



I Am Me Scotland Newsletter

April 2023

Welcome to the I Am Me Scotland April Newsletter!

If you, or someone you know would like to be added to the mailing list of this Newsletter, please get in touch with us at

iamme@renfrewshire.gov.uk

If you are new to the newsletter, please visit [page 20](#) for an overview of I Am Me and the Keep Safe initiative.

Ambassador Days

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Training in schools in Renfrewshire and Clydebank. We've loved gaining new ambassadors! To find out more head to [page 6](#).



Keep Safe Awareness Day

We would like to thank everyone who made Keep Safe Awareness day this year, amazing! We loved seeing your supportive posts on social media and Police Officers out and about. Go to [page 4](#) to see more of what was done on the day.



In this issue

Meet I Am Me Keep Safe Learning Platform Christmas Competition Christmas Giving Other News...

Area	Number of Keep Safe Places
Aberdeenshire	24
Aberdeen	20
Angus	29
Argyll & Bute	64
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	82
Dundee	45
East Ayrshire	32
East Dunbartonshire	6
East Lothian	39
East Renfrewshire	17
Edinburgh	42
Falkirk	16
Fife	23
Glasgow City	43
Highland	23
Inverclyde	24
Midlothian	11
Moray	12
North Ayrshire	15
North Lanarkshire	11
Orkney	2
Perth & Kinross	44
Renfrewshire	119
Scottish Borders	21
Shetland Islands	1
South Ayrshire	20
South Lanarkshire	39
Stirling	35
West Dunbartonshire	36
West Lothian	21
COPFS	17
Scottish Courts	37
Total	986

Keep Safe

There are now **986** Keep Safe Places across Scotland!



Keep Safe Places are for ANYONE to go if they are feeling lost, scared, or feeling vulnerable.



Keep Safe Places are there if you just need a moment to calm down, if you need someone to be contacted for you, or if you need help from the emergency services.

Do you own a local business? Are you the manager of a shop, café, or supermarket?

Becoming a Keep Safe Place is straight forward and FREE!

Get in touch with us for more information!

iamme@renfrewshire.gov.uk

Keep Safe Star— Dundee Science Centre



Dundee Science Centre are this month's Keep Safe Stars—they have shown great support to the Keep Safe initiative during Keep Safe Awareness day by creating and posting a Keep Safe video, great work you are all stars!! [Click here](#) to check out the video.

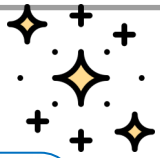


Keep Safe Sign ups

We have these fabulous businesses joining our growing network of Keep Safe places. These are places that people can go to ask for help if they feel vulnerable, scared or lost in the community. There is no cost involved in becoming a Keep Safe place, so get in touch to have your premises signed up and support your local community!

Dundee

Dundee International Women's Centre



Dundee Contemporary Arts



The Scottish Borders

The Oven Door Tearoom



Glasgow

Gallery of Modern Art



West Lothian

McDonalds Livingston



Renfrewshire

Natalie Don MSP Office

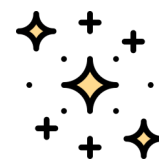


South Ayrshire

Carrick Opportunities Centre



The Wallace Tower



Keep up to date with new Keep Safe premises by following us on Twitter:

@IammeScotland

@KeepSafeSam1





Keep Safe Awareness Day

15th March 2023



We would like to thank everyone who supported the national Keep Safe Awareness Day on the 15th of March! It was a great success and we loved seeing everyone's posts online.



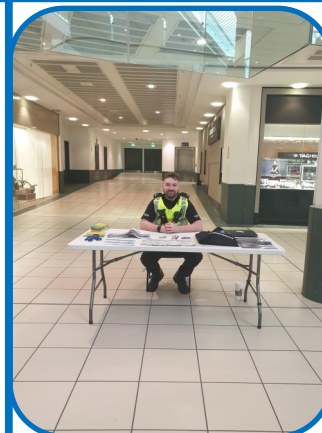
PC Lynsay Claxton from Edinburgh Police Division supported Keep Safe Awareness Day by hosting a stall and raising awareness of the Keep Safe initiative in Cameron Toll Shopping Centre! It looked like a fab day.



