

Update from the North East Trust for Aphasia September 2011

ABSEIL

5th November 2011



Do you fancy leaping from the top
of a lighthouse?

Why not create a few fireworks of
your own this Guy Fawkes day.

NETA is looking for dare devils to
abseil Souter Lighthouse.

Don't worry, you will be lowered down the lighthouse with
the help and support of a team of professional instructors.

So if you feel tempted and you would like more
information—just turn this page.

NETA ABSEIL

This will be a sponsored event, so we are asking all participants to try to raise £50 towards the work of NETA.



Please be aware that to get to the top of the lighthouse you will need to be able to climb a lot of stairs and a short ladder.

This event is open to anyone that would like to join in. Help us to spread the word, tell your friends, your families and your neighbours.

Perhaps you could distribute some posters for us –collect some from the Support Centre. Hang them in your local shops and offices.

Participants **MUST** fill in an application form—they are available from the Support Centre or by contacting JANET MOSS on 0191 222 8550

On the day we will need lots of people to come along and cheer the brave souls down—so put the date in your diary NOW.

THE HAPPY CATS



Did you join in the foot tapping, hand clapping evening at the Blue Flames Club?

Rose, our Support Centre Co-ordinator organised a fantastic and hugely successful evening.

The evening raised £2043 which will help the ongoing work of NETA.

NETA Information

We are in the process of updating our current mailing lists.

If you no longer wish to receive the NETA newsletter please contact Janet on 0191 222 8550

Do you know of anyone who would like to receive a regular copy we are happy to add them to our list—let us know.

Contact NETA:-

Further information is Available from NETA on

Tel:
0191 222 8550

Email: aphasia@ncl.ac.uk



NETA Aphasia Support Centre - Update



The centre has been a little quieter over the summer. We have around 20 to 30 people coming each week. Kate Mason has left us. She will start her speech and language therapy training in September here in Newcastle.

Congratulations Kate and thanks!

Rosie Robertson has joined us as the new assistant.

Rosie has been volunteering with us for about a year. Many of you will know Rosie already.

Welcome to your new role, Rosie.

Conversation group



A mixture of activities designed to practise communicating with each other in a variety of ways.

Informal and fun.

No need to sign up - just come and join us.

Photography Course

Janet Speight ran another excellent photography course. There were 4 keen students. Thanks Janet! A **digital software** and **photo printing** course will run in the autumn.



Relatives Course



We have had a good response to our relatives' course. 6 to 8 people attend each session. We will make this an annual course. It is open to any NETA member's friends or relatives.

The aim is to build skills and information each session. It is best if people can attend the whole course.

Another 8 people came to the debate group. Steve Hogg has shown everyone how to run the debate group. Thanks Steve. While Steve has been away, Mick, Mark and John Batey have taken turns to lead the group. Thank you!
It worked really well. We will continue having a rotating leader.

Debate Group



Coming soon

We consulted the members about favourite activities. This is to plan which 2 groups will run at the same time. This helps keep numbers smaller in each group. The two top choices were:

Conversation group

Film group

These are the two groups we will run in the autumn. They will run at the same time. You will need to choose which to go to.

We have re-started the drop in for relatives from October 2011.

The Cafe

The cafe goes from strength to strength. More people are getting involved in running the cafe: buying supplies, setting out the tables, serving, doing accounts, clearing away.

We support members to do these jobs.

The film group



Bring a DVD. We will play some of it and chat about it.

Please sign up in the cafe if you are coming to this.

Digital software and photo printing



Janet has offered a **digital software** and **photo printing** course in the autumn. Photos from your camera to print. How to make them look great.

Christmas floral crafts



Heather has kindly agreed to run this again.

You will learn how to create some beautiful flower arrangements in time for Christmas.

Computer drop in

The computer drop in with Reg Hunter continues most weeks.

Change of time: Reg is available **11.00am to 12.00.**

Dates on the **computer room wall** and **in the cafe.**

Thanks Reg!

You can use the computers from 10.00 to 4.30 most Thursdays



The new calendar is out with this newsletter and in the café.

Please tell us if you are not able to come to sessions if possible.

Ring 0191 222 8550