

REC VERZINE

DUNDEE

#1 // AUGUST 2022



EMPOWER
Share stories

ENCOURAGE
Help Support Advise

CONNECT
Services in Dundee

INTRODUCTION

August, 2022



This first edition of The RecoverZine has been written and sourced by people who are in recovery, professionals who interact with service users who have drug/alcohol and mental health issues. Also people who have successfully recovered. In my opinion we are all recovering regardless from traumatic events that have occurred in the past or from the emotional crutch we choose to use as a coping mechanism.

What brings us all together as One is we have had meetings to discuss what content goes into this edition over the period of three months. But what really connects us is we all have a deep passion, empathy and willingness to help, support and advise people who have substance misuse issues/alcohol and mental health issues. We understand that everyone is at different stages. We are here as a Community to offer an insight of a service users perception of their stage of recovery, and of a service who helps to support people to gain the confidence and empower them to begin their own process with whatever issue they may

have in our community. We also know that we are all individuals and for needs to be met there should be a range of services for people to access to support them in their own recovery journey.

Our Passion is to Empower people to gain the confidence to take the first steps to contact services to assist and support them. To signpost people, as to this day some people just don't know where to start and this can be even more detrimental to their mental health as it is very overwhelming.

Hopefully the information in this edition will help and encourage you to take that first step (we understand it's difficult, but it is worth it) or contact other services or organisations to help you grow and find YOU again. As you are Amazing and are Worthy. We understand that childhood experiences and events throughout our life shape us and it can affect the way we see the world. We have been in the darkness, where we wanted to just give up, but PLEASE believe there is light at the end of the tunnel. You are Stronger than you think. You deserve to live again not just exist and have a good quality of life. Each and Every One of us has the power within us.

Introduction by K. S., Recoverzine Group Member

If you wish to become part of the RecoverZine Group and share your stories, poems or conduct interviews with different services which might be useful to the people of Dundee, please do not hesitate to contact us at recoverzine22@gmail.com



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General disclaimer:

Views, thoughts and opinions expressed in this magazine belong solely to the author of the specific work. The articles/materials/works of this magazine do not constitute advice and are offered as suggestions. Reader's discretion to be used while trying out suggestions. If you require specific advice on any topic, you need to get in touch with an expert or a professional in the field.

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DUNDEE HEALTH WALKS

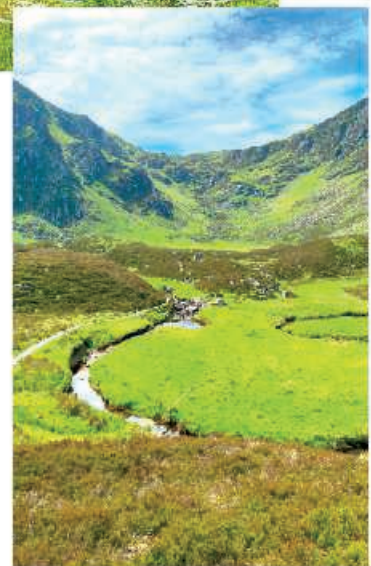
Most of us love city life – but sometimes being surrounded by the constant hustle and bustle can feel overwhelming. Having the opportunity to get out and explore the beautiful views that Scotland has to offer can have a positive impact on our mental wellbeing and help us to feel happier and healthier. Alongside the benefits to our physical health, spending time in nature and breathing in fresh air can help to regulate our serotonin levels and open our mind to more peaceful and relaxed feelings.

There are a wide variety of walking groups available across the city that cater to all walking abilities, so whether you enjoy a gentle stroll or want to try a more challenging adventure through the mountains – there is something for everyone. In our first issue of Recoverzine we will focus on the Ancrum hiking group and Hillcrest walking group who meet every Monday and Friday respectively, both departing from Lochee Community Hub. Below are some views from participants who attend the walking groups on the benefits for them:

'The biggest problem for someone who decided to take the step in getting off the drugs is boredom. And the lack of help from doctors. When they do help you they are putting you on the wrong meds, or they put you on this or that. And really you're going there for mental health problems, where simple thing like walking and talking and being around like-minded people who love the outdoors could be more helpful than any medicine. We're all the same, everybody's got their own story, but for me it's good for my mind, it's good for my body and my SOUL.'