PC Prince Durant and PC Emily Noble also from Edinburgh Police division were at The Gyle Shopping Centre with a Keep Safe stall on Keep Safe Awareness day to raise awareness of the initiative—great work!



Campus Police Liaison Officer Frank was at Ayrshire College Kilmarnock Campus to promote the Keep Safe Initiative on Keep Safe Awareness Day. We hope everyone had a great day!



PC Christopher Scott from Glasgow Police Division was at Buchanan Galleries for Keep Safe Awareness Day with a stall of Keep Safe materials. Well done!



Campus Police Liaison Officer was at Ayrshire College to raise awareness of the Keep safe initiative to the college students on Keep Safe Awareness Day. Excellent work!





Keep Safe Awareness Day

15th March 2023



PC Sarah Deary from Glasgow Police division delivered Keep Safe school lessons to 50 primary 7 pupils from St Vincent's Primary School. They all received a Keep Safe Card and really enjoyed the lesson, great work everyone! If you would like more information about these lessons, [click here](#) to find out more.



On national Keep Safe Awareness Day, to celebrate and raise awareness of Keep Safe—Aimee and Kieran held a stall in Glasgow Central Station along with officers from British Transport Police. It was great to get out and about and raise awareness of the Keep Safe initiative. We loved chatting to the public.

Keep Safe hamper prize winner!

For Keep safe awareness day we raffled off a Keep safe prize hamper with lots of lovely goodies! We would like to thank everyone who donated gifts and bought a raffle ticket.

And the winner is...

Colin Grainger

Well done!!





Ambassador Days



The Keep Safe Ambassador programme was developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

Keep Safe Ambassadors are trained on how to recognise and report hate crimes safely within the community and in a school environment. The Keep Safe Ambassador programme consists of one full day of training, with inputs from I Am Me Scotland, and Police Scotland. A certificate and badge is provided to each participant at the end of the training session.

The Ambassador Training takes place within your school and is a full days training.

If you would like to register interest for this training in your school, please email and we will be in touch soon with possible dates:

iamme@renfrewshire.gov.uk





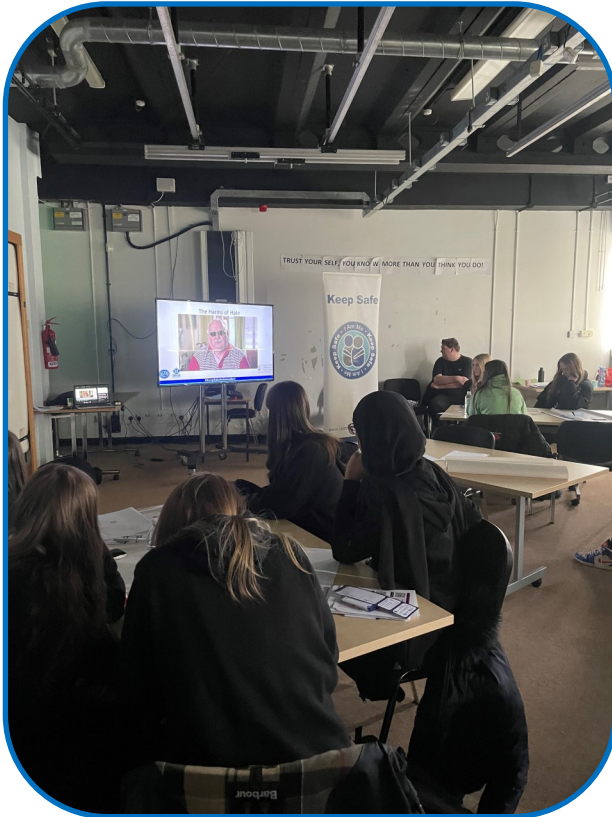
Ambassador Days

Keep Safe Ambassador Days



Renfrew High School

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Renfrew High School in Renfrewshire. Everyone including the trainers had a great educational day. We hope to be back soon!





