



You check your teeth,
& vision too
Check your hearing,
it's good for you

Hearing Sciences Lab
Scottish Section
| GLASGOW



University of
Nottingham
UK | CHINA | MALAYSIA





When was
the last time
you had
your
hearing
checked?

This way for a 3-min hearing test



Take the first step towards
taking care of your
hearing



scan me

<https://rnid.org.uk/nottinghamuni>

Check your hearing
in just 3 minutes
using
free online hearing test
by RNID



or reach out to
your GP/ private hearing
clinic to enquire about a
hearing test

Drawing on the
experiences of
individuals with
hearing
impairment

we bring you a
compilation of the
benefits of
good hearing
as shared by
them!



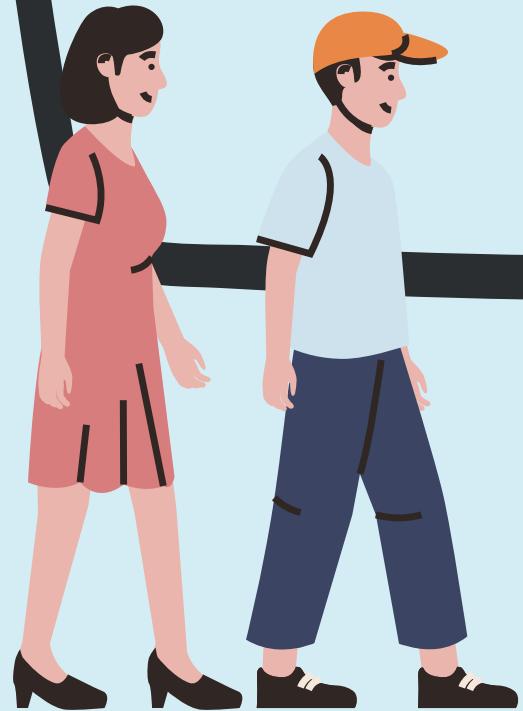
The ability to
hear is often
taken for
granted

Here are just a few of the
many benefits of
good hearing

1

Awareness of surroundings

- Able to hear distant conversations
- Pick up background noises



2

Enjoying group gatherings



- Feeling more confident in group settings, crowded places, & group conversations
- Getting more enjoyment out of them

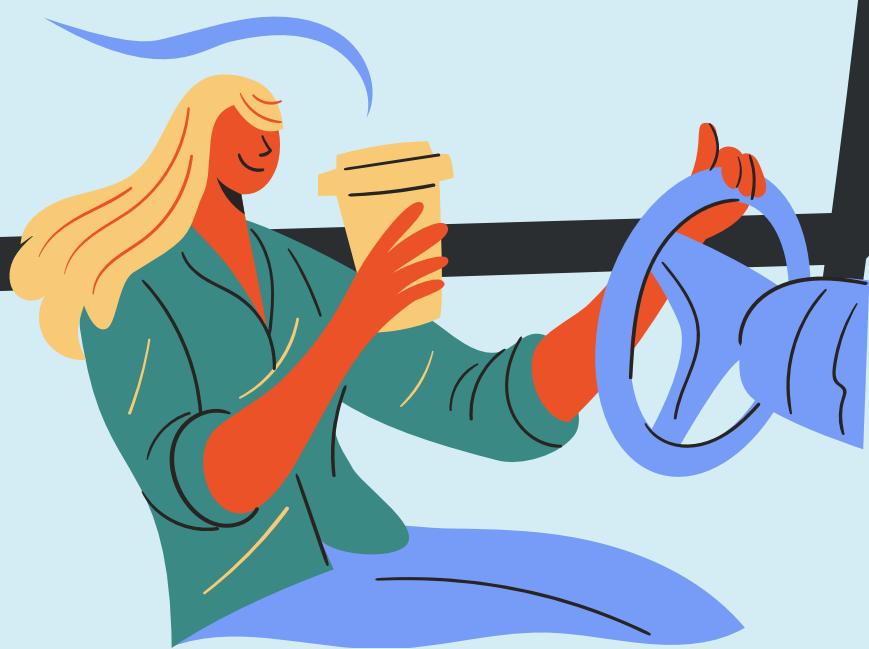


A stylized orange fire alarm with a circular button in the center, labeled 'FIRE' in black capital letters. The word 'FIRE' is oriented vertically, with a small 'x' to the left and '+' to the right of the text.

3

Independence & Security

- Hearing people around you
- Feeling confident to go places





4

Feeling more included

- Being fully engaged in social situations
- Less “nodding along”

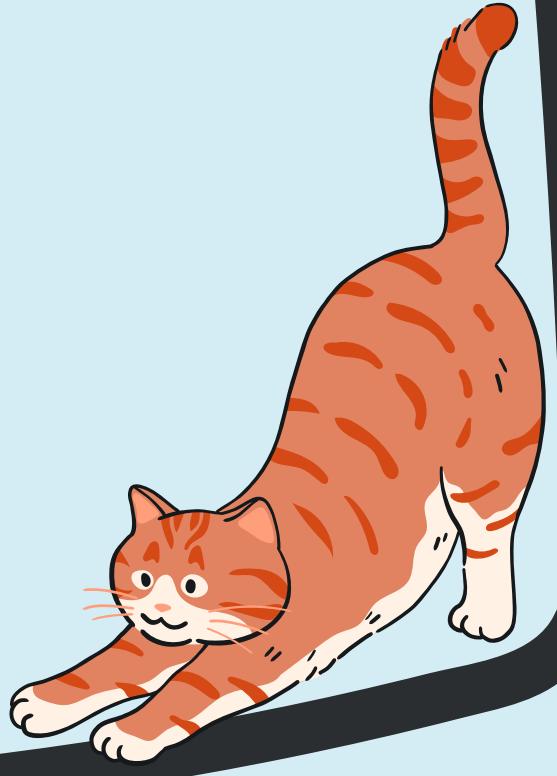




Appreciating sounds of nature

5

- Able to hear birds, wildlife, and rain
- Taking in more from the environment



6

Better communication with loved ones



- Less frustration during conversations
- Able to listen with less effort



Control & enjoyment of entertainment

- Being able to hear the TV easily
- Hearing music clearer
- Easier to enjoy concerts & theatre



8

Catching what everyone is saying

- Less likely to miss when someone new starts talking in a group
- More likely to hear someone speaking from another room

9

Better engagement at work



- Picking up info quicker
- Easier to play an active role in meetings
- Less stressful info gathering



If you would like to participate in hearing research (regardless of your hearing ability) at the

Hearing Sciences
Scottish Section
New Lister Building
10 Alexandra Parade

Kindly contact us

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Or scan the QR code

