

Founded in 1978 under the name of CAMTAD, our mission is to reduce the impact of hearing loss on people's lives across Cambridgeshire.

Our dedicated team of 5 part-time staff and 115+ volunteers provide a range of services/activities to approx. 6,000 people with hearing loss, and their family and friends. These include 43 community-based NHS hearing aid maintenance 'Hearing Help' sessions across the county, and NHS hearing aid maintenance home/residential home visits. This work is a lifeline for those who face barriers to accessing mainstream audiology services for routine NHS hearing aid maintenance because they are older, frail, and have other disabilities or live in rural areas. We also provide information/advice about hearing loss, awareness-raising talks/stalls, peer support and lip-reading classes.

To find out more, visit our website: www.cambridgeshirehearinghelp.org.uk or contact us directly ☎ 01223 416141, Text: 07852 699196. ✉ enquiries@cambridgeshirehearinghelp.org.uk
Cambridgeshire Hearing Help CIO, 153 St. Neots Road, Hardwick, Cambridge, CB23 7QJ.

Registered Charity No 1154071

A Warm Hello to all our Readers.

This year got off to a positive start at our bright new office in Hardwick. The move from our old premises at Romsey Terrace, Cambridge, which we rented for many years, went relatively smoothly. I would like to give a big thank you to all the staff who worked above and beyond to ensure the smooth transition. I would also like to pass on a special thank you to: David Hodge, Alan Jones, Barbara Atkins, Stuart Atkins, and Isobel Hambleton who kindly helped to decorate the old premises; Rob Lombardi and Paul McCloskey who built our flat pack furniture; Bob Andrews who dedicated hours to connecting up our telephones and IT; and painter/decorator Alan Leader who tackled the tricky stairwell at a hugely discounted rate. (☎01223 563233/07771703804 or ✉ alanjleader@hotmail.co.uk).

We have very gratefully received a number of donations from individuals, groups, and organisations over the last few weeks, which are presented on our 'Donation Wall'. As part of our work to significantly step up our fundraising to manage ever increasing demand for our services, we are always on the lookout for potential new supporters/funders. If you are interested in donating, we have a new fundraising page on the back of this newsletter to make it much easier for you to give a one-off donation, or a regular donation.

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Legacies & Donations

We can also provide you with a simple form to complete to leave a legacy gift in your Will. If your group or company is interested in supporting us, please do get in touch with me.

One easy and enjoyable way you could support us is by getting involved in our Grafham Water Safari Sponsored Walk at 10am on Sunday 13th May. There is a choice between a 3 or 10 mile walk around Grafham Water, surrounded by 2,400 acres of beautiful countryside. Any amount of sponsorship you raise will make a real difference. Please read on for further information.

I hope you enjoy the news and updates in this newsletter. It includes an enlightening article about the importance of lip-reading and lip-reading classes in Cambridge, kindly written by Alan Hayhurst from the Cambridge Mayfield Lip-reading Group. We also have information about peer support groups, including our new Hear for You social group in St Neots, the Cambridge Hard of Hearing Club, the Cambridgeshire Cochlear Implant Social Group, the Cambridge Tinnitus Support Group, and Cambridgeshire Deaf Association's social clubs and meets. Meeting with peers socially can make such a difference to those of us who have hearing loss/deafness because peers can better relate to one another, offer practical advice and suggestions that professionals may not know about, and increase our sense of belonging.

With very best wishes,

Amanda Morgan



**A new Social Group for people with Hearing Loss and their family and friends
@ The Cloisters, The Priory Centre, Priory Lane, St. Neots, PE19 2BH**

These will be held on:

Wednesday 27th June, 12.30pm to 2.30pm
Wednesday 26th September, 12.30 to 2.30pm
Wednesday 19th December, 12.30 to 2.30pm

We will be able to advise you on ways to manage hearing loss, including use of assistive technology.

Free entry and a free cup of tea/coffee

Cambridgeshire Hearing help's volunteer, Norman Hardy, will be running this group.
He can be contacted by email: norman@normanaldridge.plus.com or ☎ 07514 914664

Other Peer Support/Social Groups

Cambridge Hard of Hearing Club is a monthly social gathering for people with hearing loss. It meets on the last Thursday of every month, 2pm to 4pm at the **Meadows Community Centre**, 1 St Catharine's Road, Cambridge, CB4 3X.



