



I Am Me Scotland Newsletter

December 2022

Welcome to the I Am Me Scotland's CHRISTMAS Newsletter!

Everyone at I Am Me loves to get in the Christmas spirit and spread festive cheer, so be prepared for a newsletter that showcases lots of great work in the community and the true spirit of Christmas. 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 25](#) for an overview of I Am Me and the Keep Safe initiative.



Christmas Giving

Continuing Christmas tradition I Am Me reached out to ROAR and Renfrewshire Care Homes to organise Christmas gifts for older people across Renfrewshire.

Thank-you to everyone who gifted the beautiful presents, spreading some Christmas cheer!

To find out more head to [page 16](#)



Keep Safe Inverclyde

The I Am Me team along with 2 Police Officers from Inverclyde delivered an Easy Read Keep Safe coffee afternoon input organised by Key Housing, we had a great day! To find out more head to [page 6](#)



In this issue

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Keep Safe

There are now **970** 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

Area	Number of Keep Safe Places
Aberdeenshire	24
Aberdeen	26
Angus	31
Argyll & Bute	64
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	83
Dundee	43
East Ayrshire	33
East Dunbartonshire	6
East Lothian	17
East Renfrewshire	17
Edinburgh	41
Falkirk	16
Fife	23
Glasgow City	41
Highland	23
Inverclyde	29
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	11
Orkney	2
Perth & Kinross	45
Renfrewshire	120
Scottish Borders	20
Shetland Islands	1
South Ayrshire	18
South Lanarkshire	39
Stirling	35
West Dunbartonshire	33
West Lothian	20
COPFS	17
Scottish Courts	37
Total	970



Keep Safe Star



PC Gemma Clyde from Glasgow Police division has been busy working hard signing up new Keep Safe places across Glasgow including some new and exciting sign-ups! PC Gemma Clyde has also been working hard at raising awareness of the Keep Safe Initiative. 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!

Glasgow – Drumchapel Housing Co-operative



Glasgow – The Tall Ship



National Keep Safe Sign ups



Glasgow – The Riverside Museum

Aimee and Officers from Glasgow Police delivered Keep Safe training to The Riverside Museum, adding this huge sign-up to the national network of Keep Safe places!





Keep Safe Sign ups

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**East Ayrshire—Ayrshire College
Kilmarnock Campus**



**Argyll and Bute—Tarbert
Medical Practice**



**North Ayrshire—Ayrshire
College Kilwinning Campus**



**Edinburgh—Compass Therapy
Support Community**



**East Lothian—Volunteer Centre
East Lothian**





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



Hamper Raffle winners!



The I Am Me team held a Hamper raffle, entrants could either buy a raffle ticket or fill out a survey to enter. Thank-you to the people who donated lovely prizes for the Keep Safe hamper to make it possible! The winners were picked at random on the 16th of December, thank-you to all the entrants we raised a massive £130.08. Well done to all the winners just in time for Christmas!





Keep Safe Inverclyde



Henry O'Rourke from Key organised an Easy Read Keep Safe input and we were delighted to be joined with service users from Inverclyde East, Inverclyde West and Dunoon. The I Am Me team delivered the session with Officers from Greenock Police station. We talked about Keep Safe, Keep Safe places and how to keep yourself safe. It was a great, fun, educational morning and amazing to be spreading awareness in Inverclyde. The day was well received, and everyone learned a lot. The groups had an opportunity to speak with PC Boyd and PC Daniel and learn different ways to report crimes. Thankyou to Henry for organising the session and huge thank- you to everyone who came along. We hope you had as much fun as we did!





Keep Safe Great Work Spotlight!



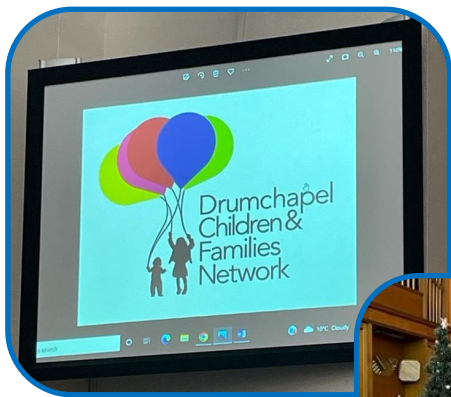
Glasgow Central Station



The I Am Me team and PC Magda Ross were at Glasgow Central Station for Keep Safe refresher training with staff and Officers from British Transport Police. Ensuring anyone can have a Safe place in the station.



