



The 'Keep the heid' newsletter!

March 2021

What's been happening?

Our lovely MAD group members have been giving us suggestions and helping us to build some 'bags of kindness' to give out to service users who are struggling. Sometimes this might be because they have recently gotten out of custody or perhaps are feeling lonely and isolated in the community.

These bags will have a variety of things within them including toiletries, hot chocolate sachets, activity books, mindfulness hints and tips and some seeds to plant and look after.

Here is the mum of one of our MAD group members who stepped in and helped to pot up some sunflowers seeds because it wasn't his area of expertise!



Thoughts for this month

Our member that feeds into our #HappyMondays segment has been spending more time focusing on his recovery at the moment, so we haven't had quite as many nuggets of wisdom from him recently. However, a piece of work we at Justice Services have been doing recently is gathering the views of some of our service users about their involvement in the justice system.

What has come out of these discussions is that many of our service users have said that the support they received as part of their supervision was invaluable to them. This prompted a discussion about how people get the help without becoming involved in the justice system. One of our service users admitted that people need to want the help and that until he was confronted with the reality of having to face up to the choices he was making, he wouldn't have done it. He feels that one of the areas of support that is missing is the crossover between mental health and addictions. When he was still using substances, he was also struggling with his mental health, but mental health services wouldn't work with him as he had an addiction. However, he felt unable to conquer his addiction without first stabilising his mental health. He feels that this locked him into a vicious cycle that took him years to get out of. This made us think about all the people who don't fit perfectly into a bracket of 'eligibility' for services and yet desperately need the support.

We're not sure of the answer but we definitely feel it warrants more discussion.

Some more poetic moments for 2021!

Billy has give us some more of his poems for us to share with you – he explained that he wrote these at a dark time in his life * Trigger warning for discussions of suicide *

Thinking

Too many deaths
Have passed me by
Images of loved ones
Nearly makes me cry
Knowing they're gone
Is so hard to face
Never to return
Gone to a better place?

Survival

Sometimes it's hard
Understanding the past
Remembering the good times
Very rarely last
In and out of trouble
Very often I was
Always regretting
Living with all my loss.

Suicide

Scotland has a hidden shame
Under the carpet they sweep
Ignorant to the downtrodden
Can't they see their pain they weep
Is it true they just don't care?
Death of the poorest
Everywhere.

Last but not least...

This month we did a 'taste of Italy' challenge and made some spaghetti bolognaise. Please let us see your attempts if you give it a try!

Ingredients

- One Brown Onion
- Two garlic cloves
- One or two OXO Cubes
- One box of passata
- Small pack of mince
- Pack of spaghetti
- Oil
- Salt and pepper



Method

1. Chop up half an onion (or more in if you like).
2. Press down on the garlic clove with the side of a knife. The skin should pop. Peel it off and chop the garlic.
3. Add a splash of oil into the pan and fry the onion over a medium heat until it is soft.
4. Add the garlic to the pan and fry for a few more minutes.
** feel free to add more vegetables, some people like carrots, mushrooms, etc **
5. Add the mince and fry until browned (this usually takes around five minutes).
6. In a separate pot, add the spaghetti and boiling water. Wait until the bottom of the spaghetti softens to allow you to move all of the pasta into the pot (so that it isn't hanging out the side). Add a pinch of salt and boil until soft (usually around eight-twelve minutes).
7. Add the tomato passata, OXO cube and mixed herbs to the mince mixture – you can add a pinch of sugar to take the acidity off the tomatoes if you like. Keep stirring occasionally and reduce to a low heat.
8. Drain the pasta and serve with the mince on top (some people prefer to mix the pasta and mince together before they serve).

