

JANUARY - APRIL 2025

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



## WHAT'S BEEN HAPPENING?

We had a wee break from our newsletter at the start of the year due to the pressures on the team at the time. However, we're back and looking forward to all the plans we have for this year. Spring certainly helps us feel a bit more inspired by what we can achieve.

Our team has a Desistance Officer who works alongside our service users to try and promote desistance from offending by helping them feel more included in their communities and to access positive ways to spend their time. Part of this has been working alongside a local maritime museum to help work on a Viking ship for a local festival. More on that in the next edition of the newsletter!



# SOME POSITIVE NEWS FROM OUR FRIENDS...



So in this edition we wanted to share some news stories from our friends over in the Partnership Delivery Team (PDT). This is a Justice social work team that covers all three Ayrshires and delivers the Caledonian and Moving Forward, Making Changes groupwork programmes and Drug Treatment Testing Orders (DTTO). They shared the following case studies with us and we wanted to share these with all of you as we felt they were really positive.

## DTTO

*J took on the caring role for her siblings at a young age. She experienced sexual abuse as a child and later as an adult and has been subject to violence within intimate relationships since a relatively young age. J began experimenting with illicit substance from her early teens and developed an addiction in her late teens. This has culminated in several non-fatal overdoses and has had an impact on her physical and mental wellbeing for a number of years. J cited her drug use as a means of coping with past trauma but has been unable to achieve any sustained period of sobriety during her adult life.*

*J was made subject to a DTTO as a result of persistent acquisitive offending linked to her drug use. She has embraced the opportunity of support from the beginning and has formed a good working relationship with DTTO staff.*

*J's father died last year. As well as dealing with the grief, she has been responsible for his estate which has been an added stress. This has also resulted in some tension within the family, and she has experienced challenges dealing with these dynamics. J slipped in terms of her drug use but re-engaged with supports. J recognised that she was having issues maintaining her sobriety within this environment and requested access to a longer-term rehabilitation facility. J was assisted by her DTTO worker to gain a place at a 6-month residential rehab. She engaged well with the assessment process and was able to evidence her motivation to "stay clean".*

*J has been in this facility for a brief period; however, reports from staff are very positive and J informs that she is taking advantage of the recovery supports and networks available.*



# SOME POSITIVE NEWS FROM OUR FRIENDS...

There is no  
change where  
there is no  
action.

## Caledonian Programme

*C became involved with Justice services after an incident involving his partner and infant son. He advised that he was struggling with becoming a new father, balancing work and other commitments and was "in a dark place". He shouted excessively and acted aggressively towards his partner and child on one occasion and called the police himself afterwards. C felt that he "needed the jail" due to the way he had acted but was made subject to a CPO with a Caledonian Programme Requirement. He felt apprehensive during the initial stages but found the one-to-one work interesting and applicable to his own situation. C progressed onto the group work phase of the programme, and although hesitant about speaking and sharing in front of others, ultimately found this a very beneficial experience. He states that he gained greater understanding of his behaviours and "trigger points" and feels that he has learned tools to help manage his emotions. C complimented the work of the group facilitators and feels that they demonstrated empathy and understanding but were honest and clear in terms of the expectations of the men on group.*

*C feels that the children and fathering module was most impactful for him. This allowed him to gain a better understanding of his own role as a father and how to re-examine his reactions to his sons' challenging behaviours. C completed some sessions with the Caledonian Children's worker out with group and found this helped to reinforce the learning. Overall, C reports that he found the programme helpful and feels that the relationships with his partner and child have improved significantly. He finds himself to be more understanding and believes that he has a greater bond with his son. C describes himself as being "much better and much happier" after completing this challenging work and stated that he "would encourage any man in his situation to at least give the programme a chance".*

*At the commencement of the Order, C was living with his sister and having occasional contact with his son and wife. The relationship was in an uncertain state. He has slowly rebuilt these relationships and now resides with his partner and child on a full-time basis.*

Some great examples from our friends at the PDT. We will be sharing more of their good news in the future!





# LAST BUT NOT LEAST...



In April we made chicken and mushroom stroganoff. It went down really well and is an affordable meal that can be adapted for those who would prefer other meats such as beef.

We chose to make the recipe with rice instead of potatoes so the recipe will reflect that.

## Ingredients (makes two portions)

2 Chicken breasts  
100g Mushrooms, chopped  
1 x Onion, finely chopped  
2 x Cloves of Garlic, finely chopped  
200ml Chicken Stock  
200g Creme fresh/sour cream  
1 tsp Paprika  
2 tsp Dijon mustard  
1 tsp Worcestershire sauce  
1 x boil in the bag rice

## Method

Add rice pouch to 400ml of water and boil for 13-15 mins.

While the rice is boiling, heat a little oil or butter in a wide, non-stick frying pan over a medium heat. Add the mushrooms, onions and garlic and stir-fry for 3–4 minutes, or until lightly golden-brown. Transfer to a bowl or plate (with all the pan juices) and set aside.

Return the pan to the heat and stir-fry the chicken for 6–7 minutes, or until lightly browned. Add in the paprika, mustard and the stock.

Return the mushroom mixture to the pan, bring to a boil, then reduce the heat to low. Add the soured cream and cook for 8–10 minutes, stirring occasionally, or until the sauce has thickened.

Serve in warmed bowls with the rice.

*“THIS WAS REALLY NICE.. MY PAL HATES PRETTY MUCH EVERYTHING AND EVEN SHE ENJOYED IT!”*

(MAD PROJECT MEMBER)