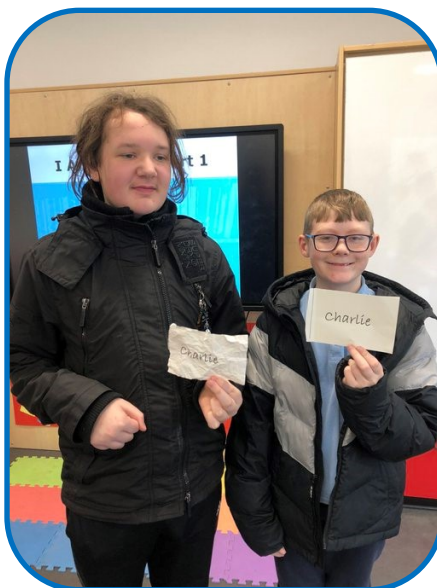
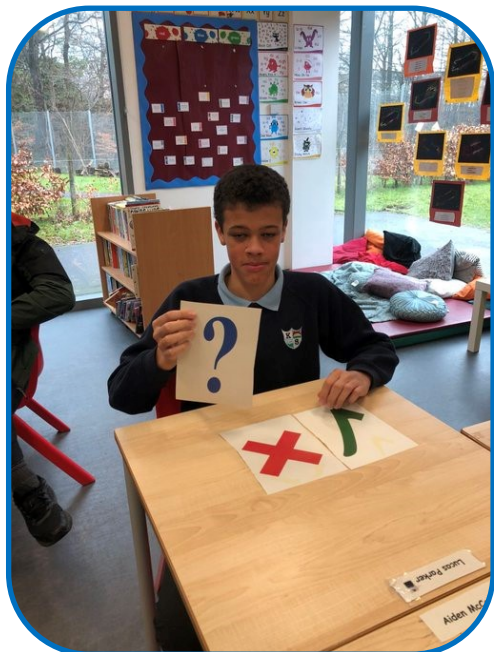
Ambassador Days

Keep Safe Ambassador Days



Kilpatrick School

PC Julie Wreford recently delivered the Keep Safe Ambassador Programme in Kilpatrick School in Clydebank. We hope everyone had a great fun educational day!





Thank you!



Glasgow Kiltwalk

A huge Thank-you and good luck to Iain and Victoria Simpson who are undertaking the Kiltwalk on Sunday the 30th of April to raise awareness of and money for I Am Me Scotland, we will be cheering you both on! If you would like to donate, please [click here](#).



Great work Innes!



Innes Simpson had great initiative when he decided to make some paintings, drawings, and little sculptures he then invited people from the village to his little Art Gallery (his home) where they bought his art through the window. He managed to raise an amazing £35, well done Innes you're a wee star!



Autism Connections!

We would like to say a huge thank-you to Deborah and Gabby from Autism connection for their assistance in the upcoming Autism Awareness lesson. They also helped with voiceovers for some of the lesson. You guys did great thank-you!





I Am Me Scotland
Learning Platform

An exciting new suite of online resources supporting
the Health & Wellbeing experiences and outcomes.
Tailored lessons from Primary 1 to Primary 7 that
can be used in the classroom and at home.

For access to our
**FREE Online Learning
Platform visit**

iammescotlandeducation.org.uk

and click the "REGISTER" BUTTON



ALL of our resources are developed with children, young people and disabled people and are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes. We also have training modules for disability groups and health and social care workers on Keep Safe and Hate Crime.

Last time, we told you that Kieran had been working on developing an Autism Awareness Lesson for secondary pupils. We are delighted to let you know that this is now AVAILABLE for FREE on the Online Learning Platform.

**CLICK THE PICTURE AND
KIERAN WILL TELL YOU
WHY HE WANTED TO
DEVELOP THIS LESSON**



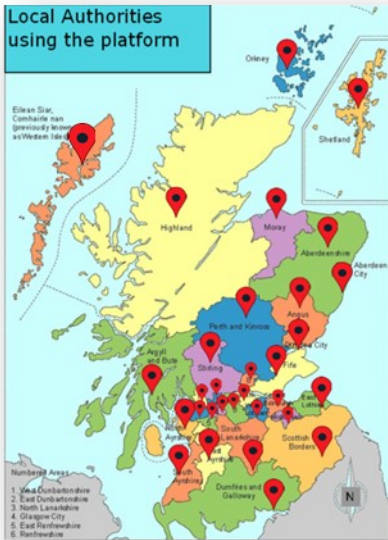
We are in the final stages of the development of the ADHD Awareness lesson. We would like to take this opportunity to thank the 10 children from West primary school, who have been developing the lesson with us. You are all amazing!



