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## The 'Keep the heid' newsletter!

January 2021

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### What's been happening?

Well after the festive period the country went into a further lockdown period which resulted in our members not being able to keep using the gym memberships they had been given last month. However, they've been out getting their outdoor walks done and letting us know when the weather has been good enough to get out and do it too!

We're going to discuss some more lockdown activities this month to see what else we can all be doing. Keep your eyes peeled for that!

### #HappyMondays

We have been sharing some more positivity in January to try and keep everyone going over this challenging time. However, in discussions for this, our member who leads on this wee project shared a bit about his recent struggles with opiate replacement medication and working through what was right for him in his recovery. He had completed this medication then realised that perhaps this had been done a tad too fast and chose to go back onto a very low dose of this medication again. This was to help him stay away from relapsing and he shared with us what his recent recovery journey has taught him:

*"I'm in good frame and mindset, last year was really tough n all the stuff surroundin relapse was difficult tae get through let alone all the stuff a year of almost isolation threw up. Ah'm kinda grateful for it in a way though cause ah have learned so much about myself and found me if that makes any sense?"*

*Ah've learnt tae cook, ah'm connectin better wae ma guitar and ma spiritual relationship has deepened. My head is a lot quieter n ah feel easy in maself. Ah feel a lot calmer. Ah had came a long way in such a short space of time n lockdown stunted it but it hasn't stopped it.*

*I've had tae work hard on my thinkin mind set and perspective an no focus on what's missin fae ma life and the don't haves n keep workin on and nurturin the stuff that ah do have n keep graftin towards the bigger picture for maself.*

*The usin has gone ah hope for good.*

*The thought ay goin n pickin up (getting drugs) is dead unappealin an ah know in ma heart that usin drugs or alcohol just isnae a feature in ma life anymore. Ah feel n know it in ma heart."*

We're all very proud of how far he has come and grateful as always that he continues to share his journey with us.

## Goals for 2021!

We asked our members to share some goals or resolutions for the new year.. even though it appears to be more of the same for now!

“Well other than the small personal silly stuff that people always try n stick to - for all of a fortnight! I just hope that Covid finally stops now we have a vaccine. There are so many people who won't be with loved ones at Christmas, that it seems petty to get to hung up on the minutiae... the small stuff. My family are here, my girlfriend's family are here, so I just hope that we all make it through 2021. And that those who have lost a loved one find comfort with those still here.”

“A day clean will do just fine... everything else comes wae that.” 🙏

“Firstly, the vaccine they find manages to fight Covid as so many people are having to stop work due to either being paid off or the places have closed because they can't financially run them.

Secondly I want my son to not be so stressed out with school and all these extra tests they are doing because of the exams being cancelled, I know he is only 15 but the pressure he must have along with others in the same situation must be terrible, I just wish they were all okay.

Thirdly I would really like to get on top of my housework I haven't been keeping on top of it the way I had before lockdown so that would definitely be my goal.

Honestly I could go on and on about what I would hope and dream for in 2021 but actually as long as my family are all safe and well that's all that matters to me.”

## Last but not least...

So we haven't managed to get a cooking challenge sorted for this month – turns out the new year knocked us for six! - so we're going to share one we did last year that was very popular. The Making a Difference Lemon Drizzle tray bake!

### Ingredients

- 225 grams butter, softened
- 225 grams caster sugar
- 275 grams self-raising flour
- 2 tbsp baking powder
- 4 eggs
- 4 tbsp milk
- Finely grated zest of 2 lemons
- For the crunchy topping
- 175 grams granulated sugar
- Juice 2 lemons



### Method

1. Preheat your oven to 160 degrees Celsius or gas mark 3
2. Line the foil traybake tin with the greaseproof paper
3. Measure out the butter
4. Using an electric beater or a wooden spoon, add the large bag of ingredients (flour, caster sugar, baking powder) in a large bowl together with the butter, eggs, milk and lemon zest
5. Beat the mixture until its well-blended
6. Tip the mixture into the lined traybake and bake in the oven for 25-40 minutes
7. To test if its ready, the sponge should spring back when touched lightly in the centre with your finger
8. Allow to cool for a few minutes in the tin
9. Carefully lift it out of the tin and remove the baking paper and allow to cool on a cooling rack
10. To make the crunchy topping, mix the granulated sugar and the lemon juice in a bowl until the sugar dissolves
11. Spoon the mixture over the traybake when it's still warm