

MAY AND JUNE 2023

# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



## WHAT'S BEEN HAPPENING?

One of our Project members was talking this week about his experiences in community recovery groups. He spoke of how he had to try a few different ones until he found one that he felt comfortable in and how in the past he would have given up after trying the first one and feeling uncomfortable. He recognises that he has changed now and that he is more focused on his recovery and his future. He spoke of a phrase that he heard from someone in the group that has really stuck with him as he has realised this very accurately represented him in the past. He spoke of understanding now that in the past he would be desperate for his loved ones to believe he was changing, but never backed this up with actions and how this must have felt for them. So we're going to leave you with these words of wisdom:

*"Words without actions are just manipulation"*

There is no  
change where  
there is no  
action.



# TURNING YOUR LIFE AROUND...



*"The relationship I had with my Social Worker was a good one and I felt she understood me. She recognised if I forgot appointments that it was me struggling with how hectic my life and brain were and that I wasn't just not caring.*

*I was still struggling with substances and alcohol and my Attention Deficit Hyperactivity Disorder. My drug use then got that bad that my family were all taking a step back. Good friends didn't want to spend any time with me because of what I was doing and people were coming to the door every few days just to check I was still alive. Which is quite hard to say.*

*I didn't spend any time with anyone who deserved my time. I just went to people who sold or used drugs and I prioritised them.*

*Until I came to Supervision and told my social worker that my life had become so unmanageable and I didn't know what I was going to do and I needed help. It's the first time I had asked for help properly – doctors and other services had turned me away in the past numerous times because they said I had to get sober first but that was what I needed help with.*

*She told me she could get me help. There's a place called Turnaround which is a residential rehabilitation facility and I would go in for six weeks to work on my recovery.*

*I worked with the Turnaround staff alongside my Social Worker on the run up to me going in, but I was still heavily using - primarily cocaine at that time. It was quite a dark period of time as I was hoping to get in soon but originally was given a start date in May 2023. Then my Social Worker spoke to the Turnaround staff to ask if there was anything that could be done so I could start quicker.*

*In the meantime, my mum let me move back home to support me because my mental health had deteriorated, and I was considering suicide and was having very dark thoughts.*

*I was sitting one Tuesday morning and the house phone went and it was one of the workers from Turnaround to say I could start in two days if I wanted to. She arranged for a peer mentor in the community to bring me up and I agreed".*

Part Two of Adam's story will be shared in our next newsletter.

**""IT'S HARD TO REALISE THAT YOUR FRIENDS THINK YOU MIGHT HAVE DIED WHEN THEY DON'T HEAR FROM YOU"**



# LAST BUT NOT LEAST...



For this edition we revisited our classic Loaded Mac and Cheese and it was very popular! Here's our recipe:

## Ingredients

(makes four portions)

250g of macaroni  
40g butter  
40g of flour  
600mls milk  
300g cheddar  
3 spring onions (optional)  
2 rashers of bacon (optional)  
Salt and pepper to season

## Method

Cook macaroni in large saucepan of boiling salted water according to instructions on packet. Drain well and set aside.

Melt the butter over a medium heat in a saucepan. Add the flour and stir to form a roux (thick paste) for a few minutes.

Gradually whisk in the milk a little at a time. Cook for 10 minutes to a thickened, smooth sauce.

Meanwhile, pre-heat the grill.

Remove sauce from the hob, add 175 grams of cheese and stir until melted.

Cook bacon in frying pan or grill and cut into bite size pieces.

Slice the spring onions.

Add macaroni, bacon and spring onions to the sauce and mix well.

Transfer to an oven proof dish and sprinkle over remaining cheese and grill until the cheese is browned and bubbling.

We loaded ours with bacon and spring onions. But you could use pepperoni, sweet corn, cauliflower, tomatoes, pulled pork...let your imagination go wild!

*"THIS WAS ABSOLUTELY AMAZING.. I WILL 100% BE MAKING IT AGAIN!"*

(MAD PROJECT MEMBER)

