

GREYSTOKE GAZETTE

ISSUE 65

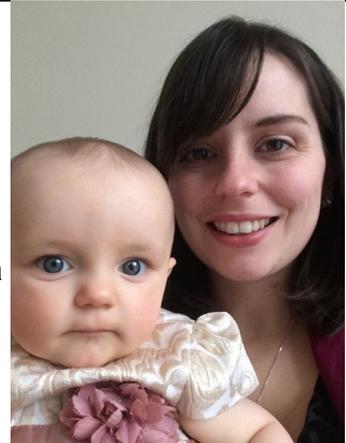
FEBRUARY-MARCH 2016

Staff News

Dr Hannah Marshall

We are delighted to welcome Dr Hannah Marshall back from maternity leave and that she has agreed to join us as our 6th GP partner. Some words from her:

Thank you very much to all of you who wished me well as I waddled around the surgery heavily pregnant last year - my husband and I had a beautiful little girl, whom we have called Ella. After 8 months of learning a lot and sleeping a little whilst getting to know our happy, smiley daughter, I am excited to be back at Greystoke, ten years after first coming here as one of Dr Glennie's students!



Dr Patrick Bird

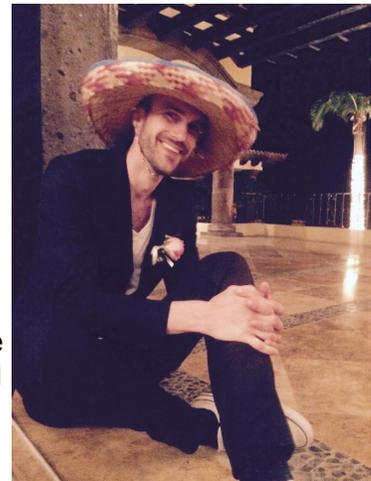
Dr Bird has completed his 6 months post and is now doing geriatrics in North Shields as part of his GP training rotation. We thank him for all his hard work and wish him well.

Dr Keith Baranowski

Dr Baranowski has joined us for 6 months and introduces himself : Thank you to everyone for the warm welcome here at Greystoke! I am now into the final six months of my training in General Practice. I look forward to meeting many of you during this time and wanted to give a brief introduction.

I am originally from California, but have now been living in the UK for about 5 years. A lot of people ask me why, and I always struggle with that answer. It probably changes depending when I'm asked as well. It really comes down to more of a visceral feeling, I just feel at home here and have always been a bit European at heart. I completed my medical training in Poland, and have also lived in the Netherlands and France previously. I love languages and hold a Bachelor of Arts degree in Linguistics. Baseball is my favourite sport to watch, but on this side of the pond it's rugby. My other great passion is music.

I have chosen General Practice as a specialty partly because I've always enjoyed learning about almost everything. A couple areas I do find to be of particular interest though are Ears, Nose and Throat, and skin and minor surgery. I also enjoy the complexity of medicine, and simply just talking to people! See you around!



Legacare

Legacare is a Legal charity that offers free or low cost support and helps people with illness and their carers, based in Cramlington, Northumberland. More information on Legacare can be found here <http://www.legacare.org/>

Legacare will be attending the following Northumberland Carers Support Groups to give talks to carers about their legal issues (such as Power of Attorney);

Tuesday 8th March - Morpeth Support Group

To book a place please call our information line on 01670 320025.



Controlling Behaviour in Relationships-Talking to young people about healthy relationships

A young person, especially a teenager in the first heady rush of love, may not recognise that they are experiencing coercive control. If you are a parent, it is important to understand and look out for the signs of coercive control, and to look at patterns of behaviour. Remember, your child can have an unhappy relationship without it being abusive. You need to watch for repeated instances of your child being controlled, and for sustained changes to their behaviour. These are the sorts of things to look out for if you think your teenager or young adult is being controlled by their partner. If they are: being put down and told they are worthless, being stopped from working or going to school/college/university, having their money taken away or controlled, being isolated from friends and family, having access to food, drinks and day-to-day products restricted, having how they spend their time and who with being monitored, having their social media accounts – Instagram, Twitter, Facebook – monitored or controlled, being tracked by their partner via mobile devices or spyware, being told what they should wear, being threatened with violence if they do not behave in a certain way, having threats made to loved ones or pets or being threatened with damage to personal property.

Coercive control may have a huge effect on your child's feelings, emotions and health. They may feel: anxious and nervous and not free to make their own decisions, like they are "walking on eggshells" and scared that they do not have access to money, worried that they lack close relationships other than with their partner, sick, experience headaches or have other ongoing physical health symptoms or isolated from friends and family and that they have no one they can talk to.

All children, no matter what age they are, need to feel that they are able to talk to their parents. However, anyone experiencing controlling behaviour within an abusive relationship can start to 'shut down' and withdraw from their loved ones. This is due to their partner isolating them. They are likely to be feeling frightened about opening up to you - even if they want to - as this will be going against the "rules" their partner has set out for them. It is therefore vital that you approach the subject carefully. Teenagers can generally be more difficult to communicate with, particularly with sensitive issues.

Your child must know that your support for them is unwavering so that they don't become fully isolated. If your child becomes fully isolated, it is more dangerous for them, as that gives their partner more power.

So, maintain contact with them, even if they do not respond or if they become angry.

Let your child know that you are worried, and you are there if they need to talk.

Give them time. It might take a while before they can open up to you.

When you tell your child that you want to talk, make sure they know that it will be a private conversation. It can be good to go somewhere outside of the home – for a walk, to a coffee shop, or out for a drive. A more neutral environment, away from other people and distractions, can help people to open up. Avoid places where it is likely that you will bump into someone one of you knows. Create as comfortable and relaxed environment as you can, and listen respectfully.

Make sure that they know that is not their fault. It is NEVER the victim's fault. Tell them that they deserve a healthy, supportive relationship that is free of coercive control and abuse.

If your child isn't ready to openly communicate with you about his or her relationship, let him or her know there is help available.

Where can we go for help?

If you, or someone you know, are in immediate danger then call the police on 999.

Call the National Domestic Violence Helpline (run in partnership between Women's Aid and Refuge) on 0800 2000 247 (open 24 hours a day, 7 days a week).

Access support from other women experiencing abuse on the Survivors' Forum on the Women's Aid website: www.womensaid.org.uk

Use the Women's Aid website to find your local specialist domestic abuse service where you can access counselling, legal help, refuge and other support: www.womensaid.org.uk

Find out more information about relationship abuse on the This Is Abuse website: thisisabuse.direct.gov.uk

women's aid
until women & children are safe