

# NETA NEWS



## Update from the North East Trust for Aphasia July 2016

### Pedometer Challenge

The NETA Pedometer Challenge was from 9th May to 6th June. There were 178 walkers. To date £1,888 has been raised on Justgiving. We made £875 in entrance fees. It's not too late to donate. See [steps.neta.org.uk](http://steps.neta.org.uk) for details.

Here is NETA Trustee Judy MacNamara stepping out for NETA as part of team Max on Trax.



### Natter for NETA



Could you hold a coffee morning to fundraise for NETA?

It's a great chance to tell your friends and family about aphasia and to help our support centre.

We have all you need to get started! Pick up a fundraising pack in the café or contact [fiona.menger@neta.org.uk](mailto:fiona.menger@neta.org.uk)

### The Ukes of Northumberland

It was a great night on 4th June at Prudhoe Social Club. Fantastic music, good company and wonderful raffle prizes. The Ukes and people of Prudhoe did so well in raising nearly £300 on the night for NETA. Even Lintz Hall Farm, Burnopfield donated 50 boxes of free range eggs to sell on the night. Thank you Ukes. You might see one of our NETA supporters, Ian Mc, strumming his stuff at the back of the stage.



A big thanks to the

Newcastle United Football Golf club in hosting NETA meetings during July till September.

Lovely place and canny people. Thank you Ernie (Club Secretary).

### Trustees Wanted!

NETA is proud to have people with aphasia as trustees of our charity.

We need your input and experience.

You would be supported to share your ideas and opinions.

Please contact Janet Moss or Gordon Doney to find out more about becoming a trustee. **Contact details are on the back on this Newsletter.**

### A trustee is someone who:

- guides the causes and aims of our charity.
- helps in making decisions and how our charity should be run.
- uses their skills and experience, especially the understanding of what aphasia is.

[neta.org.uk](http://neta.org.uk)

Charity Number 1100882

## Looking back

### Poetry Group

#### "I wandered lonely as a cloud"

Our poetry group started on 9th June. We had 9 people signed up for it. Watch out Wordsworth. A big thank you to our poem writing leader Sue Spencer.

We still have a few copies of our first anthology Northern Lights available for just £2. All money goes to NETA.



### Art Group

The art group held an exhibition at Newcastle City Library in May. The public thought it was really well presented. They realised people had to overcome both physical difficulties and aphasia to make high quality art work.



### Music Group

The group continued in Steve's absence. After each music clip everyone had a chance to say what they thought. It was good to get everyone talking.



### Textile Group

We ran 2 textile craft groups for the first time in May/June. Feedback has been great. Everyone wanted to have it on again! Some found a way of doing previous hobbies, some found a new hobby. A big thank you to Jean Tinsley and her assistant Gen Stone for teaching the course.



### Building Work and New Members

We are having a longer break than usual over the summer due to the building work. We ran groups in temporary rooms in May/June. We hope that most people found us!

Rose and Janet Moss will continue their work over the summer. New members can register as usual to start in October. Registration forms are on the website: [www.neta.org.uk](http://www.neta.org.uk) or contact. 0191 228 8550 or email [aphasia@ncl.ac.uk](mailto:aphasia@ncl.ac.uk)



# On now



## Café Out

Meet up with other members every fortnight at McKenna's Bar, Northern Stage, Newcastle University.

Afternoons. 1:30pm to 3:30pm

July 14<sup>th</sup> 28<sup>th</sup>

August 11<sup>th</sup> 25<sup>th</sup>

September 8<sup>th</sup> 22<sup>nd</sup>



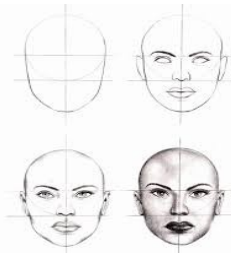
## Future

### Beginners Art Course

Ian Hardy has offered to Run an arts course for beginners.

Our art classes have been very popular in the past.

If you have **never done one before** and think you would **like to try** it please let us know.



### Film Group

Comedy • Thriller •  
Western • Musical •  
Action • Romance

Whatever your taste in film, come along and watch film clips and discuss all types of films.



### Floral Crafts

Heather will be running a floral crafts group in the Autumn.

### Conversation Group – Communication Group

Following consultation, the conversation group will be renamed the communication group when it resumes in October.



### Magenta Singers

This is a great **choir** and we would like to encourage **more people** with aphasia to join. You can apply through the **Sage Gateshead**.

Practice takes place every **Monday afternoon** during **term time** at the **Gateshead Old Town Hall**.

# Thanks to ...



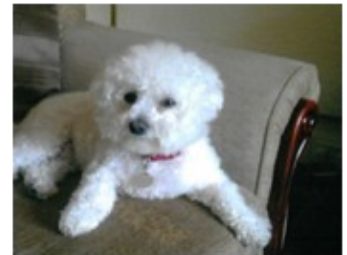
... everyone who has sponsored our channel swimmer Nicholas Elliott. It's not too late to sponsor him if you haven't already.

[www.justgiving.com/Nicholas-Elliott14/](http://www.justgiving.com/Nicholas-Elliott14/)

Also thanks to temporary assistant Will, volunteers Steve, Sue, Barbara, Jen, David B, and Ian McCullough for the pedometer challenge, and all the members who play a part in the support centre. Thanks to Alan Gordon and Julie Appleby who created this newsletter.



## Meet a member This is Jackie



**Tilly**

I come from Yorkshire, originally. Now I live in the North East  
I used to work as a Financial Manager for the NHS.

In my leisure time I like watching Strictly Come Dancing and cookery programmes such as Master Chef. My other hobby is shopping!

I have a 16 year old daughter and we have a dog called Tilly. She's a Bichon Frise.

I've been a member of NETA for about a year. I like coming to NETA because of the different activities you can join such as music, art, textiles, Life story book and iPad groups. It's good to socialise and meet people at NETA.

Thanks Jackie. We love having you at NETA. You liven everyone up!

## To NETA members, family and friends

Are you interested in helping research about aphasia? We need both people with aphasia but also relatives and friends who do NOT have aphasia to help in our research. We have some projects coming up over the summer which you could get involved in. If you might be interested, get in touch with Janet Moss ([janet.moss@ncl.ac.uk](mailto:janet.moss@ncl.ac.uk) 0191 208 8550) and let her know

- your name
- whether you have aphasia or not
- your age
- how you prefer to be contacted (phone, letter, e-mail).

Once the research is ready, we would then get in touch with details about the project and you could decide if you are interested or not. There would be no commitment to take part at all.



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, news and videos on aphasia and stroke.



## How to contact us:

Janet Moss at the Aphasia Centre  
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[janet.moss@ncl.ac.uk](mailto:janet.moss@ncl.ac.uk)

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