'For me after coming off the drugs, the best thing was being able to hear the option of going out of Dundee and change the environment. Getting out in the nature is good me, it's good for my body, I'm getting to walk, I'm getting to exercise... You see when I get to the top of that hill, it's like meditating, it's like mindfulness. We walk and talk which I find therapeutic and sometimes I like to think and process things and when we get to the top – we sit there looking at Dundee and it looks so small and so irrelevant. So to me it makes my problems seem also small and irrelevant.'

"When I come back from a walk I feel so good! Many folks in Dundee went through a lot of traumas, had drug problems and when they got off them they wanted to go out and about and start doing things again but what is there to do? There are triggers everywhere around us, on the streets, at home and these walks give us the chance to change our environment, which changes the way we think. Being outside in nature is so good for me in so many ways that I can't even give it justice. Everyone I met there are good people, all have different qualities, we all have a good laugh, we get to speak to each other, we bond, so we become pretty well acquainted with each other."



The Monday hiking group is led by the Ancrum Outdoor Centre. These hikes can be strenuous and involve walking across rocky, uneven mountainous terrain. All equipment can be provided by the Centre. The Friday walking group is led by Hillcrest, who offer shorter, more accessible walks across flat, even terrain which is suitable for all abilities. Previous walking locations have included Kinclaven Bluebell Woods, the Glean Ogle Trail, the Hermitage Woodland Walk, Lundie Craigs, Mayar and Driesh, Blackwater Dam, and Carrot Hill. Walk locations vary each week.

Both groups depart every week from Lochee Community Hub at 10:30am on Mondays and 12:00pm on Fridays. For more information or if you are interested in taking part you can contact Lochee Community Hub on 01382 436704.

EVERYBODY IS ADDICTED TO SOMETHING!

Everybody is addicted to something!

Yes, everyone no matter who, has at least one addiction and some have more than one. There are some more socially accepted addictions like workaholics and there are others which are frowned upon. But objectively, whether its sex, drugs or rock n roll it's all the same as it is still a form of behaviour that one doesn't have control over.

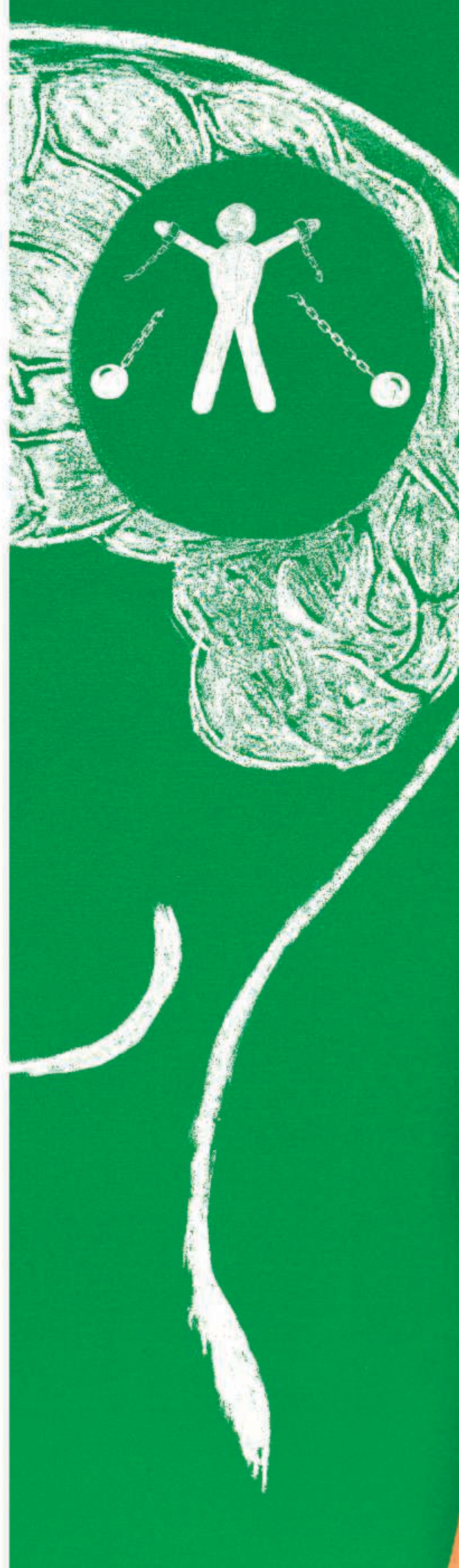
I prefer being around those who have the self-knowledge to realise that they have an addiction of some sort which they are working to diminish, as opposed to someone who, for example is addicted to power or control which they might not be aware of, but which causes the people around them to suffer.

