

NETA NEWS



Update from the North East Trust for Aphasia March 2016

NETA Christmas Raffle

We raised the magnificent sum of £1215.50! A big thank you to everyone who bought and sold tickets.



On Sunday 11th September 2016, the city will host the renowned Great North Run, Britain's biggest running event, and the North East Trust for Aphasia (NETA) is again looking for a running team.

For those who are unaware, a staff-student running team from Speech and Language Sciences and friends and supporters of NETA have participated in the GNR for many years, raising money and getting fit at the same time.

NETA is a charity which supports people with aphasia in the North East and which raises funds to support projects related to people with aphasia (communication difficulties usually following stroke or head injury). One of our main on-going achievements is the funding of the NETA Support Centre (located in the Aphasia Centre at the University) - a venture that we want to continue to support.

If you are interested in joining the team, can you please get back to Janet Moss (janet.moss@ncl.ac.uk) in the Aphasia Centre and let us know that you'd like to be on the team. It costs £53 to register. We ask you to collect sponsorship for NETA - so, it's partly about the money (for NETA) and mostly about the challenge and the fun (if you can call it that). If you raise £250, we will reimburse half of your registration fee. If you raise more than £400, we will reimburse your full registration fee. Some people have been able to raise much more than that. We also provide the T-shirt! We have an on-line sponsorship site which makes collecting money easy.

If you have already got a place via the General Ballot, we'd still love you to run as part as the NETA team - we'll still provide the T-shirt!
If you want more information on the run, go to <http://www.greatrun.org>



The 2015 Team Members

Strokes for Strokes Nicholas Elliott to swim the English Channel for NETA

The nephew of Chris Elliot, a member of the NETA Support Centre, has confirmed that he will swim the English Channel for NETA. All monies raised from the swim will go towards the financing of the support centre. Nicholas works for an Investment Broker, Rathbone Brothers, in London. He has already started with his initial training which consists of a 2 hour daily swim. The planned swim is for early September 2016. Chris and his wife Angie are so proud of Nicholas' fantastic gesture. His personal target is £2k, but already over £1k has been donated. If you want to donate for Nicholas and NETA, go to **Just Giving** website and look for Nicholas Elliott's page and donate, it's very easy. His page is called "Strokes for Strokes". Further bulletins on Nicholas's progress will be in future Newsletters, NETA website and Facebook. Well done Nicholas!!

Training for the Trustees

In March 2016 three Trustees will attend 3 full day training courses. The sponsored Training Company is FSI, an independent training provider specialising in small charities' development. The courses are to be held in Newcastle upon Tyne. Judy McNamara, Eileen Charley and Gordon Doney will represent NETA. If the results from the training are deemed of value, more Trustees will be invited to future Training courses.

NETA Aphasia Support Centre - Update



Music Group

Steve Hogg has been running a Music Group with approximately 7 people attending. Members have said they enjoyed it so far. Suggestions have been made to have more conversation about the music being played to improve communication skills. Steve has agreed. This group will be running every fortnight until the 24th March.

Art Group

The ever so popular art group is being run by Sue Ruddy. This will help beginners and even experienced artists to practice their painting and art techniques aided and abetted by the volunteer Art Students who have kindly given their time. The art group has proved that booking yourself a place is essential as, this time, the art group is full!



Café out



Over the Christmas break, members of NETA met at McKennas Bistro to chat and catch up with friends. The turnout was not brilliant, possibly due to the Christmas Holidays just ending. However, NETA members are keen for more people to meet up at the next Café out during the Easter break. This will take place at McKennas Bistro on March 31st. McKennas is on the Newcastle University site and is part of the Northern Stage theatre.

Coming up this year:

The Aphasia Centre is being upgraded over the summer. There will be on-going building work from 20th May until 1st October, so rooms will be out of use. There will also be more lifts installed in the building. This will improve our access and our environment. The building work will be noisy and dirty. Please check the revised calendar April to October. However there will be other rooms available downstairs and all groups will run as usual, except the café. Members have suggested a café out during the building work.

Computer Drop-in

This group is a "self help" IT group where you can practice and improve your computer skills. Members are asking for more people to come along to share their computer skills with others. This will be held on the first Thursday of every month.



Conversation Group

People come to this group to practice their communication skill in a friendly environment. Members most enjoy talking about different topics, asking questions, and like how all staff and members are patient and help you get your point across. This is a very popular group and is held fortnightly.



Café

This is held fortnightly, and it is a relaxed friendly atmosphere where NETA members come chat with their friends about anything they like.

Textiles

This new group is eagerly awaited by members and will involve machine worked embroidery and textiles, which has been made suitable for people who have had a stroke. The group will be run by Artist Jean Tinsley on Thursday mornings.



Please note change of dates for these groups.

4 people **April 21st to May 12th**. 4 more people **May 19th to June 9th**



Poetry Writing

This will be our 3rd poetry group and will involve having conversations about word and poems. The end result will be new poems that have been created by NETA members.

This could be brilliant for music lovers who enjoy song writing. 5 people have signed up so far but there are spaces available.

Please note change of dates for these groups.

The poetry group dates have been changed to **June 9th to 30th** in the afternoons.

Newsletter Working Group

We would appreciate some new volunteers for the next newsletter working group on June 9th. This would help get a wider range of different opinions.

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.



Booking

How do I **book on** to NETA activities?

1. **Register** with NETA
2. Check the **calendar of events** we send you
3. Come in and **sign up** for the group **in the café**

Or

Ring us to get you name added **0191 222 8550**

Or

email us to get your name added aphasia@ncl.ac.uk

You can check the website www.neta.org.uk for further information

Meet a member

My Name **David Fettis**

My Family I married when I was 18. My wife died 14 years ago but I have 3 daughters, 5 grandchildren and 3 great grand children.

My Work Insurance Executive, Chairman of Staff Association, Councillor for South Tyneside, Political Chairman

Achievements Helped to set up the **Great North Run** 25 years ago



Admin

If you enjoy working on **computers** and **helping** out in any way, there fortnightly opportunities for NETA members with aphasia. You will be able to **help NETA** with **admin work**. We will **support you** to do this.

Notices

Thank you

A big thankyou to **Steve Hogg** who is a fantastic volunteer who helped to run the **music group** and **film group**

Thank you to **Sue Ruddy** who is running the ever so popular **art group**. People really enjoy this and appreciate her help

Thank you to **Sue B** or newest volunteer who is helping with the **conversation group**.

Thank you to all the people who help run the café especially **Barbara H** and **Jen G** and **David B**

Thanks to everyone who helped to create this newsletter, Alan Gordon, David Fettis, Frank Boyle and Ian McCoulough.

MORE ARE WELCOME for the next newsletter