



Dear all,

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Dear All

Summer seems quite far away now although I know that some of you lucky people are still on holiday. I've learnt that the busiest time for meetings is in the autumn, and my diary is filling up. As you can imagine the proposed changes in the NHS are providing a lot of activity and I am working closely with other charities such as Camsight and CareNetwork to ensure that we are kept in the loop and understand how the changes may impact on CAMTAD.

Cambridgeshire Celebrates Age is launched this month and the theme is access for all. Avril Dring from the Hard or Hearing Club and I have been talking to the organisers about how to get the best result for people who are deaf or hard of hearing at the events. There is a busy programme across the county, so please take advantage of it and test their communication skills! I can't send the programme to all of you but you can ring up Sally Roden on 01223 420309 or contact Cambridge City Council for more information about all the events. I'm quite tempted by

the offer of a Full English Breakfast in Brampton but I might have to follow it by the Healthy Eating Breakfast in St Ives.

With the help of the Soham volunteers we are helping with a day at Millbrook House in Soham on 4th November. There will be refreshments entertainment and information, so please come along. There will be all sorts of organisations present demonstrating what is available for older people in the County.

Mike Friend, session supervisor for Hunts has left CAMTAD, but Fran Mills has stepped into the breach, and is holding the fort as session supervisor for the area. The sessions are running well with the help of the committed volunteers. A big thank you, to those who are supporting CAMTAD through a tricky period. Fran is working extra hard as she is also managing the sessions in the other districts, so please help her out as much as you can. Good wishes to Mike in his new job in Camden.

Roger Hill is joining the Executive Board and Roger,

Fran and I were invited to visit the Specsavers office in Nottingham. Tom McKnight and Lynsey Smith showed us round the very modern offices which house a wide range of the Specsavers services. I was most impressed by how spacious and quiet the offices were. We were able to listen in to calls at the call centre and we all thought the call centre staff were exceptionally patient and well informed.

We had a good discussion about the CAMTAD service and the processes, which are now working more smoothly. We have ample supplies for our needs. The receptionists are still working hard to get through the paperwork but that is beginning to settle down as we get repeat visits. Specsavers are now able to send batteries directly to those patients who signed up for the service. Some people received batteries without a covering letter initially but this has been rectified.

By the time you get this newsletter we will have

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completed our Equipment Demonstration in St Ives and we have one more scheduled for 1st December at Scotsdales Garden Centre in Cambridge. We hope we can tempt people to come to look for a Christmas present, and combine it with a visit to the garden centre's Christmas display.

I went to help out with a loop system in a conference centre a few weeks ago and left feeling that the loop installers are not giving a good service when they sell their equipment. The hall had a very expensive PR system with the loop, but there were no

instructions at all for the facilities managers to follow, so they thought the system did not work. In fact it was working fine, but just not adjusted correctly. There are so many factors that can go wrong in a public address system, not least the quality of the speaker - it is a challenge for the staff to get every element right.

Our next volunteer training starts in October and you will, I hope, see advertisements in the press for this. I have been targeting areas where we are short of help. It is always interesting to talk to people in locations where we have ses-

sion, to find out whether they know about what we do, and I get a very willing response to requests for articles in Parish Magazines and local newsletters. However most of our new volunteers come through personal recommendations and referrals, so please keep talking about CAMTAD to your friends and neighbours and encourage them to join us.

I hope to see you all at the annual lunch on 21st November. Please could you respond as soon as possible with your requests, as we have been given a short time to confirm numbers due to half-term.

Frances

Volunteer news

Many of you will have heard that Roger Woollard was recently admitted to Addenbrookes having suffered a stroke. We are pleased to report that he is now home, and send him our good wishes for a speedy recovery.

Best wishes to Gaynor Curry and Helen Warren, who have recently got new jobs and had to give up their work at the Hearing Help Sessions. Our thanks for all their hard work as volunteers.

Shakeawake

Shakeawakes alarm clocks are now difficult to buy as neither Sarababec nor RNID/Action on Hearing Loss supply them. These have always been popular for people who want

temporary help when they go on holiday, and we have been give one as a donation. This will be available for loan, although we have other models to demonstrate which can be easily purchased.