Trying to look at why we have these addictions is difficult as they were often established in our childhood as a form of self-defence, which served a purpose at the time, but as we got older and it stopped serving a purpose became a problem instead. People like the Hungarian-Canadian psychologist and physician, Gabor Mate and others say that our addictions were caused as a coping mechanism in order to be able to survive different kinds of abuse. I speculate that we tend to think first of sexual abuse when we hear the term abuse but experiencing violence either personally or seeing it and being neglected or unloved are also forms of abuse to a child.

As adults it seems that social isolation caused as a response to such a childhood is a large part of the picture.

So what's the answer? Or rather what are the possible answers? I feel it is particularly important to have a definite strategy ready in your mind for when you come to the fork in the road!

Shared by Jack Soutar



Recovery Story

Photo credit DWA; Painting of Nicola by artist Gordy Crow for the STRP exhibition held at Lochee Community Hub



My name is Nicola Irvine and I was born here, in Dundee, but was brought up in London since I was a baby. I want to share a little of my past experience and to encourage people who want to start their journey of recovery.

One of the things that made me decide to get into recovery is the thought of my children suffering because of me when I was using drugs in London. I lost my children and I lost my house because of it. I was using crack and sometimes I didn't sleep for a week at a time, I used to smoke it in the house with my kids around me. They were always fed and warm but they didn't get the love and attention every child should get. I would forget to pick them up from school many times and then the social workers got on my back, so my middle child got taken away from me. I love my children more than anything but I was under the influence of crack all the time and this reflected bad on everything I was doing. All my children got taken away from me, through my own fault. I had lots of opportunities to keep them but at the time all I wanted was crack. This was the worst time of my life. I first started taking it at 21. I tried it and there was no coming back!

It took me once and was hooked. After that everything went downhill. I was in and out of prison, went to rehab too but I always kept craving that drug. So in 2012, after the last time I got out of jail I decided I want to come back to Scotland and try to start living a normal life. I took little steps towards my recovery. I wanted to change things and be able to live with my experiences instead of shutting them down. I got a lot of support at Lochee Community hub and started counseling sessions and participating in various recovery groups there. In terms of my goals for the future, I would like to be off my script, but not at the moment. That would be more of a long term goal. I would like a wee job in the future. I would like someone to give me a chance.

I speak to my children now, we keep in touch. I am happy that they are ok. Now every day is good and I take it one step at a time. So please, if you really want to get clean and you want it from the heart - there are people, professionals who will help you, all you have to do is ask.

Nicola participates in a few recovery groups held in Lochee Community Hub. She also started volunteering there and has weekly counselling meetings. She was also part of the first instalment of the 5 Tier Recovery Program which was designed and developed in conjunction with other services to be delivered within Lochee hub using a multi-agency approach and aiming to help people in recovery to build their confidence and reduce the stigma of mental health and substance use.

