



I Am Me Scotland Newsletter

August 2022

Welcome to the I Am Me Scotland August 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 23](#) for an overview of I Am Me and the Keep Safe initiative.



Ambassador Days

I Am Me Scotland and Police Scotland trainers have been delivering the Keep Safe Ambassador training Programme to schools in Renfrewshire and Inverclyde! We have also delivered our first Easy Read Ambassador Day since Covid. Its been great to be back out and gaining fantastic new Ambassadors! To find out more head to: [Page 8](#)



Alcohol & Substance Awareness Resources

I Am Me have been working with Renfrewshire Council Children's Services and Renfrewshire Health and Social Care Partnership in developing new, engaging accessible lessons from Early Years to S5 on Alcohol and Substance Awareness Resources. To find out more head to: [Page 14](#)



In this issue

Meet I Am Me Keep Safe Learning Platform Other News...

Area	Number of Keep Safe Places
Aberdeenshire	24
Aberdeen	25
Angus	25
Argyll & Bute	58
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	42
East Ayrshire	33
East Dunbartonshire	6
East Lothian	16
East Renfrewshire	17
Edinburgh	41
Falkirk	15
Fife	24
Glasgow City	35
Highland	23
Inverclyde	29
Midlothian	12
Moray	12
North Ayrshire	14
North Lanarkshire	10
Orkney	2
Perth & Kinross	44
Renfrewshire	119
Scottish Borders	12
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	37
Stirling	35
West Dunbartonshire	32
West Lothian	20
COPFS	17
Scottish Courts	37
Total	938

Keep Safe

There are now **938** 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
PC Louise Cook**



PC Louise Cook has recently taken over as the Keep Safe local point of contact for Dundee. She has hit the ground running completing all annual checks for the division, signing up new premises whilst assisting with Keep Safe in other local Authority areas too. You have been a star well done!





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!

Aberdeen—We Too!



Aberdeen—Geek Retreat



Aberdeenshire — Grampian



Dundee—Bladez Hair and Beauty Salon



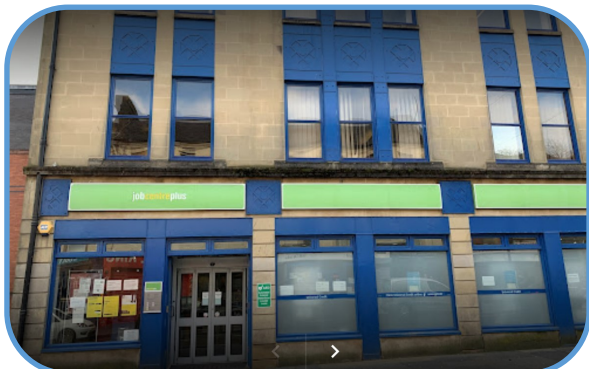
Dundee—Mecca Bingo Douglasfield



Dundee—The Bell Tree



Renfrewshire—Job Centre Plus





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North Ayrshire—The Barony Centre



Perth and Kinross—Starbucks High Street



**Argyll and Bute
New Hope Kitchen**



**East Lothian
Port Seton**



**West Dunbartonshire
Men's Shed**



East Lothian _ Royal Bank of Scotland



East Lothian—Tea at Tiffany's





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Glasgow—Salvation Army, Houldsworth Street



Glasgow—The Pyramid



Glasgow—Cranhill Development Trust



Glasgow—Starbucks Drive-thru, Great Western Road.



Enable Glasgow—Fortune Works



East Ayrshire—Don Sport





National Keep Safe Sign ups



In the past few months, the I Am Me Team and Police Scotland partners have been working hard on signing up new premises on a national scale.

Co-op

The I Am Me Scotland Team and Police partners have been working closely with a National contact for Co-op to sign-up stores across Scotland, you can find a list of these stores on our FREE Keep Safe Scotland App.

We have signed up stores in these areas so far:

- Dundee.
- East Lothian.
- Stirling.
- Perth and Kinross.
- Edinburgh
- Aberdeen
- The Scottish Borders.



The Scottish Parliament

In May, I Am Me Scotland delivered Keep Safe Training to the Scottish Parliament building, adding the Scottish Parliament building as a new Keep Safe place.





Keep Safe



We are always looking to improve our initiatives and would really love your **feedback**.

This means we know what works and what needs improving!

Keep Safe is an award winning initiative that works in partnership with Police Scotland to create safe places within our communities.

