

Make listening safe

Every year the World Health Organisation promotes World Hearing Day to raise awareness on how to prevent noise induced hearing loss and promote ear and hearing care across the world. This year, here in New Zealand the National Foundation for the Deaf and Hard of Hearing as well as Hearing New Zealand have chosen the theme of 'Make Listening Safe.'

Hearing Education Hawke's Bay will be doing its bit to raise awareness about safe listening levels and are raising awareness about their role in educating people about noise induced hearing loss.

When your hearing is gone it's gone, it won't come back!

Hearing Education Hawke's Bay, previously Hearing Support Hastings, is a charitable organisation that has been operating in the Hastings District for over 50 years. During this time its services have evolved to meet the changing needs of the community. Today the focus is very much on education with the mission to reduce the number of people diagnosed with noise induced hearing loss in our community. Noise induced hearing loss is 100% preventable.

Since 2012 they have been providing FREE education programs to equip our community with the knowledge they need to protect their hearing and to raise awareness of noise induced hearing loss and other hearing related issues. Carolynne Riley is the busy Hearing Educator who over the last 12 months delivered 187 presentations to 3,319 participants. With much discussion and the approval of their members, the Hearing Support Hastings building was recently sold to help expand the education program. The valuable support of their present and potential new members will help the education program to continue. Increasing demand for education has resulted in another Educator coming on board in the next few weeks.

Due to the popularity of mobile listening devices our young people (and not so young) are much more at risk and need to be educated on the importance of protecting their hearing.

The message - the incidence of noise induced hearing loss is increasing but there are simple things that can be done to prevent it.

Various Programs are available to all Early Learning Centres, Kindergartens, Schools, Tertiary Centres, Educators and Community Groups and are adapted to suit the age and the group of participants. These have previously been available in the Hastings District and Central Hawke's Bay however now extend to Napier and other areas as well.

For pre-schools Carolynne delivers fun activities on how to protect your hearing, including a 'Hearing Song' and also some basic sign (NZ Sign Language). For the school age children there are some interesting participant activities based on the internationally researched Dangerous Decibels program, as well as education on the anatomy of the ear, how we hear, ear care and basic communication strategies. In the future the hope is to expand to workplaces. There are Health & Safety regulations however, people still need to be aware and have an understanding of the background of noise induced hearing loss.



Carolynne Riley -
Hearing Educator



Carolynne talking to children at
Barnardos Early Childcare Centre.

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Hearing Education Hawke's Bay is one of 23 branches of Hearing New Zealand throughout the country. Carolynne is not only the local Hearing Educator but is also on the Board of Hearing New Zealand who are presently supporting the delivery of the Dangerous Decibels programme throughout New Zealand.

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<https://givealittle.co.nz/org/hearing-education-hawke-s-bay>



Hearing Education Hawke's Bay
An associate of Hearing New Zealand

SUPPORT US THIS HEARING AWARENESS WEEK:

On Wednesday 4th & Thursday 5th March
Mondo Cafe (New World Hastings) have a special deal:

Purchase a Hearing Awareness Week muffin and coffee combo for \$7 and \$1 will go to Hearing Education Hawke's Bay to help fund our free community education program.

There will also be a raffle, as well as information table and our Hearing Educator will be available to answer your questions.