



Thank you to all our clients and your families for your patience over the past couple years.

Due to the pandemic Casey Hearing operated under restrictions as stipulated by the government. We are very excited to be back open for all appointments now.

We look forward to seeing all of you again.

Call our friendly receptionists on 9037 7010 to book, alternatively you can book online at <https://healthengine.com.au/book/64337>

As we could not conduct all audiology services as a result of lockdowns and LGA restrictions, Casey Hearing got involved in the community engagement space during September and October.

Dangerous Decibels

Khatija was approached to deliver a program to a community school for National Science week, at a time when there was face-to-face teaching. When it came to her delivery date, we were in lockdown...

With our lives increasingly spent plugged into our phones and computers, we find ourselves frequently wearing headphones or Air Pods.

There has also been an increased use of audio devices to create space for ourselves in shared areas at home. During lockdowns, this has particularly been the case with adults working and children remote learning from home.

It is important to continue educating our young people on how we hear, what happens when we damage our hearing and what are safe and dangerous hearing levels. Dangerous Decibels is a fun, engaging workshop that was designed for face-to-face delivery. Khatija adapted the workshop so it can be delivered on an online platform. She had the pleasure of delivering it to a community school.

Although the program could not be delivered face-to-face, the session was still interactive, and students really seemed to enjoy it. We had a couple parents listening in too, which Khatija loves and encourages so these conversations can continue. It was time-consuming converting the program to an online platform but so worth it in the end! Khatija is now excited about the potential to deliver the program in this way to other schools.





The United Nations Day of the Girl is celebrated on 11 October. Every year on this date, the world is called to recognise the unique challenges that girls face globally and their enormous potential to bring about change. This year's theme was Digital Generation: Our Generation. We heard from young people and female leaders in our community about local and global challenges using an online platform. GirlForce is a multicultural youth, community and school-led collective with a desire to create a space for the girl child to lead with determination. This initiative began in 2019 in celebration of the UN's International Day of the Girl Child. As Casey Hearing's core values are communication, community, and empowerment. We are proud to support this incredibly important event. Through GirlForce we create a platform so girls can develop the confidence to speak in front of others.



They say 70% of girls feel more confident about their futures after hearing from female role models. The messaging of working hard to achieve your dreams was consistent, together with keep pushing boundaries, ask questions and for help when needed, believe in yourself, and encourage others along the way.

It was great hearing the girls talk to topics around building self-confidence, financial independence, and pursuing dreams. The highlights of the event were a virtual fashion show, music, and dance. The children enjoyed the Taekwondo, Henna Design, and building self-esteem workshops.



Loud Shirt Day

Khatija and Aniisa wore something loud to work on Friday 22 October in support of Loud Shirt Day. Casey Hearing is a proud supporter of Loud Shirt Day with proceeds going to the Royal Institute of Deaf and Blind Children. If you would like to support this cause, please click on our fundraising link here.

<https://support.nextsense.org.au/fundraisers/CaseyHearing>

Home Deliveries

In our family, home deliveries are definitely one of the day's highlights during lockdown. Hearing the doorbell can be tricky when you have hearing difficulties. Luckily, there are some great technologies that can help. For example, amplified doorbells and you can see visitors at the door through an app. Make sure you don't miss out on the fun of receiving a parcel!

Are you interested in learning more? Book an appointment with us at Casey Hearing to find out about the right solutions for your needs at home.



October is National Mental Health Month. This year's theme, 'Mental Health: Post Pandemic Recovery Challenges and Resilience', recognises that everybody has faced, and will continue to face unprecedented challenges due to the COVID-19 pandemic.

Here are 5 tips from The Victorian Chamber has developed five tips for individuals to encourage and sustain positive mental health.

- Yes to saying no- Don't feel obligated to accept every social invitation you receive. Pick and choose which activities you want to be part of and are comfortable with.
- Don't compare others' lockdown achievements with your own.
- Switch off - Technology has never been more prevalent – it has enabled us to work from home, to stay connected with loved ones, and provided an escape from the monotonies of lockdown. But it can also be difficult to switch off - and many people admit that being available and contactable 24-7 can be draining and have a negative impact on their mental health.
- Follow the advice- We know that eating well, exercising regularly, and maintaining a regular sleep pattern are the number one pieces of health advice, but sometimes these are easier said than done. Taking the time to do these things benefit you in the short and long-term.
- Talk, talk, talk - Don't be afraid to open up to someone, whether it's to a family member, friend, or professional. Sharing your thoughts, feelings, fears, concerns, and questions is incredibly cathartic and you may find that the people you speak to have feel the same way.



The 'light at the end of the tunnel' is burning brighter — we just might adjust to it at different paces.

Here are some tips for coming out of lockdown and managing anxiety.

What the experts recommend:

- ✓ Adjust your expectations and try to accept that life won't be exactly how it was before lockdown.
- ✓ Take it step by step. You don't have to rush out on day one. Slowly build your confidence.
- ✓ Focus and act on what you can control, for example, avoid crowded areas, wear masks, exercise, get sufficient sleep.
- ✓ Make plans you are comfortable with, including with people you haven't physically seen for some time, to give you a sense of optimism.
- ✓ Seek help early by speaking to a GP or psychologist and accessing mental health resources from well-known agencies such as Lifeline and Beyond Blue.
- ✓ Have conversations with supportive family, friends, and colleagues.

Funnies:

Does anyone else feel like Halloween is unnecessary this year? I've been wearing a mask and eating candy for 12 months now. :)

Feel free to submit jokes or a funny story that could be published in our next newsletter

