

NETA NEWS



North East Trust for Aphasia

July 2019

Hannah's Litter Pick for NETA



Hannah Menger from Heaton organised a litter pick to raise funds for NETA. Nine bags of rubbish taken to the tip from Hannah's litter pick. There were six kids and six adults helping out. Hannah says "we got very wet but we had a lot of fun."

A very big thank you to Hannah and her team for doing this, and in such horrible weather as well!

If you're going to do the Great North Run for NETA on September 8th this year, please add your personal Just Giving page to NETA's page at: "NETA Great North Runners 2019".

Best of luck to everyone running this year, you are stars!

If you'd like to sponsor any of our runners, check out the NETA Just Giving Page.



JustGiving™

NETA'S New Leaflet

NETA has a shiny new leaflet!

Many thanks to Gary Glozier from Gateshead. Gary gave his time and creative skills for free to design the leaflet. He also visited the Support Centre to take photographs. We think it's fantastic!

The leaflet contains information on:
Aphasia—what it is and how it affects people,
The NETA Charity,
The NETA Support Centre,
And how others can help with fundraising.

Please ask for some leaflets if you would like to spread the word about NETA. Perhaps you could leave some copies at work or give them to your friends?



NETA Aphasia Support Centre - Update

Café



NETA members have given a **warm welcome** to new members. The café provides an opportunity to **socialise** with others, **playing cards, dominoes** and sharing **iPad ideas**. A new game "Shut the Box" has proven to be quite popular. We look forward to introducing **new** activities including **magnetic darts**!

iPad Beginners



A small number of members learned how to navigate basic **iPad features**. We looked at setting up **WhatsApp**, arranging photos, installing apps, **sending emails/photos** and how to make the iPad **aphasia friendly**.

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**.



Younger People with Aphasia



The last two consultations with younger people have talked about **work and volunteering, keeping active** and **support for children**.

We have put a **keeping active resource on the website**

<https://www.neta.org.uk/active-disabled>

We have arranged an **activity morning for children** of people with aphasia at **Climb Newcastle**.

Details can be found on the board in the café.

There may be space for grandchildren too. Please **tell us** if you know of **anyone interested**.

Greeting Cards



Several NETA members have really enjoyed **crafting cards** with Izy. This was a relaxed group with lovely ideas.

They particularly liked getting their hands on the **glitter** and **glue**, which ended up in some funny places!

Members produced some marvellous creations. Thanks Izy!

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 them **explore new hobbies**.

Meet a Member



Hello I'm **Harry**

I have been **married** to **Heather** for 48 years and we live in **Ponteland**. We have one **son** called **Mathew** who is a Lecturer in computing. I am now retired but I have worked as a **Microbiologist** for over 36 years.

Previously I have enjoyed archery but now I am a keen **angler** and I fish at **two lakes**. Both Heather and I are interested in **gardening**, **natural history**, **bird watching** and I monitor **red squirrels** in the garden.

Try Something New?

Next term, we will have our regular cafe and communication groups all term.
Remember to sign up to book your place.

Floral Crafts



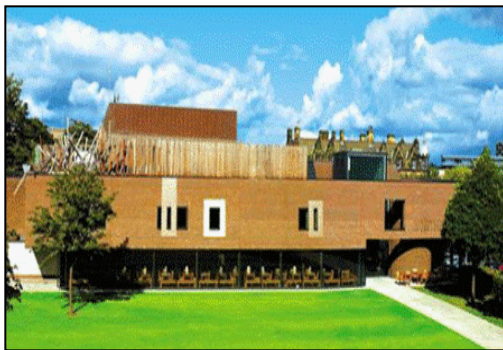
NETA members look forward to welcoming back **Heather** at this popular group. They are excited about creating the **flower arrangements** she has planned.

iPad User Group



For people **already using iPads**.
We will explore the **latest iPad features** including Apps, with **ideas** and **help** coming from the **group participants**.

Café Out



Meet friends and talk at **McKennas**, 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**.

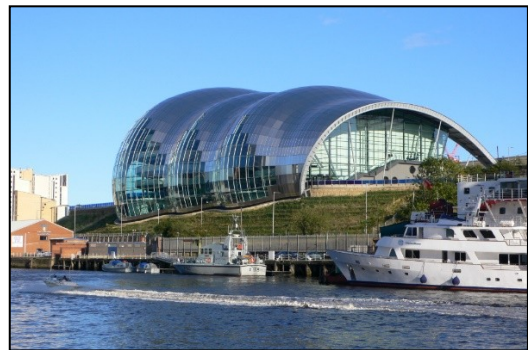
The access is easy.

It's good to **get out into the real world**.

1.30 to 3.30 in the afternoon

July **4th, 18th**
August **1st, 15th, 29th**

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 until March next year.

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