

## Newsletter

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# CAMBRIDGESHIRE HEARING HELP

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## *Dear All*

We had a lively and interesting AGM, with the guest speaker Jackie Ashley. She spoke movingly about growing up in a family with a profoundly deaf father, the MP Jack Ashley, and the struggles he had to get appropriate support to carry on his work in Parliament. Jack was born with sound but lost his hearing completely in the course of a routine operation. The whole family was involved in learning to lip-read and tried signing, but everyday communication remained difficult. His need to understand debates in Parliament led to the development of the role of the palan-typist which is now used widely where simultaneous written copy of speech is needed. At the age of 70 Jack had a cochlear implant which greatly improved his quality of life, and Jackie and her siblings now work closely with charities promoting the development and use of implants. It is great news that Jackie is moving to Cambridge and we hope to see her again, supporting our work here.

The current Board of Trustees were elected unanimously and I am very grateful to all of them for their willingness to carry on the work of keeping the organisation going. Melanie ensured the event ran smoothly and Veronica organised the volunteers to provide cakes and desserts which were delicious.

Neither Fran nor Gaynor could be present but they asked me to pass on their thanks to all the volunteers for their hard work. I was delighted to be able to give Joan White a certificate for 20 years work as a volunteer in Burwell. Barry Davies and Sue Imrie received 10 year awards at the event. Margaret Forster, Sue Kruczynska and Ron Loewenbein were unable to attend to receive their awards but these will be presented to them later.

Graham from Cambridgeshire Alliance for Independent Living thanked CHH for allowing him and his team to attend hearing help sessions to collect data on the concerns of people with disabilities, and Elizabeth Hough from Addenbrookes thanked the volunteers for their work on behalf of the audiology teams.

**Joan White  
20 Year Award**



**Sue Imrie – 10 Year Award**



**Barrie Davies – 10 Year Award**



**Frances, Ruth Kern & Jackie Ashley**



**Jackie Ashley**



**...and what would we do without  
the tea ladies?**

I was very pleased to attend the Cambridge and District Volunteer Centre 25 year celebrations in volunteer week in June. We were invited to bring 2 volunteers from the area who have made exceptional efforts towards our work. All the volunteers are exceptional in their own way so it was hard to decide.

This year we chose Jenny Tootal who gave so much time to fund raising for the concert in the Spring and who also works in the office and in sessions, and Roger Pepper who is such a stalwart supporter of CHH in the South Cambridgeshire area with work in both hearing help sessions and home visits. Councillor Gerri Bird awarded the certificates and Dame Fiona Reynolds, who used to run the National Trust, gave a talk about the value of volunteering.



**Roger Pepper & Jenny Tootal with Frances at the celebration**

We are having a rethink about how we deliver our information and support for assistive equipment as some of the recent Equipment Demonstrations including the one recently in Chatteris have not been as successful as we had hoped. The people who attended have been very pleased and given very good feedback so the events have made an impact, but they are expensive to run and we are reviewing better ways of getting to more people. This could include more of the mini demos or attending events run by others. Watch this space for more and different activities.

## *Frances*

## *The Care Act*

The Care Act came into force in May of this year. It makes wide ranging changes to the way that care is delivered in the future. The emphasis is on the wellbeing of individuals and this is looked at in the widest possible context including their environment and social networks and covers physical, emotional and psychological wellbeing. There is a great emphasis on preventing the need for support and this is reflected in the County Council's programme, Transforming Lives which aims as far as possible, to protect people from needing high levels of care by putting resources in at an early stage. For the first time the needs of Carers are recognised in legislation

It also updates the scope of adult safeguarding again with the emphasis on the wellbeing of the person in need of protection, engaging that person as far as possible in all discussions about their case and the alleged abuse. Our Safeguarding policy is in the process of being updated to reflect the changes and a new version will be circulated shortly.

## *Audiology News – message from Hinchingsbrooke*

Soon we will no longer be issuing brown battery books as they are going to be discontinued from our supplier. Instead we will be issuing a battery leaflet (made by ourselves) which will include all the relevant information on service user hearing aid, battery type, local CHH session, when their 6 month retube is due, and a lost aid policy...etc.

Every 3- 4 years at their reassessment hearing aid users will be issued a new leaflet.

## *Tinnitus Research*

Anglia Ruskin are conducting research into tinnitus and would like to hear from anyone with tinnitus who wants to join in the research. It is an online e-learning study about techniques to help manage tinnitus. Participants login to a secure website where they obtain information and spend time practising the suggested techniques. The screening starts in September 2015 and the programme after this. It is fairly in depth, running over 8 weeks. It is aimed at people who are significantly bothered by tinnitus and therefore willing to set aside time each day towards working at diminishing the impact it has.

To find out more contact [tinnitusuk@anglia.ac.uk](mailto:tinnitusuk@anglia.ac.uk) or [www.conqueringtinnitus.co.uk](http://www.conqueringtinnitus.co.uk). Or contact Frances who can put you in touch with the team.

## *The History of Lip-reading classes in Cambridge.*

After being asked by a student when lip-reading classes started in Cambridge, I was astonished to discover that they have been running uninterruptedly for over 63 years. They were started by Dorothy Parry, who was one of the first tutors trained by the National Institute of the Deaf (later RNID) to support war-deafened servicemen.

