

NOVEMBER AND DECEMBER 2022

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



## WHAT'S BEEN HAPPENING?

Lots of people are getting excited about the festive period, but equally it can be a challenging and worrying time for others. One of our Project members was speaking to us about his sadness that this is the first Christmas he will spend without his father who died earlier this year. Our Project member is also struggling with addiction issues and is finding his "demons" harder to resist when he is facing the prospect of spending the festive period alone. This raised some discussions around grief and loneliness - especially at this time of year. Some of our Project members have been sharing information with each other of some local organisations that are opening their doors for people who are alone during this time. It's so encouraging to see people reaching out and supporting each other as best they can. We think we can all learn from this approach!



# LEARNING THAT WE CAN CHANGE...



The Caledonian System is a behaviour change programme for men convicted of domestic abuse offences and support services for their partners and children. This programme is delivered in some Local Authorities in Scotland. We recently spoke to one of our members about his experiences completing the Caledonian Programme. This is part one of Brian's story...

*"I had to complete the Caledonian Programme because I was abusive towards my partner in a previous relationship I was in. To begin with I was going in with the attitude that it wasn't my fault and blaming everyone else. I was in denial. You think "she shouldn't have spoken to me like that, or she made me do it?" just to justify your behaviour.*

*One day we were sitting in the Caledonian group and we watched a video where a man is assaulting his partner and their children are listening from the bedroom... and see that, it just broke me to bits. I recognised something in it. There and then, that changed my life. I just thought, that's my wean.*

*Every parent says "I would never hurt my wean", but you don't understand that you are when you behave that way.*

*After that I found the groups much easier and much more insightful. I took onboard everything better. I started to recognise my own negative self-talk and tried to change it. From then on, I thought I'm not going to be that.. not anymore. Not just for the weans but for my own sake. I will never be that guy again.*

*I do think that there's an age group that the Caledonian works for... younger boys are too young and too daft and older men can be set in their ways. Not that anyone can't change but I think the middle age range maybe has a better chance of really doing it if they want to change. It's all very well making people do the Caledonian Programme but it only works if they want to change. That's not to say it won't work for others, I just really think that you need to want it and need to recognise that you need it. I didn't realise I did until that video... I knew I was unhappy but I didn't accept deep down that I needed to change".*

Part two will be in January and February's newsletter.

**"I HAVE TWO DAUGHTERS AND IF ANYONE TREATED THEM THAT WAY THEN I'D WANT TO KILL THEM, SO WHAT MAKES IT ANY DIFFERENT FOR ME!?"**



# LAST BUT NOT LEAST...



We decided to do a wee Christmas challenge in December and gave all our cooking challenge members a gift box and some Christmas cookie cutters so that they could gift this month's recipe if they wanted to. This month's challenge was for a very simple shortbread.

## Ingredients

(will make a batch but the amount will depend on the size of your cookie cutters)

340g plain flour, plus extra for dusting  
226g butter, chilled and cubed  
113g caster sugar, plus 1 tablespoon for sprinkling

## Method

Heat the oven 170C/gas 3.  
Put the flour, butter and sugar into a mixing bowl.

Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

On a lightly floured surface, use a rolling pin to roll out the dough to ½ cm thick.

Using the cookie cutters, cut your dough into Chrimassy shapes and place on a lined baking tray.

Sprinkle the top with the remaining caster sugar.

Chill the dough in the fridge for 20 mins.

Bake for 15-20 mins until golden brown.

Remove the shortbread from the oven and leave to cool on the tray for 10 mins.

*"THE SHORTBREAD COOKIES WERE BANGIN'... I WAS BUZZIN' TO BE ABLE TO GIVE MY MUM SOME AS A WEE PRESENT TOO".*

(MAD PROJECT MEMBER)