ONE PARENT FAMILIES SCOTLAND

Dundee Services
Interview by K.S.
Photography Pexel

One Parent Families Scotland (OPFS) is the leading charity working with single parent families in Scotland. They provide expert advice, practical support and campaign with parents to make their voices heard to change the systems, policies and attitudes that disadvantage single parent families.

OPFS direct services tailored to the needs of single parent families cover: Tailored advice and information, Welfare rights and money advice, Family support, Mental health and wellbeing support, Support into training, education and employment programmes, Access to flexible childcare services, Training for practitioners, Services to reduce the digital exclusion facing single parents.

K.S.: "Hi, thank you for taking the time to speak with me today. You work for One Parent Families Scotland. Can you briefly explain what your service actually does?"

Worker: "Our service supports single parents, both females and males, where we give support and advice to any single parent. We are non-judgemental and non-time limited. We can also be the voice for someone and support them in many different ways.

K.S.: "What would your advice be to a single parent right now who is sitting at home, who has got an issue with drugs or/and alcohol. Who are afraid to reach out and ask for help and support, because they are afraid their children might get removed. What would be your advice to that person?"

Worker: "If they really want support, pick up the phone or email us. As I've said we are non-judgemental and someone would come and visit you if you wanted to take up the support that's there. Or you can meet someone outside, it doesn't have to be in your own house - we will meet at any place but only in Dundee".

K.S.: "Would social work automatically be involved if a family were to be referred?"

Worker: "No, they won't. Anyone can self-refer here. Referrals will come from doctors, health visitors, if you've got a drug worker or an alcohol worker.



Anyone can refer but you can do it yourself and any information we have we don't pass on unless it's a child protection concern."

K.S.: "In your experiences what do you think is needed for people to maintain their tenancy, their recovery and just genuinely maintain stability in their life. What do you think gets the best results?"

Worker: "The right support from the right professionals. The guidance to get that support and the length of time you are working with someone, because you cannot fix something in 6 weeks. People's lives go up and down, people have different issues in their life. One week it could be their housing, the next week it could be their health so it's getting the right support and someone to be there that they trust - that is a big thing. Having a good relationship with their worker is important."

K.S.: "I agree, having a good relationship with your worker is vital in my personal experience."

Worker: "Honesty and trust are the most important things, yeah".



K.S.: "I'm thinking hopefully with RecoverZine to reach hard to reach places, and get this message across to people to reach out for the support. As I have been there, lived in fear of saying stuff in case my children were removed. Do you see a lot of success and a lot of change in the children and their families lives?"

Worker: "Yes, that's our aim, although we work with lone parents - ultimately it's for the family. As I say because we are a voluntary service, there's a different way of working and people like to work with voluntary organisations. In saying that - if social work or any other agency are involved we will work together. We explain to people who we are working with, that they are not bad people. We are there to give the parent a voice for issues that they are suffering with. Whether it's benefits, drug and alcohol misuse... it could be anything. It's to make their life better and we do achieve outcomes.

Families we are working with will reach an outcome at a certain time and everything is to benefit their children and their own lives."

K.S.: "The message we would like to get across to the readers is to engage and not to feel afraid. To encourage them to seek support through services like yours, that there are people rooting for them, and people who do want to keep families together.

Thank you for this interview."

