

HEARsay

News from Harley Street Hearing and Musicians' Hearing Services

WELCOME



A big thank you to the Royal Philharmonic Orchestra for providing this amazing cover image, we have enjoyed working with the team at the RPO to provide hearing health education and training to members of the orchestra.

Staying with the musical theme, our 12th edition of Hearsay, highlights some of the services and initiatives we engage in to enhance hearing in a musical setting and promote healthy listening.

Hearing health for musicians has always been a cornerstone of the practice at Musicians' Hearing Services and something which I personally feel very passionate about. Whether it is helping a musician make the most of their hearing aids or providing on-site hearing tests and hearing protection, we have the audiological expertise and experience to provide a complete range of hearing services for musicians.

Also, a quick reminder to all our hearing aid wearers, if your annual review is due, please don't hesitate to contact us. Remember, these annual checks are part of your aftercare package and provided free of charge.

Paul Checkley
Partner

What's new...

in the world of hearing aid *technology*

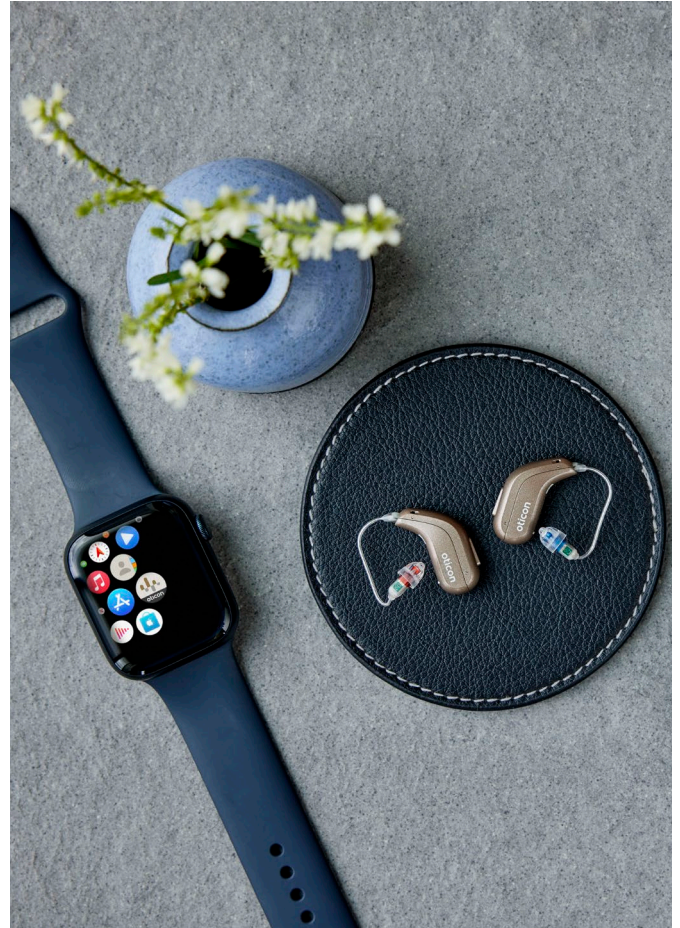
Oticon Intent

The world's first hearing technology with user-intent sensors

Most hearing aids understand sound but apply a one-size-fits-all approach to sound processing. However, even within the same sound environment, hearing aid users can have very different listening needs.

The new Intent hearing device from Oticon understands each user's listening intention by monitoring head and body movements as well as the listening environment and conversation activity. Using the world's first 4D sensor technology these innovative hearing aids adapt themselves to the specific needs of the wearer, whether they are listening in noisy or quiet situations. The goal is simply to optimise your communication and give you the best chance to participate in the conversation.

Alongside unique user-specific processing, Intent boasts improved rechargeability, new Bluetooth LE, a special self-calibrating earpiece and a wealth of additional features and technologies to support listening comfort and hearing in background noise.



To find out more about all the latest advancements or even try-out the technology, please don't hesitate to contact us on **020 7486 1053**



London Theatre Hearing Guide

We are pleased to announce that our new online Theatre Hearing Guide is now live on our website. This useful guide provides details about accessibility for people with hearing loss at all London's theatres. Scan the QR code before you book your tickets and check what is available for those with hearing loss at the theatre you will be visiting. Many theatres have special hearing technology to give you the best chance of hearing the show. Some theatres may even have priority seats available.



Testimonial

“ It was such a relief to offload my worries and questions onto a professional who truly understood the realities of being a musician with hearing problems. ”

Nine years ago, I suddenly lost a lot of hearing in my right ear. Back then I was a busy freelance jazz, gospel and session singer, never giving my hearing a second thought. In literally a few seconds, all that changed. Work was a struggle. I couldn't hear the other musicians well; one ear was a semitone out of tune, and I had terrible tinnitus and hyperacusis. After 12 months, I received a diagnosis of permanent, irreversible nerve damage.

