



Tauranga BOP Hearing Association
Registered Charity: CC26713

‘Listening In’

Whakarongo mo te ora—Listen for Life

Welcome to this month's newsletter! This is our first newsletter of 2025, and we are excited to share our plans for the year ahead. This year, we aim to connect with you through inspiring coffee mornings and engaging presentations across the Bay of Plenty area.

We look forward to meeting you at one of our coffee mornings and would love to hear any feedback or ideas you may have to help us provide a better service. Thank you for being a part of our community!

World Hearing Day-3rd March 2025

Hearing Awareness Month- March 2025

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 promote ear and hearing care around the world. Each year WHO (World Health Organisation) decides the theme. This year's theme builds upon the 2024 focus on changing mindsets towards ear and hearing care. WHO invites individuals of all ages to empower themselves to ensure healthy ears and hearing for themselves and others, with the theme **“changing mindsets: empower yourself to make ear and hearing care a reality for all”**.

By encouraging individuals to recognize the importance of ear and hearing health, this campaign aims to inspire a change in behavior, to protect hearing from loud sounds and prevent hearing loss, check hearing regularly, use hearing devices if needed, and support those living with hearing loss. Empowered individuals can drive change within themselves and society at large.

White Cat pins. Hearing Support BOP has 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

Our Hearing Support coffee morning groups continue to thrive, these are run jointly with Belinda from Deaf Aotearoa.

Also, our Cochlear Implant Consumer Support Groups are booked for the year ahead at Knox Church, Whakatane. These sessions are a great opportunity to meet other cochlear implant users and share information and tips on living life with a cochlear implant.

To celebrate World Hearing Day 2025 we plan to have a stall at Saturday Ohope Craft Market where we will have white cat pins available, plus information on services available in our area.

We also look forward to having Dan from Puppet Vision returning to the Eastern Bay of Plenty providing local primary schools with our Sounds Good live puppet show, to encourage children to talk about our message on Noise Induced Hearing Loss the irrevocable damage to hearing it can cause and how to protect their ears and hearing health in years to come.

If you have any questions about our support groups, would like to book a talk or 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

Our monthly Hearing Support coffee mornings will continue in Katikati and Papamoa for 2025, with a few minor changes. This year, the Papamoa meetings will take place on the LAST Wednesday of every ODD month and our Katikati meetings will run every SECOND Thursday of EVEN months. (See below for dates). Our meetings run from 10:30am to midday. You and your family or friends are all welcome. We have had great feedback from participants who value the opportunity to share in a supportive environment and gain insights and strategies for living with hearing loss.

Our education in-school programme “Sounds Good” will be delivered to WBOP schools in Term 2 and 3 this year. Your membership and support allow us to continue the work we do in schools and our wider community.

CAPTIONED MOVIE EVENT AT HISTORIC VILLAGE!

World Hearing Day is on 3rd March this year. To celebrate, we will be hosting another fully captioned / subtitled movie at the Tauranga Historic Village on SUNDAY 2nd March. This will be a Matinee event. Last year’s movie was a great success! Many people enjoyed the opportunity to visit a cinema and watch a subtitled / captioned movie. *Keep an eye on your emails for the flyer coming soon with details of the time and movie choice!*

We continue to support those with a Cochlear implant in our community and will be holding Cochlear implant support group meetings with guest speakers this year. See below for dates.

The Tauranga branch is available to come and visit your group, club, workplace, or village, to share tips, strategies advice, and support around living with hearing loss.

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

Wrist Watch:

Simple vibrating wristwatches – great for an ‘alarm’ clock to wake you up if you can’t hear your clock or phone!
www.moosebaby.co.nz.

**Mobile Phone apps:**

Mobile phone apps like Live Transcribe significantly benefit people who are hard of hearing by providing real-time transcriptions of spoken conversations, allowing you to easily follow along and participate in discussions even when they can't fully hear what is being said, essentially acting as a live captioning tool for everyday situations.

