

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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AUDIOLOGIST OF THE YEAR 2019 & 2016



Dear Philip,

Welcome to the Aston Hearing Newsletter July/August 2021

Welcome to a bumper combined July/August newsletter and we hope you continue to stay well as we progress through the summer. We all look forward to a summer without the rigid Covid restrictions that have been in place for so long. We will of course remain vigilant and observe the rules within our different venues to keep everyone as safe as possible but will treasure some return to normality.

In this edition:

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- Team update
- Age related hearing loss
- Lipreading and how it can help
- Summer staycation in the Chilterns
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Practice Update:

The New Normal

As we all learn to live with Covid-19 being around us, how does this affect the running of our practices? In essence, much will remain the same: our staff will continue to wear PPE and we will still limit the numbers of people waiting in our Reception Area. Hand sanitiser will always be available, and we encourage you to use it on arrival.

Aston Hearing staff will wear face-masks but will remove them on request or where it is difficult to have a conversation with you but maintain safe social distance where possible. Going forward, despite the relaxation of mandatory facemask wearing, we ask that you continue to wear them on arrival and whilst in the public areas such as Reception but you can remove them once in the clinic rooms, if that is your preference.

We appreciate that face masks have made life more difficult for many who struggle to hear, especially those who need to lipread. Clear, easy communication is very important to us so we are keen to do what we can to maximise communication whilst minimising risk whilst the virus is still very much in the community. We appreciate your patience and understanding in this area.

NEWS JUST IN:

Duncan & Kate in isolation until 1st August 2021

Whilst writing this newsletter we have learned that Duncan and Kate are required to isolate until 1st August 2021. This is due to their son Charlie contracting Covid. Fortunately Charlie is coping well with the symptoms just with paracetamol and everyone else in the household is clear - the vaccines are certainly doing their job!

So sorry for the disruption to appointments but we are very fortunate to welcome our new audiology team member Gus Singh who has heroically stepped up to help with Duncan's appointments whilst in the period of isolation. We are delighted to introduce you to Gus in our Team Update below.

TEAM UPDATE

Farewell Mr. Cook

We have bittersweet news after four and a half happy years at Aston Hearing, Michael Cook is leaving us to join world leading hearing aid manufacturer Widex in their UK base in Chester as part of their Technical Support. This is a great career opportunity for Michael and will take him to a new home in the lovely town of Chester. Michael is well known for his technical knowledge and expertise and has assisted many clients with connectivity issues over the years. He has run the in-house service desk working on repairs as well as having a key role in reception and providing artwork design for the marketing team. We will miss him greatly but know you will join us in wishing him all the best in his new role.



Welcome Gus

We are delighted to introduce you to Gursajan Singh who joins our clinical team in Thame. Gursajan known as Gus is an experienced audiologist who has worked in the industry for 8 years. Gus has really hit the ground running, ably covering Duncan's clinic during this recent period of isolation - which we are so grateful for.

Gus has relocated to this area from his home town in Stockton-on-Tees. His experience is wide ranging since completing his audiology degree 8 years ago. We look forward to introducing you to Gus over the next few weeks.



Hearing Focus:

Age-Related Hearing Loss

Hearing loss is a natural part of the aging process and hearing actually starts to decline slowly from our 20's onwards. It is by far the most common form of hearing loss and is also known by the medical term Presbycusis. As we age the hair cells in the inner ear begin to wear down and they are not as effective as they used to be (see image below). The result is that our hearing gets worse and more volume is needed to stimulate the inner ear hair cells.

An aging hearing loss tends to lose sensitivity in the higher frequencies initially which affects the clarity of sound and speech perception. The rate of decline is different for everyone, but it is estimated approximately one quarter of people aged 65-75 will suffer hearing loss due to the aging process alone. This increases to around half the population aged 75 and over.

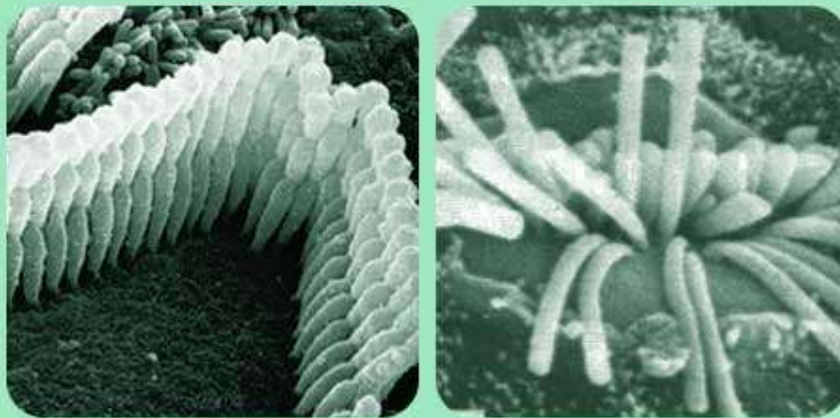


Image of healthy cochlear (left) and image of cochlear with age-related damage (right)