I sought help from the Musicians' Hearing Health Scheme, which got me an assessment with an audiologist at Musicians' Hearing Services. It was such a relief to offload my worries and questions onto a professional who truly understood the realities of being a musician with hearing problems.

The hearing aid provided was way better than my NHS hearing aid



Photo by
Lucy Toms

in musical settings; the difference was like night and day. I could hear other musicians loudly and clearly at gigs, without the horrid distortion. Without it and the skill with which it was fitted, I don't think my career would have survived.

Every audiologist I've seen has an excellent understanding of my needs as a singer and has worked tirelessly to optimise my hearing aid. The aftercare is amazing, with as many free follow-up appointments as you need to get things right.

In the music industry, hearing loss is a taboo, but I've chosen to be open about my hearing loss in the hope that it will help others avoid the same situation. I always advise other musicians to seek help at the first opportunity if they notice anything weird about their hearing.

Alison Beck

Did you know?



You may not be aware that as a hearing aid user, you could be eligible to purchase a Disabled Person's Railcard. This provides 1/3 off most rail travel for you and an adult companion on the National Rail Network, at any time of day. To qualify just ask us for a copy of your hearing test and apply at www.disabledpersons-railcard.co.uk

You can also get your discount loaded onto your Oyster card to save 1/3 on single peak or off-peak pay-as-you-go fares on London Underground and Docklands Light Railway services in London.

LOVE SOUND
LISTEN WITH CARE

Proud Supporters of the Make Listening Safe Campaign UK - an initiative of the World Health Organisation

We are now supporters of the Make Listening Safe Campaign. They are currently calling on the Government to make headphones safer, helping to reduce avoidable hearing loss by ensuring mandatory safeguarding information is included with all headphones sold in the UK.

Musicians' Hearing Health Scheme goes nationwide

We have hand-picked a network of elite independent audiology practices to expand the provision of the Musicians' Hearing Health Scheme. Now there is wider and more convenient access for even more musicians all over the UK.

This innovative, nationwide scheme gives access to affordable hearing assessments and custom-made, specialist musicians' hearing protection and has been ground-breaking in raising awareness about the possible dangers of exposure to loud music. The Musicians' Hearing Health Scheme is primarily funded by the charity Help Musicians and to date we have helped more than 20,000 musicians nationwide.

Aberdeen
Ashby
Bristol
Belfast

Cardiff
Durham
Edinburgh
Glasgow

London
Manchester
Nottingham
Oxford

Scarborough
Southampton
Sheffield
Whitstable



Meet *the Team*



Zoe Plant
Practice Assistant

Zoe will be overseeing North London Hearing in Golders Green during Lavinia's maternity leave. With over 10 year's experience in customer service, Zoe values personalised care, showing empathy to all patients. She thrives in our busy, collaborative team and it will often be her friendly voice when you call our clinics – listen for the Canadian accent!

Fiona's Hearing Tips

Music and hearing aids

Fiona Butterworth - Clinical lead (and bassoonist), supports many musicians in the clinic and provides targeted hearing health seminars focused on music. Read her tips to make the most of your hearing aids when playing or listening to music.



- *Request a music programme. The acoustical properties of speech and music are very different. Remember that adjustments to benefit one can sometimes compromise the other if there is just one programme.*
- *Commit to regularly using the music programme. Your brain needs time to adapt to the adjustments we make. The fine-tuning made to this setting will make all the difference, but only if you use it!*
- *If you experience distortion, try changing the volume of your hearing aids to see how this changes. Keep us updated so your audiologist can use this information to further fine-tune your settings at your follow-up.*
- *It's important to note that recording equipment has advanced in recent decades; the quality, artifacts, and distortion you may notice on older tracks could be a side-effect of the recording technique!*

Hearing *Health Seminars*

We are passionate about education and strategies to manage the risks of exposure to loud sound within the music and entertainment industry. Remember that although music is generally something we *want* to listen to, if it is too loud it can still damage our hearing.

With this in mind, we are pleased to provide regular seminars and workshops across the UK. These sessions raise awareness, provide practical tips and advice on custom hearing protection to manage sound levels and noise exposure for all musicians.

Following extremely positive feedback from one of our most recent sessions, we are delighted that the Royal Philharmonic Orchestra, are now prioritising regular hearing assessments and actively promoting hearing health throughout the orchestra.

If you would like to find out more about how Harley Street Hearing and Musicians' Hearing Services could help your organisation prioritise and manage hearing health, please don't hesitate to call or email us for details.

Wedding *Bells*

Audiologist Matt Frost tied the knot with his beautiful partner of ten years, Anna. They enjoyed a wonderful day full of celebration, surrounded by friends and family.



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