Useful features include:

real-time transcription, large font size options, speaker identification, custom word lists, language support, sound alerts for non-speech sounds, the ability to pick up voices at a distance, voice awareness to only transcribe when voices are detected, and the option to save transcripts for later reference; allowing users to follow conversations in various settings by seeing the text on their screen rather than relying solely on hearing.



Android -Playstore “Live Transcribe”

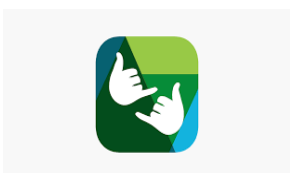


NALscribe: live captions
 Speech-to-text hearing help
 Rated 4.7 stars on the Apple App store
 ★★★★★
 Download free today!

i Phone - Apple store “NAL scribe”



I phone – Apple store "Otter"



NZ Relay Services helps people who are Deaf, hard of hearing, speech communication difficulties, and deafblind to connect with businesses, friends, and whānau over the phone. For more information on this service check out their website: <https://www.nzrelay.co.nz/index>.

Coffee Morning/ Support Groups:

Listen In! Hearing Support Group- Katikati

WHEN: Second Thursday of every EVEN month (Starting February 2025)

February 13th

April 10th

June 12th

August 14th

October 9th

WHERE: Katikati Hub, Main Road Katikati

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 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)

Where: Greerton Library.

When: **Saturday April 12th**

Saturday July 26th

Saturday November 8th

Time: 10:30am – Midday

LISTEN IN! Hearing Support Group – Papamoa. Mobility centre

When: LAST Wednesday of every EVEN month (Starting January 2025)

January 29th

March 26th

May 28th

July 30th

September 24th

November 26th

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 information on coping with hearing difficulties. For more information contact **Helen on 07-578 6476**

OR email tauranga@hearing.org.nz

Whakatane Library- Hearing Support Group

Whakatane Library. Come along and chat about any issues you have with your hearing and hearing aids.

Last **Friday** of the month **10 am until 12noon**

28th February 2025,

28th March,

25th April,

30th May,

27th June,

25th July,

A facilitator, from Deaf Aotearoa will also be in attendance, if you need support with job seeking, Workbridge funding, information or advice come along or contact Belinda at 021 471 672 or email, belinda.sperling@deaf.org.nz

Whakatane Cochlear Implant Consumer Group

Where: Knox Church, 83a Domain Road, Whakatane

Time: 10am until 12 noon

When:

Monday 24th February 2025 - Guest speaker: TBC

Monday 26th May

Monday 25th August

Monday 24th November

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 027 307 8647 or email** whakatane@hearing.org.nz

Relay NZ Workshop

Where: TBC

When: TBC

This will be a Free workshop for our hard-of-hearing, deaf community, where members can bring in their technology and we will work through how to set up an account and troubleshoot questions.

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>

Ear health Katikaiti

Visits Katikati Community Centre every second Tuesday, call 07 868 9225 to book.

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 (hearing therapists do not fit or sell hearing aids).
- 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 Social Development, for New Zealand citizens and permanent residents aged 16 years and over. Available in Tauranga and Whakatane.
- **Freephone: 0800 008 011 OR email:**angeline.slade@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 \$12 (small) and \$17 (large).

Posted directly to your home address. Postage applies.



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

GRANTS TO HELP FUND HEARING AIDS FOR SENIORS ON LOW INCOMES THROUGHOUT NEW ZEALAND.



Who we are

The Vincentian Foundation for the Elderly was formed in 1976 by St Vincent de Paul Society New Zealand as a Charitable Trust. The Foundation aims to improve the welfare of seniors within our communities.

What we Do

Since established, the Foundation has provided funding for many senior orientated projects.

The current focus is on providing grants to help fund hearing aids for seniors on low incomes throughout New Zealand.

Inadequate hearing can have a marked impact on an elderly persons well-being. It can lead to them being marginalised as a result of experiencing poor communication, isolation, depression and other health problems. Adequate hearing enables the elderly to communicate effectively with the outside world. We find that many pensioners have difficulty finding sufficient funds to purchase hearing aids.

