

WELCOME

RNID is the national charity supporting more than 18 million people in the UK who are deaf, have hearing loss or tinnitus. We have been helping people with hearing loss for more than 100 years.

- We work to make society more inclusive
- We provide a free online hearing check, which to-date has been taken by 600,000 people
- We are the only UK charity dedicated to funding hearing research
- Last year, we supported over 61,000 people either through our contact centre, or in person through RNID Near You sessions across the UK
- We have helped change the law around subtitles on TV
- If RNID's work doesn't directly impact you, it will almost certainly be making a difference for someone you know and love. The charity works with its communities and partners across health, employment, research, government and more to change life for the better

TODAY'S TALK

- Hearing loss & Deafness
- Communication tips
- Technology
- Tinnitus
- RNID's work
- Get involved!

MY CONNECTION...

OUR STORIES

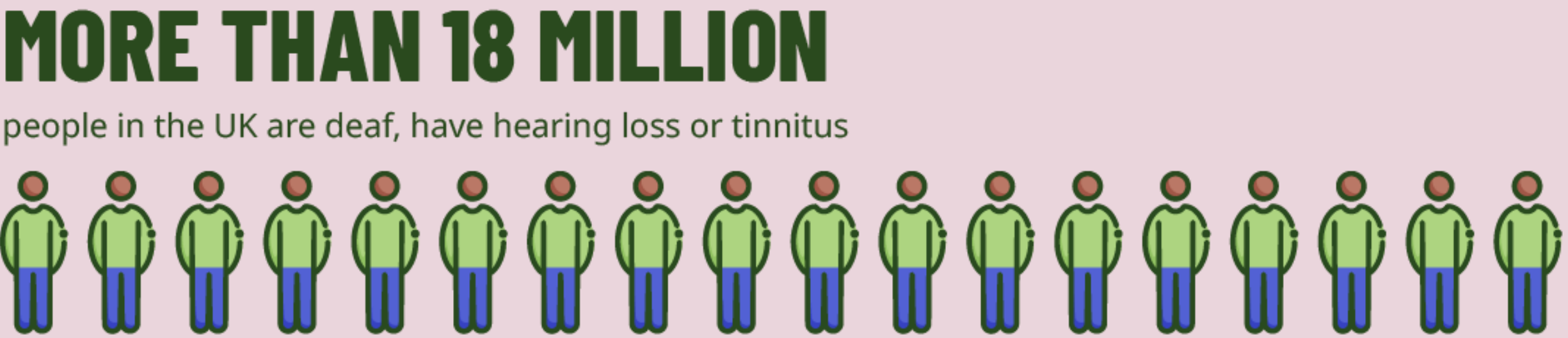
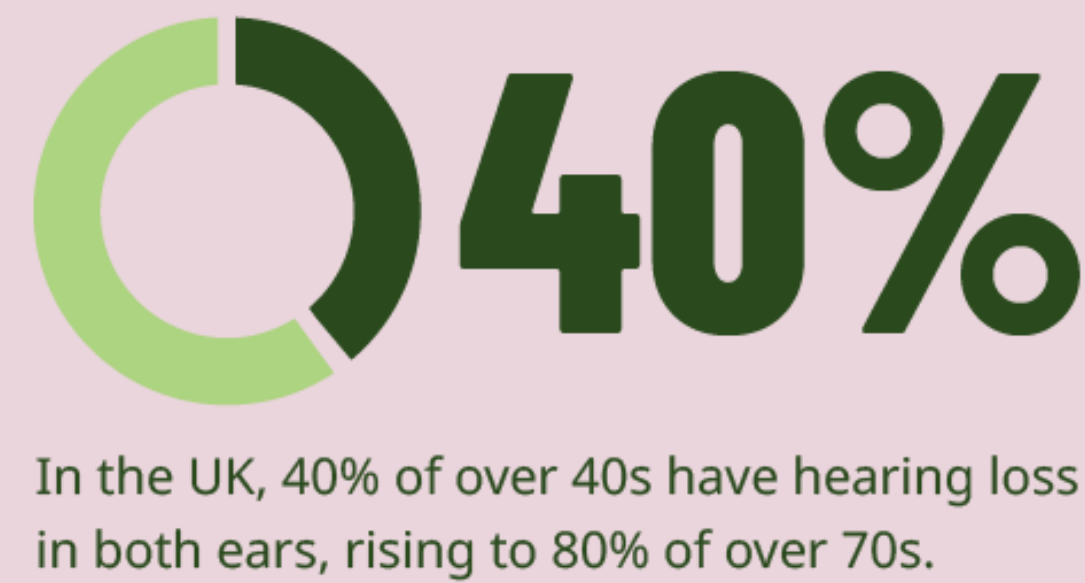
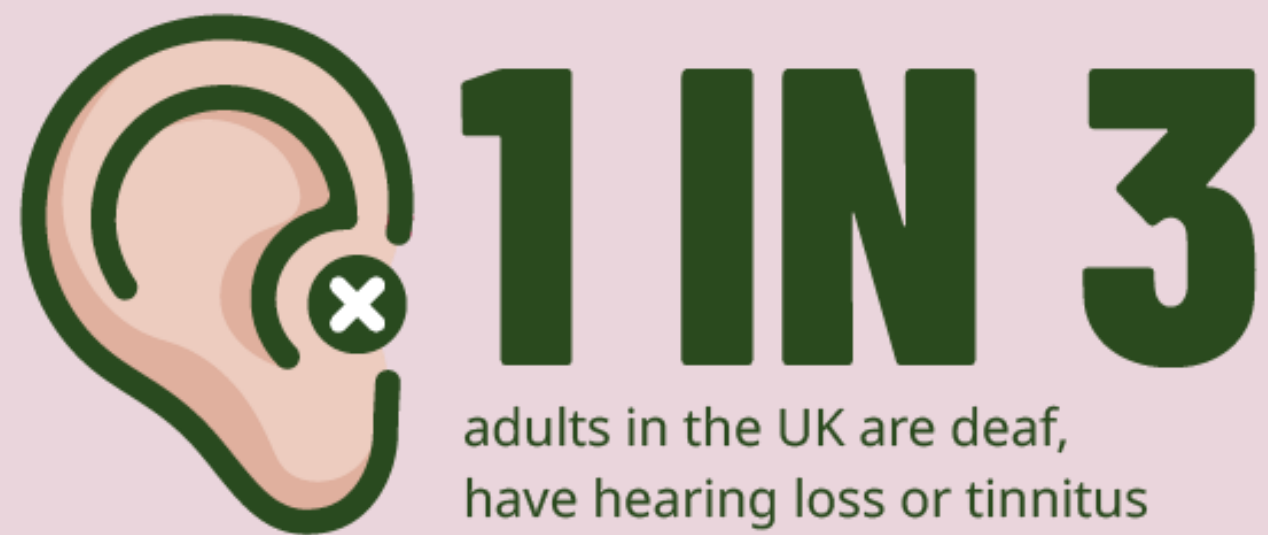
“What I’d like to say to people is: if somebody tells you that you might have hearing loss, don’t ignore it.