PC Rhionna MacRae



PC Rhionna MacRae from Glasgow Police division engaged with 3D Drumchapel, a charity that works with local children and families to deliver a Keep Safe training to groups within Drumchapel, well done!



Gavin Newlands MSP

The team delivered some Keep Safe Refresher training, and spoke about our Educational packages to MSP Gavin Newlands, and all the staff within Gavin Newlands MSP Office, thank-you for having us.





Ambassador Days



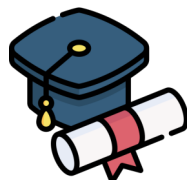
The Keep Safe Ambassadors programme has been developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

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





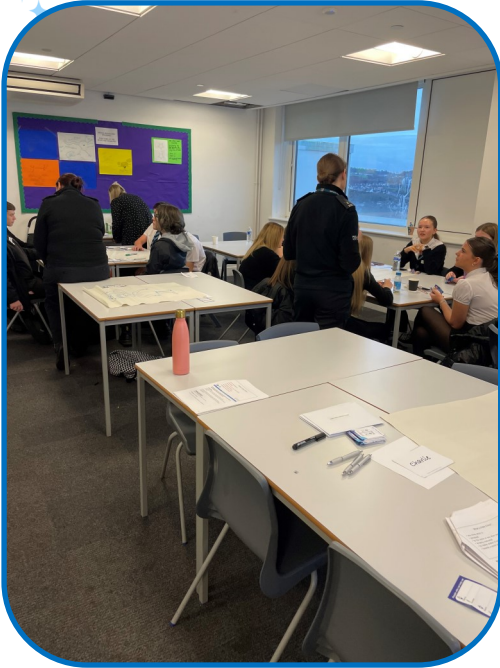
Ambassador Days

Keep Safe Ambassador Days



St Columba's High School

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in St Columba's High School in Inverclyde. Everyone including the trainers had a great day. We have had a great time delivering Keep Safe Ambassadors training across Inverclyde this year!





Ambassador Days

Keep Safe Ambassador Days



Values into Action

I Am Me and Police Scotland trainer PC Magda Ross recently delivered The Easy Read Keep Safe Ambassador programme to groups from Values into Action, and The Mungo Foundation. We all had a fun, educational day. Thank-you to Donna-Marie Spiers for organising the day, it was a blast!



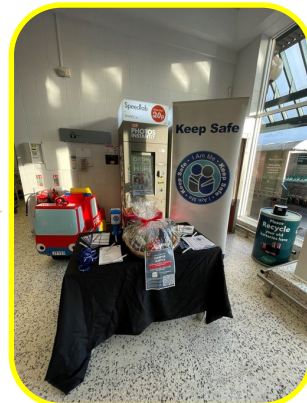
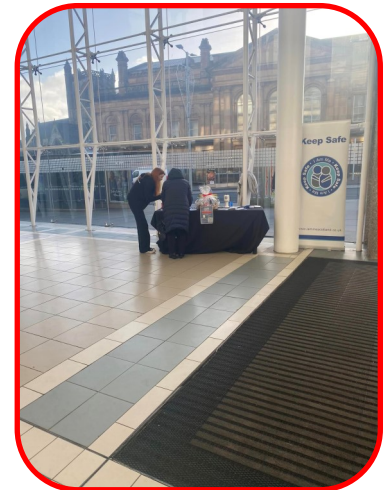


Events



Keep Safe Stalls

I Am Me Scotland were out and about in Renfrewshire at Braehead Shopping Centre, Morrisons (Falside Road), and The Piazza Shopping Centre hosting Keep Safe information stalls, where the public could find out more information about the Keep Safe initiative and enter the free raffle by filling out a survey.



Police Scotland Festive Safety Campaign



Aimee joined Officers from Renfrewshire Police division in Braehead Shopping Centre and The Oak Mall in Greenock for Police Scotland's Festive Safety Campaign on how to keep safe during the Christmas period.