If you are experiencing problems with hearing, needing help or feeling isolated due to related hearing issues, please do go to a meeting or get in touch.

26th April 2018 AGM followed by Actor Geoff's travelling theatre

31st May 2018 The 300th Anniversary of Capability Brown

Talks are supported by speech to text and also an induction loop system in the meeting room.

Webpage: <http://groupspaces.com/CambshOHClub/>

Email: information.hohclub@gmail.com

Written correspondence to: 29 Stretton Avenue, Cambridge, CB4 3ES

Cambridgeshire Cochlear Implant Social Group (CCIS) is a group of cochlear implant users and those who are working towards cochlear implant implantation. They meet quarterly over free tea/coffee and cake in Cambridge to discuss all things CI and much more. All brands of CI users and candidates are welcome, plus a friend. To find out more about the next meeting date and to reserve a space, contact Colin by email: colin@stansted-training.co.uk.

CCIS also run a Facebook peer support group, which enables members to share their CI experiences: <https://facebook.com/search/top/?q=Cambridgeshire%20Cochlear%20Implant%20Social%20Group>

Cambridgeshire Tinnitus Support Group meets 5 times a year on Saturday 10am, for a 10.30 start. The aim of the group is to encourage a positive outlook and coping strategies for living with tinnitus. Please visit the webpage for more information: <https://www.cambstsg.com/>. The contact person for this group is Alan Yeo by email: mga978@hotmail.co.uk ☎ 01223 243570.

Cambridgeshire Deaf Association runs a number of clubs, coffee mornings, and pub meets across Cambridgeshire for those who are deaf. Visit their website to find out more: <https://cambdeaf.org/community/>. Email: office@cambdeaf.org. ☎ 01223 246237
Text: 07879 402981. Office address: 8 Romsey Terrace, Cambridge, CB1 3NH.



[Follow Cambridgeshire Hearing Help on FaceBook and Twitter](#)

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[@CambHearingHelp](#)

Lip Reading Classes in Cambridge

It is usually thought that lip-reading is so difficult to learn that there is no point in even thinking about it. This means that lip-reading skills are usually only considered necessary for the profoundly deaf, rather than for the “hard of hearing”. Of course, the evidence is that lots of people, even with hearing-aids, actually do enjoy learning lip-reading and benefit immensely from it. There are even many, who use lip-reading every day without realising it. Quite strikingly there is an increasing need for lip-reading classes. This arises, because even those with hearing-aids, do have problems hearing, especially against background noise. This often happens, for example, if you’re working in an open-plan office or a noisy work-shop or talking with softly spoken people. Also, many social gatherings are noisy, so again hearing is then difficult. In particular, holding a conversation can be impossible in a restaurant with music or other background noise. If you have encountered these sorts of problems, you would be well advised to learn some lip-reading. Certainly, it can be extremely useful in getting you to understand speech in noisy and other difficult situations. In fact, learning to lip-read is fun. Another thing is certain: if your hearing is getting worse, it is better to start lip-reading sooner rather than later; this applies whether or not you use hearing aids.

Where then, can you learn lip-reading in Cambridge now that it is no longer taught in the Audiology Department at Addenbrooke’s due to financial cuts? There are two different places at the present time. During working hours, classes are offered termly by Cambridgeshire Hearing Help on Thursdays 1.30pm to 3.30pm at St. Andrews Street Baptist Church, Cambridge, CB2 3AR. The next term commences on 26th April 2018. Places can be booked by contacting ☎ 01223 416141 or by email: enquiries@cambridgeshirehearinghelp.org.uk. These classes were started in 2017 and are free. They are taught by a fully qualified lip-reading teacher, covering the standard course. Booking is required, but you can join these classes at any time during the term.

