



The 'Keep the heid' newsletter!

May 2021

[What's been happening?](#)

We're considering renaming the section 'Sunflower corner' because we're all really invested in the updates from one of our members about Sunny the Sunflower and her development. She's flourishing in her wee window!

Our group members who also signed up for the free gym use passes prior to lockdown striking have been allowed to start back properly now. There are some reports of feeling a tad unfit, but we think that's shared by lots of the population right now!

One of our group members has also submitted a life-story piece to the Children and Young People's Centre for Justice (CYCJ) blog which was published online this month. We're so super proud of him and will put the link to this article in the email we send out with this newsletter.



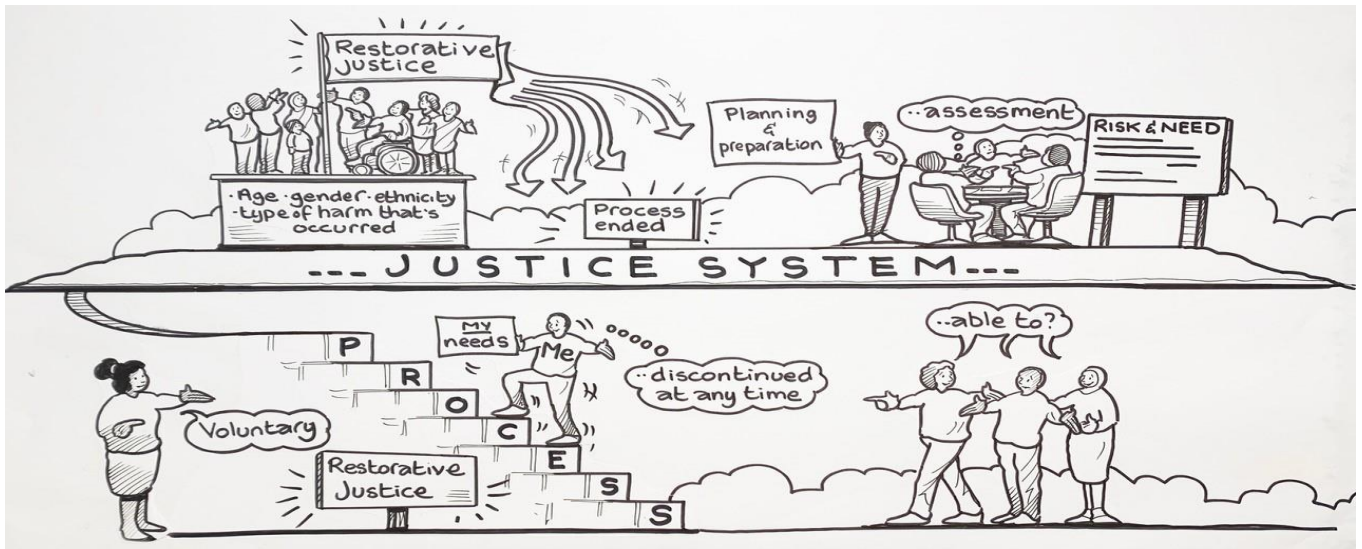
[Restorative Justice](#)

Some of our group members have been involved in a project with Community Justice Scotland around the subject of Restorative Justice. Which very loosely is a way of working that aims to give a voice to victims in the justice system and helps individuals and communities work through the real impacts of harm. It's an approach that supports a person who has experienced harm to meet the person who caused that harm, to find a shared, agreed resolution. Our members have enjoyed learning more about how it would work.

The idea is that this is a voluntary process for those who have been harmed and those who have caused harm. Everyone is different and has different experiences and responses to crime. However, one of the resounding pieces of feedback those who have been a victim of crime give, is that they felt like they were often an afterthought and weren't left with the feeling that anything had been resolved - even if the person who caused them harm was imprisoned or given a community-based Order.

Our members have been exploring how they would feel having to face those that they had harmed and what this would mean for them. It has prompted discussion about regret and shame for previous behaviours, but also pride in how far they have come.

