

Attending a Lipreading and Hearing Loss Course is good for your health

Communication is fundamental to our lives

Communication is vital to maintaining relationships, being understood, achieving success at work, and to our individual well-being and ability to reach our full potential. Without it, we become misunderstood, isolated, anxious and frustrated. We feel powerless and invisible.

Every day in the UK, six million adults with hearing loss are struggling to communicate. They struggle when out shopping, visiting the doctor or dentist, at the railway station or bank, at the theatre and beyond.

For many of those people their listening experiences and their lives can be transformed by attending 'Lipreading and Managing Hearing Loss' sessions. Attending these sessions enables them to participate in everyday activities, with dignity and without stress. *Hearing Link quote*

Success Stories

Case studies of some participants who have benefited psychologically and materially from being part of Lipreading and Managing Hearing Loss projects.

Heather – a woman confined to her home through lack of confidence and inability to hear, was persuaded to attend a session (transport was arranged for her first attendance) At the end of her first term she arrived one day with some amazing news for everyone. With the support she had received when attending sessions she had become confident enough to take a train journey and go shopping in another town. This involved coping with background noise in the station, buying a ticket from someone the other side of a glass screen, who was looking up times and prices and not looking at the buyer etc. etc. When successfully completed, this proved a life changing experience as, of course, she felt able to repeat it.

Chris – a naval person was about to retire from the navy due to difficulties with understanding fellow colleagues and following proceedings in meetings. Again, after learning skills to help manage these sorts of situations and re-gaining confidence with the support and encouragement of fellow class members, decided to stay in post and has now considerably advanced their career and received promotions.

Hannah and Maria

Maria is agoraphobic – her sister had to bring her to the first sessions she attended. Hannah has severe deafness and had given up going out – but decided to try some sessions.

Hannah and Maria got to talking during the breaks in the Lipreading and Hearing Loss sessions. They are both very artistic and decided to start a craft club. They now have craft clubs running four days a week. They support each other admirably, Maria needs Hannah there so that she can venture out to go to the craft clubs and Hannah needs support from Maria otherwise she would never go out to do anything social because her hearing loss makes communication so difficult. The confidence they both re-acquired from being part of the Lipreading and Hearing Loss course has opened life up for both of them – with new activities and new friendships.