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**INTERESTED IN FINDING OUT MORE ABOUT HEARING LOSS  
AND TINNITUS IN A RELAXED ATMOSPHERE?**

Hello!

As a Community support Officer for Action On Hearing Loss I would like to make you aware of meetings which will be held on the 1st Friday of the month from 10.00am to 11.30am – starting on 6th September 2019.

**The sessions are FREE!**

We offer good advice/ talks & demonstrations on additional equipment available for hearing loss/tinnitus sufferers and **free hearing checks**.

Suffering with hearing loss/tinnitus can be very distressing, isolating and can cause unhappiness for both the sufferer and their families. The sessions are to give individuals a chance to discuss either on one to one basis or share as a group, the difficulties they experience due to their hearing loss/tinnitus and to receive information/advice and sign posting that could help improve their day to day lives.

For more information, contact Angie Baker.

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[www.actiononhearingloss.org.uk/heartohelp](http://www.actiononhearingloss.org.uk/heartohelp)