

MARCH AND APRIL 2024

THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



WHAT'S BEEN HAPPENING?

Life has been busy in Justice Services for the last few months. Thankfully the weather has (sometimes) been a bit better and we've been managing to get our walking group out and about more often. Hopefully that can continue more regularly throughout the spring and summer months. Our project members have also continued to enjoy our cooking challenge and have been making some amazing dishes. We're working hard on our next cookbook and hope to have that out sometime soon!

We also wanted to ask what sort of stories you think would be interesting from our project members or any questions you might have for us? Please get in touch with us to share any of your views or questions.



THE IMPACT ON FAMILIES...



In this edition we're making a wee change to our original plans and having a focus on families. One of our project members has been talking recently about how hard his journey through recovery and imprisonment has been on his family and he was happy for some of these views to be shared with you all anonymously.

"It's only now as I sit back and think about what I put my mum and dad through that I really realise the impact I've had on their lives.. and no in a good way!

I had a good upbringing and my parents were so kind and caring but when I was wee an uncle abused me and I just never got over it. I don't think I ever will. I've buried my head in drugs forever to try and block it out and to be honest... it does work sometimes. But then it all comes back to you and you feel worse.

I've stolen from my mum and dad and treated them like rubbish. I've disappointed them so often and I'll need to live with that.

I would describe myself as being in recovery nowadays... am I perfect? Naw, but at least I'm trying. And I think they can see that.

Recently I asked my mum what life has been like with me and we sat and spoke about it over a cup of tea and a wee scone (felt good being able to treat her to one of those by the way!). She admitted that she has been disappointed in me in the past and that was hard to hear. I asked her what it was like visiting her only child in prison and she admitted that she had actually found it really scary at first. She thought the staff seemed nice but all the procedures of getting checked and patted down and the drug dog sniffing you to see if you're allowed in... that all made her feel uncomfortable and like she had done something wrong.

This talk with my mum made me realise the impact our choices have on everyone around us. It made me more determined to succeed in my recovery and not put them through anything like this again. Prison isn't somewhere anyone wants to be, but it shouldn't be something our families and loved ones have to experience when they've never done anything wrong.

At the end of our wee talk my mum told me she isn't disappointed in me anymore.. I'm hoping it's not just the scone talking.. but it was brilliant to hear anyway!



LAST BUT NOT LEAST...



For this month we made chocolate chip cookie dough cake bar. Safe to say, it was enjoyed!

Ingredients

130g butter
50g caster sugar
150g light brown sugar
1 large egg
1sp vanilla extract
280g plain flour
1 tsp bicarbonate soda
1/2 tsp salt
1 tbsp cornflour
200g chocolate chips

Method

Preheat your oven to 160 Fan/180°C/Gas Mark 4. Prepare a 9-inch (roughly) square baking tin with baking paper.

Add your melted butter and both sugars to a large bowl and mix together.

Do this until it is fully combined.

Add in your egg and vanilla extract and mix again until fully combined.

Add in your flour, bicarbonate of soda, salt and cornflour and mix until you form a yummy cookie dough.

Add in your chocolate chips and hold back 20-30g to pop on top of the bar.

Spoon mixture into cake tin and push to edges. Push some chocolate chips on top.

Place in pre-heated oven for 22-25 minutes or until a skewer comes out fairly clean.

Leave to cool in the tin for around 20 minutes. Optional- drizzle melted chocolate over the top. Enjoy!

"THESE WERE ABSOLUTELY BRILLIANT.. PROBABLY TOO BRILLIANT AS I ATE FAR TOO MANY PIECES!".

(MAD PROJECT MEMBER)

IT'S HIS EXCELLENT PHOTO WE'VE USED ON THE RIGHT!

