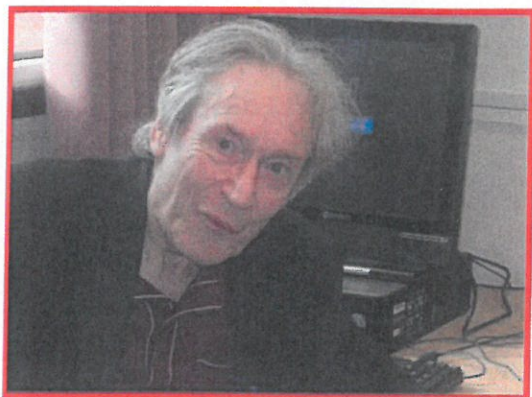


## Update from the North East Trust for Aphasia March 2015



### Meet a Member

#### John Robson

Following 10 years working at the Co-op, John joined Pearson Engineering in Walker before giving 19 years to the DSS. He was also vice chairman of his social club.

John is a keen stamp collector. He enjoys looking up old family photos on the computer. He likes a bet – on the horses and in the casino.

John has been coming to NETA for 9 years. He helps with computers and in conversation groups. He is also a volunteer for the Aphasia Clinic once a week.

Why not have a look at our Facebook page?



Just log onto your Facebook page.

Search for North East Trust for Aphasia – NETA. Then like our page.

There are interesting articles and videos on aphasia and stroke.



### Mark

We are sad to have to tell readers that Mark Mills, a long-standing NETA member, died in January.

NETA started 12 years ago and Mark has been part of it from the start.

### Sue

A warm welcome to our new volunteer Sue. Sue is new to aphasia as well as new to NETA. She is looking forward to getting to know NETA members and we are pleased to have her help.



## Calling family and friends ....

On Sunday 13th September 2015, the city will host the renowned Great North Run, Britain's biggest running event, and the North East Trust for Aphasia (NETA) is again looking for a running team

For those who are unaware, friends and supporters of NETA have participated in the GNR for many years, raising money for a fantastic cause and getting fit at the same time.

If you are interested in joining the team, can you please get back to Janet Webster ([janet.webster@ncl.ac.uk](mailto:janet.webster@ncl.ac.uk)) or Janet Moss ([janet.moss@ncl.ac.uk](mailto:janet.moss@ncl.ac.uk)) in the Aphasia Centre, and let us know that you'd like to be on the team. It costs £52 to register. We ask you to collect sponsorship for NETA - so, it's partly about the money (for NETA) and mostly about the challenge and the fun (if you can call it that). If you raise £250, we will reimburse half of your registration fee. If you raise more than £400, we will reimburse your full registration fee. Some people have been able to raise much more than that. We also provide the T-shirt! We have an on-line sponsorship site which makes collecting money easy.

If you have already got a place via the General Ballot, we'd still love you to run as part as the NETA team – we'll provide the T-shirt!

If you want more information on the run, go to <http://www.greatrun.org>

## Looking back

### Relatives' Course

We ran a successful course for **relatives** helping them understand more **about aphasia** and how to help **make conversations easier**. We run it about every 2 years when there are enough people available to attend. Please **let us know** if it is something you or your family and friends are interested in doing.

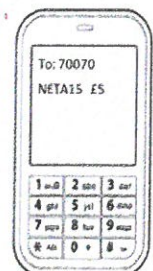


### Pedometer Challenge!

Would you like to get fitter, raise money for NETA and raise awareness of aphasia? Then get a team together and sign up for our Pedometer Challenge! There are prizes to be won! Contact Janet Moss at [janet.moss@ncl.ac.uk](mailto:janet.moss@ncl.ac.uk) by 28th April.

### Did you know you can now donate to NETA by text?

Simply text **NETA15** followed by **£10** or **£5** or whatever amount you like to **70070**.



### NETA Information

If you would prefer to receive your newsletter via the website we will send you an email to tell you that a new newsletter is available

Please telephone Janet Moss on 0191 208 8550

Contact NETA: 0191 208 8550

Email:



[aphasia@ncl.ac.uk](mailto:aphasia@ncl.ac.uk)



## NETA Aphasia Support Centre—Update



### Art group



Once again Sue has led a wonderful art group. She has been helped by students of Fine Art from Newcastle University. This is one of our most popular activities thanks to Sue's skill as a leader. This year we had to have a waiting list for both students and NETA members!

### The Internet Cafe



The internet café is **up and running**. Special thanks to student Kitty for getting it started. It runs **alongside the normal café** session. It's a good way to share your browsing and pick up some tips from each other.



### Reviewing the changes to the programme

This year we have been running **2 conversation groups** at once. This means we have **no waiting list**. We will run these though **to the end of June**, along with the **café** and the **internet café**, apart from a short break at Easter. The main support centre **programme** runs to **the end of June**. This is **slightly different** from our earlier plan. It means there will be **more sessions** for you to come to. During July and August there may be **special projects** running. We will tell you about them nearer the time.



### Music Group at NETA



Unfortunately, we could **not** run the music group at NETA last term because too **few people** booked onto it. The music group **listens** to all **different types of music** and discusses what they like. Why not **book a place after Easter**? Sign- up sheets are in the café.

### Computer course

We are in the middle of our **computer course** right now.

This year we are covering **both PCs and tablets** such as **iPADs**.





## The Christmas Fayre – One Person Remembers

I came a little after the start. I couldn't get any flowers, but I got some cakes and cards with pictures and photos that our friends had made that I can send to friends. I then went to the other small rooms. I have no grandchildren so I couldn't get any of the beautiful clothes for children, but I got a fantastic purse to keep my money and cards in and a scarf to give to a friend for Christmas. People who bought them were giving NETA money, so I think we got more for NETA this year. People had tea and cakes and talked together for fun.

By Helen Clifford-Brown

### **Café Out**

From July to September, café sessions take place in **real cafes** round Newcastle. These have included The Sage, The Great North Museum (Hancock), Northern Stage's McKenna's Bistro and the Discovery Museum. The arrangements are **informal** but we do need **NETA members to act as "hosts"**. Can you offer to jointly host a Café-Out session? Do you have a suitable venue to suggest? Please let us know. There is a **sign-up** sheet in our café.



### **Reminder: Magenta Singers for people with Aphasia**

This is run by The Sage at Gateshead Old Town Hall.

Anyone with Aphasia can come along.

The lovely staff and volunteers help everyone join in this fun afternoon.

It runs on Mondays in term times from 1.30 to 3.00pm.

To find out more ask a NETA member who belongs to Magenta Singers.



### **THANK YOUs**

We would like to thank all those who volunteer their time to the Support Centre:

Sue Ruddy, Ian H and the Fine Art students in the Art Group

Steve and Sue in the Conversation Group

Barbara and Jen in the Café

John R and Ian M for computer support

David, Tom, John R, John W, Barbara and Bill helpers in the Conversation Group and much more!

**THANK YOU!**

Thanks to Nargis Haq, Chris Side and Helen Clifford-Brown for putting together this section.

