

# NETA NEWS



North East Trust for Aphasia

December 2018

## Great North Run



Some of our fantastic runners



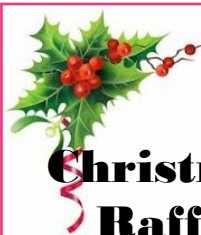
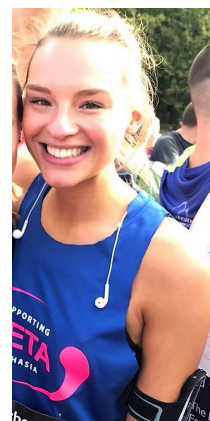
A very big thank you to all our runners, you've raised the amazing sum of

**£5303.11**

**Well done everyone!**

"The day was both exciting and emotional. It was an amazing feeling to be one of the 43,000 who ran to raise money for charity. Thank you to everyone who donated, helping me to raise a fantastic amount for NETA, going well beyond my fundraising target. I took part because NETA is a great charity which means a lot to me."

Kate Charnley



## Christmas Raffle



Some great prizes to be won, including £100 and £75 shopping vouchers, a very well stocked Hamper, and many more prizes. Raffle draw is

**Thursday 13th December.**

## 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 M&S Waitrose

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

If you shop online, please go through The Giving Machine.

Every purchase raises funds for us and costs you nothing!

Retailers include: M&S; John Lewis; Wilko; Amazon; Asos, and most supermarkets.

## Coming up ...

An exciting Fundraising Cabaret Evening of Love Songs for NETA.

Tickets available from the Support Centre or online through Eventbrite at <https://goo.gl/JcW3yQ>

Or go to [eventbrite.co.uk](http://eventbrite.co.uk) and type in NETA.

Appearing will be:

Kerry Green and Les Watts ✨ The Magenta Singers Choir  
Rocket Opera



## 'LOVE TO SING'

A Fundraising Cabaret Evening of Love Songs

Featuring NETA's own Kerry Green & Les Watts, Rocket Opera artists, and the Magenta Singers

Friday 15th February 2019

7.30 pm

Gosforth Civic Theatre

£12

Nibbles provided. There will be a pay bar at the venue.

Tickets available online from Eventbrite at: <https://goo.gl/JcW3yQ>  
or via the NETA support centre

# NETA Aphasia Support Centre - Update



## Café/Internet Café



The café continues to be well attended. Members enjoy catching up, playing card games, dominoes and jigsaws.

This creates a lovely relaxed atmosphere where you can also eat delicious cakes!

## Floral Crafts



A relaxed group led by Heather, they created some beautiful arrangements which were both big and small.

One member commented "It's a very good group with friendly people." It's then no wonder it's so popular.

## Large and Small Communication Groups



As well as practising communication skills, it is a chance to make new friends. Both groups are well attended. Helpers with or without aphasia ensure everyone gets involved. Tailored activities include current affairs, local landmarks, sport and general knowledge. One member comments "The group is relaxed and really good as it's a challenge!"

## Family and Friends Course



13 people signed up for this course which aims to give practical coaching to make conversation with people who have aphasia a little easier. In the sessions, we were talking about everything to do with living with aphasia from how the brain works to tips on routine strategies to help avoid difficulties. This time, we filmed the course thanks to additional funding from Tavistock Trust for Aphasia. We will use the film to make a learning resource for our student speech and language therapists.



## Christmas Celebration



NETA members, their families and trustees planned a wonderful afternoon filled with food, laughter and merriment.

The Magenta Singers perform some beautiful seasonal songs and old favourites, which will get members into the Christmas spirit. It will be great to see you there!

## Younger People with Aphasia



This is for people under 50 years old to share ideas about managing everyday life with aphasia. We have about 3 meetings a year at NETA.

Several members have continued to meet up outside of NETA. They have met at the Badger Pub in Ponteland and for a Christmas meal in Newcastle.

The next meeting at NETA will be on 17th January. Watch out for details on the Younger People's What's App and Facebook groups.

## Meet a Member



Hi I'm Linz

I am **married** to **Si** and we have **two children**. Frances our daughter is 22 and Will our son is 16, we live in **East Boldon**.

We also have a **dog** called Rudi and **two horses** called **Casper** and **Flyer**. Casper is kept in **Ponteland** and Flyer is kept in **York**.

I worked for many years as a **Music Teacher** between various secondary schools and for **five years** at a school in **Chester-le-Street**.

I **used** to love **climbing** but I now spend any spare time I have at my **allotment** which I've had for **19 Years**. We grow a variety of vegetables, fruits and chilli peppers!

## Art



Next term we will again be running the ever popular art group supported by students from Newcastle University Fine Art department.

We know some people have enjoyed the art group for several years. This year, we are offering a **priority** booking for **newer members**.

**Please let us know** as soon as possible if you would like to take part next term. If we have **too many people**, remaining places will be given by **lottery**.



## Try Something New?

Next term, we will have our regular cafe and communication groups 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 and talk. 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**. This is for people with aphasia. The group leader and helpers are trained in aphasia support.

**Magenta Singers** sing old familiar songs, so that the words come along with the tune using a different part of the brain.

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

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

### iPad User Group



At the same time as the art group, you could be learning how to make art by iPad! Our iPad user group will be supported by our assistant Kerry. If

you would like to co-lead the iPad user group, let us know.

The iPad User group explores Apps and features that will help you use your iPad better. We have 5 iPad's to lend, but this group is for existing users, who are welcome to bring their own iPads.

There will be a further beginners course later in 2019.

### Thanks

This newsletter has been put together by NETA members Chris B, Rodney and Linzs.

Thanks also goes to member volunteers: Flint, Harry and Julie A for helping to run the NETA Café

Thanks also to members John and Marjorie for helping in the large Communication Group. Barbara has helped in the flower group as well as the café.

Julie and Suzy helped us with NETA admin duties.

A **special thanks** to volunteer Sue. Sue will be **taking a break** from NETA **after Christmas**. Sue has been a regular in the **Communication Group** for several years.