If you need support through the services of OPFS, you can do so at their Lone Parent Helpline on 0808 801 0323 or you can chat to them online through their website www.opfs.org.uk You can also follow One Parent Families Scotland on Facebook, Instagram and YouTube



BALGAY HILL

A SONG BY JUNE BROWN

To the tune of Peter Gabriel's 'Solsbury Hill'

THIS SONG IS DEDICATED TO MY SON JAMIE AND DR. FIONA
VINCENT, ASTRONOMER AT MILLS OBSERVATORY, BALGAY
HILL, DUNDEE FOR TEACHING US SO MUCH ABOUT THE
SKIES AT NIGHT, AND MAKING MY WEE BOYS EYES SHINE
WITH FASCINATION AND WONDER


IF YOU WISH TO SUBMIT YOUR POEMS, SONGS OR ANY ARTWORK WHICH HAS BEEN
MEANINGFULL IN YOUR LIFE AND YOU FEEL CAN INSPIRE OTHERS YOU CAN DO SO VIA
EMAIL AT RECOVERZINE22@GMAIL.COM

Climbing up on Balgay Hill

I could see the city lights
The wind was howling, my face was chilled
The stars were falling through the night
Looking through the telescope
The moon came close, I saw her face
Standing gazing there in awe
Floating with her out in space
Dancing there in my imagination
With astronomers full of information
My heart going BOOM BOOM BOOM,
Hey sweetheart; spread your wings
I've come to take you home

I kept inside my hearts desire
In case my friends became concerned
Tracing in the sky at night
Constellations I had learned
So I slept late every day
And watched the light the stars would burn
I didn't know quite how to pray
So to the darkness I would turn
The stars the glowing diamond studded scenery
All parts of God's enchanted night machinery
Made my heart go BOOM BOOM BOOM
(and the skies said)
Hey, sweetheart spread your wings
We've come to take you home!

When the shooting stars fell down
I made a wish and closed my eyes
Standing in my dressing gown
I watched the stardust fill the skies
A new day came, the world turned round
The dawn broke with a new sunrise
And when I woke up there I found
A mirrored face with starry eyes
I was up there dancing with the space men
They all knew what the smile on my face meant
My heart going BOOM BOOM BOOM
Hey, sweetheart
You can rest your wings
You've found your own way home!

A white bird, possibly a tern, is captured in flight against a clear, vibrant blue sky. The bird's wings are fully extended, showing the intricate structure of the feathers. Its beak is open, and its red feet are visible. The bird is positioned on the right side of the frame, with its wings reaching towards the center.

HOPE CAN BE A POWERFUL
FORCE. MAYBE THERE'S NO
ACTUAL MAGIC IN IT. BUT
WHEN YOU KNOW WHAT YOU
HOPE FOR MOST AND HOLD IT
LIKE A LIGHT WITHIN YOU,
YOU CAN MAKE THINGS
HAPPEN. ALMOST LIKE MAGIC."

– LAINI TAYLOR

Photo credit Rady Krustev

THAT

STUFF

I stand in the queue to get that
stuff,
Most don't understand if I don't, I will
feel rough.
Methadone keeps me functioning and keeps
me sane,
But people in Society go "Here's that
junkie again".
If they only knew the impact this does
have on me,
It would maybe change their perception
on Recovery.
I want to be free of this ball and
chain,
Live my life and feel again.

I have been told there are many things
that I can do,
But my anxiety prevents me from trying
something new.

Deep down in my heart I have to go'
To face my fears and learn to grow.
I'm gonna make a change and not look
back,
Regardless of my self-confidence that I
know I lack.

I've had enough now, so will give it my
All,
No more judgement and making me feel
small.
It won't be easy nothing worth doing
ever is,
I just wanted to write for people who
can relate,
That you are Worthy and it's NEVER TOO
LATE

Author chose to
remain anonymous

THE STORY OF TWO WOLVES

An old Cherokee is teaching his grandson about life: "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."





This story serves as a powerful reminder of the fight that every human being faces in their life. Regardless of the type of person you are or what kind of life you lead, you will find yourself battling two conflicting emotions at some point in your life. The two wolves story is packed with important life lessons that you can use to shape your own mindset.

One of the lessons is the fact that there are things we can do to influence our happiness. In this world, it's easy to get beaten down by circumstances and events, especially when they're not what you expected. As the grandfather explained to his young grandson, we all battle with thoughts, but one thing we can influence is our actions.

