

SEPTEMBER AND OCTOBER 2023

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



WHAT'S BEEN HAPPENING?

It continues to be a busy wee time in Justice Services at the moment. We are working on our next cookbook which some of our Project members have been contributing to and we're about to do our next walking challenge too. We are also looking at developing a brief questionnaire to gather the views of our service users with regards to how they find their involvement with Justice Services.

We also had a discussion with one of our Project members about the challenges of the colder and darker months and how this really impacts his mental health. So we are thinking for the next newsletter we will have some discussions with our Project members about how they manage this time of year and share any tips they have with everyone.



GHOSTLY GOINGS ON...



Inspired by one of the latest episodes of the brilliant podcast Ear Hustle (which shares the realities of life inside and outside of custody in America) this month we had discussions with the team and some of our Project members about whether they believe in ghosts and why.

We did a survey in the office and of seven staff, four believe in ghosts, two don't and one is a little unsure. Amusingly, one of the staff who said he doesn't believe in ghosts admitted that sometimes in the dark he has second thoughts about not believing! Two of the team confirmed that they have seen ghosts before and one spoke of her gran telling her ghost stories before bed and then seeing a tall, ghostly figure outside her window one night. Another member of staff talked of being outside his old place of work and seeing a figure standing in front of him that then turned and walked away but didn't make any sound on the gravel driveway before then disappearing.

One of our Project members said that she has always believed in ghosts and that she has seen one in the past.

She described this as a scary almost triangular shaped vision with a black cape. She says that she has always remembered how terrified she was seeing that.

Another of our Project members said that he believes in ghosts as he feels it's optimistic to believe in an afterlife. He hasn't ever seen a ghost but had an experience with a psychic medium once who knew so much about him and people he has lost in his life that he thinks that they must have been told by someone in the afterlife.

We also heard from another Project member who was positive that there was a ghost living in the house she grew up in. She said she would often see a shadowy figure in the corner of some rooms and her dog used to sit and stare up at a particular armchair even when there was no one sitting there. She spoke quite positively about these experiences though and said she felt the ghost was friendly and was keeping an eye on the family to make sure they were okay.

We found these discussions really interesting and enjoyed hearing all the ghost stories. We recommend you checking out the Ear Hustle episode too for more ghost tales!

“SOMETIMES I WONDER WHY NOT EVERYONE HAS SEEN A GHOST IF THEY REALLY ARE REAL.. BUT MAYBE YOU HAVE TO BELIEVE TO BE ABLE TO SEE THEM?”

(MAD PROJECT MEMBER)



LAST BUT NOT LEAST...



For this edition we made chicken and rice soup! Here's our recipe:

Ingredients

(makes five - six portions)

Chicken on the bone (use whatever type you prefer)

1 Leek

4 carrots

50 grams Long grain rice

Chicken stock cubes (optional)

Salt and pepper

Method

Boil the chicken in a pot of water (reduce to a simmer after it has come to the boil).

Some timings depending on what type of chicken you are using:

Chicken Breasts - 15-20 minutes

Chicken Thighs/Wings/Legs - 20-30 minutes

(if the meat is on the bone then usually the timing will be at the higher end of the scale).

Chop the leek and finely dice the carrots.

Once the chicken is thoroughly cooked remove from the water and leave to cool down.

Sieve the leftover water into another pot to remove any pieces of chicken or bone. This will be your stock. Feel free to add chicken stock cubes for extra flavour.

Add the leek and carrots to the stock and boil on a medium heat. Remove the chicken from the bone and chop this up.

Once the leek and carrots are cooked, add the chicken back in as well as the rice (washed) and leave on a low heat with a lid on for around 15 minutes.

Season with salt and pepper and serve.

"THIS WAS SO TASTY AND WAS A PROPER WEE WINTER WARMER. I'LL DEFINITELY BE MAKING THIS A LOT THROUGH THE COLDER MONTHS".

(MAD PROJECT MEMBER)

