



Dear Soundfair Hearing Centre friends,

Happy holidays and warm wishes from all of us at Soundfair Hearing Centre! As the year winds down and the festive season kicks into high gear, we want to take a moment to express our heartfelt thanks to you, our Hearing Centre friends and supporters. Your smiles, stories, and the joy of improved hearing have been the highlights of our year. We couldn't be more grateful for the opportunity to be part of your journey.

With your trust, we've had the privilege of supporting 1696 people this year, ensuring that each one receives the tailored care they deserve for their hearing health and wellbeing. But it doesn't stop there! Together, we've been able to extend our reach through aiding those who face barriers in accessing hearing healthcare. Your support has helped us make a difference in the lives of 100 people who need it most, turning the gift of hearing into a gift of kindness for our community.

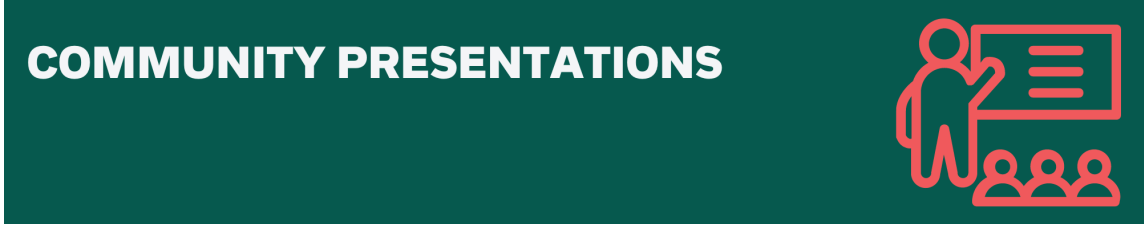
May your holidays be filled with laughter, joy, and the delightful sounds of the season! Thank you once again for being a part of our Soundfair Hearing Centre family. If you haven't booked in to ensure you're ready for the festive gatherings, please do. Otherwise, we eagerly look forward to sharing this journey with you in the coming year!

Warm wishes and a festive cheer,

Anushka (Clinic Lead) and the Soundfair Hearing Centre team



In October we welcomed the delightful Stacey to our team! Stacey has brought with her a wealth of Audiology experience and a zest for life! She is passionate about helping people and has been welcomed with open arms by our clients. Stacey is working Mondays, Thursdays and Fridays, so be sure to pop in and say Hi when you're next in!



Anushka and Patrick were warmly welcomed by the Positive Ageing Lifestyle Program (PALS) at Oakleigh Library in October. Their presentation coincided with Victorian Seniors Festival and was very much on topic for this year's theme – Learn, Love, Live! It was such a pleasure to chat with the attendees about all things hearing, connection to relationships and mental health and wellbeing. We will be running our first PALS information session for 2024 on Tuesday the 13<sup>th</sup> of February and would love to see you there. Tickets can be found via [HERE](#) or alternatively give us a call us on (03) 9510 1577 and we can organise tickets for you.



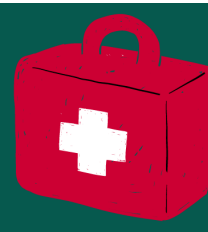
As a registered charity, we are required to share our work with our members and community. Our AGM was held late November and was a great opportunity to meet up with some of our members as well as the Directors and Board of Soundfair. We shared our achievements and challenges and excitement for the year ahead. We farewelled Christopher Carter, who finished up his tenure as Chairperson, and Scott Fisher who retired from the board. We are so thankful for the hard work they both put in over their time with us. We then welcomed Mayada Dib on her appointment as Chairperson – we are looking forward to her lived experience leadership and guiding us through the next chapter of Soundfair.

Patrick was our wonderful guest speaker and presented his experience so far in getting our psychology service pilot project off the ground and it is making space

for those impacted by their hearing conditions.

If you would like to have a read of our annual report, you will find it [HERE](#).

## MENTAL HEALTH FIRST AID



We have been undertaking our Mental Health First Aid training here at the clinic, which will help us in our “whole-person” approach to hearing concerns. Living with hearing loss, tinnitus and other conditions can often take a toll on our mental health, and we want to be able to understand how to better assist those who are contacting us for support. This training will give us some extra tools for our toolbox!



## OUT AND ABOUT



Our hearing centre team made the hop, skip, and jump over to Mount Waverley Bowls club to take part in their “Free Friday Social Bowls”. It was wonderful to get out in the sunshine and tackle a new challenge! We also got to say hi to lots of familiar faces, with many members regular visitors to us.

The Bowls Club are continuing with these Friday evening sessions from February through March, so make sure to drop in and stretch your legs – and arms!



Some of our team headed out to Mulgrave Country Club to PitchIt! to Community Bank Pinewood last month. We loved meeting local community members and sharing all things Soundfair! Excitingly, our PitchIt! hit the mark and we successfully received funds from the Pinewood Community Bank and supporting businesses. The PitchIt! funds will kick start an exciting campaign in the City of Monash that improves local business' hearing awareness and accessibility for people who are hard of hearing. After all, maintaining social connection is key to wellbeing - so the more places to enjoy conversation and coffee the better - sounds 'fare' to us!

## WHAT'S ON THE BLOG



We are talking all things Wax Removal this month – you can check out our latest blog post [HERE](#).



## CHRISTMAS CLOSURE



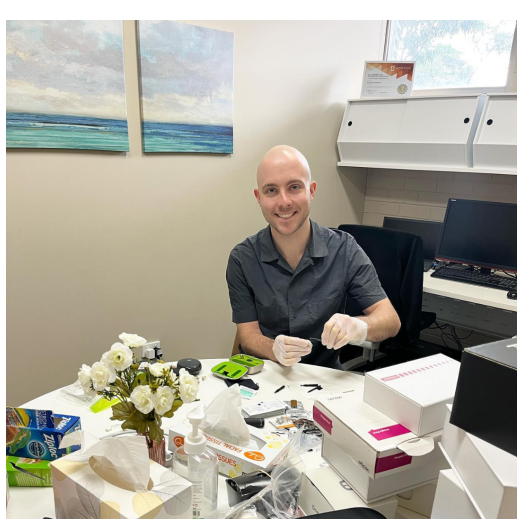
We are taking a well-deserved break over the Christmas period. The Hearing Centre will be closed from the 23<sup>rd</sup> of December through until the 1<sup>st</sup> of January, and we will see you with well rested new year smiles on Tuesday the 2<sup>nd</sup> of January! Please stay safe over the holidays and we look forward to keeping in touch in 2024!



## HAVE YOU FOLLOWED US ON SOCIAL MEDIA?



As always, you can keep up to date with what's happening at the Hearing Centre via our social media channels – you may even recognise some friendly faces!



Facebook



Instagram

## The Soundfair Hearing Centre difference

Independent, objective, whole-person focused advice and hearing services.



Our mailing address is: [info@soundfair.org.au](mailto:info@soundfair.org.au)

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