The team have started working with an amazing group of young people to develop an animation and lesson on Anti-social behaviour.

The lesson will highlight the impact of ASB and help identify how communities can work together to help tackle these issues.

WATCH THIS SPACE!



There are currently 1,377 police officers, teachers, youth groups and health and social care practitioners using the I Am Me Scotland Online Learning Platform.

The team have put together an Evaluation of the most recent Alcohol & Substance Awareness to showcase the resources, and highlight what people using it think works well, as well as what may need improved.

CLICK THE MAP TO READ THE EVALUATION

You asked....we listened!

You are continuing to help us improve our platform by providing regular feedback. We have had some amazing comments and suggestions, so THANK YOU to everyone who has taken the time to do this. Please take a look at the improvements we have made, thanks to your feedback!



Feedback

CLICK THE FEEDBACK PICTURE IF YOU WOULD LIKE TO PARTICIPATE



We received feedback that having to sign in before starting each lesson was too time consuming. Especially when facilitators were planning lessons and trying to navigate through the platform. The sign in section was implemented to enable us to evaluate the usage of the lessons.

The team has worked with the developer to omit the survey at the start of each lesson. Analytics can now be extracted straight from the website.

The "Notes" section was visible at the side of the screen allowing participants to see answers to questions that were being asked.

The "Outline" section has been moved to the side of the screen. This enables facilitators to hide the "Notes" section, allowing children and young people to answer the questions.



The automated voice on the Alcohol & Substance resources was off putting.

The voice overs that were still automated were updated to the voices of children, young people, and people with lived and living experience, the same as the rest of the resources.



#MakeADifference



Gartcosh Primary School

Mhairi and Kieran were at Gartcosh Primary School delivering our early years education package. They had so much fun, and the children knew so much about different disabilities and how to be a good friend! The teddies also loved how well the children looked after them. Check out all the lovely pictures below!



