



Tauranga BOP Hearing Association
Registered Charity: CC26713

'Listening In'

Whakarongo mo te ora—Listen for Life

Kia ora, and welcome to this month's newsletter. This is our first newsletter of 2024; we hope this year to have a full year planned with coffee mornings and presentations throughout the Bay of Plenty area. We always look forward to meeting you at one of our coffee mornings and welcome any feedback or ideas you may have, to provide a better service.

World Hearing Day-3rd March 2024

Hearing Awareness Month- March 2024

Hearing awareness month is March in conjunction with WHO World Hearing Day, which is celebrated on 3rd March, to raise awareness on how to prevent deafness and hearing loss and to promote ear and hearing care around the world. Each year WHO (World Health Organisation) decides the theme, this year the theme is 'Changing Mindsets, let's make ear and hearing care a reality for all'.

World Hearing Day 2024 will focus on overcoming the challenges posed by societal misperceptions and stigmatizing mindsets through awareness-raising and information-sharing, targeted at the public and health care providers.

White Cat pins. Hearing Support BOP have white cat pin badges available for a donation. Many white cats are hearing impaired. Don't let hearing loss hold you back. Get your hearing tested today.

Other news Eastern Bay of Plenty – Whakatane

Hearing Awareness Day and the month of March, we have several talks booked in for Kawerau and Whakatane and we will have a stall at the Heart to Heart Expo at Whakatane War Memorial on 23rd March 2024 along with many other local service providers and charities, if available feel free to attend this free event that has been put on by Have a Heart Charitable Trust, lots of free food and prizes to be won.

We also have our coffee morning support groups booked for this year and would welcome the opportunity to meet you.

If you have any questions about our support groups, would like to book a talk or if you would like support and information surrounding hearing loss, please contact **Wendy** on **027 307 8647** or email whakatane@hearing.org.nz

Other news Western Bay of Plenty – Tauranga

January 31st, we visited Waipuna Hospice to talk with staff, volunteers, and nurses about how they can help and support patients with hearing loss. Hearing therapist Trish Slade from Your Way Kia Roha joined us, as did Anna Mieke Campbell (one of our lovely volunteers). Anna Mieke shared how to change and recharge a cochlear implant battery. We demonstrated to staff our bellman listening device, battery and rechargeable hearing aid models and shared tips for communication strategies.

Save the date April 28th at 1pm, we will be hosting a **movie with subtitles** at the Sonic cinema in the Historic Village. Keep any eye on your email for more information such as ticket invites, movie title and time. Sonic cinema is a gorgeous, quaint, and intimate cinema. This is a great opportunity to attend a movie with subtitles / captions!

Hearing awareness week. We hope to be holding a stall / table at both Katikati markets and Tauranga markets. Final details to be confirmed, but this will be advertised in "The Sun" free weekend paper, so come on down to say Hi and collect some tips, advice, and support about managing your hearing loss and where and how to access appropriate services.

If you have questions regarding our coffee support groups or you would like us to attend your local club or group, please **Telephone** Helen on **07 578 6476** or **Email: tauranga@hearing.org.nz**

Online Educational Seminars:

Hearing New Zealand have offered several online educational seminars during 2022 where "People meet research and researchers meet people". Eminent researchers from around the world discussing different perspectives of this complex sense in an easy-to-understand language. All presentations were held via Zoom on a monthly basis.

These seminars have been recorded and are now available via the Hearing New Zealand web site, <https://hearing.org.nz> recordings include:

- Dr Haruna Suzuki-Kerr "Where hearing starts: cells, genes and function of the ear and genetics of hearing loss"
- Sam Jeffs Beyond Hearing Aids: An update on Cochlear Implants in NZ
- Dr Pawel Jasterboff "decreased sound tolerance: hyperacusis, misophonia, diplacusis and polyacusis"
- Dr Wyatt Page, how do WHO environmental noise guidelines work in New Zealand.

