

MARCH AND APRIL 2023

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



WHAT'S BEEN HAPPENING?

One of our Project members was talking this week about how he has recently joined a local gym and how this has helped how he was feeling. He spoke of how it has built his confidence and how it is helping with his mental health. He feels the exercise itself helps but he also thinks having a routine has made a big difference for him. He's now encouraged his friend to join with him!

We agree that exercise can really help how people feel but recognise that some people do not enjoy a gym environment. So we do our football and boxing groups each week and are now introducing a walking group too. We're also looking into doing a walking challenge to motivate people to try and get their steps in... we'll tell you more when we know what form it'll take.



WHAT CAN WE DO DIFFERENTLY?



Recently we have been gaining some views from our service users about what we could be doing differently and some of the comments were around making the reception area and interview rooms a more positive space. So we have formed a group to look into this comprising in staff members and any service users who wanted to be involved in this too.

We have organised bookshelves in the reception so we have a wee lending library where people can borrow books and bring in others that they've already read. This appears to be quite popular which is great to see.

We have also looked into redecorating the interview rooms to make them a more welcoming place to be meeting with a Social Worker. This was one of our priorities after one of our service users commented that they were like sitting in a "polis station interview room"! So we're hoping that we can get them repainted and get some new furnishings and lighting.

When the rooms are finished we're going to run a competition for our Project members to pick new names for these rooms - inspirationally called Interview Rooms 1 and 2 at the moment! We thought this would be a nice touch and would be encouraging for those who have helped make the changes. Stay tuned for progress pictures.

Another bit of feedback we have heard is that our service users would value the opportunity to explore other activities that wouldn't usually be available to them. This year we are looking to take more of our service users over to the Arran Outdoor Education Centre on the island of Arran so they can try out some outdoor activities. A previous trip involved gorge walking and abseiling but they have loads of different activities for people to try out. Our Project members are really looking forward to it.

We're keen to continue improving so will bring you more updates from our service users and their views as we get them.

YOU CAN FIND OUT MORE ABOUT THE ACTIVITIES THAT THE ARRAN OUTDOOR EDUCATION CENTRE DO ON THEIR TWITTER:

[@ARRANOUTDOORS](https://twitter.com/ARRANOUTDOORS)



LAST BUT NOT LEAST...



In April we revisited our classic burgers recipe and they went down a storm!

Here's our recipe:

Ingredients

(makes 4 large or 6 smaller patties depending on your preference)

500g lean mince

1 egg

Oregano

Dried chilli

Salt and pepper

Burger bun

Chosen salad or sliced cheese

Method

Whisk the egg in a small bowl.

Put the mince in a separate bowl and add your seasonings.

Add approx. half of the egg so the mixture comes together – don't add all the egg as the mixture will be too wet.

Form the mince into burger patties and place under your grill at a medium temperature.

The burgers will take approx. 8 minutes each side, (depending on your grill) to cook through.

Make a cut from the middle outwards to double check. Make sure the juices are running clear and the meat is no longer pink.

Assemble your burger to your liking and serve with chips, coleslaw, salad etc. or enjoy on its own.

"THESE WERE BETTER THAN ONES YOU'D GET IN A BURGER PLACE!"

(MAD PROJECT MEMBER)

