

# Are lipreading classes for you?

## What are lipreading classes?

- They develop your ability to recognise different lip shapes and the patterns they make when you're speaking, to fill in the gaps of speech you don't hear, and to use clues from the situation so that you find conversations easier.
- They teach you about other ways to make conversations easier (such as knowing the best place to sit in a group).
- They provide useful information about services and equipment for people with hearing loss.
- They are a good way to meet other people with hearing loss.

<b>Would lipreading classes suit me?</b>	<p>I need to be able to understand conversations in English.</p> <p>I need to be okay with groups.</p> <p>I need to be able to see and concentrate quite well.</p> <p>I need to be willing to 'give it a go'.</p>
<b>What's involved?</b>	<p>Taking part in weekly classes as regularly as you can.</p> <p>Using what you learn to help make conversation easier.</p>
<b>What's expected from me?</b>	<p>Attend the classes regularly.</p> <p>Join in and try the exercises at the classes when you feel ready to do so.</p>
<b>What are the positives?</b>	<p>I'll learn how to lipread better.</p> <p>I'll learn other ways to help me in conversations with people.</p> <p>I'll get the chance to talk to other people with hearing loss and pick up tips and advice.</p> <p>I'll find out about useful equipment and local services.</p> <p>My confidence will be boosted.</p>
<b>What if there's not a class near me?</b>	<p>Try to develop your own lipreading skills yourself.</p> <p>Try the lipreading hints and tips on <b><a href="http://www.scotlipreading.org.uk">www.scotlipreading.org.uk</a></b></p> <p>Try the online links and/or other resources on <b><a href="http://www.scotlipreading.org.uk">www.scotlipreading.org.uk</a></b> to see which way of practising lipreading suits you best.</p>
<b>Are there any other options available to me?</b>	<p>See the suggestions above</p> <p>Think about lipreading classes again in a few months.</p>

# Look Listen Think