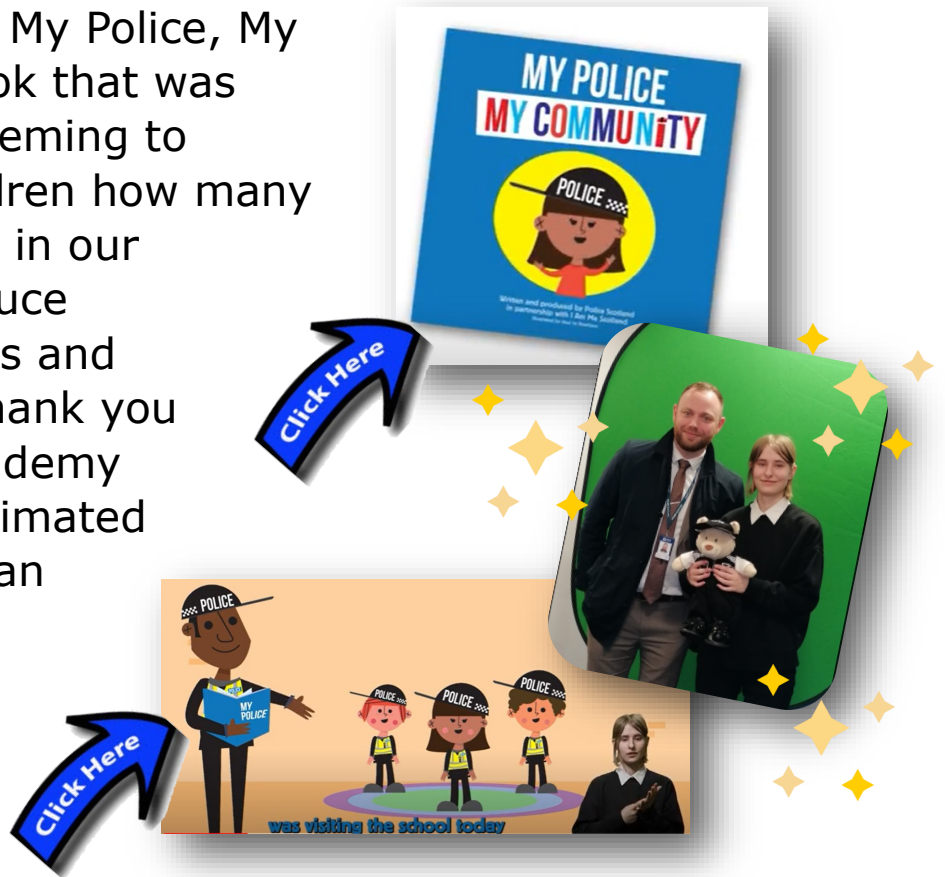


In other news..



My Police, My Community

We're delighted to share My Police, My Community. This is a book that was written by DC Stewart Fleming to highlight to nursery children how many amazing people we have in our communities, and introduce other emergency services and what they do. A HUGE thank you to Judy from Grange Academy who signed (BSL) the animated version.....Judy, you are an absolute Star. Also a massive shout out to Mrs Nicholls who worked her magic in the background.



Sunday Social

Turning Point Scotland



Turning Point Scotland are starting back up their Sunday Social event that will take place on the last Sunday of every month at **Kirklandneuk Community Centre, 34 Ness Road, Renfrew, PA4 9DE, from 2pm-4pm.** It is **£5 entry** which can be bought and paid for on the day at the door, this entry fee includes a quiz, bingo tickets and refreshments. The event is designed to be relaxed and in a big space so feel free to pop along. If you would like more information, contact:

fionamilne@turningpointscotland.com or claireleikertas@turningpointscotland.com

TURNING POINT SCOTLAND

RenConnect

SUNDAY SOCIAL

Quiz, Games and Bingo with Friends!

- Last Sunday of the Month
- Kirklandneuk Community Center, Ness Rd, Renfrew
- £5 on the door 2pm to 4pm





In other news..



A new venture!

Say hello to the new I Am Me Scotland car

Have a wee sneak peak at our new team car with Arnold Clark and Renfrewshire Council, funded by the Robertson Trust, Rio Stakis and Glasgow Airport. We also received the National Hate Crime Award through the post for our work with Police Scotland on hate crime education and Keep Safe Scotland.



Glasgow and Clyde Rape Crisis

Glasgow and Clyde Rape Crisis (GCRC) is a service that support women and girls 13 years old and above who have experienced rape or sexual violence. They have various services available for woman, including emotional support and an advocacy service regarding reporting to police and the court process.

GCRC are looking to work in partnership with organisations who work within homelessness organisations, recovery hubs, disability organisations, community centres, and women's groups within the 6 council areas of Glasgow, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire and Inverclyde area. They know that survivors in each of these areas need and deserve our support – so please get in touch for more information. To find out more [click here](#).



GLASGOW AND CLYDE RAPE CRISIS



We've got news!



Say hello to the new I Am Me Scotland car

The team got pictures with Paisley Daily Express with our new team car with Arnold Clark and Renfrewshire Council, funded by the Robertson Trust, Rio Stakis and Glasgow Airport.



Keep Safe—Helensburgh

Helensburgh Wetherspoon staff recently completed Keep Safe training and signed up as a Keep Safe place to add to the ever growing network of Keep Safe places in Argyll and Bute and Across Scotland. To read the article [click here](#).

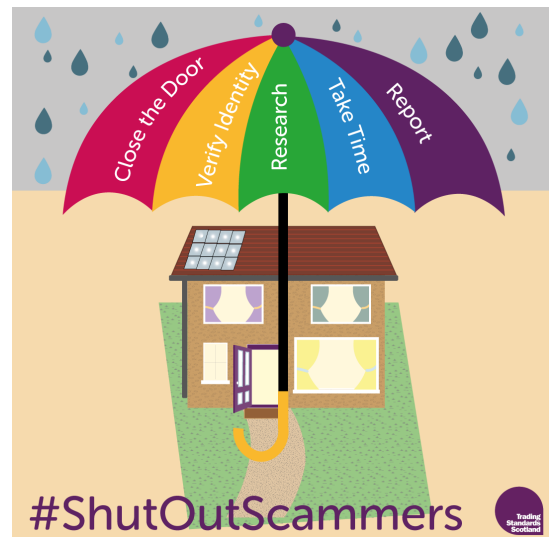


Shut Out Scammers Campaign



As more people struggle with price increases and rising energy bills, rogue traders and companies may attempt to exploit the cost of living crisis and scam consumers by providing misleading information about products and services and posting misleading reviews online.