Classes were set up by Addenbrooke's Hospital in 1951, initially in Tennis Court Road, then at Outpatients (where Brown's restaurant is now) until that closed, when they moved to the Hearing Rehabilitation Centre at 1, Lensfield Road. Daytime classes flourished with people attending from a wide area around Cambridge, and an evening class was popular for working people. Dorothy was herself moderately deaf, so she understood the needs of her students from personal experience, and encouraged hard work which brought good results. She retired from teaching at the age of 70 in 1978, when, as many of you will know, she became a founder-member of CAMTAD. She worked tirelessly as a volunteer for 10 years, and was awarded an OBE for community work amongst hearing-impaired people in Cambridgeshire.

Dorothy's successor was Ivy Court, who trained in 1975 on one of the earliest courses held at the City Lit Centre for Deaf People in London. Ivy set up new LEA classes in local colleges, then, when Dorothy retired, took over the hospital classes, which by this time were held on every day of the week. In 1982, Margaret Pickerill became Ivy's trainee, & started her career teaching in Hertfordshire. In 1991, Ivy moved to work at the Cochlear Implant Centre, and Margaret took over most of her classes, which had moved to the Audiology Department on the new Addenbrooke's site. For a short while Stephen Maclean, a Hearing Therapist, shared the teaching.

### **Dorothy Parry**



In 1995, Margaret left teaching to join Ivy at the Emmeline Centre, and Brenda Elcome took over her work at the hospital. Brenda had earlier established other classes funded by Cambridgeshire County Council, in the Cambridge area. By this time the number of classes at Addenbrooke's had fallen to two, both on a Monday. Various rooms in & around Audiology were used, but there was pressure on space, so the groups were moved to the large and light Seminar Room by the F & G wards. Brenda retired from teaching in 2009 and I was appointed as her successor.

Writing this history has made me wonder how many hundreds of hard of hearing people in Cambridge and surrounding area have benefitted from joining lip-reading classes over all these years?. Each tutor has had their own teaching style but their common aim has been to provide tailored practice in observation skills, and to share coping tactics for situations which can be difficult for deaf people. Above all, class members become part of a supportive group, gain a lot of confidence and have fun!

*Joy Badcock ~ Lipreading tutor,  
Audiology Department, Addenbrooke's Hospital.*

## *Research into Background Noise perception.*

Our last June edition of the newsletter had an article about nerve damage to the ear causing “hidden hearing loss”. New research carried out partly in Cambridge, has been published, that further explores the difficulties of speech perception in older people that may not be directly related to hearing loss. .

The research was a combined project by Dr Christian Fullgrabe, Dr Brian Moore and Michael A Stone, and looked at a group of older people with “normal” hearing and compared their speech perception to a control group of younger people, especially looking at their ability to discriminate speech in noise.

The results showed that the older group generally found this more difficult and that this was therefore not related to deterioration in the functioning of the cochlear but to other causes, and confirms that speech in noise discrimination declines with age. The paper calls for the development of further tests for speech discrimination beyond the standard audiology tests and therapies that help with cognitive strategies independently of hearing aid provision.

<http://journal.frontiersin.org/Journal/10.3389/fnagi.2014.00347/full>

## *Save the Date - Volunteers' Tea Party*

Following the success of the 35 year celebratory tea party in 2013, the Trustees would like to invite you to a tea party which will be held on Wednesday 7<sup>th</sup> October, 2.30pm – 4.30pm at The Maltings, Ely.

Please save the date.

We will be sending out an invitation nearer the time.



## *In Memory*

I am very sorry to tell you that Robin Shoult, a volunteer in Soham died in June. Robin attended one of the early volunteer training courses that I delivered as a very nervous newcomer to CAMTAD, so I remember with gratitude his tolerance of my early beginnings and willingness to join the team. We will miss him.

## *Message from Fran Mills*

Now that I have stopped working for the Sensory Services Team you can no longer reach me on the old mobile number. Please ring the office on 01223 416141 with any messages for Fran.

## *Residential Home visits*

Please ensure the Returns record sheets are sent into the office with the name of the Residential Home clearly stated and within a month of the visit. This helps us to process the data as quickly as possible and to keep a clear picture for the future ongoing work of CHH.

## Heat Wave ~ message from Frances

The government has given guidance on good practice in a heat wave and asked us to pay particular attention to frail older people with cardiovascular or respiratory conditions. Keeping as cool as possible is vital and where people have mobility problems, it is very important they don't remain in hot poorly ventilated rooms. Opening and shading windows can make a big difference to the temperature.



## Dates for your diary

Monday, 27 <sup>th</sup> July	10am – 12 noon	Opening of new Hearing Help Session St. Raphael Club, Love Lane, Wisbech. PE13 1HP (4 <sup>TH</sup> Monday of each month)
Monday, 27 <sup>th</sup> July	2pm – 4pm	Opening of new Hearing Help Session St. Peter's Church, High Street, March. PE15 9JR (4 <sup>th</sup> Monday of each month)
Wednesday, 29 <sup>th</sup> July	2pm – 4pm	Mini Demonstration of Equipment The Limes, Bassingbourn, Royston. SG8 5ND
Monday, 10 <sup>th</sup> August	10am – 12 noon	Opening of new Hearing Help Session Tesco Community Room, Cromwell Road, Wisbech. PE14 0RG. (2 <sup>ND</sup> Monday of each month)
Tuesday, 25 <sup>th</sup> August	2pm – 4pm	Mini Demonstration of Equipment Methodist Church Hall, Ely. CB6 1AD
Thursday, 17 <sup>th</sup> September		Volunteer Training starts Bluntisham
Thursday, 24 <sup>th</sup> September	2pm – 4pm	Mini Demonstration of Equipment Vicarage Close Community Room, Vicarage Close, Melbourn, Royston. SG8 6DY

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