

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 approximately 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 and advice about hearing loss, awareness-raising talks and stalls, peer support, lip-reading classes as well as 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 Welcome to all our Readers

A warm welcome to all our readers! It has certainly been a very busy year here managing the ever increasing demand for our services whilst stepping-up our fundraising. In line with our latest fundraising strategy we are steadily building up more local community support so that we can continue to meet demand. For example, we have made significantly more applications for financial assistance from district, town and parish councils and are very grateful to those councils who have supported us to raise over £5,000 so far this year. We are also in the process of writing to local churches to raise awareness about our local services and ask for support. If you know of a church or community group that might be able to support us, please pass on their details to us. In exchange we are able to offer our hearing loss awareness talks delivered by our very passionate and enthusiastic team of Volunteer Awareness-Raisers.

As we draw towards the end of 2018, I would like to say a very special thank you to everyone who makes it possible for us to support approximately 6,500 people living with hearing loss in Cambridgeshire each year to maintain their independence and wellbeing. This includes our team of 110+ community volunteers who so freely and enthusiastically give their time, energy, passion and skill; our staff; Cambridgeshire County Council; Addenbrookes, Hinchingsbrooke and Specsavers audiology; Cambridgeshire and Peterborough Clinical

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Commissioning Group; the other individuals, groups, companies and organisations who so generously support us; and our steadfast team of Trustees who govern us all so well. Together we really do make a huge difference!

Wish very best wishes for a relaxing Christmas and New Year,

Amanda Morgan, Director

Email: amandam@cambridgeshirehearinghelp.org.uk

Christmas good news from research and development

Ground breaking research has recently been published by Manchester University on how using hearing aids lessens the rate of cognitive decline (memory and thinking skills) in people with hearing loss, by as much as 75%. We've known for some time that hearing loss is a risk factor in dementia, but lacked any concrete evidence that doing something to help hearing, helped to prevent deterioration in brain function. But now here it is. Interestingly, research has also shown that cataract surgery had a similar effect for people with sight impairment. Although we still don't know why, keeping our sensory skills active is clearly keeping our minds lively. Professor Dawes, who was one of the team conducting the research, calls for screening of people over 50 for hearing loss, as this could have a big impact on wellbeing in older people, although at present this is not recommended by the NHS screening programme.

I am watching the progress of Goshawk, a Cambridge company that is working on a "hearing aid in the sky". This technology will enable people to register and take an online hearing test. The results will be stored and then when a call is made to them the voice will be adjusted to adapt to the hearing of the person receiving the call. The plan is that this will work with all phone providers. It could make a huge difference to people who currently struggle to use the phone for everyday communication such as appointment's, making a real impact on reducing isolation. Watch this space for more information about when it is going to be generally available.



And finally, I had a lovely surprise when I gave a talk for Care-Network Cambridgeshire, the organisers of the Time for Tea Memory cafe in Yaxley. They produced a wonderful cake with the Living Well logo and better still the cake was delicious!

Frances' Blog

 livingwell@cambridgeshirehearinghelp.org.uk

 01223 849798

Just what I needed...

Recent feedback from our Living Well with Hearing Loss Workshop:

"I just wanted to contact you to thank you again for today's workshop which was both thoroughly enjoyable and very helpful. It was well structured and delivered in a relaxed and very knowledgeable manner. As someone who has only recently realised/acknowledged I have a hearing loss the format was just what I needed to give me both information and confidence".

The high personal cost of unmanaged hearing loss

Left unmanaged, hearing loss has a very high personal cost. Here are some of the latest research findings:

- ✚ Hearing loss can lead to **social isolation**. Older people with hearing loss are more likely to experience emotional distress and withdraw from social situations (*Negative consequences of uncorrected hearing loss – a review*, International Journal of Audiology, Arlinger, 2003).
- ✚ One study found that hearing loss is associated with **feelings of loneliness** – but only for people who don't wear hearing aids (*Hearing Loss and Cognition: The Role of Hearing Aids, Social Isolation and Depression*, Dawes et al, 2015).
- ✚ Research shows there is an association between hearing loss, **cognitive decline and dementia**, with the risk of developing dementia increasing in line with the severity of hearing loss (*Hearing loss and incident dementia*, Lin et al, 2013).
- ✚ A recent study identified hearing loss as the **largest modifiable risk factor for dementia** (*Dementia prevention, intervention and care*, Livingston et al, 2017). If removed, the study states that 9% of dementia cases could be prevented.
- ✚ Unaddressed hearing loss has been linked with depression, anxiety and other mental health problems (Acquired hearing loss and psychiatric illness, Eastwood et al, 1985). For example, research shows that hearing loss **doubles the risk of developing depression** (*Hearing handicap predicts the development of depressive symptoms*, Saito et al, 2010).
- ✚ Unmanaged hearing loss has been independently associated with falls, with the risk of falls increasing by 140% for every 10 decibels of hearing loss (*Hearing loss and falls among older adults*, Lin and Ferrucci, 2012).

Volunteer for Cambridge Event



Our Director, Amanda (left), volunteer, Kate (right) and Trustee, Paul McCloskey ran an information stall at Cambridge City Council's Volunteer for Cambridge event on Saturday 20th October. Given one in six of people in the UK have hearing loss we had just as many enquiries about managing hearing loss as we did about our volunteering opportunities.

Kate writes:

"I chose to volunteer for Cambridgeshire Hearing Help as I believe their mission to reduce the impact of hearing loss on people's lives is a very important one and what they do is appreciated by so many across Cambridgeshire. It gives me satisfaction playing an active role in being part of this mission and I always feel valued, which has helped improve my own self-esteem and confidence too."

Join our passionate and caring team of volunteers

Norman says: "I joined Cambridgeshire Hearing Help because I wanted to give back and help others with hearing loss. I love the volunteering because there is a great camaraderie within the team and huge appreciation for the work that we do"

We have the following volunteering roles on offer:

Community NHS Hearing Aid Maintenance Volunteers - We are looking for volunteers able to provide NHS hearing aid maintenance at one or more of our 43 community-based hearing help sessions across the county. You will need to be able to commit to at least two hours per month and have good eyesight (with glasses) and dexterity. We will train you to clean and re-tube NHS hearing aids and provide hearing loss information, advice and signposting via a two day training course and hands-on experience.

Community Hearing Help Volunteers starting April 2019 - We are looking for volunteers to support people with hearing loss in their local area (e.g. their village, or local ward(s)), starting January 2019. You will need to commit to roughly three hours per week and have good eyesight (with glasses if needed) and dexterity. You will be trained, through our training days and hands-on experience, and supported to provide hearing loss information/advice/signposting/NHS hearing aid maintenance via home visits and residential home visits. In addition you may want to undertake other activity such as running social meet-ups for people with hearing loss to reduce their sense of loneliness and isolation but this is optional. You will also be able to draw on support from other volunteers.

Volunteer Receptionists - We are often looking for volunteers to undertake reception duties at our 43 community-based hearing help sessions across the county. At these sessions we provide NHS hearing aid maintenance and hearing loss information/advice/signposting. You will be required to welcome service users with a calm and friendly approach, and process paperwork with clear handwriting. This role would require a commitment of at least two hours per month.

Volunteer Fundraisers - We are looking for people to join our pool of Community Fundraising Volunteers who support/run our community fundraising events and activities. The level of commitment required is flexible.

Volunteer Awareness-Raisers - We are looking for people willing to raise awareness of our services – e.g. by running information stalls at community events and/or by giving talks to community groups. The level of commitment required is flexible.

If you are interested in any of the above volunteer roles, please do get in touch.

 enquiries@cambridgeshirehearinghelp.org.uk

 01223 416141 or Text: 07852 699196



Up-coming Free Workshops 2019

Free Living Well with Hearing Loss Workshops are aimed at people who suspect they have a hearing loss or who have been newly diagnosed, and those who are caring for people with hearing loss.