You mustn’t be defined by your hearing loss, doing so will stop you doing things. Just bite the bullet and get your ears checked.”

- Sheila



STATISTICS



SIGNS OF HEARING LOSS



**Complaining
about others
mumbling**



**Don't react to
you**



**Speaking
loudly**



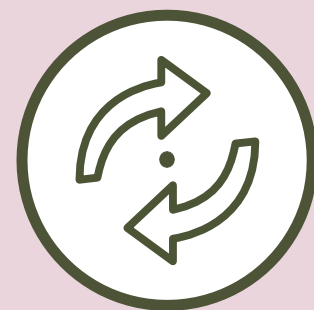
**Misunderstanding
people**



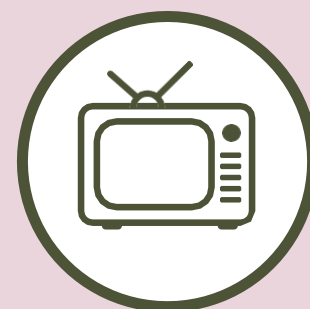
**Struggling to
hear on the
telephone**



**Fail to follow
conversation
in noisy places**



**Need to have
things
repeated
several times**



**Have the TV or
radio on very
loud**

CAUSES



Age-related hearing loss (presbycusis) – most common



Regular and prolonged exposure to loud noise/sudden loud noise (explosion, etc.)



Certain illnesses– mumps, meningitis, rubella, repeated untreated ear infections, benign tumours on auditory nerve etc..