We couldn't do it without you, so please click the link and tell us what you think!



Keep Safe Evaluation



Easy Read Keep Safe Evaluation



Playing It Safe



Aimee with CI Paul Cameron and Denny Macgee met with reporters from the Greenock Telegraph at West College Scotland—Greenock Waterfront Campus to discuss and promote the Keep Safe Initiative across Inverclyde. You can read the article here:

[Inverclyde police chief wants expansion of safety initiative | Greenock Telegraph](#)

If your business would like to become a Keep Safe place or you would like to nominate a Keep Safe place, contact us via:

Iammescotland@outlook.com



Ambassador Days



The Keep Safe Ambassadors programme has been 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





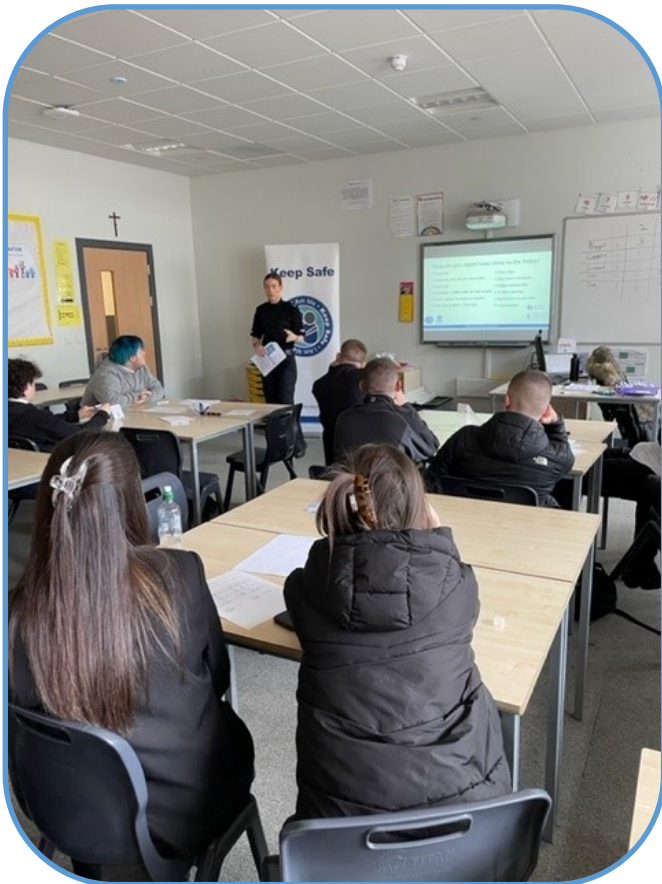
Ambassador Days

Keep Safe Ambassador Days



St Ambrose High School

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in St Ambrose High School in Coatbridge. Everyone including the trainers had a great educational day. We hope to train more ambassadors in Lanarkshire soon!



	1	2	3	4	5
Abigail	4	3	3	3	3
Gregory	5	1	1	2	1
Srihad	3	5	5	5	5
Ivan	2	2	2	1	4
Slug	1	4	4	4	2





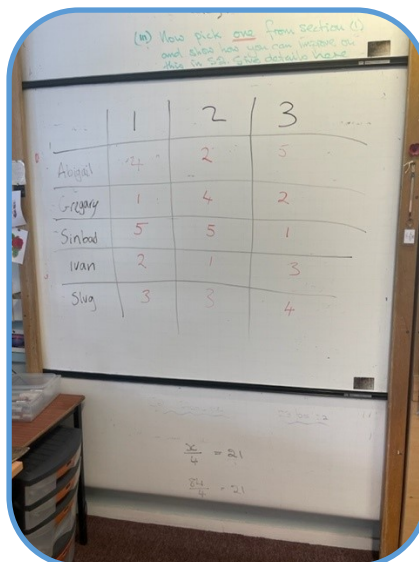
Ambassador Days

Keep Safe Ambassador Days



Trinity High School

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Trinity High School in Coatbridge. Everyone including the trainers had a great educational day. It was a welcomed break from exams for the students!





Ambassador Days

Keep Safe Ambassador Days



Fortune Works

I Am Me and Police Scotland trainers recently delivered the easy read Keep Safe Ambassador Programme in Fortune Works in Glasgow. We all had a fun, educational day, thank-you for having us, it was a blast!