Image credit - <https://www.nationalhearingtest.org>

The difficulty with age-related hearing loss is that it is often a slow deterioration and people are reluctant to seek help early. One feature is not being able to pick up speech and conversation easily, especially in difficult listening environments with background noise. You may find yourself turning up the volume of the TV or radio or remarking how 'everyone mumbles these days'. Getting your hearing checked on a regular basis gives you the best opportunity to diagnose any hearing loss and a well-managed hearing plan can keep you connected, engaged and enjoying life to its fullest. It is also very important to prevent against cognitive decline as hearing loss has been identified as a risk factor for dementia.

Reluctance to accept a hearing loss can lead to social isolation as you become distanced from the world around you and the listening effort required to stay connected becomes exhausting. Hearing technology is there to help and is developing at pace. It is now sophisticated and stylish. As more people start to use high tech hearing devices to stream music, phone calls etc we hope the attitude towards hearing aids will change for the better.

Top 4 tips if you have age-related hearing loss:



1. Book yourself a hearing check with an audiologist



2. Embrace hearing technology to help you hear the best you can, whatever your age



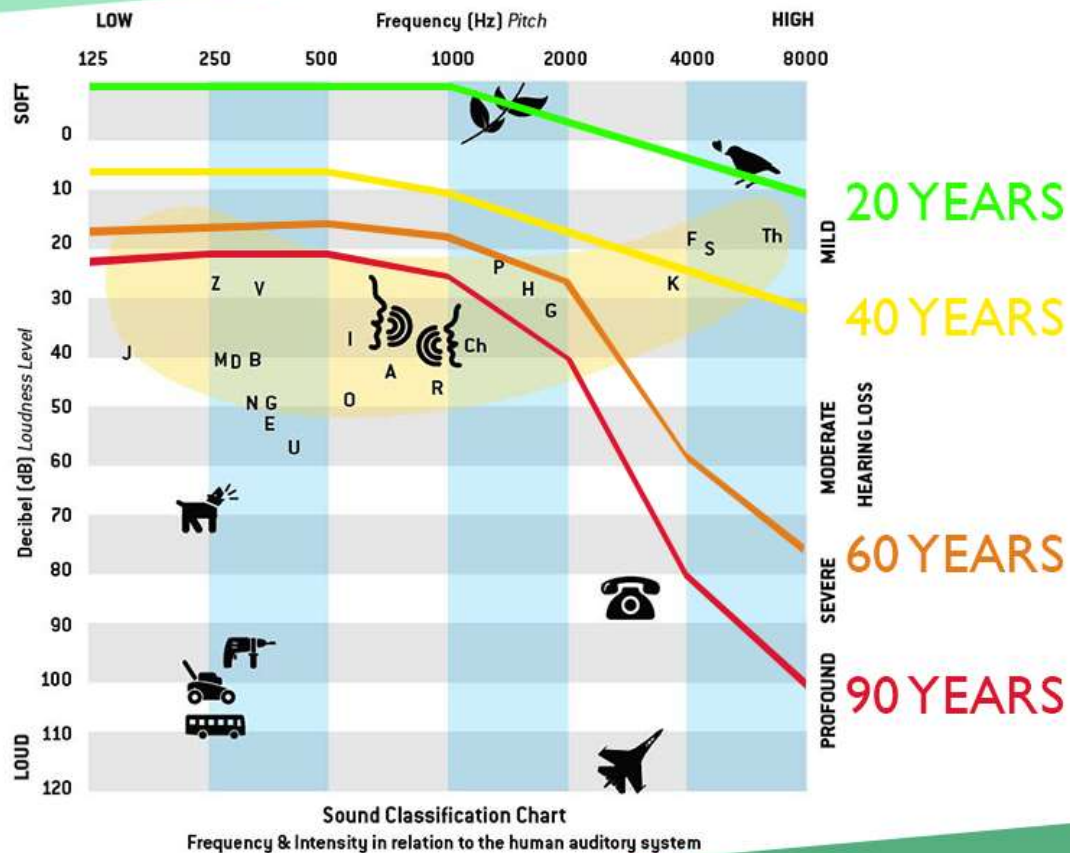
3. Be patient with yourself and others



4. Learn to lip read

The Audiogram Explained: 'Age Related Hearing Loss - Presbycusis'

Age-related hearing loss is progressive. Please see chart below. There is a drop off in the high frequencies initially which results in a loss of clarity rather than volume. This can explain why it is difficult to notice, as change is gradual and over a number of years. Most people can cope well in the early years but struggle more as hearing starts to drop further in the middle frequencies. Hearing amplification can make a significant positive difference but is often avoided and introduced at a slightly later stage than would be advised. This can make acceptance of re-introduced high frequency sounds difficult to cope with initially, as your brain is required to 're-learn' the sounds. An acclimatisation period is often required to ensure devices can be worn comfortably every day for maximum benefit.



