

Newsletter

Issue 33 | Winter 2013 | University of Southampton Auditory Implant Service

Farewell to Julie

I am really sad to tell you all that after 17 years of working at USAIS I am going to retire at the end of 2013. All those years ago when I started working in the building next door we had a staff of about 8 or 9 people and used four rooms in the Hearing and Balance Centre. Now we are over 43 members of staff and have a whole floor for the clinic and offices here and in another building. I remember when we celebrated the 100th patient to be implanted and at the end of December this year we will have implanted just under 900 children and adults. It's been a very exciting time to work in cochlear implants as NICE gave us the go ahead for bilateral implantation in children which was such an amazing breakthrough. The UK was the first country in the world to give state funded bilateral implants and I led the National Audit into the outcomes for children with two implants. At about the same time the neonatal hearing screen resulted in many more babies under a year of age being referred to us and so our average age for implantation came down and now we routinely implant children at about 12 months of age.

As people are healthier for longer I have seen the oldest age at which we implant to have increased and older adults get really significant benefit from their better hearing (this is of course, very good news for me personally as I get older and older myself!).



The equipment has changed a lot over the past 17 years from a box the size of a couple of mobile phones to the latest very small behind the ear processors and the button varieties. The signal processing has improved so that there are more options for listening in wind or background noise and settings to assist when listening to music. I have been delighted to assist my colleagues in carrying out key research into many of these areas of study.

It has been delightful to see young children grow up with their implants, go to school and in some cases I've stood by and watched as they have gone on to get jobs or go to university, build relationships and get married. Some of the adults I've worked with have developed new skills and confidence and got better or different jobs, started relationships and generally enjoyed life much more than they did previously.

I have thoroughly enjoyed meeting all the families and cochlear implant recipients over the years and have found your stories moving, inspirational and informative. We've had some fun and memorable times at the social events. So as you can imagine it will be a big wrench for me to stop work! I am sure the Auditory Implant Service will go from strength to strength in the future and I wish you all well as you progress with your cochlear implants.

However I have worked almost nonstop for the past 42 years and I won't miss getting up on dark and cold mornings and I have many plans for my energetic future. I do want to travel and my first stop will be Italy where I hope to learn to speak Italian more fluently. I haven't decided how else to spend my time but I'll probably have some involvement in health or social care maybe in a volunteering capacity.

My very best wishes to you all and happy listening!

Ciaou. Julie



The Hearing Dogs for Deaf People's mascot joined us at our fete

Auditory Implant Service Summer Fete

The weather didn't dampen our spirits on Saturday 14 September when we held a Summer Fete for our patients, and their friends and family.

Despite the windy weather over 100 people came to enjoy browsing the stalls selling unique crafts and jewellery and took part in various activities. Splat the rat and face painting seemed to be the favourites among the younger generation, while the adults enjoyed socialising with other cochlear implant users. We also had entertainment provided by a Magician and Fire Fighters from Hampshire Fire and Rescue who brought one of their Fire Engines along!

A speech was given by Professor Simon Cox, Associate Dean (Enterprise), who spoke about how the Auditory Implant Service has grown since its inception in 1990. We also heard from Lisa Baldock, a cochlear implant user who has a hearing dog called Inca. Lisa told the audience how Inca helps her in her daily life, and how important a hearing dog can be to someone who is deaf.

We used this year's patient event as an opportunity to raise money for Hearing Dogs for Deaf People and raised over £800! Thank you to all of our patients for their generosity and for making the event so memorable.



We offer an interdisciplinary APD service

Our Interdisciplinary Auditory Processing Disorder Service

Did you know that some people with normal or near normal hearing have difficulty processing what they hear? They often find listening in noisy environments more difficult than would be expected simply looking at their audiogram – the graph used to plot hearing test results. They may have what is known as an Auditory Processing Disorder (APD).

What is an APD?

APD refers to difficulty processing what is heard. APD is characterised by poor perception of speech and non-speech sounds, has its origin in impaired neural function and impacts on life through a reduced ability to listen [British Society of Audiology APD Special Interest Group, 2011].

Are there different types of APD?

