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Our e-newsletter provides a regular monthly service update and important practice information for our clients. We use our monthly newsletter update to keep you informed on how to access our services with information that we hope you find interesting and useful. We feel it is our duty of care to keep in touch with you in this way, if however, you no longer wish to receive these updates please click on the unsubscribe option at the bottom of this email.

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Dear friend of Aston Hearing,

## Welcome to the **Aston Hearing Newsletter** **December 2021**

### **In the Newsletter this month:**

- Practice Update
- Fabulous Fundraising for Hearing Dogs
- Hearing Tips for Christmas
- A Walk in the Park
- Speen Helping Hospices Events
- Christmas Poem



## Practice Update:

It is hard to believe we are now into December as our final newsletter for 2021 reaches your inbox. We hope you have enjoyed our newsletters over the past 12 months and we hope you stay well and hear well over the festive period and into the new year.

Our practices will be closed over the Christmas period from 2pm on Friday 24th December to Tuesday 28th December, and then opening for emergency appointments on Wednesday 29th, Thursday 30th and Friday 31st December from 10am till 2pm with normal service resuming on Tuesday 4th January 2022.

As for everyone, 2021 has been a busy and stressful year with lots of positives and challenges in equal measure.

We would like to say a big 'THANK-YOU' for all your support and patience. 2021 has been a year of juggling - with staff changes, numerous Covid isolation periods, re-organising appointments, managing an ever increasing demand for appointments and dealing with unprecedented stock and supply issues. We can't thank you enough for your understanding and kindness. We are confident that our exciting practice refurbishment programme for 2022 is going to make a real difference, in so many ways and we cannot wait to embrace and share all these new exciting changes.

Covid, of course, is still a major factor in all of our lives and as the whole country now is following 'Plan B' rules we will stick to our 'Working Safe but Staying Open' protocols until further notice. We thank you for your continued patience.

We have so much to look forward to for 2022 - we are grateful for the support you have shown us

through continuing challenging times and  
look forward to the hope a new year always brings.

We wish you a very happy, healthy and safe  
Christmas and look forward to seeing you in the New  
Year.

With love and best wishes to you and your families

from The Collet-Fenson Family

Duncan, Kate, Luci (in Canada) & Charlie xxxx



Fabulous Fundraising for Hearing  
Dogs

**Would you believe it possible to raise £30,000 for charity by selling plants and cakes? Fiona Daniels and her husband Rob have set the bar high by achieving this grand total in just 2 years for the charity Hearing Dogs for Deaf People.**



**Fiona is no stranger to Hearing Dogs as she has been a volunteer with the charity for 16 years. She started as a puppy socialiser and then took on breeding hearing puppies too. Her Cocker Spaniel, Hebe has just recently had her 3rd litter of 10 puppies so life in the Daniels' house is full on right now.**

**The fundraiser started in 2020 during the first lockdown when Fiona and Rob potted up a few tomato and bedding plants from their garden to sell on a table outside their house in Haddenham. Word quickly spread and very soon they found themselves adding homemade cakes (ably assisted by their friend Wendy) and a more diverse range of home-grown vegetables and flower plants. They**

**added pasties and chilli sauces made by their friend Peter to the mix as demand grew ever greater, followed by homemade jams and chutneys. In that first year they made £10,000.**

**In 2021 people flocked back to the sales outside their home and an extra sales event held at the Grange was especially popular with Hearing Dogs supporters and recipients from far and wide making a special trip. For many people this was their first venture out after the release of the second lockdown.**

**All this took place whilst still looking after hearing dogs at her home and she now has a very sweet Cockapoo Client Support dog named Chilli, alongside Hebe and retired brood dog, Ginny. Fiona is also a Volunteer Dog Trainer which involves the final stages of training dogs including their soundwork in preparation for their deaf partners.**

**All this would not be possible without the support of her husband Rob and together they hope to continue the plant and cake sales indefinitely. Look out for the next one at The Grange by checking the website**





## Hearing tips for Christmas

Christmas is fast approaching and for many, thoughts turn to social events, spending time with family and friends, possible drinks and meals out. This might sound great but if you are someone who struggles to hear in noisy situations it can be a very challenging time. Here are our top tips to help you hear better over the festive period:

**Give your hearing aids an MOT**

Make sure your aids are working at their very best. Any issues give us a call to see if our audiologists or our ear care staff can give them a quick overhaul. Ensure you have enough batteries to see you through the festive period and change the wax filters regularly.

**Check for earwax**

Earwax can sometimes be a problem and impact on your hearing. If your ears are blocked with wax the sound is reduced and it can affect the performance of your hearing devices. Perhaps arrange an appointment to have your ears checked and the wax removed if necessary.

**Make people aware of your hearing needs**

Never be afraid to ask people to speak a bit louder and to slow down their speech. People are often in a rush these days and when speaking quickly the clarity of the words can be affected.

If necessary, ask people to repeat what they said or say it in another way.

**Make sure you can see the speaker's face.**

If heading out for a meal with friends and family, try to choose a round table in preference to a rectangular one - it will give you a better chance of hearing everyone. If there is no option, then try to choose the place setting where you can best optimise your hearing ability. This may be at the head of a table or where there is a wall behind you to limit background noise from behind. Look for a well-lit table too where possible as this will mean less effort is used in trying to listen







### **Be part of the conversation**

Remember that people want you to hear what they have to say and for you to be part of the conversation. Maybe have a “hearing buddy” for each occasion - someone nearby who can repeat what has been said and who will understand your hearing needs without any awkwardness. Don’t be shy about mis-hearing – you deserve to be as involved as everyone else – but keep a sense of humour to lighten the moments when mistakes happen.