How to apply for a grant:

The hearing aid grant is limited to a maximum of \$300 per hearing aid. This grant is available to seniors throughout New Zealand.

Applicant requirements:

Aged 65+

Live in New Zealand.

Hold a Super Gold Card with Community Services endorsements.

Have had their hearing assessed by a qualified audiologist and subsequently deemed to need a hearing aid.

For further information and to apply, contact Denis Bourke at vincentian@bourke.net.nz

Address:

PO Box 40844

Upper Hutt 5140

World Hearing Day matters:

Hearing loss has often been referred to as an “invisible disability”, not just because of the lack of visible symptoms, but because it has long been stigmatized in communities and ignored by policymakers. Unaddressed hearing loss is the third largest cause of years lived with disability globally. It affects people of all ages, as well as families and economies. An estimated US\$ 1 trillion is lost each year due to our collective failure to adequately address hearing loss. While the financial burden is enormous, what cannot be quantified is the distress caused by the loss of communication, education, and social interaction that accompanies unaddressed hearing loss. What makes this matter more pressing than ever is the fact that the number of people with hearing loss is likely to rise considerably in the coming decades. Over 1.5 billion people currently experience some degree of hearing loss, which could grow to 2.5 billion by 2050. In addition, 1.1 billion young people are at risk of permanent hearing loss from listening to music at loud volumes over prolonged periods of time. The World report on hearing shows that evidence-based and cost-effective public health measures can prevent many causes of hearing loss.

The COVID-19 pandemic has underlined the importance of hearing. As we have struggled to maintain social contact and remain connected to family, friends and colleagues, we have relied on being able to hear them more than ever before. It has also taught us a hard lesson, that health is not a luxury item, but the foundation of social, economic and political development. Preventing and treating disease and disability of all kinds is not a cost, but an investment in a safer, fairer and more prosperous world for all people.

As we respond and recover from the pandemic, we must listen to the lessons it is teaching us, including that we can no longer afford to turn a deaf ear to hearing loss.

What is World Hearing Day and what is it trying to achieve?

World Hearing Day aims to raise global awareness about hearing loss, promote ear and hearing care practices, and encourage people to seek services to prevent deafness and hearing loss by addressing societal misperceptions and stigma surrounding hearing issues; essentially, it strives to make ear and hearing care accessible to everyone worldwide.

World Hearing Day aims to:

- **Raise awareness:** World Hearing Day aims to raise awareness of hearing loss and its impact on communication, quality of life, and overall health.
- **Promote ear and hearing care:** World Hearing Day aims to promote ear and hearing care, including early identification and intervention.
- **Improve access:** World Hearing Day aims to improve access to ear and hearing care services.
- **Reduce costs:** World Hearing Day aims to reduce the cost of ear and hearing care

Why 3 March?

3.3 resembles the shape of two ears.

Who created it?

- The World Health Organization (WHO) created World Hearing Day.

WHO's work includes:

- guiding, assisting and supporting Member States to increase awareness of ear and hearing care issues;
- facilitating data generation and dissemination of ear and hearing care-related data and information, such as through the *World report on hearing*;
- providing technical resources and guidance to facilitate planning and health systems capacity building for ear and hearing care;
- providing guidance to strengthen rehabilitation for people with hearing loss through the Package of interventions for rehabilitation for hearing loss;
- supporting health workforce training in ear and hearing care through the Primary ear and hearing care training resources;
- promoting safe listening to reduce the risk of recreational noise-induced hearing loss through the WHO Make Listening Safe initiative;
- observing and promoting World Hearing Day as an annual advocacy event;
- building partnerships to develop strong hearing care programmes, including initiatives for including affordable and accessible ear and hearing care services and hearing aids in service delivery approaches suitable for low-and middle- income countries and cochlear implants; and
- advocating for ear and hearing care through the World Hearing Forum.

Information taken from WHO website <https://www.who.int/campaigns/world-hearing-day> and report from Dr Tedros Adhanom Ghebreyesus Director-General, World Health Organization.

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



OUR CONTACT DETAILS:

Hearing Support Bay of Plenty

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