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## The 'Keep the heid' newsletter!

February 2021

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### What's been happening?

Not a great deal is the answer! It's feeling a little like Groundhog Day! However, we have restarted our cooking challenges though and have popped some photos at the end of our newsletter.

### #HappyMondays

One of our members who leads on providing us with wee nuggets of wisdom for our Happy Mondays segment was talking of trying to be focused on his future and how he didn't wish his addiction to rule his life anymore. We shared some of this on Twitter but would like to share it a bit further for those who don't see our Twitter:

*"Ah found a new thing that ah do every day now when ah wake up. Ah usually do ma serenity in the mornin n ask God - as ah understand him - tae put me where I'm meant tae be, wae the people I'm supposed tae be wae, doin the things ah'm supposed tae be doin, that serves his purpose for me.*

*Turnin it over ah believe it's called.*

*Anyway, ah then write down on a piece ay paper. 'You don't want, need, or have tae use drugs or drink the day or ever again - it's gonnae be awright'.*

*It works quite well for me".*

We think this is something we could all utilise in our day to day lives. Perhaps you could write down a goal or reminder for yourself every morning and see where you are by the time our next newsletter reaches you?

### Some poetic moments for 2021!

When we asked some of our members to share their stories, we had some people reply and say they wondered if they could share some poetry or some fiction they had written. We are delighted to share some of Billy's poetry with you now.

#### Drink (October 2020 while in rehab)

Living in a cloud of alcohol, you can't see what's in front of you until you hit a brick wall.  
You get up each morning and grab a bottle and glass,  
Because life can be so hard, that you just want it to pass.

You start looking back to everything you have lost,  
Your kids, your home, because that's the real cost.  
But yesterday is gone and today is here.  
To fight those demons and live without fear.

**Prison Life (October 2015 while in Barlinnie)**

One day at a time  
    Seven days a week  
I look through the bars  
    Everything looks bleak  
Breaking the law  
    Is easy to do  
Paying the price  
    Is harder to do

Every morning I woke up  
    I felt so sad  
I would look in the mirror  
    And look so bad  
Prison life  
    Is just no good  
You can't drink the tea  
    And you can't eat the food

Now that I'm free  
    I'm going to go straight  
Kick out my anger  
    And kick out my hate  
I've let in the sunshine  
    And locked out the rain  
Because prison life  
    Can drive you insane.

**If – Just an Excuse (October 2020 while in rehab)**

If someone died  
    I would have a drink  
If someone was born  
    I would have a drink  
If my football team won  
    I would have a drink  
If my football team lost  
    I would have a drink  
If I had a bad day  
    I would have a drink  
If I had a good day  
    I would have a drink

Then I saw a man lying on the street  
I looked at him and saw myself.

No more excuses.

**The Angels (December 2015 whilst in jail)**

In the arms of the angels, hold me tight tonight.  
Guide me through the darkness and show me the light.  
I am stuck here in prison, my mother has just passed away,  
They told me they couldn't release me for the funeral on Monday.

I've been walking the cell, I must have walked ten miles,  
Trying to make myself tired, I haven't slept in a while.  
Alone here with my thoughts, spinning around in my head.  
I am dead on my feet, but I can't sleep in my bed.

Do please give me a sign, that she is in a better place,  
In the arms of the angels with a smile on her face.  
Chaplin just tell me, that there is a promised land,  
And she is out there walking with my brother hand in hand.

## Last but not least...

We made some pancakes to celebrate Pancake Day. Now... we know that Pancake Day has been and gone but we'd argue that you can make pancakes anytime you want! So do let us see your attempts if you give it a try!

### Ingredients

- 100g Self Raising Flour
  - 50g Caster Sugar
  - 1 Egg
  - 60mls Milk
  - Pinch of Salt
- \* Choose your own topping \*



### Method

1. Mix the flour, caster sugar and pinch of salt with a spoon in a large bowl.
2. Crack the egg into the dry mixture.
3. Add in the milk, a small bit at a time, whilst mixing the ingredients together. The mixture should be runny and smooth. If it isn't, keep mixing!
4. Heat up a pan on medium heat. You can either cook your pancakes with nothing in the pan, a small bit of butter, or oil.
5. Pour in a small amount of mixture.
6. When you start to see some air bubbles on top of the pancake it is time to turn it over and cook the other side. If you are feeling daring, you might even want to try to toss the pancake!
7. Remove the pancake from the pan and place onto a plate to decorate with toppings. Time to get creative! You might even want to stack your pancakes like in the photo above.