Envy, sorrow and regret are natural emotions to feel and ultimately this can lead us to feel depressed, anxious or cynical. So we can instead try to focus on feeding our inner peace, joy and hope. Whilst this can be at times challenging in the World we live in, trying to break free of that cycle of negative thoughts can help us start to see what positives there may be in our lives, or what positives we would like to see in our lives.

The more you focus on nourishing the positive emotions inside you, the less room there will be for all the negative feelings. The grandfather's wise words remind everyone that change is possible, and that it can be achieved by focusing one's thoughts in the right direction. Remember to be patient with yourself as you embark on your personal journey of growth and stay positive. This will give you the freedom to live life according to your personal goals, desires and dreams, which will also empower you to encourage others to do the same.

This segment of RecoverZine will offer a wide variety of healthy and hearty meals that are quick and easy to prepare, and use products which you'll normally find at local community larders and food banks. Below is our first tasty suggestion:

Bean Soup with Bacon



Ingredients

- 3 tbsp sunflower or olive oil
- 300g smoked bacon, chopped ~ £1.60
- 1 large onion - £0.20
- 1 carrot ~ £0.10
- 1 red pepper - £0.15
- 2 x 290g tins cannellini or butter beans ~ £1.00
- 500ml water or stock
- salt, pepper and dried mint

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Dairy-free

350 Calories/ serving

Method

1.Heat the oil in a large pot and cook the chopped bacon until golden, then remove and set aside. Add the onion, carrot and pepper to the pot and cook for about 10 minutes on a low to medium heat until softened.

2.Stir in the beans and add the water or stock. Let simmer for 10 minutes and return the cooked bacon to the pot. Season to taste and serve with bread.

Note:

- You can make the soup a little thicker or even turn it into a stew by adding flour and reducing the amount of liquid in it. Mix 1 tbsp of flour with a little cold water to make a 'slurry', and stir to prevent clumps. Add to the soup and bring to the boil. Try this using 1 tsp flour at a time, and repeat the above process until you have reached the desired thickness.
- Dried mint is a herb that compliments any meals made with beans
- For a vegetarian option just omit the bacon.

WORDSEARCH

COMPLETE THE WORDSEARCH BY FINDING THE WORDS LISTED BELOW
WORDS CAN BE PLACED HORIZONTALLY, VERTICALLY OR DIAGONALLY
THE FIRST 3 PEOPLE TO FIND FIND A **BONUS WORD** WILL WIN A
COFFEE VOUCHER