I Am Me Scotland Learning Platform

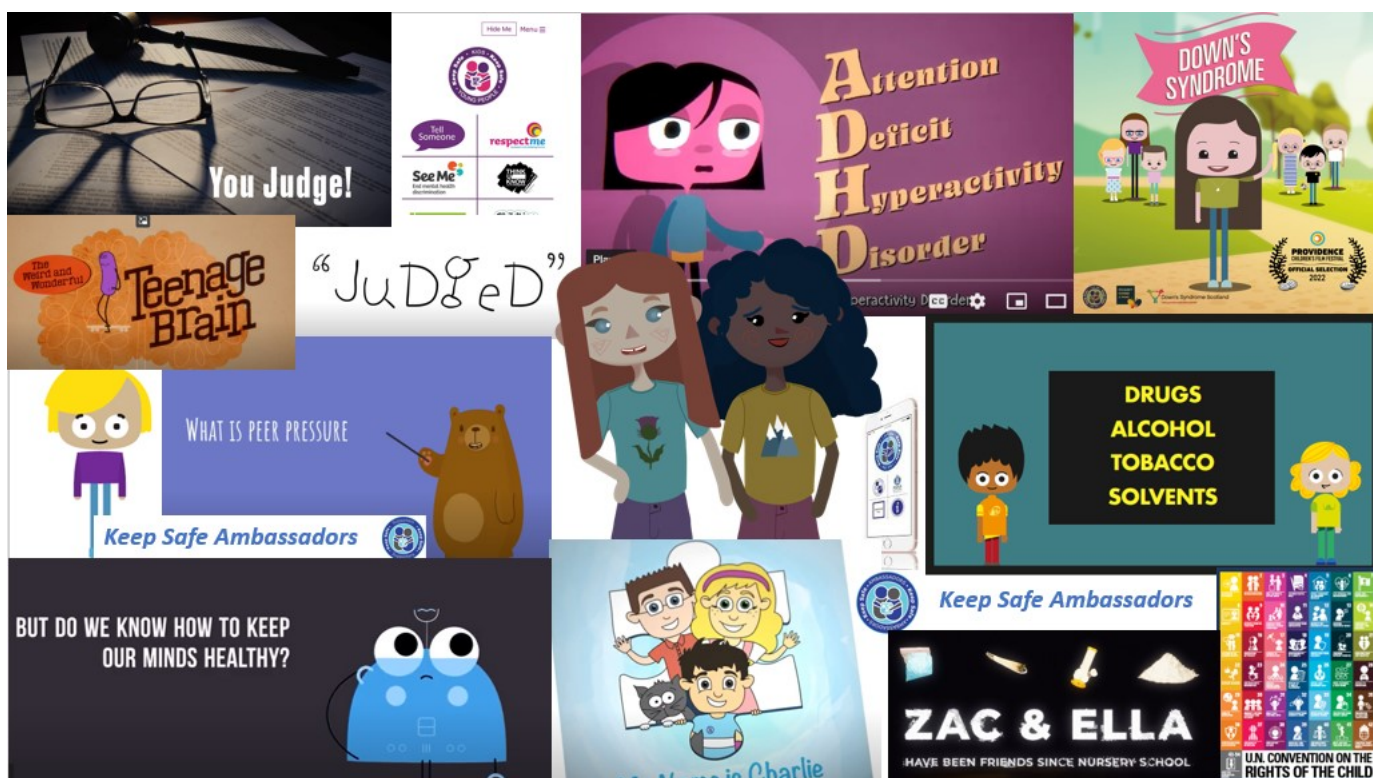
An exciting new suite of online resources supporting the Health & Wellbeing experiences and outcomes. Tailored lessons from Primary 1 to Primary 7 that can be used in the classroom and at home.



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 have **“Early Years & Primary”** and **“Secondary”** sections to help support teachers and Police Officers on many key topics. The platform pulls all resources together and includes exciting, interactive lessons, animations and videos talking about ***different disabilities, inclusion, bullying and the consequences of hate crime***. There are also additional lessons on **Children’s Rights, Dementia Awareness and Down’s syndrome Awareness**. The platform also hosts a suite of resources from Early Years through to S5 on **Alcohol and Substance Awareness**.



If your school would like access to our FREE online resources, please click the link below to register for a username and password

<https://iammescotlandeducation.org.uk/register/>

Educational Resources!

