

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. 6,500 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, lip-reading classes and Living Well with Hearing Loss Workshops.

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.
Office opening times Mon – Fri 9.30am to 1.30pm. Registered Charity No 1154071

A Warm Hello to all our Readers

As you read through this summer newsletter you will see we have been very busy over the last few months.

In April we launched our 'Living Well with Hearing Loss' project, led by Frances Dewhurst, our previous Director. This is a really exciting project funded by the Hearing Trust and Eastern Academic Health Science Network. It offers individuals with a newly acquired hearing loss and their listening partner access to a free half-day psychoeducational workshop in Cambridge. The aim of this workshop is to support participants to make informed choices about treatment, develop effective coping strategies, and connect with peers. Do read Frances' article on page 6 to find out more.

We raised over £2,000 via our involvement in the Grafham Water Lions Club's Safari Walk on Sunday 13th May, and also £499.76 from our Strawberry Fair bucket collection on Saturday June 2nd. More on page 7 and page 2.

Later on in June we launched our new website. We hope you find it clear, easy to navigate, and informative. It includes a directory of local and national services for people with hearing loss: www.cambridgeshirehearinghelp.org.uk

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Three ways to support

Towards the end of June we ran a very successful AGM where we celebrated our ever-growing achievements, and the long-term service of a number of our volunteers, including Elaine Rice, Wendy Walford, and Roger Hill who received awards for 10 years of service. We also announced that Alice Zeitlyn is long due recognition for well over 30 years of service and we will be celebrating with her over the summer. For more information about our achievements, please take a look at our latest annual report which can be downloaded from our website, or get in touch if you would like a copy by email or post.

Looking ahead, it is going to be an exceptionally busy year for us. We continue to look for funding from individuals, local groups, organisations, and companies to sustain our core services. We are also looking for new funding from Trusts and foundations to support new and innovative ways of managing the ever-increasing demand for our work. On top of that, we will likely have to re-tender for our core funding this autumn.

Most importantly, however, this autumn we will be bringing more volunteers into the fold via our two-day NHS hearing aid maintenance volunteer training. Some of the volunteers attending this training have already started at one or more of our 43 community Hearing Help Sessions and I would like to pass on a big welcome to them! We have a particularly high need for new volunteers in the following areas: Linton and surrounding areas, Cambridge: Mill Road and Huntingdon Road, Balsham, Sawtry, Whittlesey, Wisbech and March, so do please pass the word on. Please read on for more information.

With very best wishes,

Amanda Morgan, Director

Strawberry Fair

In May we were given a rather last minute opportunity to raise funds collecting at one of the gates at Cambridgeshire's Strawberry Fair at Midsummer Common, Cambridge on Saturday 2nd June. A big thank you to Gaynor, Steve, Jane, Kelly and family, Lizzie, Sue, Erica, David and John who were able to step-in and help at such short notice. We managed to collect a total of £1,999.04 at the 'Jesus Gate' entrance from 11.30am -11pm (yes, it was a very long day!!) with £499.76 (25%) coming back to our charity! We continue to be on the lookout for other opportunities such as this to help boost our funds, so please let the office know if you are aware of anything.



Left: Amanda's husband John who collected for over 7 hours!

Middle: David & Amanda taking part in Heroes & Heroines fancy dress theme.

Right: Kelly and Jane

Our Annual AGM and Volunteer Tea Party



Melanie, Office Manager with Barbara who was receiving an award for highest number of Home Visits



Paul, Trustee and long serving volunteer Veronica



Our busiest new volunteer, Joan



Elaine, receiving her 10 year award



Congratulations goes to Alice for over 30 years of service



Below, Sue and Marilyn from Cambridge City Centre HHS



Above left: well done to St Ives HHS who have seen a significant increase in attendance this year.
Above right: Roger Hill receiving 10 year award



Left, past and present Directors of CAMTAD and CHH – Amanda, Frances, Sue and Avril

Autumn Two-Day Training Course

Are you interested in becoming an NHS hearing aid maintenance volunteer at one or more of our 43 community-based Hearing Help Sessions across the county? This work requires good eyesight (with glasses) and reasonable dexterity, and a commitment of at least two hours per month. Once you have become suitably experienced, there will also be the option of providing NHS hearing aid maintenance for the housebound.

Our NHS hearing aid maintenance volunteers get great reward and satisfaction out of the work they do for two key reasons. Firstly, our service users greatly value our informal and friendly service, which eases their burden of living with hearing loss, and enables them to maintain their independence and enjoy life. Secondly, each volunteer has continual opportunity to learn new skills, meet new people, and enjoy support from a passionate and caring team of staff and volunteers (many of whom have shared experience of hearing loss).

Our next two-day training course for new volunteers is on **Wednesday 26th and Thursday 27th September, 10am to 4pm**. This training is free and refreshments and lunch will be provided. It will take place at Abbey Meadows Community Centre, Abbey Meadows Primary School, Galfrid Road, Cambridge, CB5 8ND, where there is plenty of parking.

