

ADVERTORIAL



Don't let a hearing loss slow you down

Hearing loss usually develops almost unnoticeably. Your ability to hear well can gradually worsen until many of the familiar sounds are lost and many situations become too difficult.

Statistics show that 3 million Australians experience some difficulty with their hearing, and after the age of sixty, more than 50% will have some degree of hearing loss.

More often than not, years of effortless conversation

and clear sound are lost, either because we put off getting help we need, or because we simply may not acknowledge our hearing loss. So our world can become quieter as all the softer sounds of life fade.

Without realising it we use more and more energy just to listen. But despite the extra effort, misunderstandings become more frequent.

In the past, many of us would just put up with hearing loss because old-fashioned hearing aids were uncomfortable to use and had annoying side effects. That's no longer the case.

Hearing instruments have come a long way in the past few years. Modern hearing instruments use digital technology — they are smart, sophisticated and comfortable to use and can be individually tuned to suit your personal lifestyle.

Research also shows that the majority of those using hearing instruments wished they had acted much sooner. The testing process is fast, easy and painless. In the vast majority of cases, there is a straightforward solution to help you hear better.

Capital Hearing uses a concept to let you hear these features for yourself. In order to be able to demonstrate the benefit of modern solutions, Capital Hearing utilises an innovative technique which allows you to trial or 'road test' advanced hearing aids and experience the difference they make.

Capital Sleep and Hearing has commenced practice in Braidwood, located at Wallace Street Surgery and is offering free hearing instrument trials and free hearing screenings. Appointments can be made by phoning 4842 1575.

Capital Sleep and Hearing also offers the following ongoing services:

FREE complete hearing assessments to all seniors and over 60s as part of over 60s health assessments and FREE hearing assessments for all pensioners and DVA card holders as part of the Commonwealth Hearing Services Program.

NEW HEARING CLINIC NOW OPEN!



Capital Sleep and Hearing are now open, providing the best expert and independent hearing care services.

- Your local & independent hearing care specialist.
- Honest advice and personalised service from a clinician with over 25 years of experience.
- Providing continuity of care, so you see the same clinician every time you visit.
- FREE complete hearing assessments to all seniors & over 60s.
- FREE hearing assessments to all pensioners and DVA card holders as part of the Commonwealth Hearing Services Program.

VISIT CAPITAL SLEEP & HEARING TODAY TO CHECK YOUR HEARING HEALTH.

CALL 02 4842 1575 TO BOOK YOUR APPOINTMENT.

BRAIDWOOD

Wallace Street Surgery
41 Wallace Street,
Braidwood, NSW 2622

For appointments/enquiries, please call (02) 4842 1575 and ask to speak with Kath - Practice Nurse.

GOULBURN

(Main Clinic)
95 Bourke Street,
Goulburn, NSW 2580
Ph: (02) 4821 8122
Mob: 0413 44 22 77



CAPITAL
Sleep and Hearing

ALL RISE

Local lawyer

David Gray sums up

Small&Gray Lawyers commenced practice on 1 July 2018 when I took over Helen Small and Associates. Helen Small continues to work for the firm as a consultant. Helen had been practising in Braidwood for 10 years prior to retirement and for 15 years in Canberra prior to that. The name reflects the merger of two practices.

I am the principal of Small&Gray Lawyers. I have been in practice for 25 years. I was born and raised in Sydney's North Shore suburb of St Ives but finished school in New Zealand and completed my law degree and commenced practice in New Zealand in 1993.

I have worked predominantly in country practices since 1994 when I commenced working as a criminal lawyer in Hawke's Bay New Zealand. I worked as a prosecutor for the Department of Labour in Wellington New Zealand for 18 months prior to returning to Australia with my family to work for Gordon Gatling Moffitt lawyers in Young New South Wales in 1998. That firm was founded by James Gordon from Manar and one of his first partners was

a solicitor from Braidwood, Mr E A Scarvell.

In February 2008 I moved to Canberra and practiced on my own account until 2012 when I commenced full-time employment with the ACT Government Solicitor's office where I had been a contractor for the prior six months.

By 2017 I decided to move back into private practice in Braidwood and was fortunate to be able to take over from Helen Small who wished to retire from full time responsibility for her practice.

Braidwood is where I live.

My partner Paula and I visited Braidwood in 2012 and decided to purchase 'Amarsham' the old doctor's house next to St Bede's school in Elrington Street. We have been living in Braidwood ever since and it was natural to want to set up business here.

Small&Gray has an office at 78 Wallace Street (next to Luton) or the gun shop depending on your point of view. Helen and I are involved in a number of community activities in Braidwood.



I am involved with Braidwood Community Association, the Braidwood and Villages Business Chamber, the Cantors Choir (from time to time). I have played trumpet in the Jembaicumbene & District Band, at carol nights and ANZAC days. From time to time I have a run in the Old Boys rugby for Braidwood but have mostly been involved with bringing my old clubs (Vikings and ACT Veterans) out to Braidwood to play the Daddy Long Legs. My partner Paula and I can be seen walking our dogs Pip and Milly around Braidwood and Majors Creek and at Amarsham gardening and kicking kids footballs back over the St Bede's fence before the dogs eat them.

Your local law firm providing for all your legal needs

Small&Gray Lawyers

50 Years of Combined Legal Experience

Conveyancing | Wills | Probate
Power of Attorney | Contracts
Family Law | Leasing

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