

Update from the North East Trust for Aphasia

Coronavirus or Covid-19

**NETA is closed but..... we will stay in touch.
Look for us**



NETA website www.neta.org.uk

Facebook



Emails



Got a problem?

**We can help you by phone on Thursdays.
Send a message on email or facebook.
We will phone you.**



Some ideas for staying in touch. Page 4

Have your say!

What should researchers be studying?

What are the most important unanswered questions for stroke research?

Go to <http://www.stroke.org.uk/jla> Survey closing in mid-April

Further information on our twitter page, at <https://twitter.com/PspStroke>, and an [animation](#).



Animations

NETA members learned how to “animate” using clay and different objects.

Models were **brought to life** by using the iPads to create **short films**. One member animated a boxing match... **which was a knock-out!**

These animations will be **uploaded** onto the **NETA YouTube channel** so you can see it.



Welcome back Steve Hogg!

NETA was delighted to welcome our longstanding volunteer Steve, to help with the Animation Group. Thank you Steve!

Art - a different subject every week ...

The Art Group was very popular! NETA members were **skilfully** led by Sue.

They did some **amazing pieces** using paint, charcoal, pencil - with a **different subject** each week.



At the sessions were **five** art students.



Younger People with Aphasia for people of working age.

In January, they talked about the “Climbing Wall Experience” for children last **October** and how to **access hobbies and interests**.

They plan to **organise activities**, such as **bowling** and **horse riding**.

The Younger People's Group communicate to each other by **WhatsApp** and **Facebook**. They meet **twice a year**.



Games Café!

The Café thrives! This year we have “acquired” a small table football game.

The café provides **fun and humour** for NETA members. Our ‘Café Friends’ are there to give a **warm welcome** to anyone who wants to turn up. **New NETA members** are **encouraged** to **come along**. Try our

- **Magnetic darts**
- **Shove ha’penny**
- **Bar skittles**
- **Or cards!**



Communication - Small and Large Groups

NETA members get the chance to meet with friends and practice communicating!

Helpers make sure that **everyone** gets involved.

Four of the helpers are **NETA members with aphasia**.

Activities range from -

- **Current** affairs
- Local landmarks
- Sport
- General knowledge.



They use the **iPads** more and more within sessions as people become **more familiar** with them.

Meet a Member



Hello! I’m Jo.

I have a grown-up son, Jamie, who lives in the **Bahamas** with his American wife.

I live with my sister, **Tina**. We have a **small dog**, called George.

I like to paint. Landscapes is a favourite! I’m keen on using **acrylic paint**. It’s quick to dry.

I also enjoy **listening to the radio**. The **best** thing about coming to NETA is meeting with other people who **share** having aphasia.

Staying in Touch Interactive

Ideas for **interacting and sharing**

Post on Facebook

Send by email

You could set up a **WhatsApp group** if you know your **NETA friends' mobile numbers**



- **Art work** you like, or your own art
- **Animations** - send us a YouTube link
- **Poetry collective** - add a word, line or drawing
- **Today I ...share your day** with a photo or a message. Could be a **TV show**, a **puzzle**, a **meal**, a **person**, a **flower**
- **Music** you like, music you've made
- **iPad and apps**—tips and questions

Re- open

When we re-open, we will have our **regular cafe and communication groups** all term. A **new calendar of activities** will be issued if necessary.

iPads



Next term we might run an **Everyday iPad** group.

We will use iPads to **view TV and film, access websites, organise photos, and similar everyday functions.**

Magenta Singers



People who have **aphasia**, sing every **Monday afternoon** at the **Magenta Singers**, Sage Gateshead.

www.sagegateshead.com

Thanks!

- A big **"Thank You"** to all the **volunteers** who help to run NETA.



Café Out McKennas



Newcastle University, part of the **North-ern Stage** theatre. The staff are **friendly** and **patient**. It's good to get out into the **real world!**