

JANUARY AND FEBRUARY 2023

THE 'KEEP THE HEID' NEWSLETTER!

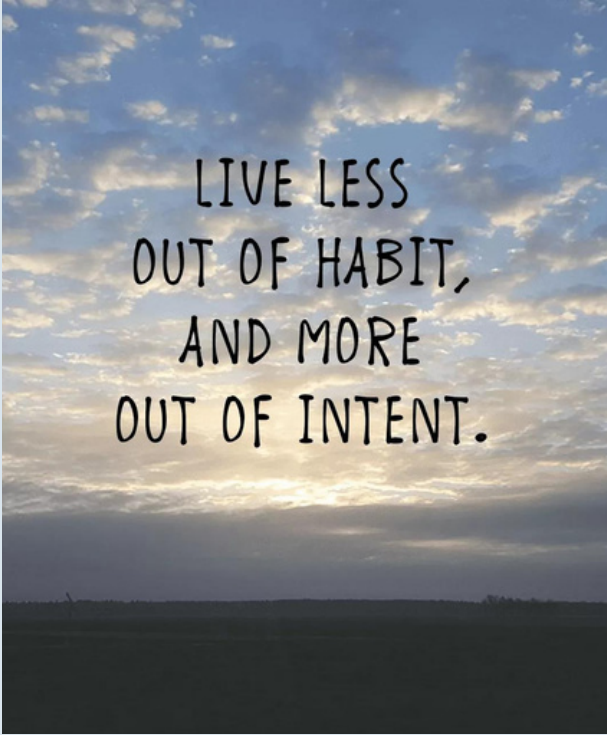
From North Ayrshire Justice Services Service User Involvement Project



WHAT'S BEEN HAPPENING?

One of our project members struggled this week and made some poor choices which resulted in him being recalled to custody. When discussing these choices with him he admitted that he simply hadn't stopped and thought things through and had just acted impulsively. He is incredibly disappointed in himself and spoke of how this has made him realise that conquering his addiction issues was not enough, and that he needs to do work on himself and his decision making skills. That will be the focus of the work carried out with him over the coming months now that he has identified and recognised that he needs to improve this area of his life.

We think that we could all do with improving some aspects of our life... rather than just acting as we always have. Maybe a wee plan for Spring is to think of something we'd like to improve about ourselves and really work on that?



LIVE LESS
OUT OF HABIT,
AND MORE
OUT OF INTENT.

LEARNING THAT WE CAN CHANGE...

“

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw

"IF I HADN'T DONE THIS PROGRAMME I WOULD HAVE ENDED UP IN THE JAIL BECAUSE I WOULDN'T HAVE THE TOOLS TO NAVIGATE LIFE".

We shared part one of Brian's story in the November and December newsletter. This shared his experiences of the Caledonian Programme. This is part two...

*"Originally me and my Social Worker butted heads, but see looking back.. I realise now what he has done for me. At the time, we argued a lot because my attitude was rotten. Thankfully I realised I was being a "d*ck" and then my attitude changed. My Social Worker was always there for me and I knew I could rely on him. It didn't matter when it was, he was always there. If it wasn't for him, I probably wouldn't have made it. I was suicidal at times and on a bad, bad road. My Social Worker pushed things through to get me help and went out his way.*

The Making a Difference football group helps a lot too. My Social Worker inviting me out to do this has made a big difference. I don't like to go out a lot as I try to avoid bad situations or being around negative people from my previous life. There's no one like that there and it helps me being out and about. I look forward to it. My Social Worker takes part too and he still checks on me despite me not having been on an Order for over a year.

"He still gives me guidance when I'm struggling with anything.

One thing I'll say, see the Caledonian Programme, if you really genuinely want to change your life, it can help you. I went from being a horrible thug, hitting women, fighting, arguing, with no respect for anyone. To realising that it's not just all about me. There's other people in the world and I wouldn't like to be treated the way I treated them. I've changed my life now. Six years since I've been in trouble. I've got a family, I'm getting married. My kids respect me and want to be in my life. I'm excited for the future and all the wee things that were missing are in my life now and I'm happy. My youngest daughter is two years old and she's my wee lady. She just brightens up my life.

It's amazing how you can go from so low.. see if you work hard enough, you can change it. It's not easy to change but you can".

We would like to thank Brian for sharing his story and for being so honest about his previous behaviour. It's so encouraging to hear someone speaking so positively about his experiences within Justice Services.



"Your life does not get better by chance; it gets better by change."

Jim Rohn

LAST BUT NOT LEAST...



So for February we did a wee winter warmer soup and it went down an absolute treat with our Project members!

Here's our chicken and rice soup recipe:

Ingredients

(makes five - six portions).

Chicken breasts/chicken on the bone (use whatever type you prefer)

1 Leek

4 carrots

50 grams Long grain rice

Chicken stock cubes (optional)

Salt and pepper

Method

Boil the chicken in a pot of water (reduce to a simmer after it has come to the boil).

Some timings depending on what type of chicken you are using:

Chicken Breasts - 15-20 minutes.

Chicken Thighs/Wings/Legs - 20-30 minutes

(if the meat is on the bone then usually the timing will be at the higher end of the scale).

Chop the leek and finely dice the carrots.

Once the chicken is thoroughly cooked remove from the water and leave to cool down.

Sieve the leftover water into another pot to remove any pieces of chicken or bone. This will be your stock. Feel free to add chicken stock cubes for extra flavour.

Add the leek and carrots to the stock and boil on a medium heat.

Remove the chicken from the bone and chop this up.

Once the leek and carrots are cooked, add the chicken back in as well as the rice (washed) and leave on a low heat with a lid on for around 15 minutes.

Season with salt and pepper and serve.

This can be portioned up and used for other days too - a good way to batch cook if you have a busy week ahead. However, this is not one of the best recipes to freeze as rice doesn't respond well to reheating.

*"DELISHOUSNESS...
THAT ISN'T A WORD
BUT IT SHOULD BE!"*

(MAD PROJECT
MEMBER)

