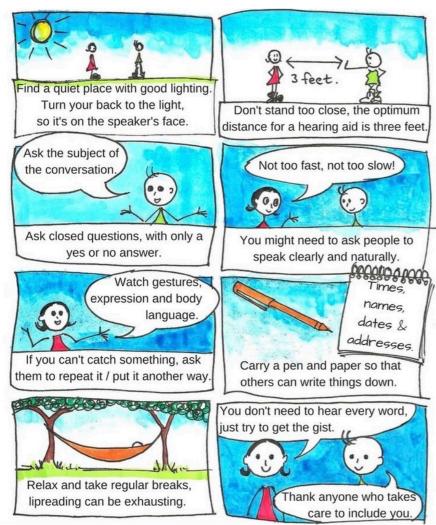


## Ways to Help Yourself

We are all experiencing hearing loss just now with face coverings and screens

No-one will know that you are struggling to hear if you don't say - most people want to help so please ask for support



For more information contact:

Supported by:

Tweeddale Access Panel (Scottish Charity No. SC039279)

positivepeebles@gmail.com

