

NETA NEWS



Update from the North East Trust for Aphasia March 2014

Congratulations!

The chair of NETA, **Janet Speight**, was nominated for the Sternberg Active Life Award which celebrates people who are contributing actively to the community in their later years. Although she did not win the main award, she was 1 of 5 prestigious runners up and will attend the award ceremony in Downing Street.

NETA Concert Choir



Come and listen to the sweet sounds of The Magenta Singers (Aphasia choir) and Voice of the Town Choir on
Friday 28th March at 7.30 pm
At The King's Hall, Newcastle University
Tickets are £8.50 and are available from NETA

Music Event at the Cluny Saturday 17th May

NETA is putting another concert on at the Cluny. There will be an enjoyable and varied programme of artists. Details to follow!

Get well soon Gordon!

We wish Gordon Doney a speedy recovery from his operation and send our best wishes.



NETA Aphasia Support Centre - Update



Emergency (ICE) Cards:

Joe Bloggs
Emergency contact 1234555



We have been learning about the benefits of carrying In Case of Emergency (**ICE**) details. We had a presentation on the benefits of cards. Members then decided what information they wanted on their cards. They are a good idea because they have an **emergency contact number** and they explain aphasia to people who do not know about the condition.

Christmas Lunch



We had **Christmas lunch** at the Northern Football Club in Gosforth this year. The food and the venue were lovely and the day was enjoyable. A special thank you to Heather Curry for organising the day and a fun Christmas picture quiz!

Floral crafts

Before Christmas, some members took part in a **floral crafts** group. This group could be challenging with the use of only one arm but members worked together with guidance from Heather Curry to create beautiful flower arrangements and also wreaths closer to Christmas.



Art group:



The Support Centre has been running an **art group** for members led by Sue Ruddy. Sue is an excellent teacher and the volunteer art students from the university have been very helpful. Some find the art group relaxing as they can switch off while working. Some find the art group stimulating and enjoy using different styles and methods.

Current affairs group:

Some members have been taking part in a **current affairs** group. Members find this group very beneficial as the newspapers help to stimulate debate and conversation.



Digital printing:

We are now running a **digital printing** group, led by Janet Speight. Members are learning how to enhance and improve their photographs on the computer. They can then print them for display.

Computer course:



The centre will also be running a **computer course** which is **already full**. Members can learn the basics of using a computer or enhance their current skills.

Coming soon:

iPad users group

We will be running a **pilot** iPad users group for **invited members only**. Current users will share tips and advice about using iPads generally and as a communication tool. New users will be introduced to the iPad and how it works.



Life story book



Would you like to

- make a book
- tell people about yourself
- help to start a conversation

Interested? Sign up for this in the café.

A reminder

Please let us know if you are **unable to attend** on a Thursday or if you will no longer be attending NETA at all. The number to call is **0191 208 8550** email: **aphasia@ncl.ac.uk**

We would like to thank all those who volunteer their time to the Support Centre including:

Steve and Charlotte in the conversation group.

Jen, Barbara and David in the café.



Sunderland v Man Utd March 2nd 2014

The lads v citeh
Wemberlee

We scored first (borini)

They scored 2 in 1 minute (some buggers)
We had a good chance and missed (Fletcher)
They go another one (someone else)
The whistle went
The best team got beat
The best supporters sang
We went home



Our roving reporter **Steve Hogg** was at Wembley!