Lipreading and how it can help:

Lip reading is a useful skill to learn especially if you have a hearing loss as it helps you make sense of what is being said. By watching the speaker's face, lip movements, gestures and expressions you can decipher individual words and put them into context to assist with listening.

It requires practice and learning what lip shapes to look out for as well as looking for other visual clues like facial expressions and body language. You can then use prior knowledge of the subject matter to fill in the gaps and understand what is being said. You don't have to read every spoken word.

To lipread well you need good lighting, good eye-sight and a sense of humour as you will make mistakes along the way. Lip reading courses will teach you what sounds and lip shapes look the same and how to use other cues to determine which is correct. You will learn how to anticipate what kind of words follow another and how to use context to make an educated guess when words look very similar. To find out more visit www.attallipreading.org.uk or www.hearinglink.org

There are many benefits to learning to lipread and most importantly is the confidence it gives you to participate in conversation and avoid isolating yourself from it. It helps you stay connected and involved in social activities rather than becoming a passive observer.

There are several online courses available and we particularly like this one being offered by Buckinghamshire Adult learning. It starts 4th August and is a 5-week short course entitled "Introduction to Lip Reading and Managing Hearing Loss" - there is an excellent opportunity to have a FREE taster session this weekend - see poster below for details or click the link below to book:

OPEN DAY Click Here to Book Free Taster Session



BUCKINGHAMSHIRE
ADULT LEARNING

Amersham Adult Learning Centre

Stanley Hill, off Lincoln Park, Amersham HP7 9HH

Open Day - Saturday 24 July - 10am-2pm



Have a go on one of our free taster sessions

Join us for a free taster and meet the tutor, before you commit to a longer course.

Pilates - 10-11am and 11-12 noon

Interior Design for the Home - 10-12noon

Woodcarving - 10-12noon

Patchwork - 10-12noon

Jewellery Making - 12-2pm

Lip Reading - 12-1pm and 1-2pm

Creative Writing - 12-2pm

Crochet - 12-2pm

Register your place via this Eventbrite link <https://bit.ly/3pYQgaK> or call **01494 586560** between 9.00am and 2.00pm – Monday to Friday



www.adultlearningbc.ac.uk



Education & Skills
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Summer staycation in the Chilterns

As many families are forced to forego a foreign vacation and spend the summer at home in the UK, we explore what is on offer in the Chilterns to keep us all amused for July and August.

Music in the Gardens – band concerts in Amersham Old Town

Amersham Town Council has announced the summer events programme of concerts which take place in the beautiful Memorial Gardens on Sunday afternoons from 2:30pm. For July the dates are 11th and 25th but the concerts run throughout the summer until September 12th. Visit www.amersham-tc.gov.uk for details.

Amersham Town Council presents

MUSIC IN THE GARDENS BAND CONCERTS

25 July	Amersham Band
1 Aug	TBC



London Viennese Sound

– Summer Classics on the Lawn 25th July

Enjoy music from a septet of the finest classical musicians in the UK from the lawns of Penn House, Penn Street. Chairs are provided but take your own picnic, rug and drinks. The concert starts at 6pm so take warm clothes and



Buckinghamshire Culture 'Open Weekend'

22-25th July 2021

Help celebrate Buckinghamshire's creativity, culture and stories over a long weekend of activities all based round a storytelling theme. Organisations, artists, community centres, schools and more will put on story-themed activities and events to showcase the range of

a blanket in case it turns cool. Click below for more information and how to book:-

Summer Classics on the Lawn



The Amersham Museum, 49 High Street, Old Amersham

The Amersham Museum in the Old Town is offering “Art and Stories in the garden” - activities run by artists and set in the beautiful gardens of the museum on 25th July at 12-4:30pm as part of the Bucks Open Weekend. Suitable for adults and children and no booking required. More events are also offered by the newly refurbished museum throughout July.

[Click here for details.](#)



Speen Festival

We are delighted to Sponsor Speen's 2021 Festival taking place in the hilltop village of Speen from Saturday 28th August till Sunday 12th September.

