

THE LACE EXPERIENCE..... Mrs Adele NICOD.

When Lorna first told me about the Lace programme, I was very interested and enthusiastic about it from the start. I didn't hesitate to try it, I thought "Even if I don't win – I can't lose"

Lorna sat with me while I did my first session at Cubex and explained how the program worked. I must admit that the American accent used in the program was a bit difficult at first, but I quickly got used to it. Each training session lasted about half an hour. I didn't do it every day, but I noticed that towards the end of the program I felt more confident and really enjoyed the training.

I found Lace easy to use and the instructions simple to follow. What I did find very useful were the hints and tips that were given in between the listening exercises. I find myself using them when I'm out and about and especially in places where I know I have difficulty in hearing. I'm still not perfect, but I know I am hearing more than I was before the training.

For example, I attend lectures and used to panic slightly when the lecturer turned away from the microphone. I used to say to myself "I'm not going to hear anything now". After Lace, I have learned to stop this and to keep focusing on what the lecturer is saying. I've noticed that I'm now much more attentive and watch people when they're talking to me. My confidence has also improved, I even ask people to take their hands away from their face when speaking to me.

I went back to Cubex after my last session when Lorna reviewed my results with me; she was very pleased with my improvement. Since I finished the training course, I still use it now and again to keep up my skills. I don't stick to just one topic and there is plenty of variety to keep me stimulated.

Lorna says, "from the beginning Mrs Nicod was very motivated to try and improve her hearing in background noise. She was

willing to do anything that would improve her listening skills and her success is largely due to her positive attitude. She's a great example of what can be achieved.”