

NETA NEWS



North East Trust for Aphasia

March 2019

Love To Sing



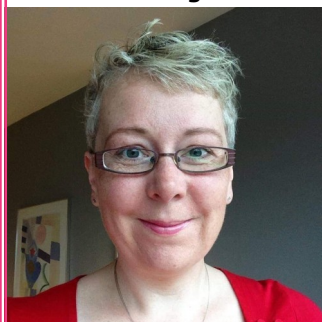
We held a big and successful fundraising event 'LOVE TO SING' on 15th February at the welcoming and generous Gosforth Civic Theatre. Well over 100 people attended and we made over £1,400 profit for NETA. All the performers gave their talents for free and generous donors gave raffle prizes. Thank you all!! Many thanks to Judy McNamara for all her tireless organising and time, and to Jen Gilhespy, Trustee, for the lovely hearts for the tables and Hannah for giving a rose each to all the performers. Also, Hugh Williamson and Jen for selling so many raffle tickets!

Gordon Doney, our Chair and Fiona Menger, Trustee, did a great job introducing the evening. This started with a film about Aphasia and the inspiring work of NETA and the Support Centre. Three different, wonderful performances made up a Cabaret Evening with a Love Songs theme for Valentines Day.

The concert started with a varied and beautiful programme from The Magenta Singers. Most of the singers have Aphasia and practice every Monday at Sage, Gateshead. Their conductor was the inspiring Eleanor Mooney. The Magentas were in truly fine voice and much appreciated by the audience.



Fiona Menger is leaving us!



Fiona has decided to step down as Trustee from our charity in April 2019.

Fiona wants to focus more on her career and to devote more to her family. Mario (thanks mate for your work for us behind the scenes) and their great kids Hannah and Leo.

She has always brought bags of energy, the ability to make things happen for us and a massive contribution to NETA at all levels. Fiona very much wishes to remain a friend and supporter of NETA.

Fiona we are all going to miss you greatly. Future success and happiness to you.

Ps. And we'll never forget Fiona dressing up as a parrot at Sainsbury's Charity collection. Never lose the outfit!!

Thanks so much from Gordon and all at NETA.

Great North Run

There are still some places left for the GNR in September.

It's first come, first served!

If anyone would like to receive the Newsletter and Calendar by email, or you want to stop receiving the Newsletter, please contact Janet Moss at janet.moss@ncl.ac.uk

NETA Aphasia Support Centre - Update



Café/Internet Café



In the café NETA members enjoy catching up, playing card games, dominoes and jigsaws. This creates a **lovely relaxed atmosphere** where you can also eat delicious cakes!

iPad User Group



NETA members **shared the latest apps** and I.T. jargon. The group looked at how to produce art as well as word finding apps including scrabble. There was lots of **help and ideas** from all the group participants.

Large and Small Communication Groups



Members get the chance to **meet with friends** whilst practising their communication skills. Helpers with or without aphasia ensure everyone gets involved. Activities include **current affairs, local landmarks, sport and general knowledge**. Both groups are well attended.

Younger People with Aphasia



Our Younger People Group now has 2 thriving **social media groups**.

WhatsApp is administered by one of the group members.

Facebook is a closed group held within the NETA Facebook account.

Through the Social Media groups they have:

- Organised meetings

- Arranged social events outside NETA

- Exchanged opinions about what they want from NETA

- Consolidated friendships

Look out for the **next meeting on 16th May**.

Art

The art group was as popular as ever, Sue and Ian looked at how to use acrylics, pen drawings, shading and how to make better use of colour.

They were joined by five Newcastle University Fine Art students, their individual specialities added a valuable contribution.

Some wonderful pieces were made by NETA members.



Physical activities with disabilities

We have created a **resource** about **active life** in the North East and beyond.

The document covers **gyms, swimming, cycling, sailing, walking, dancing** and more.



We will put it on our **website**.

Meet a Member



Hi I'm **David**

I **was married** to **Jean** for 56 years but I was recently **widowed**.

We lived in **Cambridge** where I worked as **Head Teacher** and for **OFSTED**.

I have **two** grown up children, **Julia** and **Nigel**. Nigel lives in **South London** and Julia is here in **Newcastle**. I moved up from Cambridge approximately **15 months ago** to be closer to Julia and my **three grandchildren**.

In my spare time I like to go out **walking** and I like **bowling** and **cricket**. I also have a love of **football** and I support two teams, **Chelsea** and **Peterborough United**.

Try Something New?

Next term, we will have our regular cafe and communication groups all term. **Remember to sign up** for what you want to try to book your place.

Greetings Cards



New next term there will be a session making greetings cards. A NETA member's partner has kindly volunteered to lead this. Look out for the date.

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**.

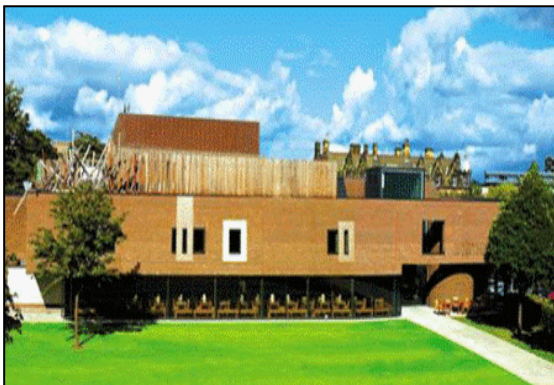
Magenta Singers sing old familiar songs, so that the words come along with the tune using a different part of the brain.

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

Our talented assistant **Kerry Green** will be leading the group for the next year.

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

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.

Thanks



Thanks to our many NETA members who help run the Support Centre by helping with the café and doing admin work. Thanks to those who support others in communication groups. Thanks to all the volunteers who share their skills and talents to give NETA members new challenges., and help