



DeafPLUS Somerset Mobile Advisory Service

Happy New Year to you all, a time for new opportunities and new challenges. Our Information and Advisory Sessions, staffed by Amber who will be happy to meet you on the following dates:

January 2026

7th Jan 2026 10.30am-12.30pm
Taunton Well Spring talking café,
Quantocks Road TA2 7NL

21st Jan 10.00-12.00pm
Wincanton Carers Talking Cafe,
Library, Carrington Way, Wincanton
BA9 9JS

28th Jan 2.00-.3.00pm

Yeovil Ryalls Park medical Centre
Marsh Lane, Yeovil, BA21 3BA 2pm-
3pm.

4th February 10.30am-12.00pm
Wellington ASDA Longforth Car Park
TA21 8RQ

11th February 11.30am - 1.30pm
Langport, The Angel Community Café,
Bow Street, TA10 9PQ

18th February 1.30pm-3pm, Shepton
Mallet, Dobbie's Garden Centre BA4
4PE

25th February 10.30am-12pm Frome
Medical Centre Frome BA11 2FH

4th March 10.30am-12pm,
Wiveliscombe, Talking Café, Silver
Street Centre TA4 2PA.

11th March 10am - 12 noon Talking
Cafe Chard CommuniTea 6A Holyrood
St, Chard TA20 2AH

18th March 1.30pm - 3.30pm
ReCreation Community Hub, Rhode
Lane, Bridgwater TA6 6HZ

25 March 1pm-2.30pm, Somerton,
Cox's Yard Car Park, TA11 7PR.

**please call or text Stewart's 07762
848226 or email
stewart.weston@deafplus.org**



Deaf Plus Lip-Reading classes have resumed and there a few spaces available at our classes in Glastonbury, Frome & Castle Cary. For further information. email: Gill Cummings at gill.cumming@deafplus.org. For Yeovil contact email: Janet Thomas on carinya.ecoker@gmail.com



Ear Health

Blocked and clogged ears

A blocked ear might not cause you much pain, but it can be annoying it affects your hearing. Depending on what's caused the blockage, it may sort itself out on its own. But for things like earwax, you might need to see a hearing expert.

What's blocking your ear?

Are you sat thinking “my ear feels blocked and I can't hear properly”? There are a few things that can make your ear feel clogged:

Air pressure: if you've ever been scuba diving, on an aeroplane or at a higher altitude than you're used to, you might have noticed your ear feeling blocked. This is because your Eustachian tube is responsible for controlling the pressure in your middle ear, but it can struggle to do this properly when the air pressure changes quickly.

Eustachian tube blockage: At any given time, there will be fluid and mucus flowing from your middle ear, through your Eustachian tube to your throat. This is completely normal. But if there's too much fluid – because of an ear infection or sinus infection, for example – the tube can become blocked and give your ear that clogged feeling.

Earwax: a build-up of earwax can also give you the feeling of a clogged ear, usually because it's hardened and got stuck. Luckily, earwax removal by a trained professional is a safe and comfortable procedure. You can also give yourself a blocked ear by using cotton buds to 'clean' your ears – please never do this.

How do you clear a blocked ear?

If your ear feels blocked because of a change in air pressure, you can do what's called the Valsalva manoeuvre. To do it, take a deep breath in, pinch your nose, then breathe out gently with your mouth closed. This can help create the pressure you need to feel your ear 'pop' or unclog. Make sure you don't breathe out too hard though, to avoid damaging your eardrum. If your ear feels clogged because you've recently had a cold, allergies, an ear infection or anything else that may have caused a fluid build-up, you can try using steam to clear the blockage. Try sitting in the bathroom for 10-15 minutes with the shower turned up hot. The steam should help loosen the mucus enough for your body to clear the fluid naturally.

When earwax is blocking your ear, you need to have it checked out by a professional. If you try to remove the blockage yourself, you can risk causing more damage to your ear, including impacting the wax making it harder to dislodge.