Events



Head Injury Information Day Digby Brown



I Am Me Scotland were kindly invited along to Digby Browns Head Injury Information Day in Glasgow on the 18th of May. Aimee and Kieran were joined by PC Magdalena Ross in holding an information stand at the event, it was a great informational day for all involved. It was lovely to meet new people and spread information about the Keep Safe Initiative! Thank-you for having us.

We were also invited to be one of the speakers at the Head Injury Information Day in Edinburgh on the 11th of May, Aimee presented information about I Am Me Scotland, The Keep Safe Initiative and Online lessons. The talk was well received and created interest. Aimee was also joined by PC Lynsay Claxton in holding an information stand at the event, its been great to get out and meet new people!



Edinburgh North Community Festival



We attended North Edinburgh Community Festival to hold an information stand along with Officers and PC Lynsay Claxton. It was a fun, family friendly day with lots of new connections being made. Thank-you for inviting us, we had a great time!



Events



Aimee and Kieran held an information stand in Xsite. We had a great day speaking to the community, raising money and raising awareness of the Keep Safe Initiative. Thanks for having us it was great!



Mardigla



I Am Me Scotland were kindly invited to Mardigla pride weekend! Mhairi joined in on the festivities on the Saturday where she was joined by some lovely officers PC Elspeth Stevenson and PC Evie Coultas to create a safe, quiet place for anyone to use when they needed it.

Aimee joined in on the festivities on the Sunday. On both days the Safe place had information on the Keep Safe initiative and how to Keep Safe. It was lovely meeting and chatting with everyone on such an important weekend!





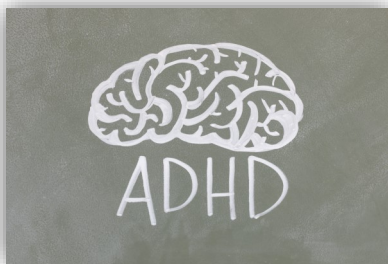
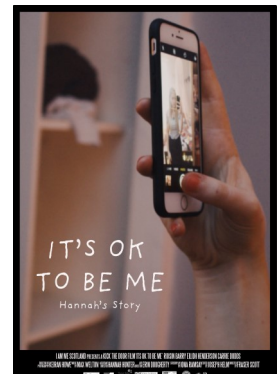
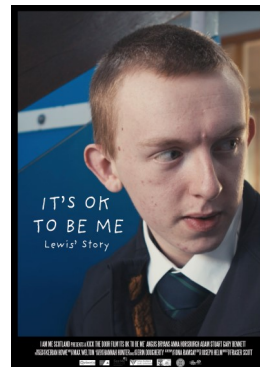
Our Online Learning Platform is available to all schools in Scotland **FREE!**

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.

In our #MakeaDifference section, we have exciting, interactive lessons, animations and videos talking about different disabilities, inclusion, bullying and the consequences of hate crime. We have additional lessons on Children's Rights, Dementia Awareness and Down's syndrome Awareness. You can access the platform [HERE](#)

COMING NEXT TERM

We are currently working on a range of High School resources for the education platform. These will include Mental Health films/lessons and Alcohol and Substance Awareness lessons. We worked with some amazing people who have lived/living experience of drugs and alcohol addiction. We have also worked with children and young people and all of their voices can be heard throughout the lessons.



We are also excited to have a new project on the horizon. We will be working towards developing an animation and lesson to raise awareness of ADHD.

If your school would like access to our FREE online resources, please contact the team on iamme@renfrewshire.gov.uk and we will set you up with a username and password.



Alcohol & Substance Awareness Educational Resources

The team have been working with Renfrewshire Council Children's Services, NHS, Police Scotland and Renfrewshire Health and Social Care Partnership in developing new, engaging accessible lessons from Early Years to S5 on Alcohol and Drug Awareness Resources.



The team have been working with lots of people over the past 9 months to develop a Substance Awareness package from nursery school (people who can keep me safe), all the way through to S5. The lessons have been designed with children, young people and people who have life experience of drugs and alcohol. The Primary school package follows the story of Zac and Ella from nursery through to P7 in 7 amazing short animations and an animated book. An interactive lesson has been developed to further explore the key messages.



The secondary lessons have been developed with young people and people who have lived experience of addiction. There are 4 interactive lessons for each year group, a range of partner videos, Q&A's with young people, information videos, animations and quizzes. All lessons in the package are narrated by young people to facilitate a peer to peer learning experience and increase accessibility and inclusive learning.





