

- Review
- Signs of Hearing Loss
- Finding Places to Go
- Events

Newsletter

New members wanted!

Membership is open to anyone with a hearing loss or who supports and/ or cares for someone with a hearing loss.

£5 for lifetime membership. Contact information below.

Contact us

We would love to hear from our members. Maybe you have thoughts about the future of the association or would like to discuss current issues that are affecting you or others with hearing loss.

Phone:
07781 169 952

Email:
ghha@suremail.gg

Facebook:
Guernsey Hard of Hearing Association

Twitter: @GsyHard-Hearing

Review : Notes from the Chairman

Following a successful fundraising year in 2017 the Association are looking forward to 2018's social events.

We would like to wish our members, their friends and families a Happy New Year! The association and our volunteers and members worked hard in 2017 to raise the profile of the GHHA and obtain donations from a number of sources. We have seen a reduction in the number of hearing aid grants but our grants for specialist fire alarms are still in high demand. If you know someone who requires assistance with funding their hearing aids please contact us.

We understand the difficulties that come with being hard of hearing,

particularly in social situations. It can be very isolating. We have therefore set up monthly coffee mornings in a hearing friendly environment so that we can all make friends with people in similar circumstances. We hope you can join us and we welcome new members or those interested in being involved in the association.

We were deeply saddened to hear that one of our dedicated members, Martin Searle passed away on 22nd January. We offer our sincerest condolences and our thoughts are with Martin's friends and family.

Jamie Toynton

Hidden Hearing in Guernsey

Hidden Hearing, the UK's leading Hearing Care Specialist, is fully committed to the Channel Islands with two Registered Hearing Aid Audiologists on Guernsey to look after our existing patients and to offer help and advice to new patients.

Hidden Hearing offer FREE, no commitment, hearing assessments so please book an appointment by calling:

01481 251860



Hidden Hearing's Hearing Aid Audiologists, Richard Mason and Biljana Zaharieva with Arlene Phillips and Dr Hilary Jones



www.hcup.org



www.hiddenhearing.co.uk



HIDDEN HEARING
WE LISTEN, YOU HEAR

Know the signs:

Signs of Hearing Loss

Hearing loss can sometimes be sudden, but often it's gradual and you may not notice it at first. Being aware of the early signs can help you identify the problem quickly and be the first step towards getting treatment for your condition.

If you think you have hearing loss or if someone else has concerns about your hearing, ask yourself:

Do you turn up the TV louder than your family wants it?

Do you find it hard to follow conversation in pubs and restaurants?

Do you struggle to hear on the phone?

Do you often ask people to repeat what they say?

Does your partner complain that you don't listen to them?

Do you find others mumble?

If you answer yes to any of these questions make an appointment to see your GP.

Social events take centre stage in 2018!

La Vilette Hotel

We are extremely grateful to La Vilette Hotel in St Martins for providing a venue for our monthly coffee mornings.

From 24th February we will be holding coffee mornings on the last Saturday of every month at La Vilette Hotel from 10am. The association is providing tea and coffee FREE to our members. Please invite your friends to come along or join as a member for a one-off fee of only £5. On occasions we will be inviting specialists to provide advice on aids and other hearing matters.

We would like to extend our thanks to Carl at La Vilette Hotel for providing us with the use of the lounge and Hidden Hearing for being our specialists for February's coffee morning. We have specifically chosen this venue as there is no background music, limited background

noise, lots of soft furnishings for good acoustics and lots of natural daylight! We know that it can be isolating being hard of hearing, so we hope you can come along to our friendly inclusive event.

Tinnitus

Do you find you have ringing, buzzing, hissing or roaring sounds in your ear(s) or head that no one else can hear? The medical name for this is tinnitus and there are two known types:

Subjective tinnitus Subjective tinnitus is the most common type of tinnitus, where only the person who has tinnitus hears it. It's usually linked to problems affecting the hearing pathway – a complex filtering system that allows you to 'tune in' to sounds that have meaning to you and 'filter out' sounds that don't.

Most people describe subjective tinnitus as a ringing, hissing, buzzing, roaring or humming sound.

Objective tinnitus This type of tinnitus is very rare. It is the raised awareness of a sound within the body such as blood flow or muscle activity in or around the ear. The sound can also be heard by a doctor using a stethoscope placed near the affected ear(s).

Thank you to Action on Hearing Loss for providing this valuable information. If you would like to find out more, visit www.actiononhearingloss.org.uk

La Vilette Hotel
spa - restaurant - guernsey



Finding accessible places to go

It can be hard to know what public buildings and spaces have hearing systems or provide assistance to people with a hearing impairment. Disabled Go is a website which provides detailed access information to thousands of venues across the UK and includes Guernsey!



What can DisabledGo do for me?

Guernsey has much to offer islanders and visitors alike. The DisabledGo guide to Guernsey aims to help unlock some of these treasures.

Good, clear information on accessibility enables people to plan their journeys in advance. The Access Guide provides a great resource covering local venues for many aspects of Island life, as well as helpful information on local businesses.

Each venue is displayed with icons describing access features as well as a full description of the facilities. For example our new partner La Villette Hotel allows contact by email which is often preferred for the hard of hearing community.



To find out more check out the Guernsey venues that have been surveyed:
www.disabledgo.com/organisations/guernsey



Annual Quiz

Event of the year loved by all!

On Saturday 23rd September we welcomed over 100 people to St Martins Community Centre to join in our annual quiz. We would like to extend our thanks to Jon and Karen Wickham for hosting a night of varied questions from local knowledge to identifying goji berries! All questions and answers were also projected to make this the most inclusive event for our members and hard of hearing community. We would also like to thank our many sponsors for fantastic raffle prizes from champagne to spa vouchers and tickets to a Guernsey Football Club match.

Join us this year on Saturday 22nd September for great company, great questions, a ploughman's dinner and drinks from the bar. Let's make this year bigger than ever!



It's now even easier to donate to the GHHA:
giving.gg/donate

Guernsey Hard of
Hearing Association

£5
lifetime
membership

2018

Upcoming Events

- | | |
|------------------------|---|
| 24 February | Members Coffee Morning 10am at La Villette Hotel, St Martins
Join us for a social get together including free tea and coffee every month. |
| 31 March | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 13 April
7:30pm | AGM- Guernsey Hard of Hearing Association
Join us at the Ron Short Centre for our annual general meeting |
| 28 April | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 26 May | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 8 June
6pm £17.50pp | Visit to Rocquettes Cider Farm
Only 18 places available so contact us now to book your place! |
| 18- 23 June | OSA Pop-Up Shop We are looking for our members to donate products and volunteers to sell in the shop to raise money for the GHHA. |
| 30 June | Flag Day We are looking for volunteers for |
| 30 June | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 28 July | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 25 August | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 22 September | Annual Quiz Everyone is welcome to St Martins Community Centre for our annual inclusive quiz. Great fun is had by all! |
| 29 September | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 12 October | Visit to St Andrews Waterworks and Lunch
A walk and visit to St Andrews waterworks followed by a tennerfest meal. Limited numbers so contact us now to book your place! |
| 27 October | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 24 November | Members Coffee Morning 10am at La Villette Hotel, St Martins |
| 2 December | Christmas Lunch at Les Cotils Time to be confirmed. |