### **Take a break**

When you have a hearing loss you have to concentrate harder to follow a conversation than others and this can be exhausting. Allow yourself a few short breaks away from the noise or excuse yourself from the chatter just to give your ears and brain a recovery time. Breathe calmly and relax for a short while in a quieter place, you will then be recharged and ready to join in once more.



## **A walk in the park by Nikki Magrath**

The Autumn leaves have fallen, and we are now moving into the winter months. As the owner of two lively Labradors, I regularly take walks in the local woods and fields. Recently I have marvelled at the colours around me and taken great delight in the sun filtering through to the golden carpet of leaves at my feet. And yet the visual aspects of my walk are only a part of the splendour. To complete the picture requires hearing the scrunch and crunch of the woodland floor and the rustle as the dogs hurtle through the undergrowth. For me these elements have been totally absent, until now.

I re-discovered these sounds recently when I replaced my old hearing aid with a new one. I had been aware that I was not hearing as well as in the past, mostly speech, music and television but I muddled through, turning up the volume and watching subtitles whenever possible.

When my family complained I was missing too much of the conversation a few alarm bells rang that maybe my hearing had deteriorated further, and it was time to get it checked once more. Happily, a hearing test showed no real change in my hearing, so the fault was due to my trusty hearing aid. We have been paired together for 6 years now and it is in constant use for over 16 hours a day, so it is probably no wonder it needed an overhaul.



What I had not realised was how many different sounds I had been missing. I can now hear myself walking down the wooden stairs of our home, I can hear when the alarm has been set and needs turning off before it wakes the whole street, I can hear when a pan is about to boil over and most joyously, I can hear the sounds of Autumn and Winter on my dog walks.

So, my message is to look after your hearing and never take it for granted. There is so much pleasure to be had in hearing the world around you especially the sounds of nature. At this busy time of year, take a moment to notice it all.



## Speen Helping Hopsices

### *Christmas Events from our friends in Speen*

Speen Helping Hospices have two Christmas themed events ending on the 18th December. The first is a Christmas Hamper raffle. The hamper is filled with all types of Christmas food and drink and tickets cost £5. The draw will be held on Saturday morning outside Speen Stores, Chapel Hill, Speen HP27 0SP - just after the completion of the Sassy Santas fun run.



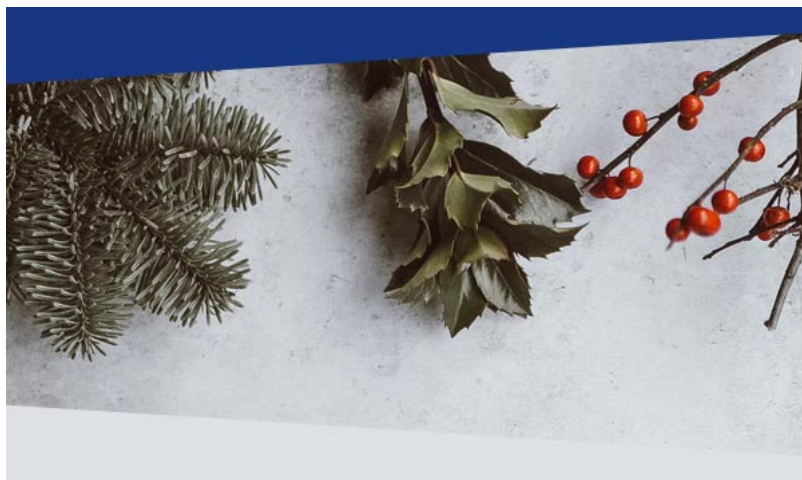
Last December the Sassy Santas, a group of lady joggers from North Dean and Speen organised a fun run around the roads of Speen. Their objective was to



raise funds for Speen Helping Hospices and had a target of £1,000. In the end they raised over £1,500. This year they have set up an initial target of £1,000. Details of both of these events can be found at the SHH website [www.shh-shop.org](http://www.shh-shop.org)

Speen Helping Hospices was established in 2001 with the objective of raising funds for Helen House for Children - Rennie Groves Hospice Care - South Bucks Hospice - Florence Nightingale in Aylesbury. To date over £110,000 has been raised.

VISIT [www.shh-shop.org](http://www.shh-shop.org)



To finish, we are delighted to add another poem from our dear client, Pat Aylett, as we wish you all a very merry Christmas and a happy, healthy new year.

## Christmas 2021

Last Christmas I wished for a vaccine  
And probably that's what you did too,  
And, unlike a lot of our wishes,  
This is the one that came true.  
We've all had our jabs - and a booster!  
And maybe the flu vaccine too,  
So Christmas this year will be better  
For me – and I hope so for you.

We can now have our family gatherings,  
There'll still be that one empty chair....  
And we will remember our loved ones  
And others who sadly aren't here.  
We're not at the end of our worries,

**The world's in a terrible mess  
With all the pollution and problems,  
And as for our own NHS....**

**Thank goodness for pockets of kindness,  
And those with the skills who still care,  
Giving us all reassurance  
As we know that those folk are still there.  
So my wish for us all at this Christmas  
Is good health and lots of good cheer,  
And plenty more vials of the vaccine  
So we'll all have a Happy New Year.**

**December 2021**





St John's Church, Lacey Green

Annual Christmas Tree Festival

Theme:- Christmas Song

Our entry - Do you Hear What I Hear?

(well it had to be didn't it!)

Festival runs from

Friday 10th to Sunday 12th December 2021

St John's Church, Lacey Green

All Welcome





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