Cambridgeshire celebrates age

Cambridgeshire Celebrates Age will be taking place throughout the County during October, celebrating all that's done by older people in the community and the activities that are available to them.

The organisers aim to:

- Promote active living
- Help reduce social isolation
- Reach out to the most vulnerable
- Promote intergenerational work
- Challenge ageism
- Show and value what older people do, contribute and achieve

More than 70 events are planned County wide, covering a wide range of topics and activities including music, dance, hobbies, education, food, politics and general social gatherings.

CAMTAD will be taking part on 4th Nov in an event at Millbrook House, Soham, from 10am-12pm and 2-4pm, which includes a 'mini Hearing Help Session'.

On Tues 27th Oct Cambridge Hard of Hearing Club will be holding a free taster session of a club meeting, with refreshments and raffle, at The Meadows Community

Centre, 1 St Catherine's Rd, Cambridge CB4 3XJ, 2-4pm. For more info contact Avril Dring, avrildring@tiscali.co.uk

Local listings of other events are available at Community Centres, council offices, libraries and other information points, and the full programme can be downloaded as a pdf file at www.cambridge.gov.uk/public/docs/cambridgeshire-celebrates-age-2011.pdf

Good Practice: Cutting tubing

On advice from our audiologists you will now be asked to measure the tubing on the service user and mark the length of tubing with a pen, then cut the tubing at your work station. As usual you will

then fit the aid and make sure the user is comfortable with it. As you know, you should only measure the tube length against the old discarded tube, when there is no service user present.

Always err on the side of a longer rather than a shorter tube, as a tube which is too short can cause the ear to become sore.

Local hero receives military cross

We thought we would share with you some exciting news from Melanie, our Administrator. Her nephew, Corporal Martin Windmill, from Longstanton, has just been awarded the military cross, and described as 'the bravest of the brave'. While second in command of a Parachute

Regiment unit operating in Helmand, he attacked two enemy positions and threw two other soldiers into cover, having just suffered shrapnel wounds in a grenade attack. One piece of shrapnel remains lodged in his thigh. The Cambridge Evening News (30th Sep) quoted him

as saying that being awarded the Military Cross was yet to sink in. He said: "A lot of guys in my company got injured, one guy got killed, so it's for them as well."



Care network is expanding



Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

Local charity Care Network Cambridgeshire has just extended county-wide its valuable Help at Home service. Launched by Dame Norma Major at Huntingdon on 9th September, the service now offers:

Welcome Home from Hospital – help and reassurance to settle back to independence after hospital treatment

Admissions Avoidance – similar visits, but to help someone who is ill at home and thus prevent them needing to go into hospital (fetching prescriptions and shopping, etc)

Independence at Home – short term help and/or help with small tasks, such as changing a light bulb or emptying high cupboards.

Anyone can ask for the service, and health-care professionals refer to it. A Care Network co-ordinator makes an assessment visit to the resident or patient, then a volunteer carries out the

subsequent visits and help. The service is free except that, for Independence at Home only, a small donation is requested to help cover administration and expenses as this work isn't fully funded by grants or contracts.

Meanwhile, Care Network's community development service is still going strong after 24 years! Its three district development officers and senior co-ordinator liaise with a total of 98 'good neighbour schemes' around the county, and each year aim to get 8 new schemes going. Most common examples are lunch or social clubs, community transport schemes and community warden schemes, but the network includes independent day centres, community cafés and coffee mornings too. The staff will offer whatever help they can to local volunteers who want to make things happen in their community, to reduce isolation and support independ-

ence for lonely, older and vulnerable residents.

CAMTAD, Cam Sight and Care Network have in recent months begun to collaborate where we can. One step has been to add all three charities to Care Network's volunteer application form. It may well be that someone doing Care Network's Help at Home visits would also be willing to help with CAMTAD's voluntary battery replacement visits or Cam Sight's rural support groups – or vice versa! If you would like to help Care Network, or want more information, please contact its main office on 01954-211919 or email admin@care-network.org.uk. Their website is www.care-network.org.uk.

