

Are you struggling with hearing loss?



Join our free support groups

Our LinkUp support groups are for individuals and their families who want to explore and overcome the challenges of living with hearing loss.

Finding help for hearing loss

We know how daunting it can be when you experience changes in your hearing.

It can leave you with feelings of uncertainty, isolation and anxiety about the next steps you should take. You may also feel overwhelmed when looking for support that works for your personal needs.

That's why Hearing Link Services, which is part of the Charity Hearing Dogs for Deaf People, offer LinkUp support groups.

These are free groups that have been designed by people with lived experience and understanding of hearing loss, for other people going through the same challenges.

Our LinkUps are delivered in-person for groups of up to 15 people. They are held in a residential setting and usually take place over a weekend. Communication support is provided so you can participate fully.

The aim of our groups is simple.

LinkUps are a chance to explore the challenges of living with hearing loss, share solutions and find out about technology or equipment that can make life a little bit easier for you or a loved one.

Further information

To find out more about our LinkUps, visit:
hearinglink.org/linkups

“As a LinkUp participant, it was such a relief that I found I wasn’t alone with my hearing loss worries. I didn’t need to hide my disability and I found expert help and friendship in the group.” – Elizabeth, participant



Frequently asked questions

It's normal to feel apprehensive about meeting new people, even more so when you have a hearing loss. You might ask:



Below, we answer some of the questions we are frequently asked to help put you at ease about joining one of our groups:

- **Q: Who can apply for a LinkUp support group?**
A: Our groups are for people with all levels of hearing loss. We also encourage a partner, family member or friend to join you on the journey, as we understand that hearing loss affects your close personal relationships too.
- **Q: Where in the UK are LinkUp support groups held?**
A: They are offered in every country of the UK. After registering your interest, we will locate the closest one to you, at the earliest convenient date. Our groups are extremely popular so you may be offered a place in a

different part of the UK, or added to our waiting list until a place is available nearer to you.

- **Q: How long does a LinkUp support group last?**
A: Our groups take place over a weekend (Friday until Sunday) in a residential setting, usually in a hotel.
- **Q: Who delivers the sessions?**
A: Each session is led by Hearing Link Services peer support volunteers or members of staff who have lived experience and understanding of hearing loss. We cover important and useful topics such as communication strategies, lipreading and technology.
- **Q: I worry I won't hear everything. How will I be able to keep up with what's being said?**
A: LinkUp support groups are fully accessible. We provide speech-to-text-reporting (STTR) where every word that is said is typed on a large screen. We also provide a good working hearing loop.

A BSL interpreter can be made available on request.



We're here to help

If you're unsure if a LinkUp support group is right for you, please talk to us and we will guide you. Email helpdesk@hearinglink.org

How to apply

It's easy to register your interest for a LinkUp support group.

You can start your journey today by visiting hearinglink.org/linkups and completing our webform.

If you're not sure this service is right for you, our knowledgeable advisor team will be happy to discuss different options with you.

We offer a wide range of personalised hearing support services and we will guide you to the support best suited to you, or a loved one's, individual needs.

We can also signpost you to local services or organisations who may be able to help in your community if a different type of support is suitable.

If you have any further questions about the types of services we can offer, please contact us:

W hearinglink.org

T 01844 348111

E helpdesk@hearinglink.org

We're here to support you on the next steps in your hearing loss journey.



“LinkUps are a wonderful way of bringing a group of hard of hearing people, their family, and friends together. They can choose the subjects they want to discuss and are given support, lots of information and an opportunity to share experiences with others facing the same challenges as them.”

– Margaret, Peer support volunteer



How to get in touch

To find out more about the range of services we offer and how we can help you, visit

hearinglink.org/services

Alternatively, you can contact us by:

T 01844 348111 / 18001 01844 348111 (for deaf and hard of hearing)

E helpdesk@hearinglink.org

"I love LinkUps. Having hearing loss can feel very scary, confusing and isolating and it's so nice to meet with others in similar situations, and to share experiences and coping methods. I also learnt new information that could be really helpful to me, which hadn't been suggested to me by my audiologist or ENT consultant. It's just so important to be aware of all possible options and there's really no-one better placed to give this information than others who live with hearing loss." – Kay, participant

Hearing Link Services is part of Hearing Dogs for Deaf People

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