



Manchester Cicada charity

Lockdown Letter



We have to begin this issue with the sad news of the death of Dave Clewes.

There will be an obituary in the next issue of Resound but in the meantime I would like to pass on our deepest sympathy for Norah and her family from everyone at CICADA.

We will all miss him.

Although we are not in a general lockdown now, we still have to be mindful of the steps necessary to take to protect ourselves especially as we now seem to be entering a period of change and uncertainty regarding outbreaks of the Virus. In the North West we have certain geographical areas that are more affected than others and we recommend that you keep up to date with the announcements which seem to come out at irregular times of the day. This is the main link from the government about regulations from which you can see any local changes that have been made. We have shortened it to save the typing! It's from www.gov.uk

<https://bit.ly/2DHMrmd>

More Lockdown Lessons! (and conclusions)

by John Newton

The novelty is definitely wearing off.

BUT the risk stays the same for me (or you) whatever Boris says. You can't do much about the risk once you've got it, it's a real danger especially to the elderly but you can do a lot to reduce the risk of getting it in the first place. Avoid crowds, keep 2 metres apart and wash your hands a lot.

Shopping problems usually arise because you've run out of just one thing. Learn to

improvise (and plan ahead)

Write dates on consumables like kitchen roll or marmalade so that you learn how long they last and when to reorder

Outdoor meetings are not great if it's cold and raining. Thank goodness it started in March and not October!

Prisons are sometimes criticised for being too comfortable. After 3 months in my comfortable prison I realise that it's the loss of liberty which hurts.

Watch "Staged" on iPlayer to get some laughs out of the situation and some tips on how to take part in Zoom meetings without looking ridiculous. Very funny and with a stellar cast.

Don't point your computer at the ceiling or up your nose on Zoom, don't sit with your back to the light.

If you want to make a splash on Zoom, you can now choose from all sorts of backgrounds, it doesn't have to be your kitchen or spare room, you can even make it appear as if you live in a palace.



Most of the graphs and statistics in the press tell you nothing which is of any use to you personally.

Some ancient and determinedly non technological people are finally embracing smart phones and laptops for the first time, I know some of them. The incentive is seeing videos of their grandkids. So there's something good coming out of the situation.

And, for those who cannot make voice calls, another three cheers for RELAY UK

JSN210620

A BIG shout out for Lynn!

During this time of isolation, disruption, endless rules and precautions, I for one have been spending more than my usual time in solitary isolation at home, apart from the days that I volunteer at the hospital.

One of the few things that we have been allowed to do is go out for a walk or run to help to keep us fit and increasingly I have seen people in various stages of exhaustion stagger up the hill outside, fair play to them all for the effort that they have put in and I wish them well.

However, nothing I have seen or heard of can compare with the sheer effort and determination that Lynn has thrown into her bid to make something good come out of this virus ridden mess.

Some of you may have seen items that Lynn has posted on our Facebook site recently but I must admit that until I sat down and went through the number of messages that she has published I did not