Also, Cambridgeshire County Council has a long history of providing and running lip-reading classes on Wednesday evenings from 6.45pm to 8.45 p.m., so working people can attend. The programme involves 30 evenings per year during the 3 school terms at Mayfield School, Warwick Road, Cambridge, CB4 3NH. Each term involves 10 evenings, with a break at half term. Car parking is free and plentiful. Enquiries can be made to Astrid Whiskin ☎ 01223 703530 or by e-mail: astrid.whiskin@cambridgeshire.gov.uk. There is a very modest subscription. The next term begins on 25th April 2018. The group is an informal one of lip-readers of all ages, most of them using hearing aids. These classes not only teach how to lip-read, but also cover various techniques to help with all the problems of being hard of hearing. Light-hearted and varied exercises are used. Some people attend these evenings simply to maintain their skills at lip-reading; others are complete beginners. An important feature is the coffee/tea break, when the group socialises for 15 - 20 minutes and often compares notes about living with hearing loss. The sessions are run by a fully qualified teacher, who is helped by experienced members of the group to provide variety, as well as other lips to read.

Allan Hayhurst



New Volunteer Training - Why not book on our next

Hearing Aid Maintenance Volunteer Training? A great opportunity to learn a new skill, meet new people and enjoy being part of a team of people, many of whom have a shared experience of hearing loss. Our next training is on Wednesday 26th September and Thursday 27th September from 10am to 4pm. To pre book your place ☎ 01223 416141
✉ enquiries@cambridgeshirehearinghelp.org.uk.

Support Cambridgeshire Hearing Help

by taking part in our

Grafham Water Safari Sponsored Walk at 10am on Sunday 13th May 2018

**Choose between a 3 or 10 mile walk around Grafham Water.
Join our friendly staff, volunteers, and supporters,
and enjoy 2,400 acres of beautiful countryside!**



Huntingdon Grafham Water Lions Club are organising this walk
10% of all proceeds will go towards their chosen charity, Medical Detection Dogs.

**If you can join us please get in touch with Amanda Morgan at
Cambridgeshire Hearing Help**

Tel: 01223 416141 Text: 07852 699196

Email: amandam@cambridgeshirehearinghelp.org.uk

Cambridgeshire Hearing Help is a charity working across Cambridgeshire to improve the lives of people with hearing loss/deafness. Our work includes community NHS hearing aid maintenance, awareness-raising talks/demonstrations, peer support & lip-reading classes. www.cambridgeshirehearinghelp.org.uk Registered charity number: 1154071.

Living well with Hearing Loss - Frances' Blog *Are Rechargeable Batteries on the Horizon?*

It would be great to live without the hearing aid batteries in my bag. And there is the waste to consider - all those batteries being made and then disposed of, hopefully to be recycled, but still using up energy and resources. But is the rechargeable battery a realistic option for the future?



The technology for rechargeable hearing aid batteries already exists. The first went on the market nearly 20 years ago in 1999. Rather like the new electric cars there were drawbacks; they needed recharging for 6 hours, more frequently than once a day, which made them impractical. The batteries had a limited number of times they could be recharged before needing to be replaced by the audiologist, so this added to the cost of the service.

Recently however a new type of battery has been developed, lithium-ion (Li-on), which has a much quicker charging time of 30 minutes for 7 hours of use and has a life expectancy of 4 years. It is also easier to charge than the older version. This brings the rechargeable battery much closer to an everyday reality for hearing aid users whether private or in the NHS.

There are drawbacks to the rechargeable battery system. Even though the Li-on is a great improvement on earlier versions, most regular hearing aid users wear their aids for longer than 7 hours a day and ½ an hour is still a long time to wait to hear again. It could be very inconvenient to recharge if you were in the middle of a social event, whereas it is quick to replace a battery. The hearing aid user would be using their own electricity supply, which it might be cheaper for private aid users, who currently have to purchase their own batteries, but it would add a cost for NHS users. Even if small, this might deter some from using the aids as frequently as desirable. Remembering to put the aids to recharge might be challenging for people with memory problems.

But clearly rechargeable batteries will have great advantages, not least that the ritual of putting in the fiddly little things will be at an end. This is the technology of the future but when that might be isn't yet clear.

(Thanks to Emma LeBlanc, ENT & Audiology News Vol 26 No 4)

Frances Dewhurst

frances@cambshearingtheraphy.com

AGM and Volunteer Tea Party

Our Annual General Meeting will take place on Thursday 28th June, at the C3 Centre, Coldhams Lane, Cambridge, CB1 3HR. The formal meeting will be at 10.30am followed by a Volunteer Celebration Team Party from 11.30am to 1.30pm. If you would like to attend the AGM please get in touch. We will be sending invitations to all our volunteers.