Trading Standards Scotland are running a month-long Shut Out Scammers campaign from 17 April aimed at empowering consumers and raising awareness of how they can protect themselves from misleading information and rogue traders. To find out more [click here](#).





Check this!



Learn and Thrive!

Learn and Thrive provides free, specialist resources for children with Down's syndrome and other special educational needs. They realised the importance of online resources during the pandemic, and they've continued to be used once schools have reopened, inside and outside of educational settings. Teach Me Too provides resources for early years and KS1 on a wide range of topics, covering much of the early years curriculum. Learning for Life is for young people, from the last years of primary all the way to adulthood, providing guidance on keeping safe as they grow up, and in their newest set of resources, all about coping with their own emotions and understanding those of others. Using the RSE national curriculum, they are delivering more content focused on the vital skills needed by our young people to keep themselves safe and access the real and lifelong connections and relationships that they deserve.

Their resources are all online and free of charge, so they are accessible to everyone, regardless of their background! They are designed to be used with adult supervision, alongside the school curriculum. If you'd like to learn more about their resources and how they can help your child to learn and thrive, check out their blogs, where they describe in detail why they use certain tools in their teaching, and much more. Why not start with their first blog, Welcome to Learn and Thrive, to understand a bit more about them. Check out their blogs on their website at learnandthrive.org.uk/news.

Learn and Thrive

Fundraising



We have developed a fundraising pack filled with helpful ideas and resources for ANYONE who would like to fundraise for the charity.

These include ideas for schools to raise funds to cover the cost of their visit from the I Am Me team and ideas for individuals or community groups who are just looking to donate or become a little more involved.

I Am Me currently receive no ongoing funding and therefore any contribution, no matter how small, is HUGELY appreciated!

The pack is available upon request by contacting us at

iamme@renfrewshire.gov.uk



Donation Tins

Is there space at your reception or counter for one of our donation tins?

Please let us know by contacting iamme@renfrewshire.gov.uk and we will have some sent out to you.



We would like to say a huge **THANK YOU** to each of the businesses who made space for one of our collection tins at their counter.

You know that old saying 'if you don't ask, you don't get...?'

Did you know that you can donate to I Am Me Scotland through PayPal?

There is a PayPal link hiding at the bottom of our [website](#)—luckily, we have saved you the effort of trying to look for it, by linking it right here, in our newsletter...



Keep Safe Scotland App—Download Now!

Keep Safe is a national initiative that works with a network of businesses such as shops, libraries and cafes who have agreed to make their premises a 'Keep Safe' place for people to go if they feel frightened, distressed or are feeling vulnerable when out in the community.

The Keep Safe Scotland app is available for free on Android and iOS devices.



The app can be used to:

- ◆ Plan routes with Keep Safe places highlighted along the way.
- ◆ View a list of all Keep Safe places across Scotland - broken down by local authority.
- ◆ Find out more information about Keep Safe places such as opening hours, website, telephone number etc.
- ◆ Find the nearest Keep Safe place to the app user and link with Google/Apple maps for directions to it.
- ◆ Link with Police Scotland's hate crime reporting form for a secure method of non-emergency reporting.
- ◆ Link with Police Scotland to dial 101 or 999 with an approximate location displayed before the call connects, so that if the app user is lost and in distress they can alert Police Scotland to their whereabouts.
****In an emergency 999 should always be dialled first. It is not recommended to delay help by going through the app in an immediate emergency situation****
- ◆ Find out more information about different local authorities, such as events, useful contacts, news, and links.
- ◆ Find out more about I Am Me Scotland, such as the YouTube Channel, Twitter, Facebook, and email address.