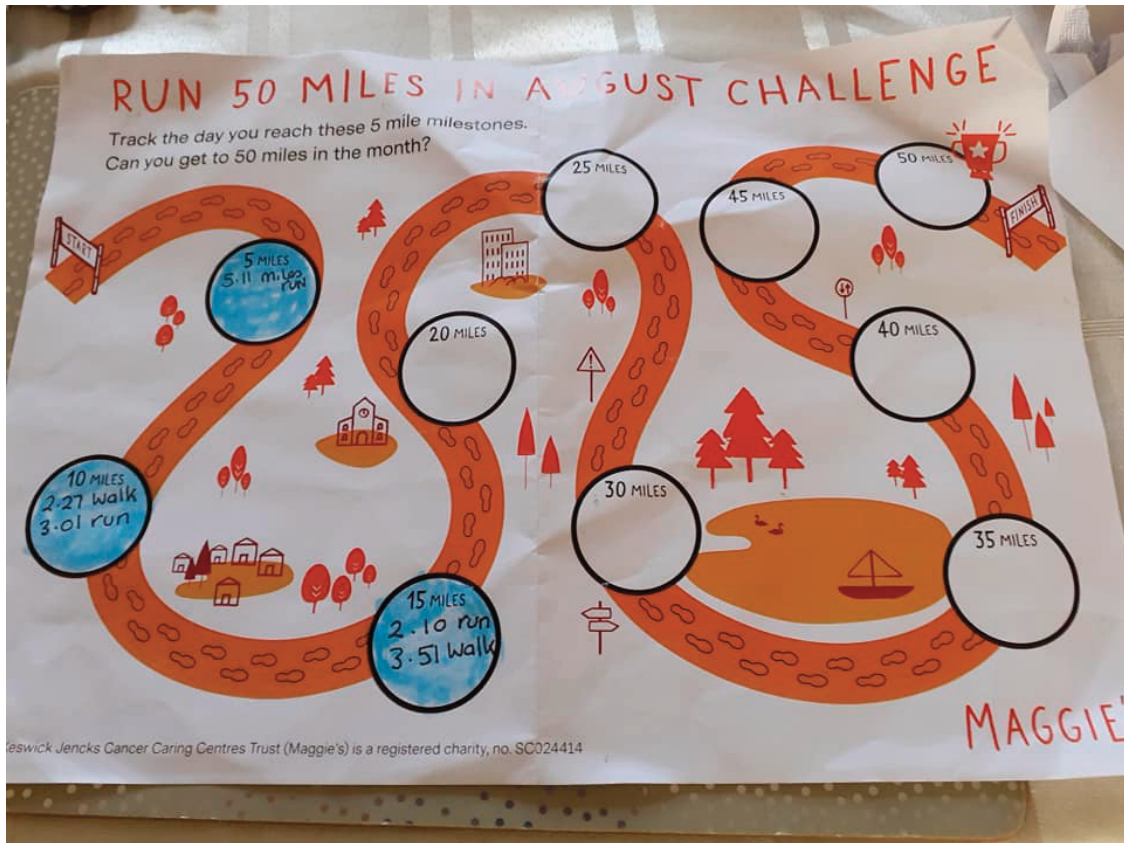
realise the huge amount of hard work and training that she has put herself through in order to raise money not just for one charity but several.

So far she has raised money for the Samaritans by running 52 miles in July, is

in the process of running 100 miles in August to support young people with cancer.

This is the latest challenge, raising money for a charity called Maggie's this is what Lynn wrote about it:

"Want to join me in supporting a good cause? I'm raising money for Maggie's Centres and your contribution will make an impact, whether you donate a lot or a little. Anything helps. Thank you for your support. I've included information about Maggie's Centres below."



Maggie's offers the best possible support for free to anyone with cancer. Anyone can visit a centre or join the online community.

We help people take back control when cancer turns life upside down, by helping to provide professional support for anything from treatment side effects to money worries. Family and friends can visit Maggie's too.

Maggie's story

A mother of two children sits with her husband as the consultant tells her that her cancer can't be cured. They are moved to a strip-lit, windowless corridor of the hospital to process this devastating news.

This was Maggie Keswick-Jencks at the Western General Hospital in Edinburgh in 1993. She and her husband Charles discussed the need for somewhere 'better' to go, outside of the clinical environment, but still nearby. The very first Maggie's opened in Edinburgh in 1996 and there are now 23 centres in the UK and three overseas.

We wish Lynn all the best with her efforts and hope that she does get some time in August to get her feet up!

An Electronic helping hand

(or how to look really clever)

As many of you may know I am the owner of a Bone Anchored Hearing aid, made by the Cochlear company who also make the CI processors that many of you have.

I have had one for several years now and have regaled some of you with tales of near disaster in the past, similar but not exactly as catastrophic as John Newton's device that met a watery grave but shall we say some events that tested its durability to the limits.

Being attached as it is to a titanium pin at the side of my head it was always going to be a contest between it and any number of items such as hats, glasses and even an umbrella at one stage for the squatters rights.

In common with CI processors, every so often the Centre at Manchester will replace the device with a newer model and as this takes place over a matter of years, rather than when 'this year's model' comes out, sometimes the changes in design and features are substantial.

This time was no exception.

As you would expect with technology, miniaturisation is a never ending process although this was becoming an issue for me as the older model of BAHA had buttons on the top which were used to change channels, increase volume and switch things on and off.

The size of my fingers was always going to be an issue when trying to feel for one of three buttons at the side of the head and avoid a furious whistling at the same time.

For a while now Cochlear have supplied users of their processors with hand held remote control devices to help do some of these functions, but how many times have we reached for it only to find out that its battery needed recharging?