Alcohol & Substance Awareness Educational Resources



Lights, Camera, Action!

The Secondary school Alcohol and Substance Awareness resources are well underway, the lessons will be interactive and include a variety of videos containing information from professionals who have experience working closely with individuals who have lived and living experience of Alcohol and Substance use.

Thank you to everyone who took part.



We worked with ED Consultant George Oommen from the NHS to find out a bit more about the impact of substance use on the NHS.

We also worked with Paramedic Scott Diamond from the Scottish Ambulance Service who answered some questions from young people and highlights the impact that drug and alcohol use can have on the Scottish Ambulance service.



Alan Gilmour from the Youth Navigators took part in some filming and answered some questions about what they do to support young people.

Officers from Renfrewshire and Inverclyde Police Division were also kept busy answering questions from young people about the impacts substance use has on the emergency services!





Lights, Camera, Action!



Ainslie from Police Scotland Forensic Science unit filmed a Q&A style series of short films about what is in drugs and the effects these can have on the body.

PC Hannah Michell from Police Scotland who told us about her job and the focus on keeping people safe in the community.



Thanks also to, Ceiran and Amy for voice overs for S1 and S2 and the information videos. Benjamin and Eimear for voice overs for S4 and S5 and the information videos. Young People at Mirren Park and St Andrews and the primary school children for helping develop the animations, lessons and providing voice overs and Q&A's.





Thank-you!

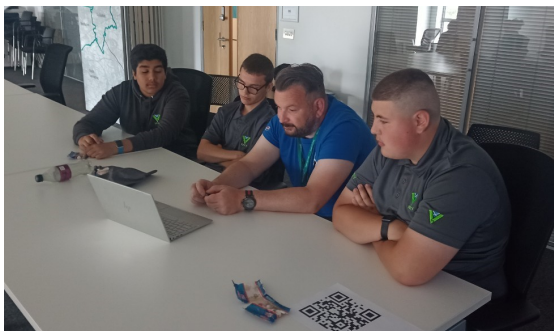


We would like to say a huge thank-you all **893** people who helped us to develop and test the lessons. We couldn't have done it without you.

Thank-you to the 296 pupils at West Primary School in Renfrewshire who tested all the primary school Alcohol & Substance Awareness lessons from the nursery class all the way up to Primary 7, you were all stars and we had an amazing day with you.



We would like to say another big thank-you to Sameena and Mariya from Another Star in the Sky Charity and, the PSYV Glasgow Group, who all helped us test the secondary lessons.



Another massive thank-you to the Officers Craig Bookless, Martin Williamson, and Stephen Carr from Police Scotland who assisted with information and the testing of these lessons. Thank-you again!





In other news..



Our lead Keep Safe Ambassador Andrew recently competed in his first Rhythmic Gymnastics competition winning 2 gold medals on his first go! Well done Andrew!



NHS Awkward Moments Campaign



The NHS has a new consent campaign for 16-19 year olds in response to academic research completed in 2019. The campaign aims to help Scottish people (aged 16-19) to recognise what good consensual intimate experiences can look like. The objective of the work is to provide support and increase confidence to start the important conversations around positive and mutual consent. You can have a look at this by clicking the Picture below:



Violence against Women and Girls Strategy

Police Scotland is developing its strategy to improve its response to tackling violence against women and girls, to support culture change and to improve the safety and sense of safety of women and girls in Scotland's communities. They want to hear from all communities, so that your experiences and ideas inform what they do.

If you are aged 16 or above, we want to learn more about your experiences. Share your story via <https://bit.ly/3IBJtgC>

Share your ideas about what we can do within and with Scotland's communities to end violence against women and girls. Let's all work together. To take part, visit <https://bit.ly/3cfsPr9>

How can we make Scotland a safe place for women and girls?

Share your ideas and stories to help shape our strategy.



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.....  Name.....  Number.....
 How I communicate	In a non emergency call the police on  101  In an emergency call the police on  999
 Any other details	 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](#).

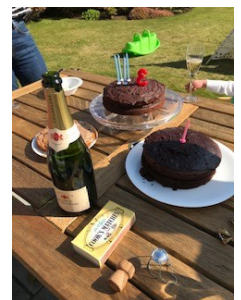
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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 Aimee, Kieran, Molly, Debbie, Eileen, Lorraine, Ruth, Ava and Steph. We hope you all had an amazing day!



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!