

OCTOBER 2021

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement group



## WHAT'S BEEN HAPPENING?

This month our cooking challenge had a spooky twist to a traditional recipe and it got us thinking about Halloween and other holidays. One of our group members had said that he hated Halloween because he would sit alone in his house with the lights off because he didn't have the money to buy in any sweets for those out guising (trick or treating for our non-Scottish readers). Due to his addiction issues he also didn't spend the time with his family because they went through a period of time of not speaking to him. However, times have now changed.. this year he made the spooky cookies with his partner and stepdaughter and also went over to his sister's house to help his nephew get ready for a Halloween party. Both things he greatly enjoyed.

So it's the spooky season.. does anyone have happy/cosy routines or traditions they're looking forward to?

*I'm Just here*  
— FOR THE —  
**BOO'S**



# A STORY OF RECOVERY INSIDE...



This month we're sharing part two of Brian's story from last month's newsletter:

*"Slowly my mindset began to change, my goals began to change and my life began to change. As well as being honest about my addiction which finally let me get the proper support from my drug worker that I needed, I also began attending the recovery café.*

*This was a support group of like-minded people who were looking to live a better way of life. There I loved hearing the amazing stories of recovery. I loved hearing how people were managing to beat the very same thing that was holding me back from living a life I was so desperately looking to get back. I loved the support I was getting. The people there were giving me so much encouragement and being there just made me want to better. To this day, these groups remain a big part of my life.*

*One thing I have now learned to do in recovery is to take responsibility for my actions. In the past, I always found a way to pass the blame. It was always something or someone else's fault why I used and was the way I was. I now realise that no one is ultimately responsible for my actions but me.*

*I am so genuinely sorry for all the grief I've caused in my life. I am ashamed of the person I was. My past, however, is what is giving me the will, the desire, the strength and the motivation to never return to that way of life ever again. It's what is making me strive to be a better person every single day.*

*Taking responsibility as well as realising what is important in life means that it is now two years since I last used drugs. I no longer need, want or see them in my life. I have developed so many better coping strategies. I have fantastic support around me and I now have real achievable goals to aim for".*

We love Brian's motivation and his passion for a future free from drugs. It just goes to show how important it is for people to see other people conquering their problems and addictions.

**"IT'S AN EXCITING THING TO LOOK TO THE FUTURE AND FEEL CONFIDENT THAT YOU'RE GOING TO DO GOOD THINGS AND NOT TURN BACK TO DRUGS".**



# FIRE SAFETY TIPS FOR BONFIRE NIGHT!



**ALWAYS BE CAREFUL AROUND FIREWORKS - DON'T HAVE ANY NAKED FLAMES OR LIT CIGARETTES AROUND THEM AND MAKE SURE EVERYONE STANDS BACK WHEN YOU LIGHT THEM.**

It's getting close to that time of year and we thought that it would be good to ask our friends in the Scottish Fire and Rescue Service (SFRS) if they had some advice and tips to keep everyone and their families safe this fireworks season.

Their main advice is to attend a safely organised bonfire and firework display. However if you must have a bonfire at home make sure it is well away from buildings, vehicles, trees, hedges, fences, power lines, telecommunications equipment and sheds - and you must ensure that smoke does not cause a nuisance to neighbours or flying embers endanger neighbouring property.

Some other tips they have shared:

- Never drink alcohol if you are tending a bonfire or setting off fireworks – remember it is an offence to consume alcohol in a public place.
- Deliberate fire setting is an offence, don't accept it – report it.
- To reduce the emission of harmful smoke and combustion products bonfires should comprise of untreated wood and paper based materials only.
- There is a danger of explosion from pressurised containers or sealed vessels amongst bonfire material or irresponsibly thrown on burning bonfires.
- Never throw fireworks on bonfires.
- Never use flammable liquids to ignite bonfires – use proprietary fire lighters.
- Smoke from bonfires must not pose a public nuisance, affect visibility on roads or otherwise inconvenience vehicles.
- Sparks, flying embers or burning debris must not endanger nearby property.
- Never leave a burning/smouldering bonfire unsupervised – make sure it is completely extinguished.
- Outdoor fires, in particular rubbish and refuse fires, can overstretch local SFRS resources, taking firefighters away from other incidents and put lives at risk.



# LAST BUT NOT LEAST...



It's empire biscuits done Halloween style this month!

## Ingredients

(makes around 8 – 10 empire biscuits depending on size)

225g salted butter (soft – not just out the fridge)

100g caster sugar

250g plain flour

Jam (filling)

For the topping:

250g icing sugar

50ml water

Halloween toppers

## Method

- Preheat your oven to 180 degrees Celsius/Gas mark 4
- Cream your caster sugar and butter in a bowl – can use a mixer if you have one or just use a wooden spoon to stir it in and then squish it all together
- Pour in the flour in two lots so it can be stirred together properly
- Once it is all mixed together pour it out onto a floured surface or baking paper and knead it together until it is one ball of dough
- Wrap the dough in cling film or baking paper (so no air gets to it) and pop it in the fridge for 10 minutes
- Take it out the fridge and using a rolling pin/bottle/jar of sauce roll the dough out until it's around 1cm thick
- Using your cookie cutter or a glass cut the dough into circular biscuit shaped pieces

- Place them on baking paper on a baking tray – keeping a good distance between them as they spread slightly
- Put them in the oven for 8 – 12 minutes but keep an eye on them. You want the bottoms of the biscuits to be lightly browned
- Take them out and gently put them on a wire cooling tray or somewhere to let them cool down slightly
- Once completely cool turn half the biscuits over and put your choice of jam on the underside of them and pop another biscuit on top – making a wee sandwich
- Make up your icing by slowly adding the water to the icing sugar and stirring it until you get the right consistency – don't add it all at once or it might be too runny. You want it to be a bit thicker like honey so it doesn't run off the sides of the biscuits
- Add the icing to the top of your empire biscuits
- After 5 minutes you can add your Halloween toppers gently to the top of the icing.. don't worry if they curl up to begin with.. they'll flatten down when the icing hardens!

**YOU CAN MAKE THESE EMPIRE BISCUITS IN A MORE TRADITIONAL FASHION WITH GLACE CHERRIES OR JELLY TOTS ON TOP TOO. OH AND YOU CAN EXPERIMENT WITH DIFFERENT FILLINGS... WE'VE HEARD OF PEOPLE USING THINGS LIKE LEMON CURD OR APRICOT JAM BEFORE!**

**HAPPY HALLOWEEN!**

