

Update from the North East Trust for Aphasia December 2015

A big welcome to Gordon Doney, our new Chair of NETA

I have been a Trustee of NETA for over 10 years, my first "visit" to the Aphasia Clinic, then called, was in September 2000.

My stroke happened mid April that year which was a massive shock to me and my family/friends. That was not part of my life plan when especially it happens in your mid 40's.

I attended the Clinic to improve my communication skills and really to restore my personal confidence levels, which were at a low. The Clinic was a positive turning point in my life. Everyone involved the staff, students and volunteers gave me a better understanding, a direction and a further purpose in life. I will always give my eternal thanks to those great people, many I class them as life long friends.

The birth of NETA was because of the Aphasia Clinic and its vision to improve the lives of those who have aphasia and to support their families/friends.

I admire enormously the people who are the backbone of the team of NETA. We have achieved much, though it has never been easy, sometimes difficult, especially when we are a small charity and the majority of the Trustees have had a stroke or a brain trauma.

With many new avenues to explore for NETA and to continue with the great work that has been done so far gives me a pride, satisfaction and a desire to help more those people who suffer from aphasia.

Gordon Doney, Chair



NETA at Tynemouth Market

A group of NETA trustees arranged a stall in the popular Tynemouth Market on Sunday 8th November. We wanted to raise awareness about Aphasia. Also, to let people know about the work we do at NETA and the Aphasia Support Centre. This is part of NETA's purpose.

A few of us took turns to dress up as Natter the Parrot, too. Quite a sight, which raised many smiles and added interest. Lots of people were handed leaflets and information about the Support Centre and Aphasia Helpful Hints cards. We had very useful chats with many passers by who were genuinely interested. Several had friends or family with Aphasia, or worked in the health sector.

We had great help from our volunteer Tombola expert, Kevin. Thank you for donating all the prizes. The point of this event was to spread information about Aphasia. However, we are pleased we made a bit of money, too. After paying our rent for the stall, we had a profit for NETA funds of £114.36. **Judy MacNamara, Trustee.**



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.
You can also post your own comments.



Art Group



The Art group at NETA were awarded funding to display their artwork in a travelling art show called, **“Strokes of The Brush – Travelling Art Show.”**

Members helped to find suitable venues and were asked to host the exhibitions and talk to the public about Aphasia and Stroke awareness.

We went to eight venues across the North East. There were many compliments from the general public about the quality of the artwork and several enquiries about purchasing works.

At least 600 people came to the exhibition. It was a huge success.

Special thanks to Rose and Sue Ruddy and all those involved in this project.

Café Out

There were mixed feelings among the members about this activity. Further discussion and planning is required about how this activity should run.

Some options for the café out are:

- Have the café out at the same venue each time. NETA members then know where to go. Café staff become more familiar with aphasia.

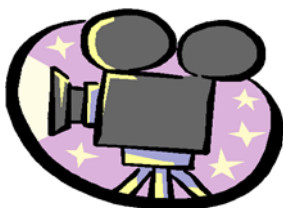
- Have a cafe out session all year once a month

- Make gaps in the programme shorter but more frequent

Let Rose know what **you think**.



Film Group



Steve Hogg ran an enjoyable film group in the mornings. On average 8 members came. Everyone brought in a film or show to watch. We watched clips of the films and discussed them.

It's good to have activities both morning and afternoon.

Floral Crafts

The ever popular flower arranging group ran up to Christmas with maximum attendance of 13 members.

Heather has enabled members to make wonderful floral creations.



Conversation Group



The Conversation Group has re-combined into one group. Attendance at NETA was spread over a wider range of activities, so we had smaller numbers recently for conversation group.

As a reminder, please be sure to book onto this group and please be sure to tell us when you can't come if possible.

Café at NETA

The opening times of the café may be changing slightly to meet demand. Following consultation with the membership, we will run the Café at NETA from 12.30pm to 3.00pm for a trial period next year. The café will be CLOSED between 12.00 and 12.30 for us to move furniture safely and prepare the room. Members can wait in the entrance area or in the computer room during this closure.



Computer Drop In



This has been little used recently. We know one or two are keen to use our computers. Please let us know if you might use the computer drop in?

**christmas
raffle!!**

NETA Christmas Raffle

Please don't forget the Christmas Raffle, there are some great prizes for the lucky winners!
Get selling to all your friends and family!

Magenta Singers

The singers gave a monumental performance; good old classics and 3 part harmonies for the opening of the art exhibition at Gateshead Old Town Hall.
Well done Magenta Singers!!!

Any more singers with aphasia out there?



Coming soon from February 2016

Art Group:

Mornings, February-March



Poetry group:

May-June 2016. Sue Spencer is available to lead our poetry group again next year.



New Next Year – Creative Textiles Art group

Jean Tinsley art graduate and NETA volunteer will lead small groups using machine stitching suitable for people who have had a stroke.

Plus our regulars: Café and Conversation group(s)

Please be sure to **sign up** for popular groups. The sign up list is **in the café**.

Thank you

To all the people who volunteer for NETA support centre and help us to offer such a wide variety of activities.

Do you want to Join the NETA Team?

We are looking to attract both NEW Trustees and Volunteers to join NETA. It could be you.....

NETA is always keen to strengthen our resources to promote our charity, to increase income from fundraising events to provide the Support Centre activities and on-going awareness of aphasia.

The role of a Trustee will be someone who will be the backbone of NETA and will be an important component of the success of our small charity.

The role of a Volunteer will be enthusiastic in helping in anyway NETA fund raising events or promoting NETA to the local community.

With both Trustee and Volunteer roles you will be giving induction training to ensure that you will be comfortable and satisfied to be involved with NETA.

If you are interested in joining our "Team", please contact one of the following to find out more.

gordondoney@yahoo.co.uk Chair
Home Tel No 01207 500351

eileencharnley@yahoo.co.uk Vice Chair

Janet Moss at the Aphasia Centre
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