There are three types of APD:

- Developmental APD: This is where APD presents in childhood, with normal hearing and no other known cause or potential risk factors. Some children may retain their APD into adulthood
- Acquired APD: This is where APD is the result of disease or neurological trauma or an accident
- Secondary APD: This is where APD occurs together with, or as a result, of peripheral hearing impairment, including repeated middle ear infections (glue ear) and also increased difficulty processing sound due to ageing

In most cases hearing is normal but sometimes APD can occur in the presence of a hearing impairment. It is more challenging to assess APD in the presence of a hearing impairment. An audiologist will be able to provide more information about this.

What sort of difficulty does a person with APD experience?

A person with APD may have difficulty in one or more of the following areas:

- Difficulty localising and ‘tracking’ sounds
- Hearing when the signal is not clear or ‘degraded’ (e.g. accents, telephone)
- Hearing in noisy and reverberant environments
- ‘Mishears’ auditory information (e.g. lethal/legal)
- Takes longer to respond to and process auditory information
- Poor listening skills and auditory attention
- Poor auditory memory
- Music perception difficulties

Additionally, in children there may also be reports of:

- Delayed auditory milestones
- Difficulty with learning songs and nursery rhymes
- Difficulty with multiple auditory commands
- Possible speech and language delay/disorder
- Difficulties with phonological and phonemic awareness, reading, spelling, and/or academic progress

Want to know more about the Interdisciplinary APD Service at the University of Southampton?

We follow an in-house interdisciplinary approach, given the overlap between Developmental APD and other conditions such as specific language impairment and dyslexia, as well as Acquired/Secondary APD and higher order processes such as language and cognition. This allows for integrated assessment and management, where primary versus secondary concerns can be prioritised to best meet the person’s needs.

Our immediate team comprises of audiologists, speech and language therapists and teachers of the deaf/educational audiologists. The wider team can offer guidance on sensory integration, cognition, written language and medical issues, specifically relating to the ear, nose and throat.

We offer a two level system, which allows for flexibility and is cost-effective. Level 1 entails a screening assessment and interdisciplinary guidelines for the individual, their parents/ family and school/workplace. Level 2 offers a more in-depth assessment and management, if required.

For more information about APD and our service, please see our website or get in touch.

Teenagers, Telephones and Technology, Try IT and Test IT Day



Lots of our teenage cochlear implant users came to the event

On Saturday 19 October we held a 'Teenagers, Telephones and Technology, Try it and Test IT day' at USAIS. The day went really well. We started with a warm up activity so people could get to know each other. Debbie Hallman, a hearing therapist, then gave an introduction to the telephone training. We then split the teens into 2 groups. We had 3 sessions, Telephones, Tablets and Technology and the 2 groups got to try out the 3 activities. The telephone session was really popular. The teenagers got a 1:1 session with Debbie for telephone training then they got to try out the different mobile and landline phones and meet Eva Newberry, one of our adult cochlear implant users. Some people were trying the phone for the first time, others were more experienced. Everyone had success with hearing on the phone and found that some phones were easier for them than others. They were all keen to try out the different listening devices in the Technology session. The Tablet session was very informal. The teenagers got to try out Skype and Facetime and chat with Daniel Morgan, one of our adult cochlear implant users, about his experiences with a cochlear implant which they found really interesting. The pizza lunch went down well and after lunch we demonstrated remote captioning and had a Skype interview with Carl King, a musician from Guernsey with a cochlear implant. At the end of the day the teenagers were asked what they liked best about the

day, one commented that 'I liked meeting other people and learning to be confident with phones,' another liked 'making friends' another liked 'using the technology and exploring other ways of hearing things'. Everyone had a great time. One of the teenagers wrote on their feedback sheet that they would recommend the event to a friend 'because it's a fun experience and you get to try many things, the staff are really nice and easy to talk to'. None of the teenagers knew each other before the day so it must have been very daunting for them to come but I think they were all very glad that they did!



The teenagers had a chance to try out different types of technology



The next teenagers event will be a 'WaterWalkerz' event in Southampton. Invites will be sent to all of our teenage implant users (13-18) and will take place in April/March 2014.



Details of all our courses can be found on our website

Our well established training programme for professionals

We continue to offer training courses for professionals who support children in schools. Our courses are aimed at teachers, learning support assistants, teachers of the deaf and speech and language therapists. We aim to help people understand what a cochlear implant is and what they can do to help support a child with a cochlear implant in a classroom setting.

