

BAA President Blog – 6th July 2026

Whilst you read this, I would like you to imagine it is overlaid with soft summery music, the smell of freshly cut grass, the clink of ice cubes, and that slight tacky feeling of well applied suncream. We have survived the first heat wave, and we are officially in the second half of 2026.

Frankly I'm mildly bemused this is so, it feels like the year is going too fast and the to-do list is not shrinking, merely evolving with one task being completed just as another gets added on. At times it feels overwhelming.

This time of year is when, hopefully, many of you get some respite with time off work, time spent with family and friends, maybe a holiday. Time to switch off from Audiology. On occasion time off work feels like its more trouble than its worth, you have to do extra to feel like your desk/clinic is clear to allow to leave it for a while. Then when you get back there is a backlog of messages and tasks to catch up on. There is the temptation to check in whilst you are off or sneak a look at emails from afar.

Wherever possible, try to step away completely, have a break. It can feel weird, particularly if you are used to being the one at work who knows and does everything, who everyone comes to. But this time try it – they will all be fine, I promise. In all parts of the profession things have been pretty full-on for a while, stressful, demanding and at times uncertain. Investing in you, your wellbeing is as important as all those tasks on your list, if not more.

Coming back properly rested and refreshed can make some of that to-do list feel more achievable.

So, when the time comes to set the out of office, set yourself a hard boundary – no contact from work until you are back. Have a lovely summer break.

Oh, and don't forget: registration for BAA Conference 2026 has gone live. A fantastic two days have been arranged for you. Make sure you benefit from your member discount and early bird pricing to really get value for money for the two days. Have a look at what we have planned here: www.baaudiology.org/conference

I hope to see a lot of you in Liverpool in October, for my last conference as President.

With best wishes,

Claire Benton
BAA President

As always, you can contact me or any of our board directors here: admin@baaudiology.org

Interested in joining a committee? Complete this, please: [Expression of Interest form](#)
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