

JUNE 2021

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement group



WHAT'S BEEN HAPPENING?

This month has seen the reopening of some local services and activities and our group members are telling us that they are beginning to see a way out of this difficult time. Here at the MAD group we have capitalised on this new found positivity and have started back with our weekly football game. More on that later!

In other news, we have been thinking a lot about 'right and wrong' and the impact that perceptions of this can have on us and how we feel and view ourselves. One of our group members was speaking about how he feels that he has been treated as a "normal human being" in the MAD group and that helped him see beyond the "wrongs" he had done. We thought this was pretty powerful and heart-warming. We love that this was his take away from his time with us.

"Out beyond ideas of rightdoing and wrongdoing, there is a field. I will meet you there."

- Rumi



MORE THAN JUST A GAME...



This month we started back with our weekly football game. This has always proven to be one of our most popular activities and usually involves a group of around eight service users joining up with some of our more 'athletic' team members to play a game one evening after work. Wowed by the skills of the MAD football team some local teenagers have joined in too which is great for community integration.

After one of the games this month, two of our service users shared some of their thoughts on what the football has meant to them.

Jim:

Jim attends with his son and talked of how great it is to be sharing a positive activity together. His partner has even been inspired by his growing fitness to try and get more active too.

He says that it's "more than just football" - it's an opportunity to get into a more positive routine and he cannot recommend it highly enough to others. Jim's parting words? "A lot of positives come out of a negative".

Brian:

Brian hasn't been involved in the Justice System for more than six years but continues to come to football because it's his "get away". He says joining up gave him the confidence to see he could manage football again and that he was fitter than he thought. It gives him a chance to socialise with people he would never usually meet and the best thing about football is that background doesn't matter.. everyone is treated equally and fairly. Brian said that without the encouragement of MAD he would be "sitting in the house miserable". Instead he gets to play a game he loves every week with the "people who helped him".

"I GOT IN TROUBLE AND LEARNED THE HARD WAY.. NOW I GET TO ENCOURAGE NEW MEMBERS TO MAKE GOOD CHOICES" (BRIAN)



LAST BUT NOT LEAST...



It's loaded potato skins this month for our cooking challenge.

Ingredients

(makes 4 loaded skins)

2 large baking potatoes

2 tbsp vegetable oil

1/8 tsp salt

1/4 tsp garlic powder

1/8 tsp pepper

4 slices streaky bacon

110g of grated cheddar

62g sour cream

2 spring onions

Method

Bake your potatoes the day before you are going to use them (prick them with a knife several times, wrap in foil and cook in the oven for 60 - 90 minutes - skin should be crispy and insides fluffy).

Then cut in half and scoop outside the fluffy insides of the potatoes, place in a bowl and cover. Put the skins on a tray and cover.

When you are ready to fill the potatoes, preheat the oven to 200c/gas mark 6).

Add 3/4 of the grated cheese to your skins, along with the sour cream. Finely chop the spring onion and add to the potato, with the salt, pepper and garlic powder.

Spoon the potato filling back into the potato skins, and lay each half on a baking tray so they fit snugly together. Sprinkle with the remaining cheese, giving each potato skin a light covering, and cook until golden - about 20 to 30 minutes.

In a large frying pan, over medium heat, add enough oil to coat the bottom of the pan. Fry the bacon rashers in the oil, or grill them, until crispy. Remove them to a paper towel lined plate and then crumble the rashers of bacon. Sprinkle each potato skin with the bacon to make them fully loaded.

""I LOVED THE LOADED SKINS AND WOULD NEVER HAVE THOUGHT TO USE POTATOES THIS WAY. THE KIDS LOVED IT TOO." (MAD GROUP MEMBER)

Now we'd like to tell you that all our MAD group members made the loaded potato skins.. but some admitted they just made baked potatoes instead!

We'll try harder next month.

Talking about next month... keep your eyes peeled for our exciting new project which launched last week.

We can't wait to tell you more.