

Patient information

Lip reading classes

We all lip read, even if we have normal hearing, especially in noisy situations. Even if you wear a hearing aid that has been set as best as possible for you, there will still be times when you miss some parts of a conversation. Lip reading can help you fill in the gaps in speech that you don't hear. To become a good lip reader requires concentration and development of skills. Lip reading is a skill that can be taught and attending a class with a qualified teacher will help you to attain these skills more rapidly.

Lip reading can aid communication for people of all degrees of hearing loss and all ages. Lip reading classes are designed to provide skills but also help improve confidence, give you more control over your hearing loss, increase independence and reduce the isolation sometimes associated with hearing loss.

At a class your teacher will teach you to recognise lip shapes or patterns, movements of the tongue, jaw and facial expressions, gestures, and how to use clues from the context of the conversation. Over time you will learn to be able to put these all together to help you better interpret what is being said.

Lip reading classes should be informal and friendly, where you can learn at your own pace. They will enable you to meet people in a similar situation to yourself and provide tips to cope with your hearing loss. Sometimes you may also be shown other equipment that can help you with your hearing loss (eg Assistive Listening Devices or ALDs), other than hearing aids. **Details of lip reading classes** within 40 miles of Bury St Edmunds, by county (distance, in miles, from Bury St Edmunds next to each location):

Suffolk

Bury St Edmunds

Location: Deaf and Hard of Hearing Centre, 28 Northgate Street, Bury St Edmunds, IP33 1HY
Day / Time: Monday 2.00pm – 4.00pm
Tutor / Contact: Maria Waller
Contact Tel: 01473 286060
Contact Email: maria.waller@hhas.org.uk
Level: Mixed ability

Cost: Free for up to 3 years for Suffolk residents
Other Info: Provided by Suffolk Hearing Advisory Services, contact Maria Waller; only available to Suffolk residents

Hadleigh (17.3 miles)

Location: The Ansel Centre, Market Place, Hadleigh, IP7 5DL
Day / Time: Tuesday 10:15am – 12:15pm
Tutor / Contact: Sue Monet
Contact Tel: 01473 286060
Contact Email: maria.waller@hhas.org.uk
Level: Mixed ability
Cost: Free for up to 3 years for Suffolk residents
Other Info: Provided by Suffolk Hearing Advisory Services, contact Maria Waller; only available to Suffolk residents

Ipswich (25.6 miles)

Location: Suffolk House, 2 Wharfedale Road, Ipswich, IP1 4JP
Day / Time: Monday 10:00am – 12:00noon
Tutor / Contact: Maria Waller
Contact Tel: 01473 286060
Contact Email: maria.waller@hhas.org.uk
Level: Mixed ability
Cost: Free for up to 3 years for Suffolk residents
Other Info: Provided by Suffolk Hearing Advisory Services, contact Maria Waller; only available to Suffolk residents

Norfolk

New Buckenham (24.3 miles)

Location: New Buckenham Village Hall, Moat Lane, New Buckenham, NR6 2AS
Day / Time: Wednesday 1:00pm – 3:00pm
Tutor / Contact: Hayley Holliday
Contact Tel: 0344 800 8020
Contact Email: lipreadingwithhayley@gmail.com
Level: Mixed ability
Cost: Free

Swaffham (31.8 miles)

Location: Catholic Church Rooms, 31 Station Street, Swaffham, PE37 7HP
Day / Time: Thursday 10:00am – 12:00noon
Tutor / Contact: Hayley Holliday
Contact Tel: 0344 800 8020
Contact Email: lipreadingwithhayley@gmail.com
Level: Mixed ability
Cost: Free

Wymondham (33.2 miles)

Location: Wymondham Baptist Church, Queen Street, Wymondham, NR18 0AY
Day / Time: Wednesday 10:00am – 12:00noon
Tutor / Contact: Hayley Holliday
Contact Tel: 0344 800 8020
Contact Email: lipreadingwithhayley@gmail.com
Level: Mixed ability
Cost: Free

Cambridgeshire

Ely (21.5 miles)

Location: St Peter's Church Meeting Room, Broad Street, Ely, CB7 4AH
Day / Time: Monday 2:15pm – 4:15pm
Tutor / Contact: Mrs Jenny Holding
Contacts Tel: 01354 740894
Email contact: hldjen@outlook.com
Level: Mixed ability
Cost: Upon request

Cambridge (24.1 miles)

Location: Cambridge Deaf Association, 8 Romsey Terrace, Cambridge, CB1 3NH
Day / Time: Friday 10:30am – 12:30pm; Friday 1:30pm – 3:30pm
Tutor / Contact: Melanie Lombardi
Contact Tel: 01223 416141
Email: enquiries@cambridgeshirehearinghelp.org.uk
Level: Mixed ability
Cost: £30 per half term
Other Info: 10 classes per term. Limited parking. Bus Route 2

Chatteris (39.1 miles)

Location: Quaker Way Sheltered Housing, 32 Quaker Way, Chatteris, PE16 6PB
Day / Time: Friday 10:00am – 12:00noon
Tutor / Contact: Mrs Jenny Holding
Contacts: Tel: 01354 740894
Email: hldjen@outlook.com
Level: Mixed ability
Cost: Upon request

Sources of further information

Suffolk Hearing Advisory Service

Website: <http://www.hhas.org.uk/index.htm>
Telephone: 01707 324 582
Textphone: 01707 375 486
Email: info@hhas.org.uk

Norfolk County Council

Website: <https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/language-and-communication-skills/british-sign-language-bsl>
Telephone: 0344 800 8020 (Monday to Friday 9.00am – 5.00pm)
Text message: 07767 647670 (Monday to Friday 9.00am – 4.45pm)
Textphone: 0344 800 8011 (Monday to Friday 9.00am – 4.45pm)
Email: information@norfolk.gov.uk (it helps to include your address and postcode within your message)

Action on Hearing Loss

Website: <https://www.actiononhearingloss.org.uk/>
Information Line: Telephone: 0808 808 0123, Textphone: 0808 808 9000
Website: informationline@hearingloss.org.uk

Association of Teachers of Lipreading to Adults

Website: <http://atlalipreading.org.uk/>
Telephone: 07426 559 602

Lipreading Practice

Website: <http://lipreadingpractice.co.uk>

References

Action on Hearing Loss. Lipreading. <https://www.actiononhearingloss.org.uk/your-hearing/ways-of-communicating/other-forms-of-communication/lipreading.aspx>, 10/07/2017.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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