



The 'Keep the heid' newsletter!

December 2020

[What's been happening?](#)

The world continues to be a weird place and we all face the challenge of a further lockdown looming and the challenge of being unable to see family and friends this Christmas. Throughout this our group have been sharing their experiences and taking part in our festive challenge (more on that later!). Some of our members have also signed up for a wonderful opportunity where they get a three-month gym and sport centre membership and are enjoying the physical and mental benefits that has given them.

[#HappyMondays](#)

Our positivity reminders have been a bit less regular over the last month due to one of our members going through his own personal challenges. He has been open about the struggles he has faced and those linked to the relapse he had during the initial lockdown. He has championed being open and honest about his recovery as he believes that this helps to reduce the stigma around substance misuse, addiction and recovery. He shared this with us at the start of the month and we think it gives everyone an insight into the challenges faced after a relapse, but also the importance of sharing your struggles:

*"Ma wee pearl the day is that if you're getting clean n comin aff medicine like ORT (opiate replacement therapy) it's gonnae hurt lol. You're gonnae miss sleep n yer gonnae feel a bit sh*te for a wee while, Ahm sat up in bed right now with a layer ay sweat on ma back like the frost outside and I've no slept n ah feel terrible. Ah didnae have tae go through this again n no bein upfront n honest about where ah was at was a big contribution tae ma relapsin.*

Ahve learnt the hard way about honestly sharin where yae are n whits goin on wae yae. Ah suppose ma message the day is this.. the pipers gonnae get paid n if you're goin through this just now just dig deep n don't - an ah mean this - DO NOT USE!!!

The 'do not use' is the only rule in recovery, every other thing is fluid but the 'do not use' is set in stone man. It's the worst thing you can dae right now if yae are on a detox or just aff one n sat feelin uncomfortable, but it's the sitting through uncomfortable feelings that you're gonnae grow from."

[Christmas thoughts...](#)

We asked our members to share what they were most looking forward to this Christmas.

Havin a peaceful day cookin dinner on the zoom wae ma friends n colleagues fae recovery Ayr n havin good grace n gratitude for ma wee brilliant life.

I'm looking forward to getting to spend time with my family as best as we can given the restrictions. I just want everyone to be happy and healthy.

Ok, so for me Christmas was always just another day to score, n most times u had to have ur addiction sorted, as lots of dealers do take xmas off, due to their family commitments. Not all mind, but the majority do. Or they might add a surcharge, like the taxis do for working at Christmas. So, since getting and staying clean, that side of Christmas is far removed from "normality". This year, I not only have my family but also my girlfriend to spend Christmas with, so I'm doubly blessed. Tbh, every Christmas I'm not using is a great one, I'm lucky to have people who care around me, helping me n pushing me to do and be better. So Christmas now, for me isn't as hard as it used to be. I used to hate it, way back when, n really just tried to bury my head as much as I could, which usually meant getting royally wasted. But, they're not pleasant memories tbh. This Christmas, a covid Christmas is gonna change a lot, for a lot of people, but for me, any challenges that it throws up, I just do my best to try n embrace them. To see them as opportunities, rather than negatives. Saying that though, a lot of people are in the position I used to be, and they aren't as blessed to have people around to care. So, no matter how awkward Christmas will be for me this year, I always remember how bad it was before I got clean.

Last but not least...

So for this month we dropped off wee packs to our members to help them make their own Christmas cards. It turned out to be a family affair with some of our members making them with their partners or their children.



We wish you
all a happy
and healthy
Christmas
and New
Year and
we'll see you
all in 2021!

