

PLATFORM NEWS



Platform Gateshead Newsletter

April 2017

Platform Updates

- The Platform Outreach Project (POP!) has now completed its 3-month trial period.
- We have begun to organize our summer events. We will be hosting events at Dynamix Skatepark, the Platform Planters allotment, and more!
- Lyndsy our Education Worker will be holding drop-ins at Kingsmeadow school to provide education around drugs and alcohol.

Rachel Wright

Apprentice Administrator

“I can now say I am happy and free from drugs and alcohol as a way of getting rid of emotions.”- service user

The PLATFORM DISC logo is a smaller version of the main header logo, featuring the word "PLATFORM" in white on a black background and "DISC" in blue on a white background, with a stylized circular emblem in between.

PLATFORM DISC

Check out Platform Gateshead's new facebook page!

www.facebook.com/platformgateshead

- Information about drugs and alcohol
- Upcoming events
- Quizzes & questionnaires
- Virtual drop-in to be announced in the next few weeks

In This Issue

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- A Multi-Systemic Approach to Family Work
- Unveiling the Psychology of Sexual Exploitation and Domestic Abuse
- What is Cannabis?
- Overdose Awareness

Dynamix and Platform

The partnership working with Dynamix Skatepark allows the opportunity for myself as a worker to offer young people the chance to attend with a friend fully funded. Young people have a choice of the day, times, and the appropriate activity according to their interest, skills and capability.

Attending the Dynamix skate park, which offers a range of activities in addition to skating such as BMXing, trampolining, and gymnastics, will allow young people to develop a new interest.

Platform will be holding a taster session for young people and their friends/families at the Dynamix skatepark sometime this summer. More details are to come, so watch this space!

Derrick Smart

Keyworker

DISC's Systemic Family Therapy Approach

When working with young people, a family approach is often used in order to improve communication within the family unit. DISC have developed their own family approach (DSFT) and provide training to their staff in order to develop skills.

This approach was used recently when trying to encourage a young person to attend the service after being referred by A&E. After being offered two appointments, the young person reluctantly attended the Platform office with their parents. By using this approach the young person was able to demonstrate to their parents that they were willing to make certain lifestyle changes. Once the young person was reassured that we were not judgemental and there to provide education and information to enable them to make more informed choices in the future and keep themselves safe, they relaxed and seemed more than happy to start engaging with us.

During the assessment process, parents stated they felt reassured as they now fully understand what interventions we will be offering to their child. As sessions progress, the parents will be able to support their child and be involved in their progress which will hopefully help to alleviate any worries they may have regarding their child's substance misuse.

This approach helps to open up the lines of communication within the family in a group setting in a safe environment and allows the young person to have a voice. Hopefully this will result in them being able to work together .

Debbie Young

Keyworker

Unveiling the Psychology of Sexual Exploitation and Domestic Abuse

On Tuesday March 28th Education worker Lyndsy Richardson and I were lucky enough to attend training which was facilitated by Zoe Lodrick.

The training was titled 'Unveiling the Psychology of Sexual Exploitation and Domestic Abuse'.

Zoe is a Sexualised Trauma Specialist and has over 22 years of experience providing psychotherapy to men and women who have experienced sexual assault, sexual abuse and rape.

The training gave us both an opportunity to explore the human brain and the process it goes through when exposed to trauma.

It helped us reflect and think about the best way to engage our young people whilst they are experiencing this trauma.

The training inspired us both and has led us to read more about this subject and promote this training to colleagues.

For more information see: www.zoelodrick.co.uk

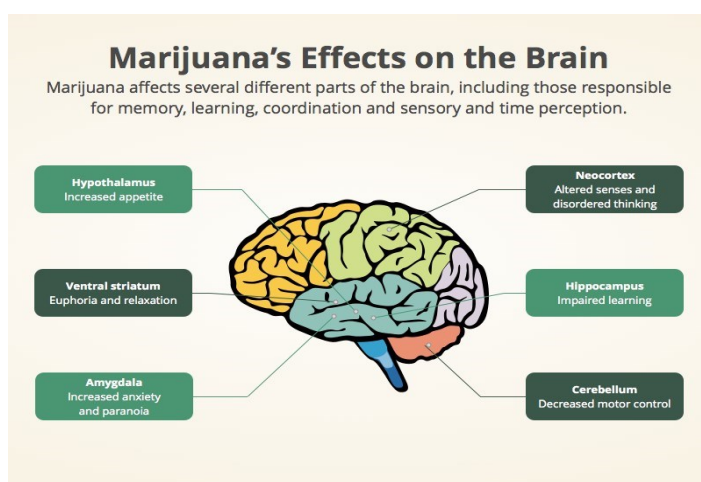
Kirsty Martin

Keyworker

What is Cannabis?

- Cannabis is naturally occurring and comes from the cannabis plant.
- The main active chemical in Cannabis is tetrahydrocannabinol (or THC for short).
- THC is the ingredient in cannabis that can make you feel very chilled out, happy and relaxed.
- THC can also make you hallucinate, meaning that it can alter your senses, so that you might see, hear or feel things in a different way to normal.
- Cannabis has a number of different effects. It is classed as a depressant (slows the organs in the body down) and hallucinogenic drug (makes you see or hear things that aren't true).
- Taking cannabis can make people feel chilled out, relaxed and happy, and they may get the giggles or become very talkative.
- It can make you more aware of your senses, and the hallucinogenic effects can even give you a feeling of time slowing down.
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- It can make you feel very hungry – this is sometimes called 'getting the munchies.'

Rebecca Pharoah- Keyworker



About us

Platform work with any young people under 18. Our workers are available to work with young people on issues surrounding drugs, alcohol and smoking.. We provide information, advice and practical support to young people, parents/carers and other family members.

At Platform we focus upon building on positives and strengths. We will ensure that anyone accessing our service is offered a safe, comfortable environment and a worker who will listen and not judge. We believe that confidentiality and trust is a crucial part of our service and our workers will always try to maintain this.

We hope to enable all young people to live healthy and lead safe lives.

Platform Gateshead

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Learn about us online at

www.platformgateshead.org.uk