1/2 of all childhood deafness is inherited



Trauma- head injury, premature birth/difficult labour



Certain drugs – aspirin, cancer treatment, certain antibiotics

LEVELS OF HEARING LOSS

A decibel (dB) is a unit for measuring the loudness of sound

MILD

21-40dB

- May have difficulty following speech when there is background noise.
- May benefit from hearing aids.



MODERATE

40-70dB

- May have difficulty following speech in most situations.
- Likely to benefit from hearing aids.



SEVERE

71-95dB

- Difficulty hearing most sounds or speech.
- May use hearing aids, cochlear implants, lipreading, or sign language.



PROFOUND

Over 95dB

- Hearing aids or Cochlear Implant to access sound.
- May use hearing aids, cochlear implants, lipreading, or sign language.



PROTECTING HEARING

Protecting your ears from loud noise can help to prevent hearing loss and tinnitus caused by noise exposure.

Things to consider to protect your ears:

- Turning down the volume on personal listening devices
- Using earplugs or ear defenders in noisy environments
- Taking regular breaks from noisy environments or when listening through headphones
- Use ear defenders at work as required – employers are obliged to protect workers hearing in noisy jobs



RECOGNISING AND DESCRIBING HEARING LOSS

- There are some indicators that someone may be deaf, for example, not reacting to your voice or another sound
- How someone describes their deafness is a personal choice but some terms for guidance:
 - Hard of hearing
 - Deafened
 - Deaf
- There are different communication methods, depending on type of deafness and communication preferences

COMMUNICATION TIPS

01. Get my attention

Use simple gestures like waving to get my attention.



02. Face me

Please face me when you talk to me. Lots of people rely on lipreading to some degree to understand



