

NETA NEWS



North East Trust for Aphasia

April 2018

NETA Steps for All 2018

Monday 30th April
to Sunday 27th May



Set a walking challenge working at your own level
Enter as an individual or as a team
Compete against colleagues or friends
Prizes to be won!
£5 entry donation per person

See steps.neta.org.uk for further information



It's that time of year again!
This is our third step challenge after we ran very successful events in 2015 and 2016.

The aim is to promote getting fitter and healthier, while raising money for NETA and having fun with friends and colleagues. We aim for the challenge to suit people of all abilities.

There are prizes to be won!

See
steps.neta.org.uk
for all the
Information.

Look on Facebook for
netasteps



NETA North East Trust for Aphasia



Twitter @NETA_Aphasia



Our website: neta.org.uk

NETA Aphasia Support Centre - Update



Looking Back

Communication Groups



The **communication groups are fun** and help people **communicate more** than they normally do.

Everyone is encouraged to **use different ways to take part**.

Due to its popularity and increasing members the communication group has been **split in two**.

We now run the **usual communication group of 8 to 10** people, as well as a small communication group.

Both offer the **same support and activities** but are tailored to **different needs**.

As well as practising communication skills, it is a chance to make new friends and to find out about other things.

Art Group



This was yet again a **very popular** group with our members.

We have **expanded the numbers** with the help of an additional art teacher, Ian. It continues to be **oversubscribed**.

NETA members looked at form, colour, contour, fruit, flowers and portrait **producing some lovely pieces**.

Café



The café has been well attended creating a lovely atmosphere.

Some people come straight from their morning group and leave when they've had some lunch.

Others drop by later on in the session.

A big thank you to Ken for stepping in to help in the café.

Younger People with Aphasia



This is a **consultation group** to advise NETA on **activities more suited** to younger people both within NETA and with other providers.

It met for the second time in January.

We discussed strategies to **support independence** such as **In case of Emergency functions** and **Aphasia Wallet Cards**.

We have made arrangements to set up a **social media page for this group**.

The group will **meet again in spring/early summer** to **share information** they have found out and make future plans for **managing the Social Media page**.

Looking Forwards

Next term we will have our regular café and communication groups all term. There are other activities you might like to know about.

Please remember to sign up for what you want to try to book your place.

Floral Crafts



Practical sessions creating lovely **flower arrangements** with Heather Curry.

Create beautiful pieces ; increase your knowledge about different types of flowers and foliage.

Learn a **new pastime**.

Textiles

This will be our 5th Textile Craft course. NETA members have made some **beautiful pieces** both decorative and practical using **speed controlled machines**.

Expert **tutor Jean Tinsley** supports and enhances **your creativity** in a wonderfully **calm and concentrated atmosphere**.



Café Out



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

In **McKennas at Newcastle University in Northern Stage theatre**

We **meet friends** from **1.30 to 3.30** in the afternoon.

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**.

Poetry



Explore words and create poetry with Sue Spencer.

This group is tailor-made to **support people with aphasia to express their thought and feelings**.

Members who have previously attended this group say it is **suitable for everyone**.

Practice your **communication skills** and let your **imagination** run wild!

New Activity –Digital Music with iPads

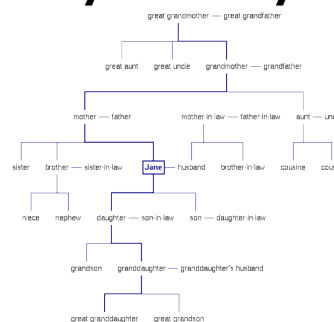


Led by NETA assistant Kerry .

Create songs and play music together using the Garage Band **app on an iPad.**

NETA can lend you an iPad.

New Activity – Family History



An introductory group.

Find out how to use **software** and **archives** to **explore your family history.**

Magenta Singers



NETA members, with **others 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.

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.**



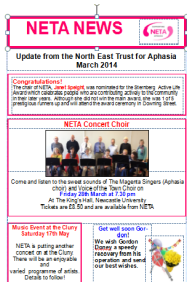
Meet a Member

Name: Marjorie

Where from: Marjorie lives in North Gosforth with her husband.

About: They are both now retired. They have one son, one daughter and 3 grandchildren. Marjorie has previously worked for North Tyneside Social Services in their Finance department and was responsible for care budgets.

Hobbies and leisure: Marjorie likes to keep active and loves to socialise with her friends. They often go for a walk followed by lunch. She also helps look after her 92 year old Mother and her two youngest grandchildren.



This newsletter

The newsletter comes out **three times a year**. It coincides with the new **Calendar of Activities.**

We invite **NETA members to help us put the Support Centre section together.** It usually takes **3 sessions.**

If you are a NETA member who would **like to help us**, please **let us know.** No experience required!

A BIG Thank You to everyone who helps run the Support Centre

If you no longer wish to receive the Newsletter, please contact Janet Moss.
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