Chair of Trustees: Roger Hill 01353 740021

Stagetext performance

SatG proudly presents a 'Stagetext' performance of Shakespeare's Richard III – featuring captions (subtitles) for those who are deaf or hard of hearing, on Tuesday 3rd July, 7.30pm at Jacobean Courtyard, The George Hotel, George Street, Huntingdon, PE29 3AB. To purchase tickets and enjoy this live theatre in the unique setting of the George's Jacobean courtyard - <http://satg.org.uk/tickets/>. Visit the SatG website for further information <http://www.satg.org.uk/>

Message from the office



We are very busy in the office inputting data from the return sheets onto our new database. These sheets are returned by our volunteers having been filled in at our Hearing Help Sessions, Home and Residential Care Home Visits. This is an enormous task for the office, but one we are determined to conquer. Please can you help us by completing all return sheets clearly and with full information, especially for new service users. Thank you for your help.

Support with Fundraising



Are you involved with a local group who might be able to support us with our fundraising, or help us in other ways, we would be grateful if you could get in touch. In return, we can offer hearing loss awareness-raising talks, and explore ways we could help your local community.

Donation Wall

Every donation counts and goes towards the magnificent work carried out by Cambridgeshire Hearing Help. This quarter we are delighted with the following donations/awards.....

Individual Donations £291

Balsham Plough Monday Club £500

St. Neots Town Council
£300

Nicholas Swallow
£100

Donations Tins from Hearing Help Sessions
£1,003.08

Gift Aid
£542.58

St Neots Rotary Club
£250

Cambridge Hearing Trust
£10,000

Easy Fundraising (shopping on line)
£37.94

Batterson Chivers Foundation
£1,000



Three ways you can support Cambridgeshire Hearing Help...

As a charity, we rely on charitable donations to continue our vital work. Any support you can give will make a real difference.



LEAVE A LEGACY IN YOUR WILL: If you are interested in leaving a legacy in your Will, we can send you all the paperwork you need to complete and include in your Will. It only takes a few minutes to complete. Please just get in touch with our office.



MAKE A DONATION ONLINE: Simply visit www.cambridgeshirehearinghelp.org.uk and click on the 'donate' button. You will be able to make a one-off donation or set up a standing order using your bank card/Pay Pal via our Virgin Money Giving page.

✂.....



MAKE A DONATION BY POST: If you would like to make a donation by post (e.g. send a cheque or set up a monthly standing order), please complete and return this form with any cheques to: 153 St Neots Road, Hardwick, Cambridge, CB23 7QJ.

GIFT AID DECLARATION

Please complete for all donations if you are a UK tax payer.

Boost your donation by 25p of Gift Aid for every £1 you donate! I want to Gift Aid my current donation and any donations I may make in the future or have made in the past 4 years to Cambridgeshire Hearing Help. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I will notify Cambridgeshire Hearing Help of any change in my personal circumstances, such as name and address, or that I no longer pay UK Income or Capital Gains tax.

In order to Gift Aid your donation please tick the box and complete:

I want to Gift Aid my single or regular donation of £_____ to Cambridgeshire Hearing Help

YOUR DETAILS - Please complete for all donations.

Title:..... First name:.....

Surname:.....

Home address:.....

.....

Postcode:.....

Email address:.....

Signature.....

Date.....

CHEQUES: I enclose a cheque made payable to 'Cambridgeshire Hearing Help' for the sum of £_____

Please tick this box if you would like to receive our quarterly newsletter.

STANDING ORDERS

Please complete if you wish to make a monthly donation via your Bank/Building Society account.

Name of your Bank/Building Society

.....

Address of your Bank/Building Society

.....

Sort code:

Account number:

Please set up a monthly standing order and debit my account the sum of:

£_____ per month

Starting from (date):

.....

Signature.....

Date.....

until further notice, and credit the following account:

Account Name:

Cambridgeshire Hearing Help

Sort Code: 60-83-01 Account No:

20323864

Address: Unity Trust Bank, Nine Brindleplace, Birmingham, B1 2HB

Please notify us if you: want to cancel your declaration or standing order, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

Thank you for your support, it will make a real difference.