COMMUNICATION TIPS

03. Be patient

Don't be afraid to **repeat or rephrase** and try something different



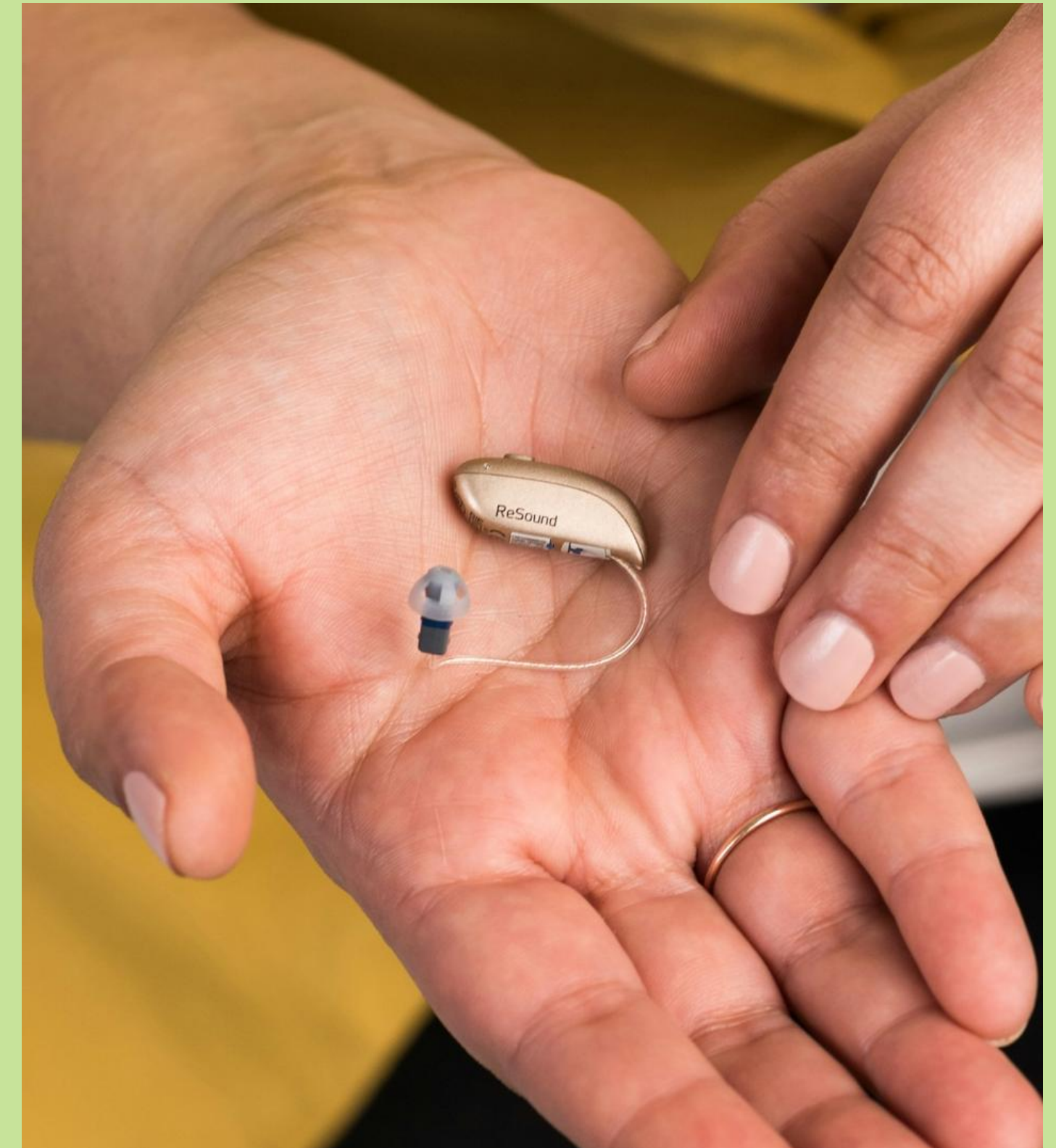
04. And never say

**IT DOESN'T
MATTER**



HEARING AIDS

- Hearing aids are the most common option provided to help manage hearing loss. Sometimes, hearing aids can help make tinnitus less noticeable, too.
- They come in different shapes and sizes, but all work in a similar way – using microphones to pick up noises and adjust the sounds digitally, specially programmed to match the results of hearing tests.



HEARING AIDS

- Modern, good quality hearing aids are available for free on the NHS. Hearing aids can also be bought from private audiology services.
- Hearing aids can:
 - make quieter sounds easier to hear
 - make loud sounds more comfortable
 - make conversations easier
 - help you hear on the phone
 - help you enjoy music, TV and the radio
 - reduce general background noises.



ASSISTIVE TECHNOLOGY

- Assistive Listening
- Alerting & Monitoring
- Hearing Loops
- Auracast
- Headphones and Hearables
- Mobile Apps
- Where to buy...
- Further information – RNID website
- RNID is partnered with Connevens Limited – one of the UK's leading suppliers of assistive technology
- For every purchase made on our joint online shop, RNID receive a 10% donation



“The day I went to have my hearing aid fitted I felt okay and to be honest was not expecting much in terms of what I’d be able to hear in my left ear.

But my hearing went from 20/30% to 60/70% which is a huge difference. I walked outside and could hear things that I hadn’t really heard in my bad ear like birds and planes in the sky. ”

- Shakib



TINNITUS

- Tinnitus is the name for hearing noises that are not caused by an outside source.
- It's common – around 1 in 7 adults have tinnitus all the time or regularly.
- Many people describe tinnitus as “ringing in the ears”, but tinnitus can sound like almost anything.
- Many people get tinnitus for a short-time e.g. after being exposed to loud music, but for some people, it doesn't go away.
- The cause of tinnitus isn't known in all cases, but it's often linked to hearing loss and some other ear-related conditions. There's a known link between stress and tinnitus.
- Tinnitus is rarely a sign of a serious condition.
- There is support and treatment options as well as technology to help manage tinnitus.



WHAT RNID DO



INCLUSION



Deaf people face barriers in almost every aspect of daily life, from train announcements to job interviews, even the simple act of ordering a takeaway coffee.

Deaf people and those who have hearing loss and tinnitus should enjoy access to the same information, spaces and services as anyone else.

That's not the case right now. We'll work to make life **fully inclusive for our communities and transform public understanding and attitudes** in the process.

IT DOES MATTER CAMPAIGN

Our research found that two thirds of people who are deaf or have hearing loss have experienced negative attitudes or behaviours from the public.

Over half the people who took part in our research reported regularly being excluded from conversations, with people saying “It doesn’t matter” when they struggle to understand what is being said.

The way deaf people and people with hearing loss are valued and supported really **does** matter. On our website you can sign up to receive our free simple British Sign Language (BSL) videos and communications tips.



HEALTH

Looking after your hearing health needs to be high on the national agenda. We want to make checking your hearing as much a part of daily life as having your eyes and teeth checked.

