

NETA NEWS



Update from the North East Trust for Aphasia August 2015

NETA Pedometer Challenge

The NETA Walk to Talk Pedometer Challenge was held in May-June. 14 teams took part. Everyone wore a pedometer (step counter). Teams each set a challenge. They collected sponsorship. Teams walked **6,988 miles** in total for NETA!

Team Happy Feet won the prize for the most original challenge. They aimed to walk the same number of steps as there are people with aphasia in the UK (367,000).

Sue Ruddy won the 'most steps' prize. She walked 621,602 steps in total!

The NETA Warriors team collected the most sponsorship money.

We made over £3000!

The photo shows the Windmill Walkers. Hannah and Leo with their granddad Graham.



THANK YOU to anyone who took part or raised money. We would like to run the challenge again next year.

NETA Aphasia Support Centre - Update



Conversation Groups



We run two conversation groups at NETA. In both groups, members can practise conversation skills and become more confident in a group setting. Group 1 involves practising communication skills through various group activities and tasks. Group 2 is more member-led and usually focuses on general discussion, often around current affairs.

Music Group

Members listen to and discuss music of all different types. Each week is a different theme. They give each song a mark out of 5. The most popular artists this year included the Rolling Stones, Led Zeppelin and David Bowie. Interestingly, these are also some of the favourites of the group leader, Steve Hogg. Members say they have thoroughly enjoyed the group this year.



Computer Course

This year we have looked at both P.Cs and iPads/ tablets. Members developed skills in using a P.C, or their own tablet, and shared their skills and knowledge to help each other.

On tablets, we looked at useful apps such as maps and calendars. We accessed the web and practised using emails and Skype. The group helped some members to decide if they prefer to use P.Cs or tablets.

Life Story Book



7 new NETA members have been creating a short booklet consisting of some key photos from their life as a way to help other people get into conversation with you. Ian Hardy has advised about layout and making the product more visually interesting. Thanks Ian!

'I have aphasia' Cards Working Group

For those who do not carry a quick way to tell people about their aphasia and to check In Case of Emergency (ICE) contact details. We have been making a credit sized card for quick reference and exploring ways of making emergency contacts more iPhone friendly.



Café Out (July – September)



Café regulars have continued to meet at cafes around the area. Check the café notice board or the website www.neta.org.uk to find out where members are meeting and who will be there to greet you.

Coming soon Autumn 2015

The programme for July to December 2015 is available in the café or on the website: www.neta.org.uk

Mornings

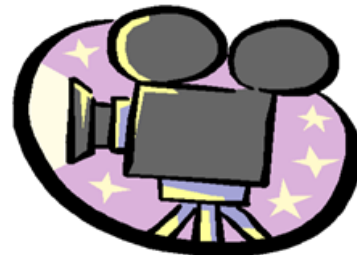
Floral Crafts



Members design and create different floral decorations with help and support from Heather.

or

Film Group



Bring in film to watch and discuss with your fellow film enthusiasts.

Afternoons: Conversation Groups or Café on alternate weeks



Meet a Member



Alan is a new NETA member and has enjoyed taking part in the Music Group. He is also interested in computers and would like to take part in a NETA Computer Course in the future.

Alan's other interests include watching football and visiting museums such as the Hancock and the Discovery Museum with his granddaughter.

Before retiring at 60, Alan worked on ships for many years.

Did you know...

We have a **photo** of each member on our notice board. This helps everyone to **match the face to the name**. Names are harder to learn for people with aphasia.

Notices/Reminders

Please **sign up** for the **activities** you want **to do**.

Please remember to **let us know** if **you cannot attend** a session that you have signed up for.



Thank You

A huge thank you to all our helpers and volunteers including:

Sue in the Conversation Group and helpers David, Bill, John W and John R

Steve in the Music Group and Conversation Group.

Admin volunteers **Helen, Barbara, Andy** and **Jackie**.

Jen and **Barbara** in the café.

Art students **Martha, Sammie, Maria, Jessica, Gen** and **Jean**. A special thank you to **Martha** and **Sammie** for their help in preparing the Travelling Art Show.



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.

You can also post your own comments.



Contact NETA:-

Tel: 0191 208 8550

Email: aphasia@ncl.ac.uk

website: neta.org.uk