



#HearMyLips





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[www.citylit.ac.uk/hearmylips](http://www.citylit.ac.uk/hearmylips)

## In a world made up of sound, losing your hearing can be catastrophic.

Acquired hearing loss can be slow and gradual or it can plunge you into a life of silence. Either way, it can lead to a dramatic loss of independence, confidence and quality of life. Hearing loss is associated with cognitive decline and dementia and can lead to a greater risk of social isolation and reduced mental wellbeing.

**1 IN 6 PEOPLE IN THE UK SUFFER FROM HEARING LOSS WHICH AFFECTS INDEPENDENCE AND CAN DEVASTATE MENTAL AND PHYSICAL HEALTH.**

Currently 11 million people in the UK suffer hearing loss. For those who have served in the Armed Forces, the rate of hearing loss is three times that of the general population. By 2031, 1 in 5 of us will experience hearing loss. **That's 14 million of us at risk.**

There is no cure, but there are ways to limit the impact of acquired hearing loss and help people lead healthier, more productive lives.

Lipreading is a proven success and everyone who seeks help for their hearing loss should receive advice on lipreading. Unfortunately there are too few classes and access is a postcode lottery.

## Which is why City Lit is launching #HearMyLips

Our goal is to train more teachers to teach more classes nationwide. We have led the way on lipreading for 100 years, first supporting soldiers whose hearing was damaged on the battlefields of World War I. Now we aspire to help all people with acquired hearing loss manage their everyday life.

You can help by...

- Tweeting your support at #HearMyLips
- Talking to those around you to learn how hearing loss affects all our lives
- Contacting your local NHS provider to see if they offer referrals for lipreading
- Engaging your local MP to increase funding for lipreading provision and training more teachers
- Partnering with City Lit to build a programme that serves everyone regardless of location



## A century of expertise

City Lit's Centre for Deaf Education provides a wide range of courses and services for deaf and hearing adults including British Sign Language, lipreading, lipreading teacher training, deaf history, employment advice and interpreting and communication support.

2019 marks the centenary of City Lit and also 100 years of our expertise and service for Londoners and others with hearing loss.

For more information contact [deafedu@citylit.ac.uk](mailto:deafedu@citylit.ac.uk)

TO LEARN MORE AND GET INVOLVED, EMAIL  
[HearMyLips@citylit.ac.uk](mailto:HearMyLips@citylit.ac.uk)

We're honoured to have Turner Prize-winning artist Grayson Perry CBE RA as patron of our #HearMyLips campaign.



## 19 facts about hearing loss

- 1 Hearing loss affects over 11 million people in the UK. By 2031, 20% of us will have hearing loss – over 14 million people. As we age, it's much more acute – 42% of people aged over 50 and 71% over 70 have hearing loss.
- 2 There are only 365 lipreading and managing hearing loss courses across the UK.
- 3 Hearing loss has an association with cognitive decline and dementia and can lead to a greater risk of social isolation and reduced mental wellbeing.
- 4 City Lit is one of only three places in the UK delivering lipreading teacher training. Lipreading teacher trainees attend City Lit from as far away as Cornwall and Newcastle to learn to become lipreading teachers with us.
- 5 Only 65% of those with hearing loss are employed, compared to 79% of people with no long-term health issue or disability. 41% of people retire early due to the impact of their hearing loss.
- 6 Lipreading is a definable skill that can be learnt and developed. It leads to improved communication, increased confidence and better day to day management of hearing loss.
- 7 City Lit delivers the largest number of lipreading courses in the UK, from beginners to advanced, plus short courses to help manage hearing loss, including assertiveness, tinnitus, mindfulness and 'become more lipreadable' for friends and family.
- 8 City Lit began providing lipreading training to WWI soldiers whose hearing was damaged on the battlefields in 1919.
- 9 Lipreaders have to decipher two to three spoken words per second.
- 10 Only about a third of English speech sounds can be seen clearly on the front of the mouth. Lipreaders use a range of skills to help them fill in the less visible sounds in order to make sense of what is being said.
- 11 Grayson Perry CBE RA is Patron of City Lit's campaign #HearMylips.
- 12 City Lit's annual Deaf Day is the biggest event in the deaf community calendar and has been running for 22 years.
- 13 City Lit was an early pioneer of Sign Language (Sign Supported English) teaching in the early 1980s. Today City Lit is the largest provider of British Sign Language teaching in the UK.
- 14 In 1978, City Lit helped pioneer training for newly created NHS Hearing Therapists.
- 15 Bunty Levene, co-author of 'Managing Your Hearing Loss: Impairment to Empowerment' was a lipreading teacher and hearing therapist at City Lit.
- 16 City Lit was the first organisation to train social workers in Sign Supported English interpreting during the 1970s.
- 17 City Lit's Centre for Deaf People was established 50 years ago in 1968 – before British Sign Language was known as such.
- 18 Staff from the Centre for Deaf People authored the book 'British Sign Language for Dummies'.
- 19 Lord Jack Ashley opened City Lit's refurbished Keeley House building when it was dedicated to the Centre for Deaf Education.





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