We will work with experts and our communities to improve audiology services, so that from the point people notice their hearing loss or tinnitus they find it easy to get the high-quality healthcare, treatment and support they need.



TAKE OUR HEARING CHECK

Check your hearing for free, in just 3 minutes at rnid.org.uk/check

- The online hearing check is for people over the age 18 who have not been diagnosed with hearing loss
- The check measures how well you can hear speech when there's background noise
- The check will indicate if you need to see someone about your hearing and you will get information on what to do next



EMPLOYMENT

12 million people of working age in the UK have hearing loss. They are less likely to have a job than the rest of the population. When they are in employment, our communities face multiple barriers to succeeding in the workplace, mainly due to lack of support and awareness.

We will work so that our communities have equal access to rewarding employment. We'll help business leaders understand how to successfully recruit people into their organisations, and support individuals to excel when they get there.



FREE RESOURCES FOR BUSINESSES

Our research shows that people want to communicate with deaf people, but they're worried about getting it wrong. It's always better to try than to leave people out of the conversation. Simple changes can make a big difference.

You can sign up on our website to receive free resources to help people become more deaf aware – perfect for Deaf Awareness Week in May, and beyond.

Show that having an inclusive workplace **does** matter.



“ By pursuing a career in audiology, I have shown that being deaf does not stop you from working in a medical field or achieving your dreams. ”

- Sarah



RESEARCH

We are the only charity in the UK dedicated to funding hearing research. Since 2000, we have funded over £28 million of research and supported 443 ground-breaking projects around the world.

Our three areas of research focus on:

- Restoring hearing
- Silencing tinnitus
- Preventing hearing loss



RNID NEAR YOU

RNID Near You can be found in community venues and sometimes as 'pop-up' spaces appearing on a temporary basis on a high street or in a shopping centre. We can support with:

- Maintenance and re-tubing of NHS hearing aids, replacement batteries
- Information and support on managing hearing loss and hearing aids
- Signposting to other support services
- Hearing checks



CONTACT RNID

Free, confidential, and impartial service - Monday to Friday, 8.30am to 5pm.

- **Chat to us on the RNID website:** www.rnid.org.uk
- **Call:** 0808 808 0123
- **Email:** contact@rnid.org.uk
- **Book a BSL video call via our partners at Convo:** create an account at the Convo website or download the Convo app for Android or the Convo app for IOS
- **SMS/text:** 07360 268988
- **Relay UK:** 18001 then 0808 808 0123
- **Write:** RNID, York House, Wetherby Road, York, YO26 7NH



GET INVOLVED!

There are many ways you can make a difference:



VOLUNTEER WITH US

Our volunteers make a valuable difference to people who are deaf, have hearing loss or tinnitus.

There are several ways to get involved, such as providing support to our communities in person at one of our RNID Near You sessions.

Last year our volunteers gave us over 16,000 hours of support.



JOIN #TEAMRNID

Take on a challenge or organise an event and have fun while raising funds to support our vital work.



CAMPAIGN FOR CHANGE

Join our Campaigns Network!

Our current campaigns include:

- Fight for accessible healthcare
- “It does matter”
- Subtitle it
- BSL Act Now!
- Earwax removal



JOIN OUR RESEARCH PANEL

Our Research Panel is a group of people with lived experience and people with close connections to our cause that take part in research on a regular basis.

They inform our work by helping us find out more about the experiences of deaf people and those with hearing loss or tinnitus.



BECOME A MEMBER

Join RNID and as a member you will receive our magazine three times a year.

The magazine is filled with inspiring stories from the communities we support, as well as the latest news and updates from our research and campaigns.

Annual Membership costs just £27 a year, or £25 if you pay by Direct Debit.



“I used to have so many limiting beliefs, and this negativity was imparted on me growing up: ‘you’re deaf, you can’t do this, you can’t do that’. That created anxiety and limited my belief in myself.

I just needed to be in a community where I was empowered or encouraged. Now, I can empower and encourage others. ”

- Kori



THANK YOU



**RN
I:D** | Supporting people
who are deaf, have
hearing loss or tinnitus

RNID is the trading name of the Royal National Institute for Deaf People (RNID). Registered charity in England and Wales (207720), and Scotland (SCO38926). Registered company in England and Wales (454169). November 2025.

**PLEASE SCAN
HERE TO SHARE
YOUR FEEDBACK**



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