we seem to be going in the opposite direction.

### What message would you like to leave to the next generation?

Listening is as important as hearing.



Charlie

## *New Trustees*

Please could you consider standing as a Trustee for CHH or help us to find someone who would be a good Trustee? We only have 5 Trustee's at the moment, which is not enough for the smooth running of the charity. The number of meetings a year varies, but it is normally around 6, although at times, such as the present when recruiting for a new director, the number of meetings is greater. Contact Frances at the office or Roger Hill, Chair of Trustees, ☎ 01353 740021, if you would like to know more.

## *Diary Dates*



Fri 13 <sup>th</sup> January	Lip Reading Classes commence Venue: Cambridgeshire Deaf Association, 8 Romsey Terrace, Cambridge, CB1 3NH. Time: 10.30am to 12.30pm or 1.30pm to 3.30 pm Cost: 10 classes per term - £30 payable in advance per half term. <b>Booking required.</b>
Thurs 16 <sup>th</sup> & Fri 17 <sup>th</sup> Feb Wed 22 <sup>nd</sup> & Thurs 23 <sup>rd</sup> Feb Thurs 2 <sup>nd</sup> & Fri 3 <sup>rd</sup> March	Volunteer Training Venue: St Mary Magdalene Church Hall, Church Road, Brampton, PE28 4PF Time: 10am
Last Friday of each month	Demonstration of Hearing Help Equipment at our Hearing Help Session Held at St Andrew's Street Baptist Church, Cambridge, CB2 3AR. Opportunity to try out specialist hearing equipment or discuss your Hearing difficulties with a trained volunteer. Drop in between 10.00am – 12 noon.

*We wish you all a very happy Christmas*



*From Fran, Gaynor, Frances, Melanie and Ruth*

Chair: Roger Hill 01353 740021 Vice Chair: Ruth Kern 01954 202093