

cda Hearing Help Tuned In

Helping You Stay Connected

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Drop-In List



Need support or advice?

Whether you need help with your NHS hearing aids, batteries, or are simply not sure where to turn, our team is here to help.

Please get in touch:

01223 416141

enquiries@cambsdeaf.org

Behind the Scenes

A message from Riley, Service Manager

Welcome to the Autumn edition of Tuned In!

It's been another busy summer for Hearing Help. Across June and July alone, our team supported more than 1,100 people through our community drop-ins, care home sessions, home visits and other Hearing Help support.

We're continuing to look at where our support is needed and how we can make it easier for people to access help locally. This September, we're pleased to be launching a new Hearing Help drop-in in **Ramsey**, giving people in the town and surrounding area another place to access free NHS hearing aid maintenance, batteries, information and advice.

As always, none of this would be possible without our wonderful team of volunteers. A huge thank you to everyone who continues to give their time to support people with hearing loss across Cambridgeshire.

New to Ramsey!

We're pleased to be bringing Hearing Help to Ramsey this September! Our new session will offer free NHS hearing aid maintenance, including cleaning and retubing, batteries, basic repairs, information and advice.

Jones Court, Great Whyte, Ramsey, PE26 1HW

3rd Thursday, Quarterly

9:30am – 11am

First session: 17th September

Know someone in or around Ramsey who could benefit? Please help us spread the word!

Things Our Hearing Help Volunteers Wish You Knew...

Our volunteers maintain thousands of hearing aids every year, so here are a few things they wish everyone knew!



Don't wait until your tubing is rock hard!

Old, stiff tubing can affect how your hearing aid works. We can replace it for you before it becomes a problem.

Bring both hearing aids

Even if only one is playing up, bring both and we can give them a quick check while you're here.

Keep the broken bits!

If a hook, dome or other part has broken or fallen off, bring it with you. It can help us work out exactly what replacement you need.

It might not be your hearing aid

If everything looks fine but you're still struggling to hear, it could be wax or a change in your hearing. We'll let you know if it's time to contact your GP or Audiology.

Please don't wrap them in tissues!

Hearing aids wrapped in tissues have a terrible habit of ending up in the bin. Keep them in their case instead!

And remember: you don't need to wait for something to break. You're always welcome to pop in for routine maintenance or advice.



Our volunteers' Golden Rule?

If in doubt, bring it along!

Lipreading Classes Return

Our Cambridge lipreading classes are back this September, and there is still time to join!

The classes offer a friendly and relaxed environment to develop lipreading skills, build confidence and meet other people with hearing loss.

Mondays

21 September to 30 November

2:15pm to 3:15pm

Thursdays

24 September to 3 December
12:15pm to 1:15pm

St Andrew's Street Baptist Church, Cambridge CB2 3AR

£50 for the term

If you're interested in joining us, please get in touch to register your place.



A Little TLC Goes a Long Way

Sometimes a hearing aid that seems broken just needs a good clean or some fresh tubing. Bring it along and our volunteers will be happy to take a look.

HEARING HELP OR AUDIOLOGY?

Not sure who you need? Here's a quick guide:

HEARING HELP

- ✓ Retubing
- ✓ Cleaning
- ✓ Domes
- ✓ Batteries
- ✓ Basic repairs

AUDIOLOGY

- ✓ Hearing tests
- ✓ Reviews
- ✓ Adjustments
- ✓ Reprogramming
- ✓ Replacement aids

NOT SURE?

Bring your NHS hearing aids to a drop-in and we'll point you in the right direction.

Wisbech is Moving!

From October, our Wisbech Hearing Help drop-in will be moving to a new venue.



Don't worry, our Wisbech team will still be offering the same free NHS hearing aid maintenance, batteries, information and advice.

St Peters Church Hall, Church Terrace PE13 1BW

Please make a note of the new location before your next visit.

Your support helps us continue providing vital services across Cambridgeshire.

Ways to donate:

- At any Hearing Help drop-in
- Set up a regular Direct Debit
- Online via QR code



Leave a Gift for the Future

Did you know you can also support Hearing Help by remembering Cambridgeshire Deaf Association in your will.

Thank you for supporting CDA Hearing Help.



DECEMBER DATES

A quick heads-up for Christmas!

The following drop-ins will not be running in December:

- Cambridge Meadows
- Huntingdon
- Melbourn
- St Neots
- Whittlesey
- Waterbeach

Please plan ahead for any batteries or maintenance you may need before the festive break.



Feeling a Little Lonely?

Our Hearing Help Befriending Service offers friendly, one-to-one companionship for older people with hearing loss who may be feeling lonely or isolated.

We can match you with a volunteer for regular chats, a cuppa, a walk or simply some friendly company.