10th Jan 2019, 10.30am-1pm at C3 Centre, Brooks Road, Cambridge, CB1 3HR

21st Jan 2019, 10am-12.30pm at Soham Library, 7 Clay Street, Soham, Ely, CB7 5HJ

4th Feb 2019, 10.30am-1pm at Room 2, Huntingdon Library, Princes Street, Huntingdon, PE29 3PA

16th Feb 2019, 10am-12.30pm at The Meadows, 1 St Catharine's Road, Cambridge, CB4 3XJ

To find out more or book a place visit www.cambridgeshirehearinghelp.org.uk/living-well

☎ 01223 849798 or ✉ livingwell@cambridgeshirehearinghelp.org.uk

Donation Wall – each donation counts towards the magnificent work carried out by Cambridgeshire Hearing Help. Please see Page 8 for ways you can support us.

This quarter we are grateful for the following donations/awards.....

City of Ely Council £500

Collection tin, White Hart, Great Staughton £18.01

Collection tin, The Derby Stores, Newnham £14.13

Home visits £107.14

Talks £75

Cottenham Feast £45

CHH Supporter £75

Easy Fundraising £16.60

Funeral Memorial donations £ 195

Anonymous £500

Anonymous £2,000

Whittlesey Town Council £300

Bottisham Parish Council £200

Cambridge Parish Council £300

Somersham Parish Council £300

Gift Aid £125.97

Hearing Help Sessions £1,142.35

St Andrews Street Baptist Church £100

CHH Supporter
£10

Hunts District Council (Staying Safe & Well Grant)
£2,466





Our next St Neots 'Hear for You' social group for people with hearing loss and their family and friends will take place on Wednesday 19th December, 12.30pm – 2.30pm at The Cloisters, The Priory Centre, Priory Lane, St Neots, PE19 2BH. Please do join us and enjoy some free festive food and drink.

Cambridgeshire Hearing Help volunteer, Norman Hardy, runs this group. He can be contacted by ☎ norman@normanaldridge.plus.com or 07514914664



Free Lip Reading Classes

Our free and friendly lip-reading class runs term-time on Tuesdays, 1.30pm to 3.30pm, at St Andrew's Baptist Church, 43 St Andrews Street, Cambridge, CB2 3AR. Our first class in the New Year will be Tuesday 15th January. You can join any time during the term, to find out more or to book your place contact:

☎ 01223 416141, Text: 07852 699196 or ☎ enquiries@cambridgeshirehearinghelp.org.uk

Waitrose, Ely - Green Token Scheme



During the month of December Cambridgeshire Hearing Help has been selected to take part in the Waitrose Green Token scheme in Ely. At the end of your shop in branch, you will receive a token to place in a box of the good cause you would most like to support. We would be delighted if you could support us by placing a token in the Community Matters box marked Cambridgeshire Hearing Help.

Since its launch in 2008, the scheme has donated over £30 million to good causes in store and online. The more tokens a cause gets, the bigger the donation they receive. https://www.waitrose.com/content/waitrose/en/home/inspiration/community_matters.html

Smart Caption Glasses



Theatre-lovers with hearing loss can now look forward to a revolutionary way to enjoy performances at London's National Theatre (NT), with the launch last month of state-of-the-art smart caption glasses.

People wearing them see a transcript of the dialogue, and descriptions of the sound from a performance, displayed directly on the lenses. For the first time, people with hearing loss can experience what is on stage, any day, and from any seat in the theatre.

https://www.nationaltheatre.org.uk/your-visit/access/caption-glasses?gclid=EAlaIqobChMkZfCvYOL3wIVm4-zCh01jgVeEAAYASAAEgL-uPD_BwE



The office of Cambridgeshire Hearing Help will be closed from 12 noon on Friday 21st December and will reopen on Wednesday 2nd January. Please note too, there will be no Hearing Help sessions running throughout this period either. If you need support with your aid/s during this time contact your provider e.g. Addenbrookes, Hinchingsbrooke or Specsavers.

We wish you all a very happy Christmas



From, Melanie, Ruth, Fran, Gaynor and Amanda

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](mailto:enquiries@cambridgeshirehearinghelp.org.uk)

Chair of Trustee: Roger Hill 01353 740021

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 'Make a donation to Cambridgeshire Hearing Help' button on the bottom right of the screen. 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.