Please make your child's school aware of the courses we run. They can see the dates of up and coming courses on our website <http://ais.southampton.ac.uk/professionals-area/> and can also sign up to regular training event updates by emailing ais@southampton.ac.uk



Claire (on the right) raised £1000 for USAIS

Claire Salsbury donates £1000 to our service

In the last newsletter we told you about Claire Salsbury's intention to run the Richmond River 10k in July and raise money for our service. Claire managed to raise a whopping £1000 for us and we are extremely grateful. The money raised will go towards purchasing a new audiometer for USAIS which will benefit all of our patients, but particularly our paediatric patients.

Important: Please return any faulty equipment (cables, coils, rechargeable batteries etc.) you have to the Auditory Implant Service.



Jean Phillips is sharing her craft skills with other cochlear implant users

A crafty idea from Jean Phillips

"I always like to have a spare battery for my processor with me - 'just in case'! But I couldn't find a case to fit it which would protect the terminals from all the other 'just in case' clutter which I carry about in my handbag, so I thought that I would make one.

Searching in my craft cupboard I found some small pieces of 12=1" tapestry canvas, and this gave me the idea of making a protective cover for my remote control as well. The pictures show the result."

For full details of how to make your own protective cover, you can find Jean's instructions on the news section of our website: www.southampton.ac.uk/ais



Hazel's mummy has found a stylish and practical solution to keep her processors in place

Hazel Freeman's mum has found a fashionable way to keep her processors in place

"Hello my name is Hazel and I was implanted just over a year ago. I was very little when I first had my speech processors and my clever mummy made me some cute head bands to hold them in place. I've got lots of them and I am very happy to wear them because they are in all sorts of colours and patterns. Mummy doubles over the material, sews in two little elasticated loops inside the band to take the processors and she adds a little bit of elastic at the back under my hair so they fit well on my head. I love them and although I've just learnt how to pull the band off, the processors are usually just in the right place."

Rosemary Richardson (Mayoress of Verwood) has written to us about her experience of cochlear implants

"In October I will have had my cochlear implant for four years. I am still hearing new sounds; even today I heard a buzzard in the trees in our Recreation Ground field where we live. I said to my husband, "What bird is that?" as I listened to the short sharp mewing sound nearby. It was lovely to hear as it is a high pitch call. Today I just was wearing my implant and not together as I usually do with my hearing aid in the other ear. (I had forgotten to put it in. But sound came clear to me as I listened.

Back in May 2013, my husband was elected our Town Mayor and I the Mayoress, here in Verwood, Dorset. Together we go out a lot to venues and meet people. Without the implant I don't believe I could have done this with my current natural hearing loss being so severe. We have each chosen Charities to support during this our Mayoral Year. One is "Action on Hearing Loss", the other "Wessex Assisting Dogs". Both support people who experience being really challenged with many forms of Auditory and other Impairments, and urgently need the services and help for those with disabilities.

I am enjoying life again being much more confident meeting people.

I am so glad I was able to have this operation, to help me find pleasure in hearing sounds again. At first I was dubious, then eventually decided to have it done.



Rosemary has found that her cochlear implant has given her more confidence

I would say to anyone who is deaf to go for this as there is so much help and guidance that I have enjoyed and still have the opportunity to receive more - it is so well worth all the waiting and preparing with tests, consultations to eventually appreciate the world of sound again around us all. I do believe one could not be in better hands. So thank you all at SOECIC as I still prefer to use the old name for your centre!"

Imogen Raises Money for Tommy's



Imogen is making the most of her waterproof processors

Imogen is one of our cochlear implant users. Her mum has written to us about her fundraising for Tommy's charity.

"Imogen was born profoundly deaf and received bilateral cochlear implants in October 2012. We chose AB Neptune implants, so that she could hear in the water as well as on land. She loves swimming and attends Water Babies classes. In July Water Babies took part in a Peppa Pig Splashathon to raise money for Tommy's charity. The charity supports families that suffer miscarriage, stillbirth and prematurity. Immy, an ex preemie herself, splashed her way in an underwater challenge to raise £150 for the charity! It's amazing that she can hear and understand the commands in a noisy swimming pool environment!"

Xander represents Team GB in Sofia



Xander travelled to Sofia for the 2013 Deaflympics

Xander Hurley, one of our cochlear implant patients, wrote to us recently about his Deaflympics experience.

“I thought I’d share about my experiences at the Deaflympics so here goes...

The Deaflympics Games have been one of the most amazing time I have ever experienced, it was great being together training every day, eating the correct food tailored for athletes and competing in the tournament against a high standard of players from all over the world.

