

Deaf Awareness March 2025

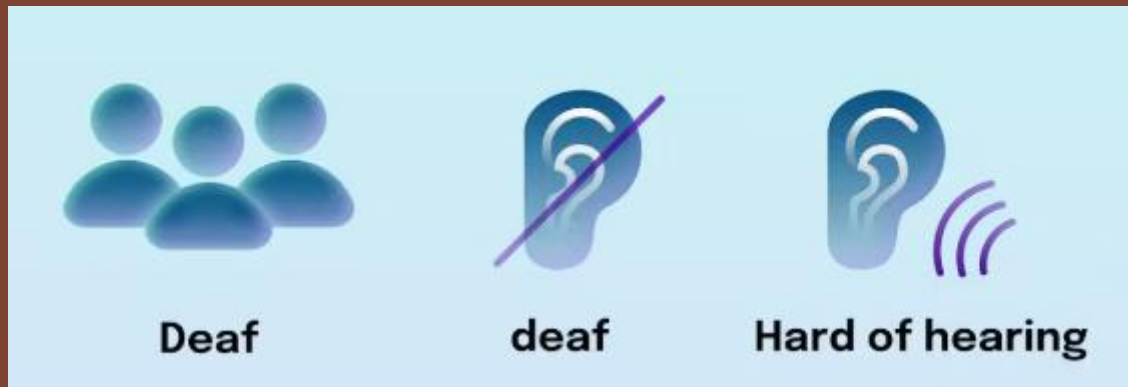
How many adults in the UK live with hearing loss, tinnitus or deafness?

- a) About 5% (1 in 20)
- b) About 10% (1 in 10)
- c) About 20% (1 in 5)

The answer is 'c' - well done if you got it!

Deaf Awareness March 2025

20% is quite a lot. It means people you know, and it might be you now or when you're older.



- What might people who are deaf/hard of hearing find difficult?
- How can you be a good communicator?
- How can you show compassion and be a good ally?

Difficulties

Luca's experience (Waterloo Road)

- Technology can help. Hearing aids, cochlear implants, microphones, subtitles. They all have a part to play, but they are imperfect.
- It can be isolating.
- People can make incorrect assumptions.



Nancy Rourke- Dinner
Table Syndrome

B B C

Watch on  iPLAYER



BBC/ITV

Difficulties

From my BSL conversation group:

“I tend to mask a lot and will often laugh and nod along even if I have no idea.”

“OMG the hearing fatigue is *real*”

“Hearing aids don’t magically make me hearing”

“I’ve often had people get mad at me/interpret me not wearing my hearing aids as me ‘choosing not to hear’”

“ ‘Never mind’ and ‘I’ll tell you later’ are among the most frustrating phrases”

Good communication

- Being a good communicator is important for you whoever you are talking to.
- Here are some top tips for communicating well with someone who is deaf/hard of hearing.



 National Deaf Children's Society

TALKING TO YOUR DEAF FRIENDS

Some deaf people speak, some use sign language and some use both.

Find out what your friend does.

Five top tips

- 1 Get their attention. Try waving or tapping their shoulder.
- 2 Speak normally. Not too slowly or too loudly. 
- 3 Face them when you talk. Make sure they can see your mouth.
- 4 Use your hands. Point at what you're talking about.
- 5 Keep trying. Try texting on your phone or writing a message down.

Compassion- be a good ally

Ally

al· ly

Definition of *ally* : an ally is a person who makes an intentional decision to understand, empathize, and act in support of others.

Compassion- be a good ally

From my BSL conversation group:

“[my partner] has been good with calling up theatres or access lines on my behalf, or if I don't hear something and turn to him he will repeat so I can respond”

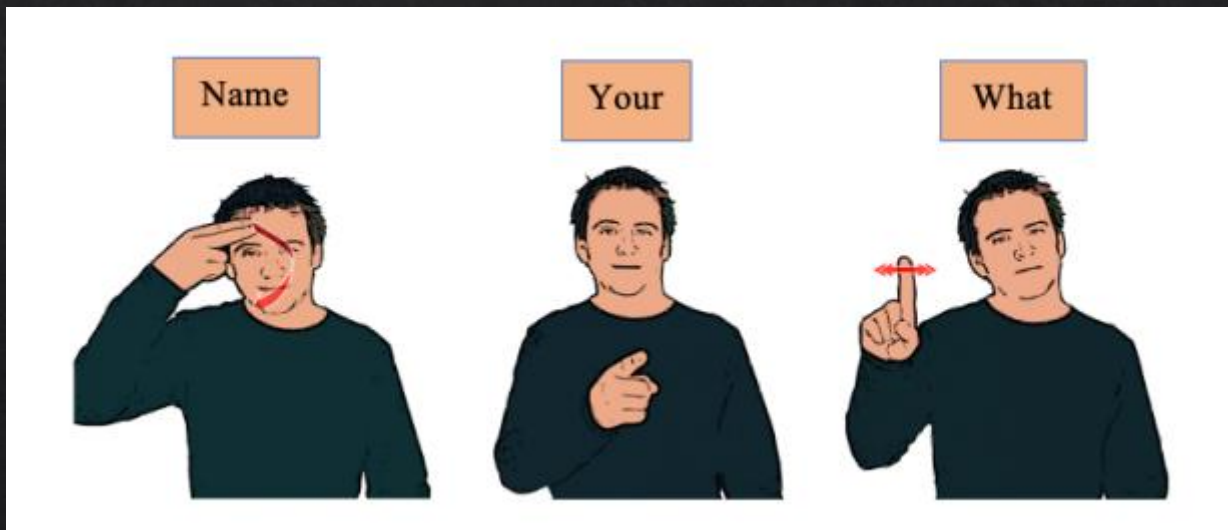
“One of my best friends is really good at ‘translating’ big group convos and regularly turns to me to repeat things said by people he knows are too far away/high pitched/quiet for me”

“I had someone once stop a conversation in a pub to check if I could hear everything, and then ask the bartender if they could turn the music down. It made me feel so seen and cared about, it was lovely.”

Compassion- be a good ally

This week is National BSL Week. You could learn some basic BSL to make deaf people feel welcome when you meet them in social settings or at work.

BSL Club is in Room 212 1st break Blue Weds.



Compassion- be a good ally

Follow some deaf people on social media to develop your knowledge and empathy.



Charis Townsend
Instagram
@hipster.sunshine
and Tik Tok
@hipster_sunshine

Hermon and
Heroda
Instagram Tik Tok
@being__her



Chris
Fonseca
Instagram
and YouTube
@itschrisfon
seca

Jessica
Kellgren
-Fozard
Insta
@jessica
outofthe
closet