To book your place: ☎ 01223 416141 ✉ enquiries@cambridgeshirehearinghelp.org.uk

The training course programme is as follows:

	DAY 1 Wednesday 26th September		DAY 2 Thursday 27th September
10:00	Welcome and introductions	10:00	Safeguarding, confidentiality and volunteering
10:20	Deaf/hearing loss awareness	11:30	Break
11:30	Break	11:45	Handwashing and hygiene
11:45	Introduction to assistive technology from Sensory Services	12:15	Lunch Break
12:45	Lunch Break	12:45	Hearing aids and re-tubing practice
13:15	Video about tinnitus	14:15	Break
13:45	Break	14:30	Hearing aids and re-tubing practice
14:00	Introduction to hearing loss and hearing aids by Addenbrookes' audiologists	16:00	Finish
16:00	Finish		

Free Lip Reading Classes

Do you have difficulties hearing, or problems hearing against background noise? Many social gatherings are noisy making hearing difficult. Lip-reading is a way of understanding speech by visually interpreting the movements of the lips, face and tongue, and will help your hear better in challenging listening situations.



Our free and friendly lip-reading class runs term-time and you can join any time during the term. **BOOKING IS REQUIRED.** For enquiries, or to book your place on our autumn class please contact Melanie Lombardi ☎ 01223 416141 Text: 07852 699196

✉ enquiries@cambridgeshirehearinghelp.org.uk

Volunteers' Holiday

Please let the office know if you are unavailable for Home Visits, Residential Care Home/ Nursing Home visits or Hearing Help Sessions. Thank you!



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.....

Strawberry Fair £499.76

Cambridgeshire Community Foundation £4,000

City & University of Cambridge Masonic Charitable Trust £3,000

Hearing Help Session Donations £1241.71

Amnet £250

Grafham Water Sponsored Walk over £2000

Talks £190

Linton Parish Council £350

Waitrose Token Event £329

**Home Visit Donations
£179.75**

**Shop for your Community (Sawston)
£250**





A new social group for people with hearing loss and their family and friends being held at The Cloisters, The Priory Centre, Priory Lane, St. Neots, PE19 2BH. Our up-coming dates for this group are **Wednesday 26th September** and **Wednesday 19th December, 12.30 to 2.30pm**

Peer support is proven to help people through difficult situations because peers can better relate to one another, offer practical advice and suggestions that professionals may not know about, and increase a person's sense of belonging.



Cambridgeshire Hearing help's volunteer, Norman Hardy, runs this group. He can be contacted by ✉ norman@normanaldridge.plus.com or ☎ 07514 914 664



Our Living Well with Hearing Loss monthly workshops have started in Cambridge and you can see we have a beautiful new logo for the project.

The workshops are free and there is no qualification for participating but they are aimed at people who suspect they have a hearing loss or who have been newly diagnosed, and those who care for people with hearing loss.

We will be explaining how hearing works and what can go wrong and then offering people an opportunity to discuss the challenges that they experience before looking at what can help. Hearing aids are only one option and we will offer an introduction to assistive listening devices and good deaf awareness techniques. People are encouraged to come with a partner.

An important result for us will be that people are better prepared for hearing aids with realistic expectations and if they are ready for them, make good use of them. But people who are not ready for aids have other choices such as TV listeners and lip-reading classes. Everyone will know where to go for further support.



Upcoming workshops will be held in Cambridge on:

August 11th 9.30am – 12 noon and September 20th 9.30am – 12 noon

Anyone interested in attending these workshops can find out more and book a place at:

☎ 01223 849798, via our website www.cambridgeshirehearinghelp.org.uk/living-well or by emailing livingwell@cambridgeshirehearinghelp.org.uk

Grafham Water Safari Sponsored Walk

Huntingdon Grafham Water who organised the event. We raised over £2,000 through sponsorship by walking three or ten miles, which was a really fantastic achievement. Taking part in this annual walk is a great way to support Cambridgeshire hearing Help whilst enjoying the stunning Grafham Water countryside and the company of others. If you are able to take part in May 2019, please do let us know so that we can add you to the communication list. Any support you can give is very much appreciated and really does make a difference! Amanda



Taking part - Jane, David, Alan, Amanda, Sue and Katie

Refresher Training for our Volunteers

We strongly encourage all of our volunteers to attend a half day of refresher training at least once every two years. The training is primarily focused around keeping up-to-date with the latest Open Fit style NHS hearing aids and how to re-tube them.

The next refresher training will take place on Monday 29th October, 1pm to 4pm at Abbey Meadows Community Centre, Abbey Meadows Primary School, Galfrid Road, Cambridge, CB5 8ND. There will be ample parking either in the school car park or out on the street. We will be using an excellent loop system. Please do let us know if you have any other access requirements.

The schedule for this refresher training is as follows:

- 13.00 Cambridgeshire Hearing Help updates, including relevant signposting to other services
- 14.00 Update from Addenbrookes audiologists and an Open Fit presentation
- 14.45 Break
- 15.00 Open Fit practical sessions.
 - New volunteers with Elizabeth and Jan (Addenbrookes audiologists)
 - Experienced volunteers who require more practice with Fran and Gaynor, Volunteer supervisors
- 16.00 Finish

To book your place, please get in touch:

☎ 01223 416141 ✉ enquiries@cambridgeshirehearinghelp.org.uk

Chair of Trustees: Roger Hill: 01353 740021

If you no longer wish to receive this newsletter please contact our office and we will remove your name from our newsletter mailing list. ☎ 01223 416141

✉ enquiries@cambridgeshirehearinghelp.org.uk

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.