

# NETA NEWS



North East Trust for Aphasia

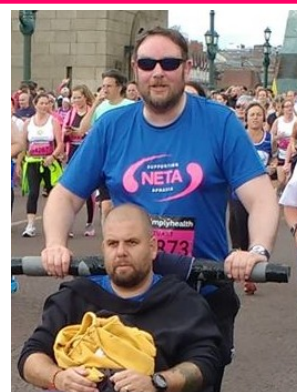
December 2017



## Great North Run

**thank you**

to all our runners!  
You raised £5428.83 for NETA.  
Well done!



Thanks also  
to **Rosie** who  
did the York  
Marathon for  
NETA and  
raised £514.  
Amazing!



NETA members and friends recently had a collection at Sainsburys and raised a wonderful £495.66. Many thanks to all who gave up their time.



Thank you to **Nicholas Elliott** for his Channel swim. As a result of his marathon efforts, NETA has been able to buy 5 new iPads.



The **café out** at McKennas is proving very popular. Thanks **Jen** for the photo.

### Shop&Give this Christmas

Raise free donations for our Cause when you do your Christmas shopping via [www.TheGivingMachine.co.uk](http://www.TheGivingMachine.co.uk)

John Lewis ebay amazon.co.uk M&S Waitrose

[www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk)



We have exciting fundraising news! You can now help raise donations for North East Trust For Aphasia without even leaving your sofa. And it doesn't cost you a penny!

TheGivingMachine is a fundraising charity setup to help raise money online. By signing up and shopping online via **TheGivingMachine** you will generate a free cash donation for us. Shops include Amazon, Ebay, M&S, NEXT, Tesco, Sainsbury, John Lewis and Ocado, you are bound to find what you need and generate a donation.

Contact: Janet Moss at the Aphasia Centre 0191 208 8550 [janet.moss@ncl.ac.uk](mailto:janet.moss@ncl.ac.uk) [neta.org.uk](http://neta.org.uk)

Charity Number 1100882

# NETA Aphasia Support Centre - Update



## Café



At the café, we meet people – old and new friends – and can talk about whatever interests us.

We now have a system for getting people onto the internet more easily. That means people can use their iPads and tablets in the café to too.

Trustees have been visiting the café regularly to “meet and greet” NETA members, so everyone involved in NETA is able to work together. Thank you to all the people who help run the café and especially Barbara and Julie.

## Introductory Art

NETA member Ian Hardy, an art teacher, came up with an idea to get more of the NETA members interested in art.

He believes that you can draw more successfully by learning to look and subsequently draw it. 5 members attended the 6 week course regularly.

Everyone said at the end of the course that they now could draw better. Thank you Ian.



## iPad beginners



Funded by the magnificent efforts of Nicholas Elliott on his Channel swim, NETA has now has 5 iPads. These are for NETA members to try before they buy.

Our beginner's course is very practical. It covers the basic skills of using touch screens, practising the physical gestures to make things happen.

The course ranges from how to switch on to how to make a film and upload it to you tube.

We are most grateful to the Surrey based aphasia support group Dyscover for developing an aphasia-friendly iPad hand book.

## Meet a member

**My name:** Suzy

**Where are you from:** Winlaton at the top of Blaydon

**My work:** Engineer from Northumberland Water dealing with drains

**Pets:** Suzy has 2 dogs and a 3 legged cat called Skye

**Leisure time:** Suzy's husband works for British Airways so air travel is cheap. They can fly business class and get a bed. Last year Suzy went to Hong Kong, Thailand, Virginia, Charlotte in Tennessee and Tenerife.

Suzy is aiming to visit the Great Wall of China for her 50<sup>th</sup> birthday.



## Communication Group



The communication group is fun and helps people speak and communicate more than they normally do.

Everyone is encouraged to use different ways to take part.

As well as practising communication skills, it is a chance to make new friends and to find out about other things you can get involved in, outside of NETA.

## Animations



6 people working with assistant Kerry and volunteer art teachers Sue and Ian, made plasticine characters to create short animated films.

This involves taking hundreds of photographs for a few seconds of film.

Did you watch them at our Animation Festival show on 21<sup>st</sup> December?

## Textile Craft

Last term NETA ran a Textile Craft course funded by Greggs and Rothley Foundations. The funding enabled NETA to employ our experience Fine Art graduate Jean Tinsley.

6 people were supported to create some wonderful textiles crafts, mostly one-handed. You may have admired them at our exhibitions on 14<sup>th</sup> December.

The feedback was very positive. Most NETA participants would like to do more of this work. Jean has offered to run a course in Corbridge at which NETA members would be welcome.

A big thank you from everyone at NETA to Greggs and Rothley for their generous funding, and to Jean for sharing her skills.



## Younger People with Aphasia

We held a consultation session for younger NETA members in September 2017. 11 people attended.

We discussed a wide range of topics from benefits payment to re-building a social life. We finished with an action plan.

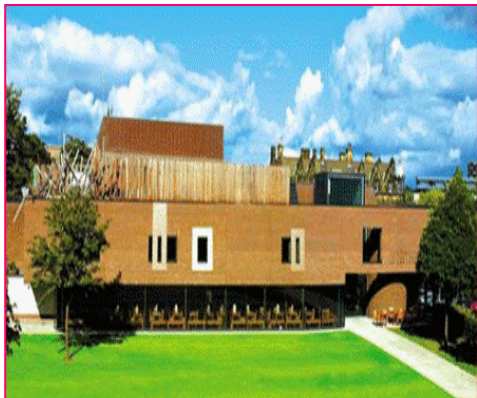
The first action will be to meet again. This will happen on the morning of 18<sup>th</sup> January.

Thanks to all who took part.

# Try something new?

Next term, we will have our regular cafe and communication group all term. There are other activities you might like to know about. Remember to sign up for what you want to try to book your place.

## Café out



In McKennas at Newcastle University we meet friends to talk to from 1.30 to 3.30 in the afternoon.

McKennas is part of the Northern Stage theatre. You can buy a sandwich or a pint as well as hot drinks. The staff are friendly and patient. The access is easy. It's good to get out into the real world.

The notice board in NETA café tells you when it's on.

## Magenta Singers



A group of NETA members, along with other people in the region who have aphasia, sing every Monday afternoon at the Magenta Singers, Sage Gateshead.

They sing old familiar songs, so that the words come along with the tune using a different part of the brain. As the singers say, "Elvis Lives!"

For anyone out there who ever enjoyed singing along to the radio, come and try it. Feel good about your voice.

You will find details on the **SageGateshead website**.

## Art Group



This takes place in the mornings. It is led by Sue Ruddy with Ian Hardy and Fine Art student volunteers to help. Beginners or experienced artists are welcome. Be sure to book your place.

## iPad User



Come and learn and share with other users what can be done with iPad.

How to do things, how to save what you've done and, shortcuts, tips and tricks.

You can book a NETA iPad to use for the session

This newsletter has been put together by Suzy, Mike, Rodney and David.

Thanks to them for all their hard work.

Thanks to all our volunteers and the trustees for helping to run NETA.