*Helen Randall,
Chief Officer,
Care Network Cambridgeshire.*

Support for D/deaf People



The Supporting Deaf People Project previously based at the Cambridgeshire Deaf Association has now moved to Cam Sight.

We work with D/deaf, hard of hearing, deafened, deaf/blind

people living in Cambridgeshire. We aim to ensure that people are enabled to live as independently as possible. We can help with:

- Day to day issues
- Budgeting
- Correspondence
- Developing social skills

One of the Team is usually available at the Drop-in sessions across the County.

If you would like further information or to make a referral please contact:

Mary Godden
Supporting People Co-ordinator

Cam Sight
167 Green End Road
Cambridge
CB4 1RW

Phone: 01223 420033
Mobile: 07565 910971
Fax: 01223 501829

**camsight**

In the news

Second-hand smoke can cause hearing loss, warns research

A study carried out by researchers from NYU School of Medicine in the US claims to have found a link between secondary, or passive smoking, and hearing loss. According to Anil Lalwani, MD, who led the research, more than half of American youngsters are exposed to passive smoking. "As most of the children were unaware of their hearing loss, simply asking children at risk is insufficient to screen for hearing loss", he told *Hearing Times*.

More than 1,500 teenagers participated in the study, which evaluated exposure to secondary smoking, by blood tests for the chemical cotinine, a derivative of nico-

tine. In those exposed, hearing thresholds were raised at all frequencies and statistically significant for two, three and four kHz. According to co-author Michael Weitzman, MD, this is due to damage to the cochlea, and is the type of hearing loss which tends to occur as people get older, or in children with congenital hearing loss.

However, in a report into the study, *Nursing Times* questioned the validity of these claims, pointing out that the research did not assess the exposure to additional risks such as loud noise, a major risk factor for hearing loss, particularly in the study group of adolescents.

The NYU team plan to go on to study the link between behavioural issues, undiagnosed deafness and secondary smoking.

Summarised from an article in Hearing Times, September 2011, by Ed Gould.



Dates for your diary

20th October, 9.30-12.30

Volunteer training starts

CDA, 8 Romsey Terrace (next door to CAMTAD)
(NB Remaining 5 sessions take place weekly at the Scout Hut, Perne Rd. Cambridge CB1 3NT)

Tues 27th Oct, 2-4pm

Cambridgeshire celebrates age:

Cambridge Hard of Hearing Club, Open club meeting

The Meadows Community Centre, 1 St Catherine's Rd,
Cambridge CB4 3XJ

**4th November, 10am-12pm
and 2-4pm**

Cambridgeshire celebrates age:

CAMTAD mini-hearing help session

Millbrook House, Lode Close, Soham, CB7 5HR

21st November, from 12 noon

Annual lunch

Cambridge Regional College

Please see attached invitation

1st December, 10.30-1.30

Equipment Demonstration

Scotsdales Garden Centre, 120 Cambridge Rd,
Great Shelford, Cambridge CB22 5JT

An Invitation to our
ANNUAL LUNCH

at Cambridge Regional College
Kings Hedges Road
Cambridge CB4 2QT

Monday 21st November 2011

Reception from 12.00 Noon

MENU

Glass of Juice on arrival

Vegetable Soup of the Day

Sauté fillet of pork in Port and Stilton sauce, served with creamed potatoes

OR

Tagliatelle in cream, mushroom and pesto sauce (vegetarian option)

Autumn fruit Charlotte with crème Anglaise

Tea or Coffee

Cost: £13.60 per head

**Please complete and return the slip below together with your cheque
to reach us by 21st October**

N.B. Directions to the car park will be sent out with tickets

Offers of raffle prizes would be gratefully received

To: CAMTAD, 8a Romsey Terrace, Cambridge CB1 3NH

Please send meTicket/s at £13.60 each (cheques payable to CAMTAD please)

I enclose a cheque for £.....**plus** a stamped, addressed envelope for sending me the ticket/s

Please indicate which main course you would like, or if you have any special dietary requirements .

	Quantity		Quantity
Sauté fillet of Pork in port and stilton sauce		Tagliatelle (vegetarian)	

Name :

Address:

Any special dietary requirements?