For more information on the Keep Safe Scotland App, the Keep Safe initiative, or I Am Me Scotland, please contact: iamme@renfrewshire.gov.uk or visit www.iammescotland.co.uk

The Keep Safe Card

This is the Keep Safe card. The Keep Safe card is for anyone to use, and is available in some of our **Keep Safe places**, or can be requested by **contacting us**.

 Keep Safe  My name is	People who can help me  Name.....  Number.....
 Things you need to know about me and my health	 Name.....  Number.....
 How I communicate	 Name.....  Number.....
 Any other details	In a non emergency call the police on  101  In an emergency call the police on  999
	 Police Scotland www.scotland.police.uk  I Am Me www.iammescotland.co.uk  

The Keep Safe card contains details of the persons name, any health concerns, any communication needs, and helpful contact details for friends or family. The card is for use in Keep Safe places or with Police Scotland to highlight any additional support or assistance a person may require.

Keep Safe places can contact someone from the 'People who can help me' section to collect a person requiring Keep Safe assistance.

If you would like to distribute Keep Safe cards within your organisation, you would like to become a Keep Safe place, or you would like further information about the Keep Safe initiative in your area, then please **get in touch**.

An Overview of the I Am Me Project & the Keep Safe Initiative

I Am Me is a community charity that works in partnership with Police Scotland to raise awareness of and tackle disability hate crime.

Disability Hate Crime is one of the most under reported crimes in the UK, with an estimated 97% going unreported. Many incidents go unreported as disabled people accept abuse and harassment as part of daily life. There are 1 million people in Scotland registered as disabled or with a long term illness.

There are two key initiatives; I Am Me and Keep Safe:

I Am Me

I Am Me works with communities to raise awareness of what disability hate crime is and how incidents can affect individuals and the wider community. The project has worked with partners to produce a hard hitting film based on a young adult with autism and a learning disability, and the issues he faces within society. A teaching pack to accompany the film is available at www.iammescotland.co.uk and the film is available to view for free [here](#)—or by visiting our [YouTube](#).

I Am Me have also worked with a number of partners to develop a Primary School Resource which is available to download for free at www.iammescotland.co.uk. The resource aims to: introduce disability; increase understanding of the range of disabilities; highlight the effects of bullying and exclusion; highlight the consequences of hate crime. The films to accompany the resource are available for free [here](#) - or by visiting our [YouTube](#).

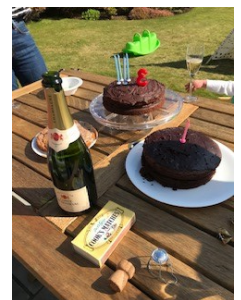
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) on twitter.



Keep Safe

Keep Safe works in partnership with Police Scotland and a network of local businesses to create 'Keep Safe' places for anyone when out and about in the community. People can access these premises to seek assistance and help if they feel lost, confused, scared, in danger or have been the victim of a crime. The initiative is being rolled out across Scotland in partnership with other Local Authorities and Police Scotland. An explanation video of Keep Safe can be found [here](#) - or by visiting our [YouTube](#). If you would like to be involved in the roll out of Keep Safe within your Local Authority, please contact us: iamme@renfrewshire.gov.uk.

Final Note... it has been a few of our committee members and partners birthday's over the past few months—so we'd like to say a big **happy birthday** to Andrew and Samantha. We hope you had a great birthday.



Thank You—Thank you for taking the time to read over our newsletter. For more information on the I Am Me project or the Keep Safe initiative, get in touch!



Kickstart your career with Arnold Clark!

At Arnold Clark, we want the best and brightest apprentices to join our organisation. We have a vast range of apprenticeship opportunities available from Technicians to Aftersales Customer Service Advisors.

As an Arnold Clark apprentice, you'll also get to enjoy a wide range of employee benefits, such as **33 days' holiday, free driving lessons**, and not to mention **96% of our apprentices are kept on in full-time employment**. So, if you are enthusiastic, a keen learner and willing to put in the work - we want to hear from you.

Applications for our March 2023 intake launch on **7th November 2022**.



Scan me!



Arnold Clark

056254