

NOVEMBER 2021

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement group



WHAT'S BEEN HAPPENING?

This month we have been talking about the difficulties people face when they are going through the homeless system. This is something that a great deal of our service users have to experience at some point in their lives. Often they are moved from homeless hostel to temporary tenancy before sometimes waiting several months before being allocated a permanent tenancy. Of course this is due to the immense pressures housing services across the country are under, but we cannot take away the impact this can have on our service users. One of our service users advised that he struggled to get health related help during his time in a temporary tenancy as the local doctor's office would not allow him to register without a permanent tenancy. Whilst another found it difficult to get her children registered at a local school as they again felt it would be unsettling for the children to join the school before being allocated a permanent tenancy in case it was in a different town. These are both challenges that can add to an already difficult time.

HOMELESS
HOMELESS

CHANGING YOUR LIFE, TO HELP OTHERS...



We previously shared the story of one of Recovery Development Workers in the August edition of our newsletter. We are now going to share Hugh's story with you who is one of the other Recovery Development peer workers who works for the North Ayrshire Drug and Alcohol Recovery Service. This is part one of Hugh's story:

"My name is Hugh, I consider myself an addict, that is to say I am aware that even after 5 years abstaining from all substances, I know my addiction is still there waiting in the wings if I want it.

I suppose, as most people who suffer from alcohol/drug dependency my problems started from a young age. Growing up in a house with 3 siblings and not a lot of money, breadline basically, taught me how to cut corners, wanting the things other people had that were unavailable to me justified manipulation and theft from an early age. And the violence and resentment in a rough housing scheme, eased me towards seeking escape. At 13 I was abusing solvents, cutting school and heading with my friends for a buzz. Escape it was, but even now I am not sure what I was escaping from, life?

"After going through the usual card of uppers, alcohol and pills, I settled on heroin as means of escape, which brought more crime and chance of violence in my life. At 23 I welcomed the birth of my daughter and started on the Methadone programme to try and stabilise my drug use, although admittedly, this was seen as a free buzz and no real intention of curbing my use was there.

From 25 until the age of 40, I was part of the justice system, receiving several custodial sentences for either possession or concerned in the supply of diamorphine, including 42 months, 30 month and 36 months sentences, not counting full committals, tags, and criminal justice orders. Moving from temporary homeless accommodation, to hostels to prison and back around. I now had two children, no prospects, no qualifications and no work experience or trade, and a criminal record as well as being a registered drug addict on a prescription. Things were dark and I started isolating, only seeing family and friends who would assist in acquiring downers, to which I was also addicted. There seemed only the realisation that I would die an addict."

Part two of Hugh's story will be shared next month.

"IT IS DIFFICULT TO EVER SEE A WAY OUT WHEN YOU ARE IN THE MIDST OF AN ADDICTION"

LAST BUT NOT LEAST...



It was Ayrshire stovies this month.. which we believe may be different from other types of stovies.. apparently it's a very specific thing based on where you grew up and who taught you to make them!

Ingredients

Feel free to use any meat or veg combinations in this recipe to mix it up. Stovies are all about using up leftovers.

4 lorne/square sausage
8 potatoes
2 carrots
½ turnip
1 onion
500 ml of beef stock
(can use chicken if you prefer)

Method

Peel potatoes, carrots and turnip then cut them into small pieces/cubes.

Peel and roughly slice the onion. Boil kettle and make up 500ml of beef stock.

Cut sausages into bite size pieces.

Turn hob onto a medium heat
Add all ingredients to a large pan
Add stock and give it a good stir (cover pot if you have a lid)
Leave on a low medium heat for around 1 hour – keep stirring occasionally

TIP if you like your stovies less chunky then use a spoon to mash the veggies. You can add more water too.

Once veg is soft give it a really good stir to mix everything together.

Season with salt and pepper to taste and serve!

*"THIS IS THE
PERFECT WINTER
WARMER FOOD!"*

(MAD GROUP
MEMBER)

