

## Lipreading & Managing Hearing Loss

From 14<sup>th</sup> September 2023, Exeter Lipreading & Managing Hearing Loss classes meet at **The Mint, Fore Street, Exeter, EX4 3AT on Thursdays, with a choice of morning (1030 – 1230) or afternoon (1345 – 1545)**. They are run by Ruth Bizley, a qualified teacher of lipreading to adults.

Anyone with a hearing loss can benefit from learning to lipread. Lipreading uses the visual information of the spoken word. Many people find when they begin to lose their hearing that speech is not only quieter but less clear. Lipreading can help to confirm what is heard. By using lipreading and listening together, people find that they can understand more of a conversation.

Lipreading can fill in the gaps in noisy social situations with friends and family. It can build confidence when dealing with people in everyday situations. Lipreading skills can also increase independence and feelings of self-esteem.

Ruth uses a variety of different topics for lipreading practice which make the lessons interesting and informative.

Time is also spent looking at coping strategies, for example thinking about the best place to sit when going to a restaurant, and how to ask others to help with communication, including family and friends, for example not talking from another room or while walking away.

Information is available on hearing aids, useful equipment, support services and more. Hearing loss can be very isolating, and the classes are a way of bringing people together who are in the same boat and understand the challenges. Sharing experiences and tips helps to boost confidence and makes people realise that they are not the only one.

Classes are small, friendly, and fun. We have a break for tea, coffee, and biscuits. If you are unable to get to a class or prefer to be in the comfort of your own home, **there is also an online class, currently on Friday afternoons.**

### Contact Ruth for more information:

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