Coffee Morning/ Support Groups:

Listen In!! Hearing Support Group- Katikati

WHEN: Second Thursday of EVERY month

WHERE: Red cross building, 33 Middlebrook drive. Katikati.

TIME: 10:30am – Midday

Morning tea provided. Gold coin donation for use of building.

We are a small group of people who experience hearing loss. Our aim is to come together to share tips and information on coping with hearing difficulties.

For more information contact Helen on 07-578 6476 OR tauranga@hearing.org.nz

Tauranga Cochlear Implant Consumer Group (CICG)

Dates and times for 2024 to be confirmed. These will be emailed out.

LISTEN IN! Hearing Support Group – Mount Maunganui, Arataki Community Centre

When: LAST Wednesday of EVERY month

Where: Mobility Centre Papamoa. 520 Gloucester Road. Papamoa.

TIME: 10:30am – Midday.

Morning tea provided.

We are a small group of people who experience hearing loss. Our aim is to come together to share tips and

For more information contact Helen on 07-578 6476 OR email tauranga@hearing.org.nz

Whakatane Library

Whakatane Library. Come along and chat about any issues you are having with your hearing and hearing aids. Usually, last **Friday** of the month **10:00am until 12:00noon**

23rd February 2024

22nd March

April- No group

31st May

We also have **facilitator, from Deaf Aotearoa attending**, if you need support with job seeking, Workbridge funding, information or advise come along, or contact Belinda on 021 471 672 or email, belinda.sperling@deaf.org.nz

Whakatane Cochlear Implant Group

Date: 28th February 2024

Time: 10:30 to 12:30

Where: Knox Church, Domain Road, Whakatane, with **Guest Speaker:** Helen Ware & Meg (hearing dog)

An opportunity to meet other cochlear implant users, whanau/family support, or anyone interested in finding out more information. **For more information, contact Wendy on 0273078647 or email**

whakatane@hearing.org.nz

Ear Services

Ear Care BOP

As you are aware, we no longer have **The Ear Nurse, Nicky Johnson**, attending our clinic days or working from our offices; however, you can book an appointment to see Nicky, her appointment days are:

Tuesday: Audika, 7/9 Domain Road, Topaz Corner, Papamoa, **telephone 5421122**

Thursday: Audika, 43, Girven Road, Mt Maunganui, **telephone 5750091**

Friday: Matamata Hearing Association, 8 Meura Street, **telephone 8886414**

Nicky charges \$45 for an appointment or couples \$70.00. Free for ACC and War Pensioners.
Phone the above telephone numbers or **Book online at:** <https://www.earcarebop.co.nz>

The Ear Clinic bop – Sandy Cheetham

51 Fifteenth Avenue, Tauranga (**Unichem**)

Tel: 021 220 5539

Email: sandraann@outlook.co.nz or **Book online at:** www.earclinic.co.nz.

Clearer Hearing Ear Nursing – Emma Pere-Brandt

Every other **Monday** at **Bay Audiology**, The Esplanade Mall, Whakatane, \$65.00 for suction appointment.
Also, Winz service provider and ACC service provider.

Tel: 027 610 2047

Email: info@earnursing.co.nz

Or **Book online at:** www.earnursing.co.nz

Healthy Ears EBOP (previously Ear Health Ltd) – Clinics:

KEA Centre, in Kaweau Community Clinic, Corner Onslow & Gordon Street, Kawerau

TE AO Hou Trust, 38 King Street, Opotiki

Kope Pharmacy, 78 King Street, Whakatane- now run Monday to Friday

Telephone: **07 571 6360 OR 0800 327 435.**

Email: admin@healthy-ears.co.nz OR **Book online:** <https://healthy-ears.co.nz>

Hearing Therapy is a **free and independent national service** that can help you to live well with hearing loss they offer:

- Hearing evaluation with a qualified hearing therapist
- Information on hearing aids and other technology, including available funding options
- Practical advice and tips for living with hearing conditions like tinnitus. Strategies for you, your family, and whanau to ease communication.
- Referrals to other health services if needed. Hearing Therapy, provided by Your Way Kia Roha, is funded by the Ministry of Health for New Zealand citizens and permanent residents aged 16 years and over. Available in Tauranga and Whakatane. **Freephone: 0800 008 011 OR email:** info@yourwaykiaroha.nz
- **Web site:** www.yourwaykiaroha.nz

Available to Purchase

It is so easy! Simply call or email to place your order and have them posted to your home. Pay by internet banking or by cash in person.

