

MARCH AND APRIL 2022

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



## WHAT'S BEEN HAPPENING?

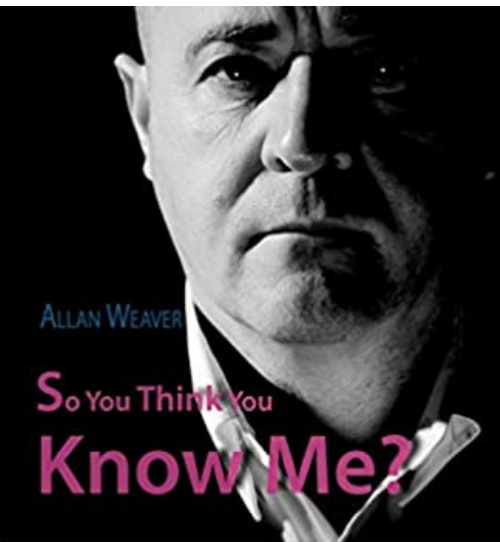
Spring has sprung here at the Making a Difference headquarters.. although it only lasted a week and we think winter might be back for a while too if the Scottish weather is anything to go by!

Our football group is back on Tuesday evenings and is pulling high numbers each week. Our gym group had to be stopped for a brief time but will be starting back at the end of April.

Other exciting news is that we are working on our book club.. more on that over the page!



# SO YOU THINK YOU KNOW ME?



When we spoke about starting a book club for service users we had some discussions around what book we would start with. The consensus was immediately that Allan Weaver's book 'So You Think You Know Me?' would be an excellent starting point. Allan was a Team Manager within our Justice Services team and was a huge driving force behind service user involvement and the original formation of Making a Difference.

We thought it might be nice to do a wee introduction to the book that will launch the Making a Difference book club.

Allan's book is an exploration of his childhood and early years and what led to the violence he was involved in as a young man. He takes a hard look at the system around him and how it fails to turn young people away from a life of antisocial behaviour and crime.

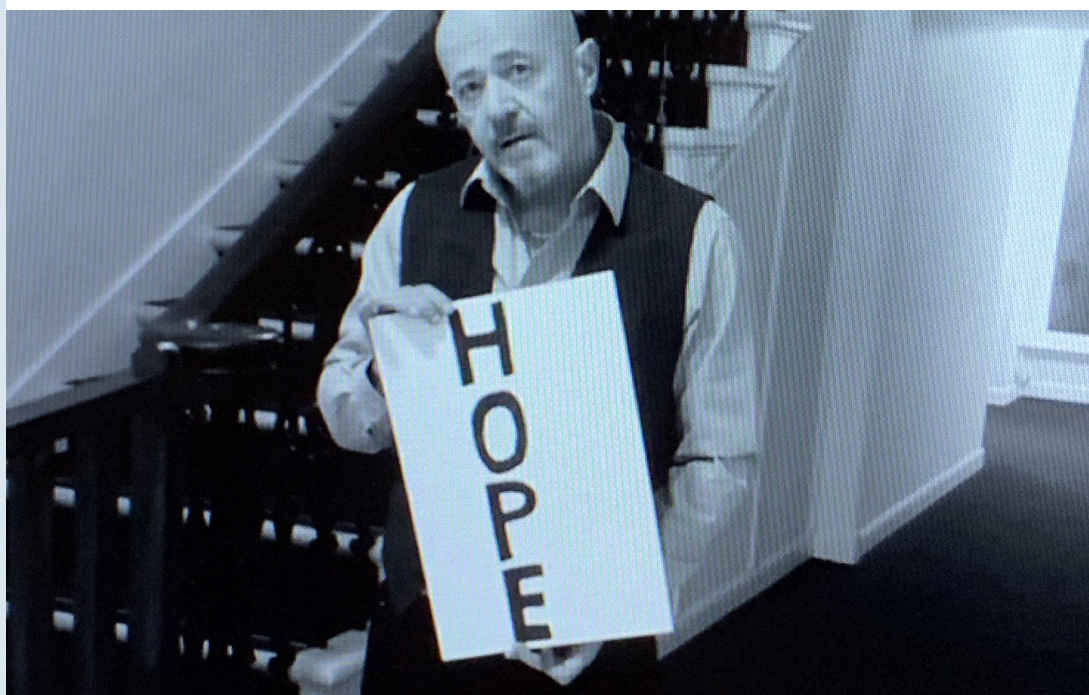
When Allan talks about people becoming involved in a cycle of aggression and chaos, he speaks from experience. He speaks openly and does not shy away from his behaviour but rather challenges the shortcomings of the system that is meant to help and support people.

Allan then went on to gain a Social Work degree from Strathclyde University and have a long career as a Justice Services Social Worker and then Team Manager. His story is often one that our service users will cite as a reason to give them hope. If Allan can turn his life around and then work to help others, they might be able to too.

This is incredibly important as people need to see that there is a life after the Justice System. We hope to do that through Making a Difference as we believe hope is one of the most important things that services can give those they are supporting.

*"ALL I CAN SAY IS THAT SOME LIFE EVENTS, AND YES FATE I SUPPOSE, TOOK A REMARKABLE TURN AT SOME POINT... I AM HAPPY, SETTLED AND CONTENT. AND I WAKE UP LOOKING FORWARD TO EVERY DAY AS IT COMES ALONG AND CAN ONLY WONDER AT TIMES WHAT THE FUTURE MIGHT HOLD."*

ALLAN WEAVER



# LAST BUT NOT LEAST...



This recipe has proven to be one of our most popular ones yet! Our cajun chicken pasta!

## Ingredients

(makes two portions)

1 Breast of Chicken  
1 Onion  
Handful of mushrooms  
1 Garlic Clove  
150g (dry) Pasta (whichever shape you choose)  
1 Chicken Stock Cube  
Cajun Spice  
Single Cream  
Oil  
Salt and Pepper

## Method

Press down on the garlic clove with the side of a knife. The skin should pop. Peel it off and chop the garlic.

Add a splash of oil into the pan and add the garlic over a medium heat. Dice the chicken and add to a pan.

Chop one onion (or more if you like) and dice the mushrooms before adding to the pan to fry together - feel free to add more vegetables, some people like to add in peppers, etc.

Sprinkle some cajun spice over the chicken (the more you add the spicier).

In a separate pot, add the pasta and boiling water, alongside a pinch of salt and boil until soft. In a mug, put the stock cube and four tablespoons of boiling water and let the cube dissolve, mixing as you go.

Once your chicken and veg is fully cooked, reduce the heat and add in the stock and allow to simmer. Add four tablespoons of cream to the chicken and veg mix and stir through on the minimum heat (you can add more for a creamier sauce).

Taste and if you feel you need more flavour or spice, add some more cajun spice. Drain the pasta and add to the cajun chicken sauce. Stir and serve.

*"IT WAS HELLA TASTY. THREE EMPTY PLATES, AGAIN!"*

(MAD PROJECT MEMBER)