My personal experience went along the lines of this...

Packed a few days before I was due to travel, checked, double and triple checked I have everything I needed including the all-important badminton equipment such as shoes/rackets etc. In the excitement I had to be sure I hadn’t forgotten anything!

Arrived at Heathrow airport too early in the morning! Met up with all the other tired but excited athletes and officials, grabbed a much needed coffee while waiting to check in at the gates.

Boarded the plane to Sofia as soon as the plane took off there was a cheer from the athletes.... TeamGB are now flying to the Deaflympics!

The first few days was badminton training, and acclimatising to the conditions. We were eyeing the other athletes who were training next to us, trying to gauge our opponents current form, weaknesses sometimes taking notes where appropriate.

Attended the opening ceremony, in a flourish of fireworks the Olympic flame

was lit... The Deaflympics has now officially opened and for me the badminton tournament is now under way.

The first few badminton games for TeamGB was a nervous affair, but we safely got through the first rounds in our events, for me the Men’s Doubles was the highlight of the day as Dominic Caswell and I beat the 4th seed in the group stages.

In the last 16 match my partner Dominic Caswell and I played in a Men’s Doubles match against a young Korean pair, eventually winning in a nail biting tight and close match, final score 21-14, 15-21, 30-29! We have now reached the quarter finals, our personal best result at International badminton level, we have made it into the top 8!

Unfortunately our road to the medals ended here, we lost the Men’s Doubles quarter finals against a very strong Thai side, also I lost the mixed doubles with my partner Leslie Holdsworth in the last 16 against a Russian pair who eventually won Silver.

After watching the badminton Semi-Finals/Finals we quickly watched some of the other sports such as Athletics, Football and Swimming to take in some of the Deaflympics atmosphere.

Attended the closing ceremony and party afterward, was a fantastic affair, after the speeches and in a flourish of fireworks the Olympic flame was extinguished.

Arrived back at Heathrow to a crowd of Deaflympics fans and British flags!”



Xander competed in the badminton tournament at the Deaflympics



Natty Dean-Grainger had a successful first year competing at the RDA National Championships

Natty’s success at the RDA National Championships

Ten year old Nathan (Natty) Dean-Grainger, who has bilateral implants, had great success at the RDA National Championships held at Hartpury College near Gloucester 12-14 July 2013. Natty came second in his dressage event and 5th in the closely marked Countryside Challenge to place second overall in his class in only his first year competing.

Natty is a student at Mary Hare Primary School for the Deaf in Newbury and trains at the Newbury branch of the Riding for the Disabled (RDA).

Natty received his awards from Paralympic Gold Medalist Sophie Christiansen. All of the UK Paralympic Equestrian Team started out riding with the RDA.

Details of the RDA and the UK National Championships (The largest event of its kind in the world) can be seen here:

www.rda.org.uk/about-rda/latest-news

Congratulations to Natty from all of us at the Auditory Implant Service!

Frances Ingram’s mum has written to us to about her daughter’s passion for Ice Hockey

“My daughter Frances was implanted in July 2005, 7 years on we still have some problems, but on the whole communication has improved greatly. In 2011 Frances took part in an international ice hockey tournament in Boston USA. I fundraised by making cakes and selling them each week when she was training. As we had such a great experience in this tournament we took part again in 2012 when it was held at Bracknell Ice Arena and Butlins Holiday Park .

This year, with lots of fundraising, we were able to go to Kitchener, Canada. I am kept very busy each week still making my cakes to support and raise funds for my daughter to take part in this achievement of a lifetime. Next year’s tournament is in Michigan, Detroit USA and if anyone would like to donate or find out more visit www.spiceskating.org”

MED-EL Music Award

The MED-EL Music Award over 19's winner was won by one of our cochlear implant patients, Claire Ingham. MED-EL award two of their hearing implant users each year with the opportunity to own and learn to play a musical instrument of their choice.

"I got my grandmother's piano in February this year and was self-teaching myself to play from a tutorial book. Winning the MED-EL award has given me the opportunity to have piano lessons which are enabling me to develop the musicality of my playing and my understanding of how music is arranged and works. My aim was to learn to play a Christmas Carol in time for Christmas and I'm already making good progress with a couple! Many thanks to MED-EL for this fantastic opportunity."