Events arranged include: **Martin Hart Quartet jazz night** (28th August), Speen Helping Hospices – **SHH Party through the Ages** Saturday 4th September (more details supplied), A lampshade workshop, Local wildlife event, Music event arranged by Kate and Sam Laughton and on Saturday 11th September – back by fantastic demand following previous

creativity within the county. Click below find out more.

Open Weekend



Chiltern Open Air Museum

Throughout the summer the museum offers events and a good day out exploring the grounds and 'living history' exhibits.

As part of the Bucks Culture open weekend 24/25th July they are holding a special Great War event.

[Click here for details](#)



Speen Helping Hospices

festivals – **Comedy Night** arranged by Elliot Wengler.

For tickets and information please click below:-

Speen Festival 2021

Speen Helping Hospices have a special “Festival Party Night” planned for Speen Festival on Saturday 4th September. The theme is dance music through the ages featuring a local DJ. A two course meal is included and naturally a pay bar to keep people cool.

Tickets are £20 each and you can buy these via the SHH website (click below) Speen Helping Hospices is a fundraiser for Rennie Grove, Florence Nightingale, South Bucks Hospice and Helen & Douglas House, so please make a table and join in the fun in the Speen Festival marquee at Speen Playing Fields, Hampden Road, Speen, Princes Risborough HP27 0RU.

**Speen Helping Hospices
Event**



Your Garden in July/August

Summer is here and hopefully you will find your garden is packed with colourful perennials and bedding plants that are now at their best.

The vegetable area is full of produce and is deal for eating alfresco once more. (After all the rain we've had I think we deserve some warm sunny evenings to enjoy all our hard work).

Why not make a dedicated area for some fabulous outdoor dining. Surround yourself with tall architectural plants such as Cordyline, Fatsia, Banana plant, Acer and Tree Ferns, dress the table with brightly coloured potted plants and add cosy cushions and blankets. Drape some small lights around to give you the party atmosphere, Oh and don't forget a Citronella candle to keep those pesky mosquitos away!

To Do List for July/August

1. Keep on deadheading! The more you do the longer your display will last, if you have Sweet Peas cut the flowers every day and they will produce more. Try chopping back perennials such as Geraniums, Nepeta and Alchemilla Mollis close to the ground, feed and wait a couple of weeks for new growth and maybe a second flush of flowers.

3. Feed roses with a rose feed after the first flowers have gone over and keep deadheading if you have a repeat flowering kind.



5. Harvest from your kitchen garden might include Courgettes, Squash, Peas, Broad Beans early cherry tomatoes and cucumbers. As for the fruit, Strawberries, Raspberries, Gooseberries, Currants and Cherries should all be plentiful, so ENJOY.

2. Prune Wisteria, cut back whippy shoots down to about 6" long and cut out stems that you don't need. If your plant isn't producing very many flowers, try feeding it with tomato feed now to help it for next year. You also need to prune back to about 2-3 buds in January.

4. It is important to keep plants watered especially newly planted trees or shrubs. Hydrangea need plenty of water hence the name Hydra - they can flop in no time at all. Keep an eye on your baskets and pots too these can need a daily top up when the weather is hot. Make sure your larger perennials and climbers are supported well especially if we have any strong winds and rain.

6. If you are going on holiday, ask a friend or neighbour if they could water your plants for you if it's hot and let them help themselves to any cut flowers and produce that is ready to pick.



Poem

The poem this time is taken from an anthology of poems and prose put together by our client Jan Moran Neil. Together with Adrian Spalding and Creative Ink Publishing they have produced a collection of written work from over 220 writers from across the world. The book, entitled "When This Is All Over" is available on Amazon and every sale raises funds for Rennie Grove Hospice Care. It is a collection of light-hearted stories that documents people's experiences during the Covid Pandemic. Thanks go to Terry for allowing us to share her poem in our newsletter.

www.amazon.co.uk

Green Fingers

by Terry Hobson

Imagine how rewarding it must be

To grow your own plants from cuttings and seeds.

Tiny leaves emerging from day to day,

As you feed and water with a gentle spray.

Hours of care with knowing hands

In a greenhouse, garden or piece of land.

Keeping all pests and wild animals at bay

Lest they come and chew the foliage away.

A few weeks of patience – then for all to see

A host of pretty flowers in all their glory.

Oranges, reds, purples – every possible hue

With each new dawn a more delightful view.

If you have a poem you would like to share with us for a future newsletter we would love to hear from you. Please contact Nikki (nikki@astonhearing.co.uk)



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HEARING**

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Aston Hearing Services

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