

DeafHear.ie
Services for Deaf & Hard of Hearing People

Gift Ideas for Christmas

Telephones & Mobiles

TV Listening Devices

Alerting Devices

Loop Systems

FOR MORE INFORMATION
call in to any of our Resource Centres, www.deafhear.ie or scan the qr code

Outreach Clinics in Kerry



Tralee
Clogheresta, Hawley Park
Second Friday of the month
10.30am – 12.30am

Killorglin
Day Care Centre
Second Thursday of the month
2.00pm - 4.30pm

Cahersiveen
Community Centre
Second Tuesday of the month
11.00am—3.00pm
By Appointment Only

DEAFHEAR CHRISTMAS CLOSING HOURS

DeafHear Killarney will close at 5pm on Wednesday 23rd December 2015 & re-open at 9am on Monday 4th January 2016

We would like to take this opportunity to wish you all a peaceful Christmas & Happy New Year!
See you in 2016!!

AmpliCall 20 Doorbell & Telephone Ring Indicator

When your door bell/telephone rings, this doorbell/telephone ring indicator will ring very loudly and flash to let you know there is someone at the door or that there's an incoming call. A CLA2 shaker pad can be plugged into the AmpliCALL20: when the door bell/telephone rings, the shaker pad (optional accessory) will vibrate, making this an ideal solution for heavy sleepers who are expecting important visitors or an important call.

- Extra Loud Ringer (up to 95dB)
- Different rings for the doorbell and for the telephone ring
- Adjustable volume
- Tone Control (high/medium/low)
- Camera Flash Ring Indicator



Price: €49.00 - from all DeafHear Centres



Hearing Aid Batteries

All our Hearing Aid batteries are now **Mercury free**
P10, P13, P312, P675 are €2 a pack
P675 *Implant Plus* are €3 a pack



DeafHear.ie

Services for Deaf & Hard of Hearing People

Kerry Newsletter

Winter 2015

CHRISTMAS FUN



Everyone welcome to our CHRISTMAS PARTY
Tuesday 8th December 2-4pm
Fun!! Food!! Santa!!!
Come along, we'd love to see you there.

If the kids are coming make sure you let us know in advance so we can tell Santa

CHRISTMAS CARDS



Cards are available from DeafHear in a variety of designs. Packs of 12 cards are €5 each or two packs for only €7 or buy online at www.deafhear.ie

Health and Wellbeing Course for Deaf Community in Kerry



We recently started an exciting new course for Deaf people living in Kerry that aims to help us look at the stresses and strains in our lives, and to make positive changes. The world we live in can be a stressful place, with all of us living busy lives we sometimes forget to take care of our bodies and our minds. Our teacher for this course is Liz Dowling.

Liz is a Holistic Therapist who has worked for many years in the community, sharing her knowledge and wisdom and helping people to live well. Liz has become deafened over the last few years and welcomes the chance to work with others who have hearing loss.

In this course we learn how to take care of ourselves, and learn to live happier, healthier lives. We have the chance to learn about relaxation and how to manage stress better. We look at the importance of eating healthy, to help our bodies to stay fit. We also learn to share our worries with others, to keep our minds well too.

We have an interpreter for the duration of this course, making the course so much more interactive and accessible to all.

For more information contact DeafHear Killarney.



Parents Coffee Morning & Irish Sign Language

Every Thursday morning in Killarney we are running regular Parents Coffee mornings with a difference. These mornings are a chance to meet up with other parents for a coffee, a chat and a chance to practise sign language skills.

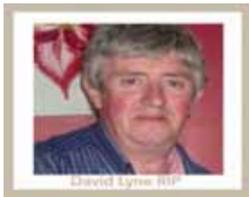


This term we plan to invite guest signers/speakers to the group so that we can widen our experience of communicating with Deaf people, as well as building our understanding of Deaf culture.

Our meetings are for any parent that have a child with hearing loss, who would like to meet up with other parents. Supporting each other is an important element of these meetings, and coming together as a group makes the learning more fun too!

If you are interested in joining us please contact the office for more details.

Farewell to our friend David Lyne



Rest in Peace

September saw the sad passing of David Lyne, our dear friend and client of DeafHear for many years.

David had a great love of art and history, and travelled Europe with his beloved children, visiting museums and galleries, always remembering to send us postcards of places they saw along the way.

David was a gifted craftsman, and both Killarney DeaHear office and the Respite Centre are adorned with many of his beautiful woodwork pieces.

David was a vibrant member of the Deaf Community in Kerry and loved to meet with his many friends, including those at the Friday Group in Killarney.