Cochlear implant developers receive prestigious scientific award

MED-EL founder and CEO Dr Ingeborg Hochmair has received the prestigious Lasker-DeBakey Clinical Medical Research Award for development of the modern cochlear implant. She was recognised for her early contributions to the field of cochlear implants starting with the development of the world's first multi channel microelectronic cochlear implant that was implanted in Vienna in 1977. The Lasker awards are highly respected scientific awards that have become popularly known as 'America's Nobels'. Dr Hochmair shares the 2013 award with Graeme M. Clark and Blake S. Wilson who have both also contributed a tremendous amount to the development of modern cochlear implants.



Dr Ingeborg Hochmair has been recognised for her early contributions to the field of cochlear implants

Cochlear Travel Programme

Cochlear have just launched a travel insurance plan for their cochlear implant users. You can choose from an 'Annual Cover Plan', 'Single Trip Plan' and 'Full Backup Plan' depending on your needs. Prices start from £20 for single trip cover. For more information call 01932 263 640 or email uktravel@cochlear.com

USAIS is now offering Middle Ear Implants to suitable candidates

Middle ear implants

University of Southampton Auditory Implant Service has now expanded its service to include middle ear implants. These devices are suitable for people with moderate to severe hearing losses who are unable to consistently use hearing aids because of repeated ear canal infections, allergies to ear moulds, a closed ear canal or other medical reasons.

Middle ear implants work in a different way from cochlear implants and hearing aids as follows:

- Hearing aids are suitable for people with most types of hearing loss who do not have medical problems using an ear mould or in the ear hearing aid and work by making sound louder
- Cochlear implants are suitable for people who are too deaf to benefit from hearing aids and work by delivering sound electrically in the cochlea
- Middle ear implants are suitable for patients who are moderately to severely deaf but cannot consistently use hearing aids and work by delivering sound by vibration in the middle ear

Middle ear implants consist of an internal implanted part and an externally worn processor but there is one make that is fully implantable.

In a person with normal hearing sound waves travel down the ear canal and make the eardrum vibrate and this sets the three tiny bones in the middle ear in motion. This motion causes fluid to move in the inner ear or cochlea which ultimately results in hearing.

Middle ear implants work by picking up sound through a microphone, processing this signal and delivering it to the middle ear directly as vibration. The main advantage of this approach is to bypass the external ear canal and deliver vibration directly to the middle ear, avoiding the side effects of ear moulds.

Suitable patients benefit by being able to use their middle ear implant consistently with no discomfort or feedback issues and sometimes report that sound seems more natural.



Most middle ear implants consist of an internal implanted part and an externally worn processor

Technology Update

There are three new processors the Auditory Implant Service can now use. We will discuss with our cochlear implant users which devices will be suitable for them individually.



Photo: MED-EL

New processor from MED-EL

MED-EL has developed a new processor called Rondo. It is a single unit processor with everything incorporated into one small unit, which means there is nothing behind the ear. It comes in 4 different colours and it takes three disposable batteries, currently there is no rechargeable battery option. Rondo has four programmes and it is compatible with the FM systems using the mini battery pack. It has a telecoil to use with the FM systems which rely on an induction loop.



Photo: Cochlear Ltd 2013

New processor from Cochlear

Cochlear has introduced the CP900 series processors. They come in two options, the CP910 with the accessory port and the CP920 with no accessory port. Only the CP910 is currently available at the moment and it looks similar to CP810 (Cochlear's previous processor). There are 4 basic colours and several different colour cover options for the processor and coil. The CP900 series processors can be used with both rechargeable and disposable batteries. The buttons on the CP900 series processors are more noticeable, than the CP810 and the processors can be programmed with their new sound processing strategy called 'Smartsound IQ', a fully automated sound management system. The new processor comes with a data logging facility.



Photo: Advanced Bionics

New processor from Advanced Bionics

Advanced Bionics' new processor is called Naida CI Q70 and was developed in partnership with Phonak. The Naida CI comes in various colours and has both disposable and rechargeable battery options. At the moment the only way of connecting a regular FM or accessories to Naida CI is by using a Compilot. It has an internal telecoil to use with FM systems which use an induction loop. The Naida CI comes with advanced features like 'Ultrazoom' which focuses on sound coming from the front of the listener and QuickSync to adjust bilateral processors simultaneously.

