



Tauranga BOP Hearing Association
Registered Charity: CC26713

‘Listening In’

Whakarongo mo te ora—Listen for Life

Welcome to this month's newsletter. With Spring upon us, the days are getting longer, perfect for our coffee mornings and presentations throughout the Bay of Plenty. We can't wait to meet you at one of these gatherings! Your feedback and ideas mean a lot to us, so please share them to help us make our service even better. We are looking forward to seeing you soon!

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. These sessions are not just meet-ups; they are a supportive community where individuals can share effective strategies and insights for navigating life with hearing loss. In September, we had the honour of partnering with Trish from Your Way | Kia Roha to deliver an engaging talk at Whakatane Hospice and for Whakatane Quota. We connected with many wonderful people and provided essential information on recognizing the signs and symptoms of hearing loss, along with the various services available to help those affected. Join us and be a part of this empowering journey.

Loud Shirt Day 18th October 2024

We recognised Loud Shirt Day 2024 at the Ohope Craft Market with a stall. This event allowed us to engage with the community and share valuable information about the services we offer, highlighting the resources available to support everyone in our community.



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

The Tauranga branch has been out and about in the community over the last few months, making new connections with a range of community groups and delivering presentations about hearing loss prevention and managing life with a hearing loss.

We have connected with the Pacific Island Community Trust and attended both their Women's Health and Men's Health days. Here we were able to offer advice, support and information around hearing loss prevention and causes and direct attendees to further services such as 'Your Way | Kia Roha', for free hearing testing.

Huria Marae was another successful presentation, with many participants interested in getting their hearing tested after our presentation.

We visited Pacific Lakes Village, where a small but enthusiastic group shared stories, tips, advice, and support.

We also attended the 'Hei Awhi' expo at the Historic Village. This expo is attended by many disability support groups throughout the Bay of Plenty region.

Our monthly Hearing support coffee mornings continue in Katikati and Papamoa. 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 schools programme "Sounds Good" was delivered to Fairhaven Primary in Te Puke and Pukehina Primary School.

Your membership and support allow us to continue the work we do in schools and our wider community.

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 wrist watches – great for an 'alarm' clock to wake you up if you can't hear your clock or phone!
www.moosebaby.co.nz.



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)

Where: Greerton Library.

When: Saturday 7th December

Time: 10:30am – Midday

LISTEN IN! Hearing Support Group – Papamoa. Mobility 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 information on coping with hearing difficulties. 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, the last **Friday** of the month **10:00 am until 12:00noon**

25th October

29th November

We also have a **facilitator, from Deaf Aotearoa attending**, 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

Date: Monday 25th November

Time: 10:00 to 12:00 noon

Where: TBC

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

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
- 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 Whaikaha Ministry of Disabled People, 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 \$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)



Loud Shirt Day

Loud Shirt Day is the national fundraising campaign for the Hearing House and Southern Cochlear Implant Programme (SCIP), the only two charities in New Zealand dedicated to helping children and adults with cochlear implants learn to listen and communicate.

For Loud Shirt Day New Zealanders are invited to dress up in their brightest and loudest outfits to raise funds for these two organisations.

Together these two organisations support thousands of Kiwis in every region of New Zealand living with cochlear implants.

Through their passionate and dedicated teams of audiologists, specialised therapists, and support staff they deliver a wide range of services and programmes to assist babies, children and adults with cochlear implants as they learn to hear and communicate.

Money raised through Loud Shirt Day will help the Hearing House and SCIP to ensure everyone living in New Zealand living with cochlear implants has access to lifetime support.

Check out Loud Shirt Day with Hearing House and SCIP website for more information on how to donate or put on an event

<https://www.loudshirtday.org.nz>

What are Cochlear Implants (Bionic Ear)

Cochlear implants aim to provide useful hearing to children and adults who get little or no benefit from hearing aids. Implants consist of an external speech processor and an internal component.

To understand how a cochlear implant works it is first necessary to understand how hearing ears hear and process sound. In hearing ears, sound waves cause changes in air pressure in the canal, which make the eardrum vibrate. These vibrations pass into the inner ear, or cochlea, which is filled with fluid.

The cochlea is like a snail in shape. If you imagine it rolled out, it resembles a piano keyboard in that it has low notes at one end and high notes at the other. All along the cochlea, there are thousands of very sensitive cells called hair cells.

When a sound is made the fluid in the cochlear moves and stimulates these hair cells to send a small electrical charge to the auditory (hearing) nerve. This small electrical current passes through the nerve to the brain where it is understood as sound.

If the cochlear has damaged hair cells it will not be able to effectively change sound vibrations into an electrical current. A cochlear implant makes up for the lack of intact hair cells by placing an electrode array (with several electrode contacts) within the cochlea. This delivers sound and speech information directly to the auditory nerve by way of small electrical currents.

Unlike hearing aids, which make sound louder, a cochlear implant bypasses the non-functional parts of the ear and delivers small electrical signals directly to the auditory nerve.

The cochlear implant consists of two parts: the internal part and the external part. The internal part is implanted surgically under the skin behind the ear. The external part is worn on the outside of the body. The external part includes a microphone, speech processor and transmitter coil. The speech processor is worn on the body for small children because it is more robust and gives more information to alert the parent when it is not working. A smaller ear-worn processor can be used when the child is older.



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



OUR CONTACT DETAILS:

Hearing Support Bay of Plenty

The Collective

145 Seventeenth Avenue, Tauranga 3112

Tel: **07 578 6476**

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Email: tauranga@hearing.org.nz

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