David is missed by us all—RIP

Tinnitus Support Group



Our support group continues to meet on a monthly basis here in Killarney.

The group is still growing, with new members joining us each month.

Our discussions are interesting and varied. We often have a theme for the meeting, where we pick a specific topic to discuss in relation to tinnitus, for example “Technology for Tinnitus” or “Sleep and Tinnitus”.

Great tips and coping strategies are shared in the meetings, and members say they find the meetings to be supportive and with a positive message.

We also provide a one to one support and information service for people experiencing Tinnitus.

For more information on our Tinnitus services please call us or pop into the office.



Halloween Family Fun Day

Halloween brought around a great opportunity for our families to get together.

A huge crowd of kids: brothers, sisters, and cousins, brought along their adults: parents, aunts, grandparents and friends. All came to meet with friends and have a play, spending time chatting and catching up. Some new families joined in the fun, welcomed by all.

We saw some great Halloween costumes – skeletons, pirates, clowns, we even had a Minnie Mouse Witch with her very own magic wand and broom stick!

Buddies in Killarney was the venue this time, an indoor play area where we could run, jump, slide and climb.

To finish off a lovely day we all enjoyed a picnic together in the Pirate Ship cafe. As ever, we had a great day.

These days are so important for our families. Parents have the chance to chat with others about how their child is doing, often getting valuable advice from each other about how to cope with different issues. And for the kids its great to meet other kids with hearing aids, BAHAs or Cochlear Implants.

We have many of these Family Fun Days throughout the year, giving everyone the chance to catch up and have some fun.

Our next Family get-together will be the Christmas Party on 8th December. Get in touch for more details, it would be great if you could join us.

For more information on this or on any of our Family Services please contact us at the office. We would be happy to let you know what is coming up.



Mind Your Hearing Campaign

Recently a campaign to tackle acquired hearing loss in adults was launched by Minister for Health Leo Varadkar. The aim of the “Mind your Hearing” campaign is to raise awareness of acquired hearing loss and to encourage people to get their hearing tested earlier and, if necessary, to obtain hearing aids.

One in every six people in Ireland has some level of hearing loss. As people get older their hearing deteriorates so that by the age of 60, one person in three will have a ‘significant disabling hearing loss’.

Speaking at the launch the Minister said “less than one third of adults with hearing loss have a hearing aid. Loss of hearing can be gradual, sometimes barely noticeable. People tend to wait around ten years to address their hearing loss, and lose out on the benefits of early treatment. That’s why the ‘Mind Your Hearing’ campaign is so welcome”.

According to Professor Sabina Brennan, Director of NEIL Memory Research Unit in Trinity College, “hearing loss leads to loneliness and social isolation which are actually as bad for your health as smoking and obesity. However by addressing your hearing loss and staying socially engaged you can maintain your brain function and may even reduce your risk for developing dementia.”

Brendan Lennon, Project Manager of the Mind Your Hearing Campaign said “On average people wait ten years from the time they realise they have a hearing loss until they do something about it. Two thirds of people in Ireland who need hearing aids do not have them. As well as greatly affecting their ability to function in their daily lives, it also has a significant impact on their health and well being.”

The Minister officially launched a video, which includes the personal experiences of a number of people with a hearing loss together with a brochure giving information and advice to people on how to check their hearing. A website giving advice to people concerned about hearing loss also went live today and can be visited at

**Don't wait to act
Mind your Hearing NOW**
For further information visit:
www.mindyourhearing.ie

www.mindyourhearing.ie

 **DeafHear.ie**

 **Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive**



Sally Harvest, DeafHear,
Minister Leo Varadkar &
Jean Scott, Irish
Tinnitus Association



Day-trip to Bunratty Castle

In September, our Deaf group took a day-trip to Bunratty Castle and Folk Village in County Clare. We were blessed with fine weather, beautiful all day long.

There was much to see and do. We all had great fun, visiting the castle itself as well as the many cottages and houses around the folk village. After a delicious lunch we had time for a bit of shopping at the folk village craft shop before we headed back to the bus for the drive back home. It was lovely to have the opportunity for the group to spend a whole day relaxing and having fun together.

This trip was made possible thanks to the Killarney Community Gardaí who provided transport and driver for us that day. Community Garda Aoife Dolan drove us in the Community Policing Bus. Our group really enjoyed teaching Aoife some basic ISL throughout the day.

We really had a lovely day and we are so grateful for the support of our Community Gardaí. Hopefully we can look forward to many more trips together in the future.