Xmas Repairs Cover

We will be closed on 24 December 2013 until 1 January 2014 inclusive. We will be running a repairs service from 10am until 12 noon on the following days ONLY:

Tuesday 24 December
Friday 27 December
Monday 30 December
Tuesday 31 December

If you have a problem with your equipment, you can either call us or come in at that time for help.

We will check messages only on these dates.

Please use repairs hotline: 023 8058 4068
Email: ais.repairs@southampton.ac.uk
SMS: 07887 790765

Advanced Bionics users should contact Partnering Support as usual. The Xmas partnering support service is available as follows:

Tuesday 24 December 10am until 12pm
Friday 27 December 10am until 4pm
Monday 30 December 10am until 4pm
Tuesday 31 December 10am until 12pm

Please note this support service is closed on the bank holidays.

Reminders

MRI Scans

Are you aware you need to let us know if you / your child is scheduled for an MRI scan? This applies whichever body part is being scanned. Cochlear implant users need certain safety precautions to be taken before an MRI is carried out.

Medical Alerts

Are you aware you can order an emblem (jewellery, wrist watch) for you / your child? In case of emergency this emblem will alert the medical professionals about your cochlear implant. There are two options, the first option is a paid service with the annual subscription charge from www.medicalert.org.uk. In case of emergency the medical professionals will phone the medicalert team and get the details about your cochlear implant from them.

The second option comes with a one off charge from www.universalmedicalid.co.uk, where your emblem can be engraved with any details you wish (e.g. name, ear implanted or any contraindications associated with CI).

More details on these services will be advertised on our website in the near future.

Have you visited our new website?

To keep up to date in between newsletters visit our new website:
www.southampton.ac.uk/ais

There is a wealth of information to discover including:

Resources for teenagers | Communication tips for parents | A guide to Personal FM Systems
Research articles | Updates from our service | Details of social events



Melanie won a bronze medal for Team GB

Hellos and Goodbyes!



It is so sad to say goodbye to my patients and colleagues. The three years passed so quickly and it has been a wonderful and exciting experience for me. I have been so lucky to be part of your exciting hearing journey.

Some of you told me that cochlear implants have changed your life and I think being part of your life changing experiences has also made a big difference to my life. Working for something bigger than ourselves and helping people hear better have always been my dream and my role in AIS has fulfilled that. I am going to work for the Research and Development Team in Innsbruck for MED-EL. I will keep dreaming with your inspiring stories and keep smiling while I am skiing in the Alps mountains. Many thanks, Guoping

Mel triumphs at the Deaflympics

In this Summer's Deaflympic Games, Melanie Jewett (one of our cochlear implant patients) claimed Team GB's first medal in the marathon – a bronze!

The marathon was held away from the main games themselves and took place in Fussen, Germany, it was a stunning course but very hot on the day which made it a tough race and very hard going, but Mel successfully took the bronze medal behind Switzerland (gold) and Poland (silver). She said it was one of her proudest and most overwhelming moments ever and she was and still is ecstatically happy with the result.

Mel then travelled on to Sofia, Bulgaria where the rest of the Deaflympic Games were being held and met up with the rest of the team. Just 8 days after the marathon, Mel took part in the 10,000m on track in blistering conditions of 38 degrees. Mel

said "I was very happy to come 6th out of 12 competitors, especially as it was so hot that 4 runners collapsed with 3 needing serious medical treatment, it was quite scary to see this and so I took check of myself and just made sure I finished in a good time, but in one piece."

Summing up her experience, she told us "the Deaflympic Games have been one of the most amazing 3 weeks I have ever experienced, it was great living like an athlete full-time with very like minded people and it has made me all the more determined to return in four years time when the Deaflympics will next be held in Turkey. Hopefully before this, I can also attend the World Champs in south Africa as well."

Congratulations to Mel from all the staff at the Auditory Implant Service



Hello, my name is Louise Lee. I am a Clinical Psychologist and joined AIS in September. I previously worked at the Chelsea and Westminster Hospital in London. Alongside my work here, I also work as a Research Fellow in Psychology, University of Southampton. I am very pleased to be joining the AIS team, and look forward to meeting you.

Important: If you change your GP for any reason it is essential that you let us know your new GP's details immediately, please. If the GP on our records is not the GP that you are currently registered with, we may not be able to send you any spares.

Contact us

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Do you have good news stories or events for our next Newsletter?

Please contact Katherine at: ais@southampton.ac.uk