

JULY AND AUGUST 2024

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project

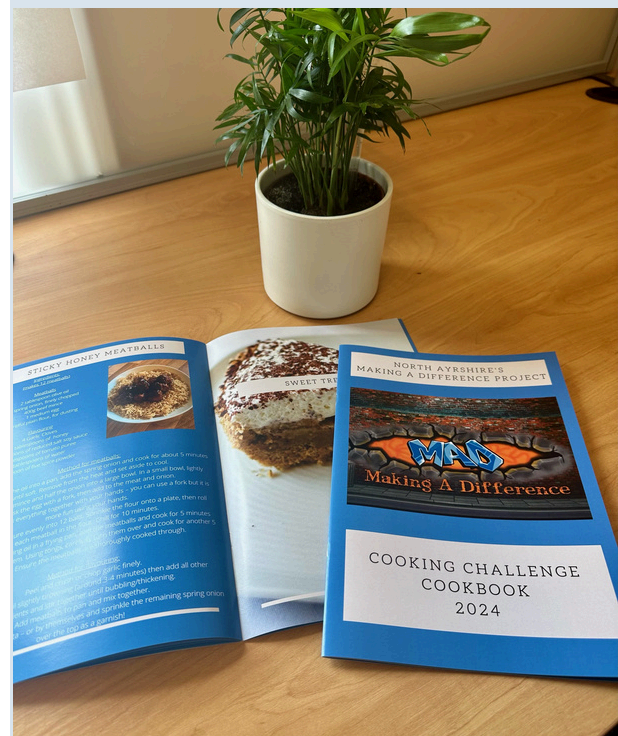


## WHAT'S BEEN HAPPENING?

Our cookbook has been printed and our cooking challenge members have all received their copy.. which is really exciting. Over the coming editions of the newsletter we'll share photos and recipes from the cookbook, so please let us know what you think.

Some of our members are going over to Arran in September so we're looking forward to sharing some photos with you next time round. We're hoping for some action shots!

Lastly, we are sadly losing the member of staff who takes our boxing class and leads on our football session each week because he's gone and gotten himself a promotion! So it's all hands on deck to try and figure out if we can do those activities any justice or if we need to think of something else to do!



# FINDING SOME SOLACE IN READING...



In this edition we are hearing from someone who would like to keep their identity anonymous, but wanted to share something that's been helping them in their recovery...

*When people used to speak to me about reading I would laugh at them. It's no for me, it just felt like a waste of time when you could be doing something else mair fun.*

*But then I started attending recovery groups and one of the guys said that he found reading recovery books.. kinda self-help stuff.. really helped him stay focused. He's dain really well so I thought I'd give it a bash!*

*Well turns out, I actually really like it! Reading about what helped other people has helped to give me ideas and things to try when I'm struggling. I've also found it helps me relax which I didn't expect. Sometimes recovery can be a lonely place because you're stopping all the activities you did before when you were chasing drugs. I never thought I'd be happy with a wee cup of tea and book on a Saturday night, but here I am!*

*Another benefit is that it's given me hope. Sometimes in recovery you can feel like you're always making mistakes and you're failing. You're no but it feels like that. Well I mean, you are sometimes failing but you need to recognise that's part of recovery. Like we will fail and take a step back, but it doesn't need to be a complete relapse.*

*Reading about other people's struggles to get aff drugs made me feel less alone. It made me think, if they can do it even when they've messed up ten times then so can I!*

*I've become that guy who's sitting on a bus reading and sometimes I don't even recognise masel! Haha. But honestly, I wouldn't change it. I really wouldn't.*

*I even shared one of my favourite books with ma maw to help her understand ma journey better. She enjoyed it and we've talked about some of the stuff in the book. So it's bringing us closer together too. Cannae ask for more eh?*

**"I'VE LEARNED NO TO BE SCARED OF TRYING SOMETHING NEW.. EVEN IF YOU THINK YOU'LL HATE IT.**

**YOUR BRAIN WILL SAY "THIS IS POINTLESS" BUT IT'S NO.. GIVE IT A TRY AND YOU MIGHT SURPRISE YOURSELF!"**





# LAST BUT NOT LEAST...



For this month we made one of our Project members Natasha's Chicken Mini Calzones.

## Ingredients

(makes between 4 and 6)

1 onion  
2 peppers  
2 chicken breasts  
Tablespoon of tomato puree  
Teaspoon of each (depending on how you like it) salt, pepper and paprika  
50g of grated cheese  
Small tortilla wraps (depending on how many you are making)  
2 tablespoons of BBQ sauce

## Method

Cut peppers & onion into slices or however you like your vegetables.

Season them with salt & pepper then add tomato purée & mix.

Cook chicken breast for 35 mins then use two forks to pull and shred the chicken apart.

Mix with BBQ sauce & add into vegetables.

Add more tomato purée/BBQ sauce if needed, then add spices.

Add cheese into this mix. Get the mini tortillas and place mix into centre of each wrap.

Then fold the corners over each other & press down firmly.

Flip each calzone round so the folded side of the wraps are on the bottom.

Place back into oven for 10 mins or until the tortillas are slightly crispy.

*"THIS IS A GREAT WEE MEAL TO TRY - SUPER TASTY AND YOU CAN MAKE IT INTO A DINNER OR HAVE IT FOR LUNCH. I LOVED IT!"*

(MAD PROJECT MEMBER)

