



Welcome to the third edition of the new monthly newsletter, **still** coming to you from the secluded back room somewhere in't North where the sole occupant of the establishment has now taken up semi-permanent residence!

We hope you and yours are coping and staying fit and well and if anyone has any issues, questions or needs any help, then get in touch.

If anyone would like to jot a few notes down about their own experiences at this time, amusing or serious, then I would love to include it in the next edition.

As well as having an 'Electronic chat' I encourage any of you who do have any questions about things, be they may have to do with the Coronavirus or support from the Implant Centre, then send them to me either an email, or post /text (if you can without breaking rules etc.) - Full contact details on the last page.

With the current lockdown in place many people who have had internet access have been able to adapt to working from home and there has been a huge increase in the use of applications which enable group conversations/meetings to be carried out. This is a trend which may well continue into the future with many positive benefits cutting down the costs of travelling, pollution reduction and more quality time with no rush hour to face.

The side effect of that, from our perspective, is that it will allow us to have face to face conversations with friends and family where we will be able to still use our lipreading skills and we will be discussing some of these later. Carrying on the remote access theme is this article below.

 **CHOICE - Implant home care App**

The Richard Ramsden Centre for Hearing Implants is collaborating with the University of Southampton in a new pathway to provide cochlear implant users an alternative care pathway – a home care pathway for patients who want to manage their cochlear implant care themselves at home.

The home care pathway involves using a personalised website (web app) called CHOICE where patients themselves can do a hearing check at home, access music or telephone training, practise listening in background noise, request spares and access a general check-up questionnaire. The patients can still come to the cochlear implant centre when they need help with something.

Currently the CHOICE care pathway is only available for cochlear implant patients who have had their first annual review and are 18 years old or more.

Please note, CHOICE may not be suitable for everyone. You will be contacted by The

Richard Ramsden Centre for Hearing Implants with more information if you are not suitable.

If patients are following the CHOICE home care pathway then they will still be invited to attend the department speech processor upgrade appointments.

One AIS CHOICE user has recently commented: the CHOICE app is a great way to manage hearing without leaving the comfort of your sofa! A big incentive in these strange times. Patients will need a code during the registration process; the code is implant.

Register here: Registration Page – the browser Internet Explorer cannot be used for registration.

You will need to enter a few details. Your clinician has noted these details below for your convenience:

My NHS Number:

My Implant Centre: The Richard Ramsden Centre for Hearing Implants, Manchester

My Implant Manufacturer: eg. Med-el, Cochlear etc.

Date of Surgery:

Registration code: Implant

The user manual with information about registration can be found at: User Manual

CHOICE Information Leaflet:

Also have a look at the Participant Information Sheet gives you full information about CHOICE and how we are evaluating it: Information Leaflet

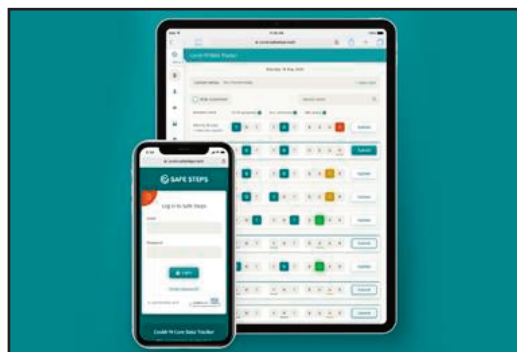
Please email remote.care@mft.nhs.uk for any questions.

 **COVID-19 Tracker App**

Here is something that is happening with my hospital at Tameside where a new app is being tested in our area.

Health and care professionals from Greater Manchester have got together with a tech company, Safe Steps, and created a UK-first digital tool which helps care homes to track COVID-19. It will also coordinate care with GP practices, social care and hospitals to protect vulnerable residents.

The digital tool allows staff within care homes to input information about a residents' COVID-19 related symptoms and track for signs of deterioration more easily, using a national scoring system called



Care Home COVID-19 Tracker Displayed on a tablet and mobile phone

RESTORE2 mini. The information is also able to be shared directly with the resident's GP and NHS community response team. I think this is quite remarkable as this will ensure quick

assessments and responses. This also means that the NHS can monitor more closely how care homes are doing across the locality.

Our patch, Tameside and Glossop, is one of the first localities where this new digital

technology is being tested. Health and care teams are now able to be proactive and support the health and wellbeing of more than 700 residents across 24 care homes looking for signs of COVID-19 and taking swift action.

