# THE 'KEEP THE HEID' NEWSLETTER!

From North Ayrshire Justice Services Service User Involvement Project



## WHAT'S BEEN HAPPENING?

It's been a busy old time in Justice Services over the last few months. The rises in the costs of living have hit many hard and have been especially challenging for many of our service users. A lot of our project members have reached out to confirm they are struggling, and they are not sure how to manage on the budget they have. We are offering as much support as we can, but we do worry what this means longer term for people. One of our Project members has stated that he is visiting libraries more often than he had before as it was an opportunity to get warm and he is now enjoying reading more than he had before... so he feels that there are some positives at least.

We hope everyone is staying safe and managing as best they can during this difficult time.

# WORKING NINE TO FIVE...

One of the brilliant opportunities that Justice Services social work service users have is to be referred to the Employability Mentors programme. This service is much more than just finding people a job. It aims to bring real improvement to people's lives and help them to gain skills and confidence in themselves. This in turn increases their chance of becoming reintegrated into society and reduces the risk of reoffending.

We spoke to Geraldine Carins, Employability Mentor, to tell us a bit about what this service looks like for those referred and to get some feedback from one of her service users.

Geraldine confirmed that when referred she and her service user will agree an action plan that is specific to what they wish to achieve. This can involve education, volunteering, vocational training or seeking employment. The individual will be supported with building their CV or even sourcing funds to help travel or work clothes be purchased when they source employment.

One of Geraldine's service users confirmed the following about working with her and the support he got:

"It was all very relaxed and friendly, and she explained everything to me in a way that I understood. Within weeks the funding was made available (to do his forklift training)."

"My support continued after completing my forklift training... Geraldine assisted me on my CV and gave me advice about going forward with interviews."

"Through Geraldine and the employability programme I have grew in confidence I now feel I have the skills to move forward in my job search. I have learned a lot about myself, so in a few short months I have now got my forklift licence, I have new computer skills and can confidently browse the internet and search for jobs."

"I'm very pleased to say I am now in full time employment - my job role is a forklift operator."

*"I COULD NOT HAVE DONE ANY OF THIS WITHOUT THE SUPPORT FROM GERALDINE. JUST TAKING AWAY THE FINANCIAL BURDEN OF MAKING IT TO THE TRAINING AND TO JOB INTERVIEWS WAS A MASSIVE HELP, BUT I GOT SO MUCH MORE FROM THE EMPLOYABILITY PROGRAMME".*

(EMPLOYABILITY MENTORS SERVICE USER)

# LAST BUT NOT LEAST...



We have chosen to share one of our most popular recipes this month… salt and chilli chicken! This went down a storm with our Project members.

Ingredients
(makes two portions)

2 chicken breasts
2 peppers
1 onion
1-2 red chillis
Chilli flakes
Garlic salt
Salt and pepper
130 g rice
Breadcrumbs
Soy sauce
1 egg

Method

Cut the chicken into pieces.

In a bowl, mix the breadcrumbs with chilli flakes, garlic salt and some salt and pepper.

In another bowl, break the egg and whisk with a fork.

Dip a chunk of chicken into the egg and then into the breadcrumb mix and coat evenly, then place on an oven tray.

Repeat this step until all of the chicken is coated.

Place in a pre-heated oven (at Gas mark 5, or 190C) for 30-40 minutes.

Dice your onions, chillies and peppers.

In a wok, fry off your onions, peppers and chillies.

Boil your rice whilst doing so. When the chicken is cooked, add into your wok with vegetables and add soy sauce.

Drain and serve the rice with the chicken on top.

*"THIS DINNER WAS AMAZING. TASTED EVEN BETTER THAN A TAKEAWAY… I'LL DEFINITELY BE MAKING IT AGAIN AND AGAIN"*

(MAD PROJECT MEMBER)