As technology has evolved and in particular more widespread use of mobile phones, some of these functions have been provided in the form of an App which runs on the phone, if you have one of course. Which brings me to one of the issues which all of us have faced at some point in time, using the phone.

John Newton has told us all about the Relay UK service which provides a great help if you want to make a phone call to someone else, however I have become a predominant user of Text messaging and emails to try and avoid the issue. But that is of no use when someone calls you on your mobile phone. You have no time to react and in most cases just try and manage as best you can.

I have always in the past tried very quickly to put the call on the speaker rather than the built in earpiece before I put the telephone to my ear, but the number of times some part of the ear has inadvertently switched off the microphone is legendary and the confusion it causes does nothing for the stress levels!

Readers of the Resound magazine may recall a series of articles I did explaining about a system called Bluetooth which is increasingly used to connect Mobile phones to a wide range of things such as Televisions, remote speakers and in recent times hearing devices.

I was pleased to find, when I went for my new BAHA, that the setup procedure did not involve me being attached to something with cables, the whole setup was carried out using a Bluetooth connection. The new BAHA will automatically connect to another Bluetooth source and that included my mobile phone. The reason I have been totally impressed, is not just because I can control such things as the volume, which

program channel I use and also get details of the device in case I need to report a fault, it is because it will now automatically connect to my mobile if a call comes in, switching all the background noise off in the BAHA and giving me crystal clear sound from the phone. I don't need to do anything to the phone before I speak.

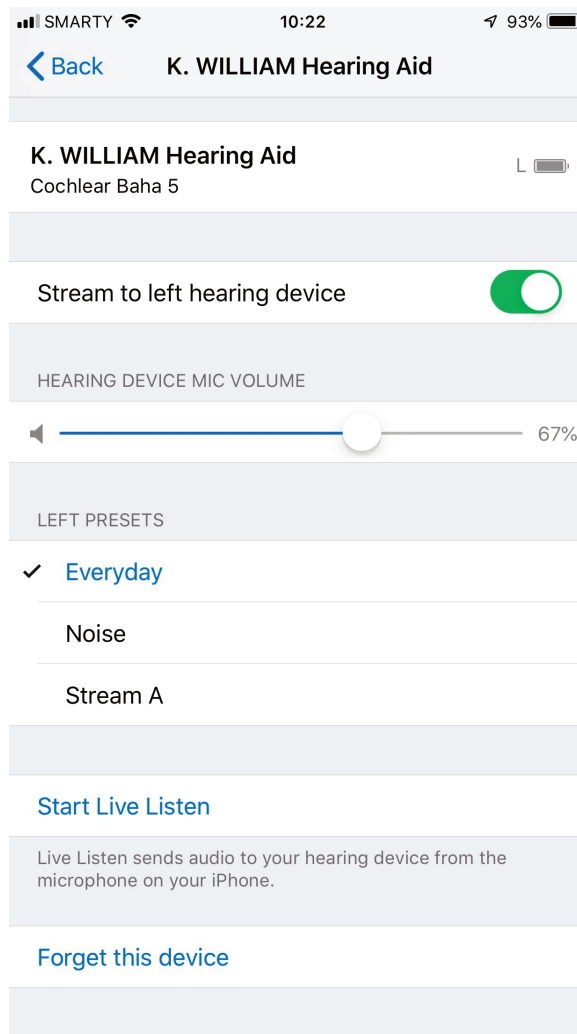
What is even better is that I can sit with the telephone on the arm of the chair and chat quite confidently from many feet away!

While this in itself is a great confidence builder, the same technology also allows me to listen to music playing on my phone even when I'm in another room. Once set up on the phone it will automatically switch to the BAHA/Processor whenever it is producing sound.

Better still I can do that when I am sitting down for a coffee in public and no sound is heard by people nearby. I know that earphones have been available for hearing people for a while which doesn't disturb others nearby but that has not been an option for us in our community.

I have used an iPhone 6 and all that is needed is to go to the Settings app (the one like a cog wheel), go to General-Accessibility, scroll down to the section titled HEARING then select MFi Hearing devices and it should be showing your device on the list.

Whilst these connections are under the



general banner of 'Made for iPhone' at the moment I'm sure it will be available on Android phones at some point and I will do a more in depth version of this article in the next issue of Resound.

In the meantime I can sit on a bus, walk down the street or smile to myself anywhere I please without causing offence to anyone whilst enjoying the music.

Kevin

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