

Jan – April 2026

## NETA News

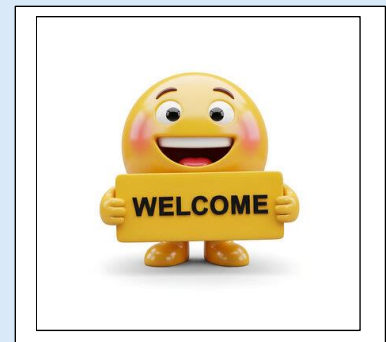


### Great North Run 2026:

All 20 places have now been filled, we also have a deferred runner from last year, and a runner who has a place in the general ballot.

### Our Groups

It is lovely to see our groups continuing to be very busy. A big welcome to all the new starters who have joined our groups this year.

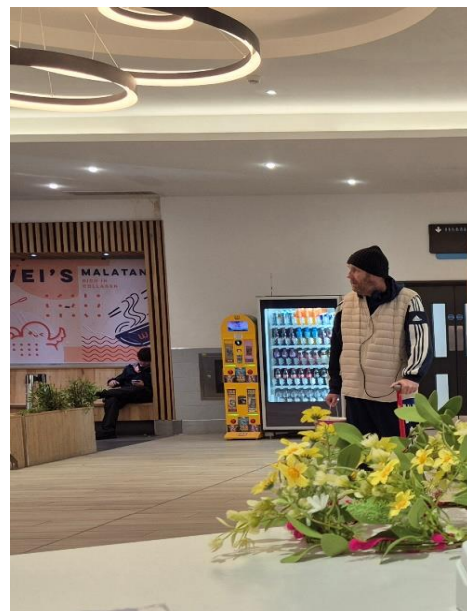


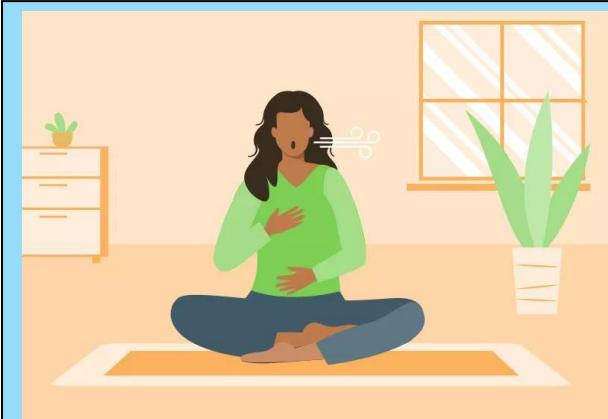
Lindsey raised £51 for NETA selling Valentine's Cards. Thank you, this is fantastic 😊

Thank you to everyone who supported Lindsey.

On Thursday 12<sup>th</sup> March, we held an **Awareness and Fund Raising Event** in Eldon Square.

**Thank you** to NETA Trustees for organising this event and **Thank you** to the Speech Science Students and NETA members for supporting this event. 😊

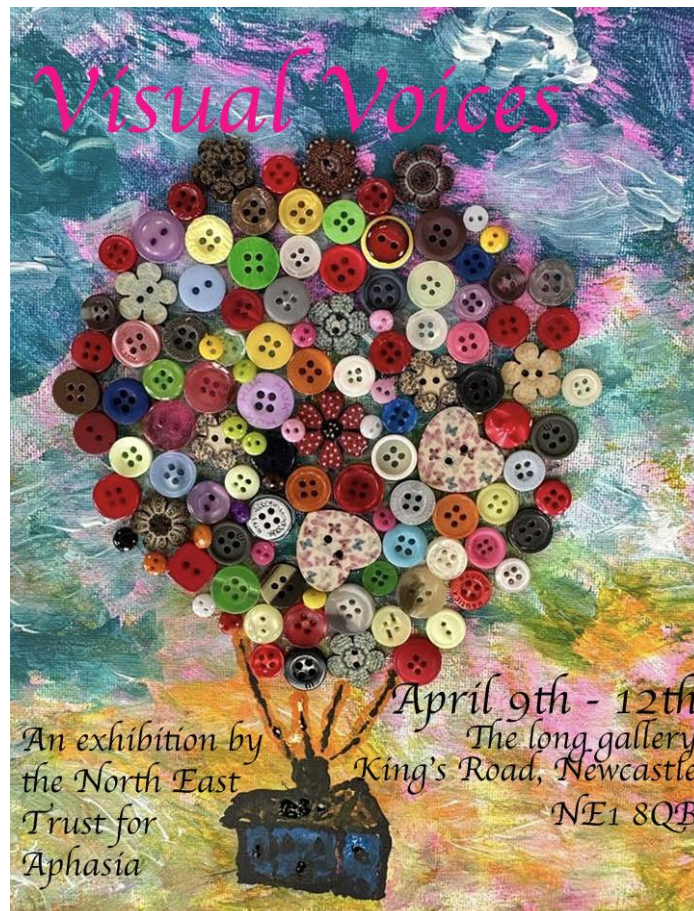




We are running a **Breathing** and **Relaxation** class with Suzanne from White Branches Wellness on

**9<sup>th</sup> April at 11 – 12.**

NETA are holding an **Art Exhibition** on **April 9<sup>th</sup> – 12<sup>th</sup>** at **The Long Gallery**, Kings Road, Newcastle upon Tyne, NE1 8QB.





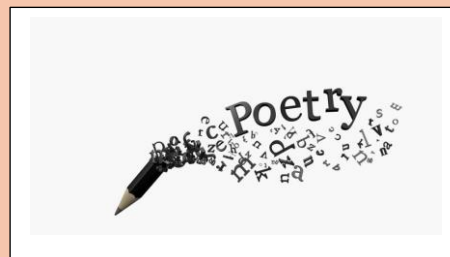
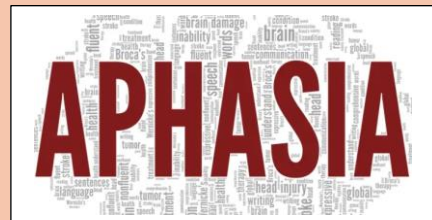
## Conversation Group –

Suzy ran an extra group session that we all enjoyed. Thank you, Suzy. It was very interesting listening to your Aphasia journey and doing the quiz.

## TOPICS

### Some Topics we have covered:

- Aphasia – What helps
- My aphasia journey
- St Patricks Day
- Poetry
- Sports
- Easter
- Valentines



## Join our NETA WhatsApp group –

Scan the QR code below on WhatsApp and join our group, **follow these steps:**

- Point your **camera** (phone) at the **QR code** below, your phone should automatically detect the code and take you to the WhatsApp group.
- **WhatsApp** will automatically detect the code and display an option to join the group.
- Simply tap **“Join Group”** and you will be added instantly.

And that’s it!

You’ve successfully joined our WhatsApp group using the QR code below 😊