Postage per small order is \$2.40

Postage for large order has increased to \$5.20 (this includes battery sales of over 6 packets)

Order as much as you can each time for the best value.

***No. 675 Batteries at \$3.00 for one packet of 6 cells.**

HEARING AID BATTERIES

Purchase your hearing aid batteries and have them posted to your home.

Batteries cost:

Non-Members = \$6.00 for one packet of 6 cells. Postage applies

*Special Offer: Box of 10 packets of batteries for \$55.00 plus \$5.20 postage.

Members = \$5.00 for one packet of 6 cells. Postage applies

*If you purchase 5 to 9 packets cost per packet is reduced to \$4.75

***Box of 10 packets of batteries is \$45.00** plus \$5.20 postage.

Battery Recycling Programme

We are now able to offer a battery recycling programme with support from Phonark New Zealand. Please post / drop off, your used hearing aid batteries to our address in Tauranga. Alternatively, we will collect batteries at our Coffee Mornings.

DRYING CAPSULES

Always replace the drying capsule at the first sign of discolouration or fading.

Drying capsules can be posted to your home.

\$2.00 each. Postage applies as above.

BADGES

"I am hearing impaired" badges can be purchased for \$10 (small) and \$15 (large).

Posted directly to your home address. Postage applies.



These products are also available at the Clinic Days (cash sales only, no EFTPOS)

Why World Hearing Day matters

Over 1.5 billion people live with hearing loss of which nearly 430 million people live with disabling hearing loss. An overwhelming majority of them reside in low- and middle-income countries and commonly lack access to required services and interventions. Unaddressed hearing loss is the leading cause of morbidity and poses an annual cost of \$980 billion globally.

It is expected that the prevalence of hearing loss will rise considerably in coming decades due to changing population demographics, increasing exposure to risk factors such as recreational noise, as well as persistence of untreated ear conditions such as otitis media. Many of the causes that lead to hearing loss are preventable. In children, 60% of hearing loss can be prevented through public health strategies. Those who have hearing loss can greatly benefit from timely and appropriate interventions. Effective implementation of proven strategies to prevent hearing loss and rehabilitation of those with irreversible impairments require a number of public health measures to be put in place, including the integration of high quality, comprehensive ear and hearing care services into national health systems. Hearing care and hearing loss were highlighted as a public health issue with the adoption of the resolution (WHA70.13) on prevention of deafness and hearing loss during the World Health Assembly in 2017. This resolution calls upon WHO and its Member States to undertake advocacy through World Hearing Day on 3rd March.

What is world hearing day and what is it trying to achieve?

World Hearing Day is the largest global awareness campaign on ear and hearing care that calls for action to address hearing loss.

World Hearing Day aims to:

- Promote public health actions for ear and hearing care.
- Stimulate intersectoral partnership for ear and hearing care
- Raise awareness on hearing loss and care at a national and community levels across the world
- Encourage behaviour change towards healthy EHC practices

Why 3 March?

3.3 resembles the shape of two ears.

We are grateful to our many funders for their generous support of our organisation.



OUR CONTACT DETAILS:

Hearing Support Bay of Plenty
The Kollektive
145 Seventeenth Avenue, Tauranga 3112
Tel: **07 578 6476**
Email: tauranga@hearing.org.nz
whakatane@hearing.org.nz
facebook: [Hearing Support Bay of Plenty](#)