Lockdown Lessons!

by John Newton

This is what I have learned so far:-

- Shopping is unnecessary, I now have everything delivered to the door, (just like Downton Abbey!) I also have about 6 month's supply of laundry soap and cleaning materials, all bought on line, cheap and eco friendly.
(And Buxton even has a very efficient delivery service for fresh fish)
- if, like me, you cannot make voice calls text relay is a life line (now called Relay UK) Up to now in every case when I have used it I have only needed it once, subsequently I have been able to arrange SMS Text or e-mail.
- Zoom is a mixed benefit. Sometimes the sound and video are out of sync making it impossible for a lipreading deaf person. It's great when it works (and fascinating for showing what people have in their bookcases!)
- FaceTime is wonderful but only for your friends with an iPhone. I have been able to talk to my son on the phone for the first time for about 15 years.
- The funniest thing currently on TV is all the repeats of "Car Share" on iPlayer. I ration myself to one episode a day, an unfailing remedy to lockdown blues. It's genius comedy. If you know Manchester you can enjoy trying to spot the filming locations. After some study I conclude that they are a random selection of places in Greater Manchester which give no clue to the location of John and Kayleigh's fictional place of work.
- The funniest thing on TV about the pandemic is Charlie Brooker's Antiviral Wipe BBC2 (I-player)
- No matter how many photos and videos I see of them via WhatsApp I sorely miss my granddaughters aged 2 and 3. They change so fast at that age and I grieve at not being with them.
- You can forget foreign travel for this year or in my case, any public transport
- Car travel will not be much fun if there's nowhere to stop for a coffee or a bite.
- This is basically a plague of the elderly so it makes sense to be scared (if you are elderly!)

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Lockdown Gardening

(or how to give the neighbours something to talk about)

I don't have a garden as such, I have a back yard populated with lots of planters, trays and other types of container with an assortment of flowers. Due to the lockdown of course and the closure of the garden centres I missed the opportunity to get restocked with plants and bedding soil. Indeed it was several weeks before I saw any at the supermarket.

That meant having a think about what to do to try and get some colour out the back.

A selection of last years plants were beginning to show promise and so I decided to let them do their best and flower and I have to say I'm very pleased with them. None of course would win any prizes but as the weeks have gone by they have turned from being long and gangly with a flower at the end to filling up quite nicely from the base as well.

Going right back to basics I managed to sow three trays of seeds for bedding plants and have managed to repel the slugs and snails so should be OK for the rest of the season.

Obviously there is a limited space outside, so thanks to Amazon I have got hold of plant pots which are thin at the bottom but wider at the top which allows me to install plants taking up less floor space.

I have been merrily taking photos of these as they have progressed and sending them to Paula, (just to show that I have actually stepped out of the house and not become a total hermit) and then to my surprise I received this as a birthday present.

It's a Hydroponics kit for growing herbs indoors. It's so simple even I can use it. Three pots arrived with the kit containing one seed in each, fill up the tray with water, add the plant food and plug it in, simples!

The LED lights come on automatically for 16 hours a day and within a week they were popping up nicely.

As they grow you lift the light and when you are ready just take a third off the top for your gourmet cooking and it keeps on growing. Basil, Dill and Curly parsley and very nice too.



What I didn't realise of course is that 16 hours a day is a long time and at one point the light was staying on until about 3 in the morning.

It's a blue tinged light and from outside it looks as if I'm cooking up something suspicious but so far I've not had anyone knocking at the door asking if they can buy anything ... or a visit from the authorities with a dog but we do have some 'concerned' neighbours not far away so anything could happen!

Kevin

Life in Lockdown

from Norah & Dave Clewes

Like many others we are lucky to have a son or daughter who does our shopping so we have no problem with supplies. In our case our younger son lives near and easily calls with food, which he leaves at the back door and stands back or goes into the garden so we can chat at a distance.

We also have various offers of help from neighbours, especially a young couple next door. She chats to me using SMS or across the driveway, being careful to keep the safe distance. We also have lots of contact through Facebook and email so we do not feel at all cut off.

In the early weeks of lock down I was reminded of when I lost my hearing. That was when I was in 6th form at school. In the first long summer holiday all my friends had holiday jobs and I spent a lot of

time alone at home. I passed the time then, as I do now, reading, doing cryptic crosswords and writing letters (as we used to do in those days before email!)

Since the good weather arrived and the garden started to grow wild I have been busy trying to keep control out there.

I also enjoy sitting out, watching the bees flitting from flower to flower and listening to the blackbirds and sparrows. They are never quiet.

I don't miss the traffic on the roads or doing the shopping but I look forward to going out for a meal instead of cooking and washing up every day.

I do hope others are managing well and keeping safe.

This is the warning section:

These are challenging times and although some types of crimes, especially burglary are down (maybe because people are in all the time) the increase in fraud continues.

There are many online scams taking place, I've had several emails from people offering \$1m to help the charity - the clue is in the currency there.

Email scams that abound include those saying you've been frozen out of your bank account and you need to click on a link in the email - **Never click an email link.**

Emails saying you've been selected for a hardship payment by the Inland revenue, just give us your bank details.... the list goes on. Always contact your bank the way you normally do from their own website, **never use a link.**

If in doubt (bin it don't open it)

Contact details for articles: I would love to hear from anyone with an example of a service, good or bad, or an amusing incident in a queue (there are lots of queues these days)

Cicada: email: secretary@manchestercicada.org.uk - Text: 07533 217730 or postal address: 107 Manchester Road, Hyde Cheshire, SK14 2BX

CICADA support Links: <http://www.manchestercicada.org.uk/help-support/>

Any contacts you help me with will be added to our website and publicised on our facebook page: **Manchester Cicada club.** If you want to join just put in a request.

Manchester Auditory Implant Centre: Repairs and Battery Supply

Tel: for all repairs. 0161 276 8079

Email: auditory.implant@mft.nhs.uk for cochlear implants and BAHA