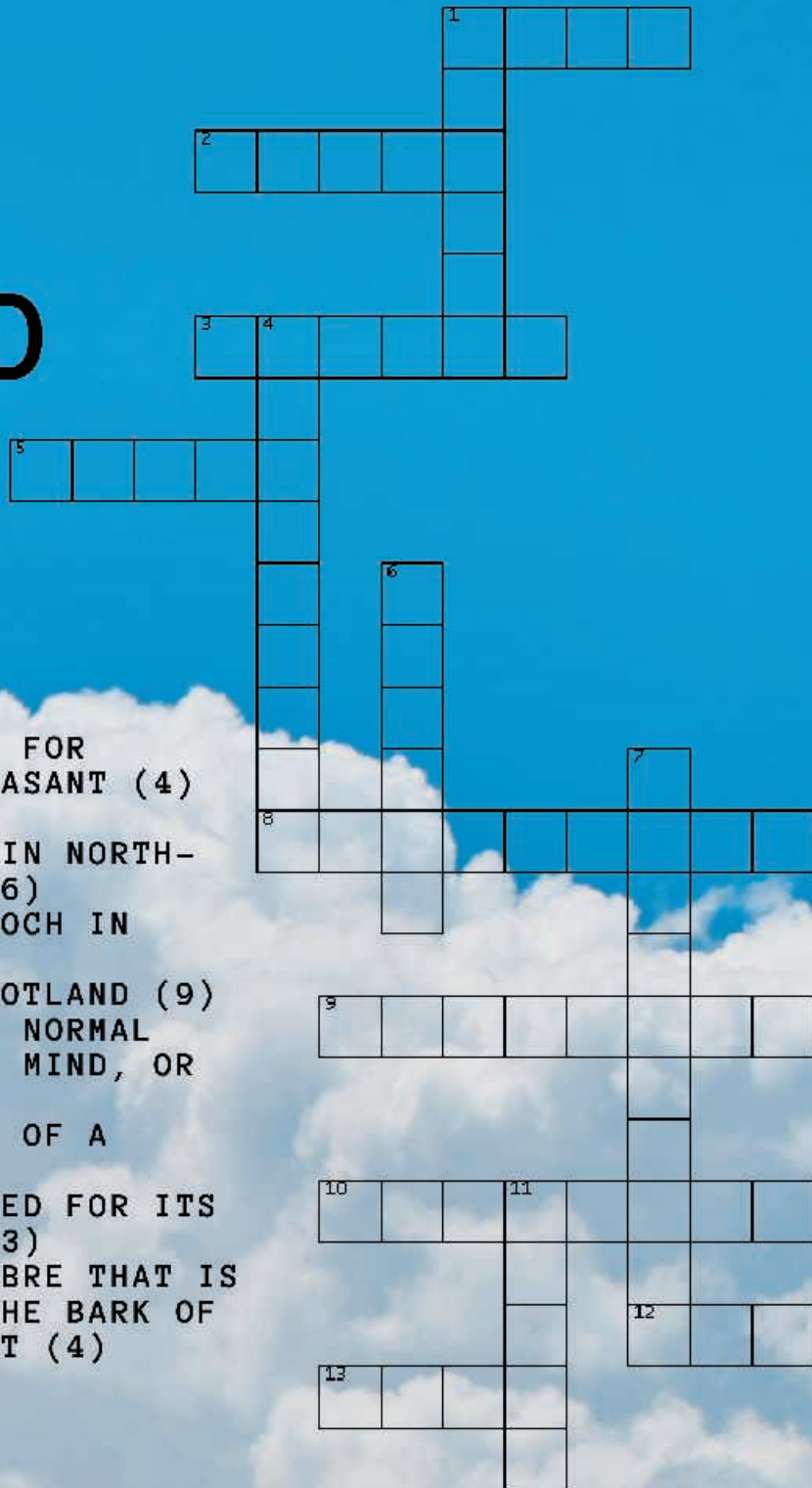
D S Z G K O O B L H R T Q K W
X X S Z G X V A U E E L F M C
X M C P W W T G P A C E F I H
Z A E O R E D I Q L O A S N A
R E W D N E L S F T V R U D N
K H X A I N S L B H E N P F G
G O C E R T E I B H R I P U E
R P P O R E A C L E Y N O L K
O E U G M C N T T I I G R N F
W B Y D Q P I E I I E N T E J
T L K L Q Z A S S O O N G S P
H A U H F G Q T E S N N C S Q
C L O V E Y P B I N E D V E Z
L Q C A C S Q K C O W D R W A
X D F D Z S I A L V N B W B N

MINDFULNESS
LOVE
WELLBEING
LEARNING
HEALTH

RESILIENCE
CONNECTION
COMPATION
EXERCISE
SUPPORT

MEDITATION
AWARENESS
RECOVERY
GROWTH
CHANGE

CROSS WORD



ACROSS

1. SCOTTISH WORD FOR EXCELLENT OR PLEASANT (4)
2. CHILD (5)
3. NEIGHBORHOOD IN NORTH-WEST OF DUNDEE (6)
5. THE DEEPEST LOCH IN SCOTLAND (5)
8. CAPITAL OF SCOTLAND (9)
9. A RETURN TO A NORMAL STATE OF HEALTH, MIND, OR STRENGTH (8)
10. THE OPPOSITE OF A LOWLAND (8)
12. RIVER RENOWNED FOR ITS SALMON FISHING (3)
13. A NATURAL FIBRE THAT IS EXTRACTED FROM THE BARK OF A VEGETABLE PLANT (4)