Hearing Aid Maintenance Centres

NEW

- Ramsey - 3rd Thursday Quarterly, 9:30am - 11am, Jones Court, Great Whyte, PE26 1HW
 - 17th September / 17th December

Monthly

- Alconbury - 3rd Tuesday of the month, 2pm - 3:30pm, Memorial Hall, School Lane, PE28 4EQ
- Bar Hill - 1st Wednesday of the month, 10am - 12noon, Community Church, Viking Way, Bar Hill, CB23 8EH
- Cambourne - 1st Tuesday of the month, 9:45am - 11:45am, Church Centre, Jeavons Lane, CB23 6AF
- Cambridge Meadows - 4th Thurs of the month, 10am - 12noon, Community Centre, Arbury Rd, CB4 2JL **(No Dec)**
- Chatteris - 2nd Wednesday of the month, 2pm - 3:30pm, King Edward Community Centre, PE16 6NG
- Cherry Hinton - 1st Thursday of the month, 2pm - 3:30pm, The Hub, High Street, CB1 9HZ
- Ely - 2nd Tuesday of the month, 10am - 12 noon, Library, 6 The Cloisters, Ely, CB7 4ZH
- Fulbourn - 3rd Thursday of the month, 10am - 12 noon, Library, Haggis Gap, CB21 5HD
- Girton - 3rd Wednesday of the month, 2:00pm - 3:30pm, Baptist Church, Cambridge, CB3 0QQ
- Great Shelford - 1st Thursday of the month, 10am - 12 noon, Free Church, Ashen Green, CB22 5EY
- Histon - 2nd Thursday of the month, 2:00pm - 3:30pm, Baptist Church, Station Road, CB24 9LQ
- Huntingdon - 4th Tuesday of the month, 2:00pm - 3:30pm, Barchester - Bayleaf Care Home, PE29 7AF **(No Dec)**
- Melbourn - 4th Thursday of the month, 1:30pm - 3:30pm, Vicarage Cl. Community Room, SG8 6DY **(No Dec)**
- Sawston - 3rd Tuesday every month, 10am - 12 noon, Chapelfield Way Community Hall, CB22 3GB
- Sawtry - 2nd Thursday of the month, 10am - 12 noon, Old School House, Green End Rd, Sawtry, PE28 5UY
- Soham - 2nd Thursday of the month, 10am - 12 noon, Soham Library, 5/7 Clay Street, Soham, CB7 5HJ **(No Sep)**
- Somersham - 3rd Thursday of the month, 2pm - 3:30pm, Millennium Pavilion, The Trundle, PE28 3JS
- St Ives - 2nd Wednesday of the month, 10am - 12 noon, Library, 4 Library Row, Station Road, PE27 5BW
- St Neots - 4th Wednesday of the month, 2pm - 4pm, New Street Baptist Church, PE19 1AE **(No Dec)**
- Warboys - 2nd Tuesday of the month, 2pm - 3:30pm, New Community Centre, High Street, PE28 2TA
- Whittlesey - 4th Tuesday of the month, 10am - 12 noon, Library, PE7 1BA **(No Dec)**

Bi-Monthly

- March - 1st Wednesday, 1:30pm - 3:30pm, St Peters Church Hall, PE15 9JR
 - 2nd September / 4th November
- Newnham - 3rd Thursday, 11am - 12:30pm, Red Bull Pub, Barton Road, CB3 9JZ
 - 15th October / 17th December
- Wisbech - 1st Wednesday, 2pm - 3:30pm, St Peters Church Hall, Church Terrace, PE13 1BW
 - 7th October / 2nd December

Quarterly

- Balsham - 4th Thursday, 10am - 12 noon, Bowls Club, Church Lane, CB21 4DS
 - 22nd October / 28th January
- Bottisham - 4th Tuesday, 10am - 12 noon, Barchester - Hilton Park Care Home, CB25 9BX
 - 27th October
- Burwell - 1st Tuesday, 1:30pm - 3pm, Day Centre, Parsonage Close, CB25 0DR
 - 6th October / 5th January
- Cambridge City Centre St Philips - 3rd Wednesday, 10:30am - 12 noon, 185 Mill Road, CB1 3AN
 - 18th November
- Cambridge United - 1st Thursday, 11:30am - 1pm, Abbey Stadium, Cut Throat Lane, CB5 8LN
 - 5th November / 4th February
- Gamlingay - 3rd Wednesday, 10am - 12 noon, Baptist Church, Stocks Lane, Gamlingay SG19 3JR
 - 16th September / 16th December
- Hardwick - 4th Wednesday, 10am - 12 noon, St Mary's Church, The Cabin, CB23 7QS
 - 25th November
- Littleport - 2nd Tuesday, 1:30pm - 3pm, Village Hall, Victoria Street, CB6 1LX
 - 13th October / 12th January
- Waterbeach - 4th Thursday Quarterly, 2pm - 4pm, The Beach Social Club, CB25 9NJ
 - 24th Sept / **No December**