

Is there a useful book for me to read?

"Watch this face", a practical guide to lipreading. To order a copy, write to RNID, 19-23 Featherstone St, London EC1Y 8SL.

Where do lipreading groups meet?

There are about 40 lipreading groups throughout Scotland. Most are free! They may meet in the following locations:

- 👁️ A Further Education College
- 👁️ An Adult Basic Education centre
- 👁️ A Community Education centre
- 👁️ An Audiology clinic
- 👁️ A local Deaf Voluntary Organisation

How can I find a lipreading group near my home?

You can find out if there is a lipreading group near you, by any of the following ways:

- 👁️ Ask your Audiologist
- 👁️ Ask your Hearing Therapist
- 👁️ Ask your local Social Work Services*
- 👁️ Contact a local Deaf Voluntary Organisation*
- 👁️ Contact a Hard of Hearing Club*
- 👁️ Ask your local Librarian
- 👁️ E-mail: classes@lipreading.org.uk

* to get their address, contact SCoD, visit SCoD website (directory) or look up the Yellow Pages

The Scottish Council on Deafness (SCoD) is:

The Scottish umbrella body representing the interests of local and national voluntary organisations, local authority social work, education and health departments working with Deaf Sign Language users, deafened, deafblind and hard of hearing people.

SCoD's aims are to:

- 👁️ Enable deaf people to contribute in shaping the policies which affect their lives
- 👁️ Work to challenge negative attitudes and to combat discriminatory practice
- 👁️ Raise public awareness of issues affecting deaf people and their views and experience
- 👁️ Campaign for equal opportunities for deaf people
- 👁️ Improve the social inclusion of deaf people
- 👁️ Support the recognition of British Sign Language
- 👁️ Promote the rights of deaf people and encourage improved practice

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**Scottish Council
on Deafness**

Finding a lipreading group

*.....the Lead
Organisation for
Deaf Issues
in Scotland*

When I have a hearing loss

When you have a hearing loss, talking to other people can become difficult and frustrating. You can feel cut off, left out, ignored and lonely. It can affect your self confidence, which could stop you doing things you enjoy, like going out with friends. There's nothing worse than when someone is talking to you and you don't understand what they said and say, "Sorry?" to be told "Oh, it doesn't matter". It does matter!

Hearing loss also prevents you from accessing a wide range of services. Despite the Disability Discrimination Act 1995 (DDA), the majority of service providers have little or no understanding about the needs of deafened and hard of hearing people.

What rights do I have?

Under the Human Rights Act and DDA, you have the following rights:

- 👁️ To be well-informed
- 👁️ To access all services including social services
- 👁️ To have the same rights and opportunities as hearing people, free from discrimination
- 👁️ To be safe, healthy and protected from abuse, bullying and neglect
- 👁️ To be independent and to make choices about things that affect your life
- 👁️ To have your privacy and dignity respected in the home and in the community
- 👁️ To a standard of living, equal to that enjoyed by hearing people

How to cope with hearing loss and exercise your rights

A first step is to learn how to lipread. Learning to lipread can help you communicate better, it can improve your self confidence and make you feel in control of your life again. With your newly acquired lipreading skills, you will be able to stay in touch with people close to you, to go out again to all social events and to continue with your leisure, religious and other activities.



How can lipreading help?

The idea of a lipreading class is to help you to learn how to use lipreading to support your hearing, without really even realising what you're doing - it should be something you do as naturally as breathing.

Lipreading groups quickly turn into self-help groups of friends. People's confidence improves tremendously because everyone is in the same boat! Lipreading groups are fun and you will find out many interesting useful things including tips on lipreading.

What happens in a lipreading group?

Joining a lipreading class or group not only helps you to develop lipreading skills, but provides a total rehabilitation service, dealing with

- 👁️ Coping strategies
- 👁️ Hearing aids - use, maintenance & troubleshooting
- 👁️ Different types of hearing aids available
- 👁️ Technical aids to communication
- 👁️ Relaxation therapies
- 👁️ Communication support
- 👁️ Environmental aids that can help you with your day-to-day life
- 👁️ What help is available from Social Services, Access to Work, hard of hearing groups, local and national deaf organisations, health services, etc and how to access this help
- 👁️ Causes and effects of hearing loss
- 👁️ Tinnitus & Menieres, what can make these worse, and what can help some people

Lipreading groups are small, informal and friendly. They can be fun too!