DOWN

1. SCOTTISH WORD FOR BEAUTIFUL, PRETTY (6)
4. ICONIC SCOTTISH COMIC CHARACTER, 2 WORDS (9)
6. NATIONAL DISH OF SCOTLAND (6)
7. 'EVERY MAN DIES, NOT EVERY MAN REALLY LIVES' IS A QUOTE FROM WHAT 1995 MOVIE (10)
11. TO TALK FOOLISHLY, TO BABBLE (5)

FIND THE ANSWERS ON THE BACK COVER

USEFUL CONTACTS

Lilywalker Centre

Homeless Services Unit

East District Housing Office
169 Pitkerro Road
Dundee DD4 8ES

Tel: 01382 432001 (24hrs)

Samaritans

Support for people and communities in times of need

6 Old Glamis Road
Dundee DD3 8HP
118 123 free from any phone

Tel: 0330 094 5717

Hillcrest Futures

Mental health and wellbeing support, homelessness and drug, alcohol and recovery services.

1 Explorer Road
Dundee
DD2 1EG

Tel: 03001232644

Dundee Drug and Alcohol Recovery Service (DDARS)

Support with drug and alcohol use

Constitution House
55 Constitution Road
Dundee
DD1 1LB

Tel: 01382 832542

Scottish Families Affected by Alcohol and Drugs

Email: helpline@sfad.org.uk

Tel: 08080 101011

We are With You

Support and Advice

The Roundhouse
Lothian Crescent
Dundee
DD4 0HU

Tel: 01382 208888

NHS Mental Health Hub

111

Hope Counselling Dundee

Counselling and Therapy

The Friary, Tullideph Rd.
Dundee DD2 2PN

Tel: 07732 472173

Breathing Space

A confidential phoneline for anyone who is feeling low, anxious or depressed.

Tel: 0800 83 85 87

Rape Crisis Scotland

Email:
support@rapecrisisScotland.org.uk

Get in touch any day
between 5pm – midnight:
Tel: 08088 01 03 02
Text: 07537 410 027

Dundee Citizens Advice

Advice and information to sort out any issues or problems

Dundee Central Library
Level 4 Wellgate Centre
Dundee DD1 1DB

Tel: 01382 214 633

Dundee Foodbank

Unit 5
Dunsinane Avenue
Dundee
DD2 3QN

Tel: 01382 698020

Brooksbank Centre and Services

Pitairie Road, Mid Craigie,
Dundee, DD4 8DG

Email:
admin@brooksbankcentre.co.uk
Tel: 01382 432450

Wellbeing Works

Promoting wellbeing for those who face mental health challenges

Unit 20a, Wellgate Centre,
Dundee, DD1 2DB

Tel: 01382 227 288

Dundee Law Centre

Free legal advice service- benefits, debt, eviction and homelessness

Email:
enquiries@dundeelaw.org

Tel: 01382 918230

Employment Support Service

Dunsinane Ave, Dundee DD2 3QN.

Email:
employmentsupportservice@dundee.gov.uk
Tel: 01382 436377

Welfare Rights

Email:
welfare.rights@dundee.gov.uk

Tel: 01382 431188 (option 2)
(Advice Line Monday to Friday 9.30am – 4.30pm)

Dundee Energy Efficiency Advice Project (DEEAP)

Advice on all energy related issues

Dundee House, 50 North Lindsay Street
Dundee DD1 3YL

Tel: 01382 434840



Across: 1. Braw 2. Bairn 3. Lochee 5. Morar 8. Edinburgh 9. Recovery 10. Highland 12. Tay 13. Jute
Down: 1. Bonnie 4. Oor Wullie 6. Haggis 7. Brave Heart 11. Haver