The graphic below illustrates a part of an animation produced by Community Justice Scotland and CYCJ to help people better understand what Restorative Justice is. A link to this animation will be in the email sent out with the newsletter. We recommend you watch it!



[Brian's story](#)

One of our original MAD group members, Brian shared his story of addiction and recovery with us when we were releasing our magazine. However, since that is on hold for now, we wanted to share his words with you all as we think they're important. This was written at the start of 2020.

My name is Brian and am a recovering addict. This is a story of my experience with addiction. I was heavily addicted to Valium and heroin which were my drugs of choice. A lot of people will tell you that they can control their drug use, but the simple truth is you can't as drugs control you. I found that out the hard way as drugs had me out shoplifting, committing robberies and any other way I could find to get drugs I did, but not cause I wanted to, but the fact was drugs had completely taken over every part of my life. I lost everything I ever had for drugs, my family, kids, friends and a whole lot of items I had been bought as gifts, even items I needed to keep in my house, like white goods. I guess it's true what they say, when you're an addict you use to live and live to use, cause let's face it, we use everything in our power to get drugs, which is quite sad really.

But the reason am writing this wee story about some of my experience as an addict is to let you all know there is a way out, and I'm living proof. Right now I'm coming up on 5 months off drugs and its cause I got into recovery, it was quite easy really, I chose to live instead of slowly committing suicide, but the hard thing is it made me realise that I was not a good person as an addict and I'm still coming to terms with it and I accept what I was and did it as it's the only way for me to be able to get on with my life. Today I'm not that person anymore, I'm the son, brother, father, uncle and friend I should've been. I'm doing a lot of training and getting to do the good things I couldn't in addiction, and I love it that much. I wouldn't give it up for the world. I've met new friends, true friends. So please do the best thing you could ever do for yourself and get into recovery cause lets be truthful here, whatever you think you've got to lose, you've probably already lost it. But believe me, you can get it all back by doing this one thing - because #RECOVERYWORKS!

[Last but not least...](#)

This month we did a Katsu chicken curry which a few of our MAD cooking challenge members had requested! Please let us see your attempts if you give it a try!

Ingredients

1 chicken breast
1 egg
40grams of porridge oats (or breadcrumbs)
1 teaspoon of rapeseed oil
1 teaspoon of ground turmeric
1 teaspoon of curry powder
75 grams of rice
Salt and pepper

For the Sauce

1 teaspoon of rapeseed oil
½ onion (finely chopped)
1/2 carrot or 1 small carrot (finely chopped)
1 garlic clove (finely chopped)
13 grams of peanut butter
1 chicken stock cube
125ml of water
1 teaspoon of garam masala
1 red chilli (seeds removed and finely chopped)



Instructions

1. Preheat the oven to Gas Mark 6 / 200C (Electric) / 180C (Fan)
2. Line a baking tray with tinfoil
3. Season the chicken breast with salt and pepper
4. Crack the egg into a bowl and whisk. Season with salt and pepper.
5. In a separate bowl, mix the oats, turmeric and curry powder.
6. Dip the chicken breast into the egg, coating it thoroughly, then press it into the oats and turn it to make sure it is well coated.
7. Transfer the chicken to the lined baking tray and bake for 25-30 minutes (when the oats are crispy and golden). To make sure the chicken is cooked through, cut into the middle – it should be white.
8. Meanwhile, bring a large saucepan of salted water to the boil and cook the rice for 10-12 minutes. Once boiled, drain well.

For the Sauce:

1. Finely chop the onion and the carrot.
2. Heat the oil in a frying pan over a medium heat. Add the onion and carrot and cook for 2 minutes, until softened.
3. Add the garlic, curry powder, peanut butter, stock cube and water. Stir and bring to a simmer.
4. At this stage, you can remove from the heat and blend to a soft puree if you wish to.
5. Stir the garam masala into the sauce, season with salt and pepper and add a little chopped chilli if you like it hot.

To finish:

Cut the chicken into strips and serve it on top of the rice with the sauce drizzled over the top, garnished with red chilli.