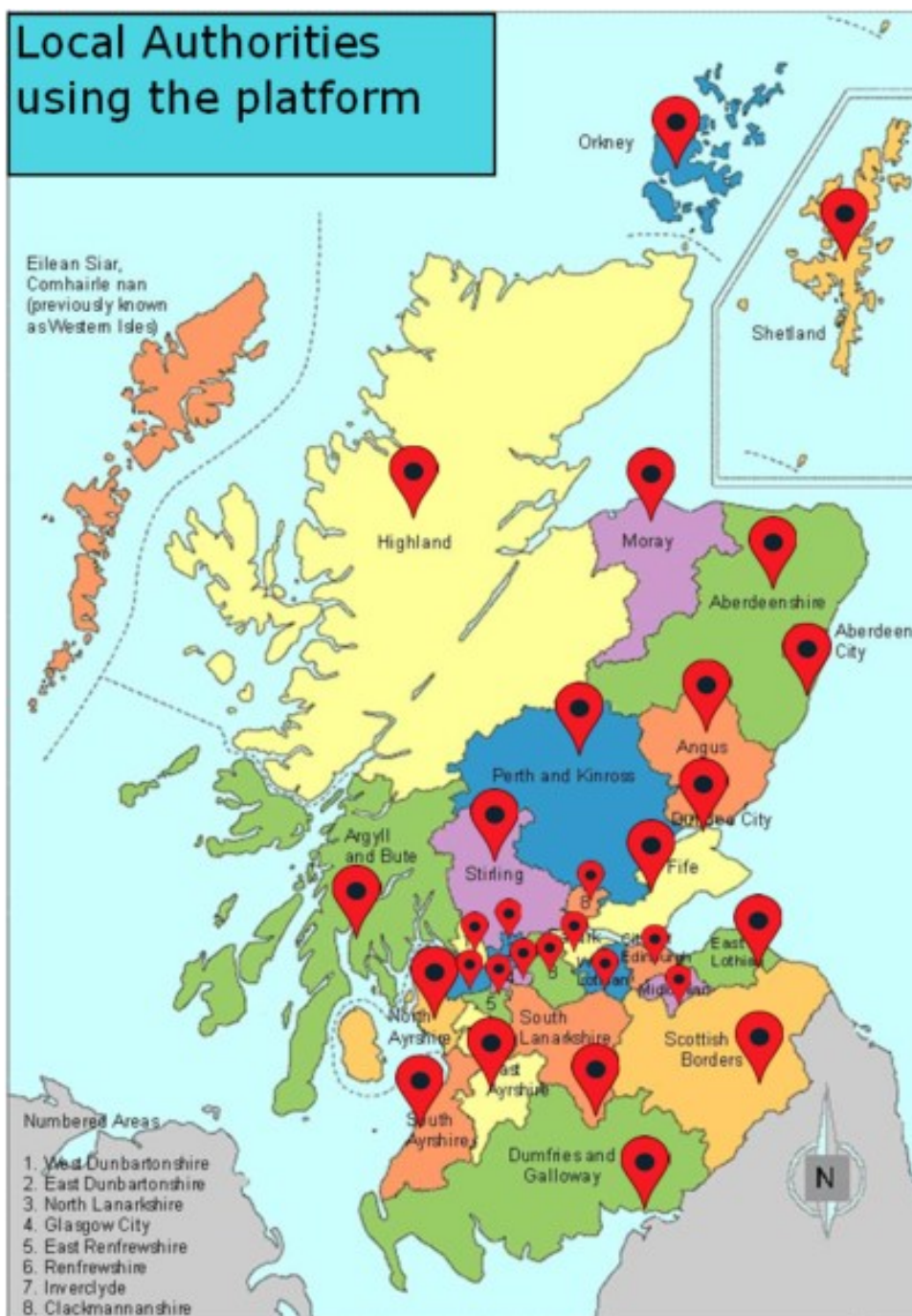
The I Am Me Scotland Education Platform is now being used in 31 of the 32 local authority areas in Scotland! There are an amazing 1,217 teachers, police officers, health and social care professionals and organisations that have FREE access to all of these amazing resources. Thank you for your continued support.



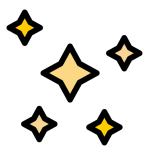
747 Teachers

364 Police Officers

106 Other (NHS, Social Care, Organisations)



Educational Resources!



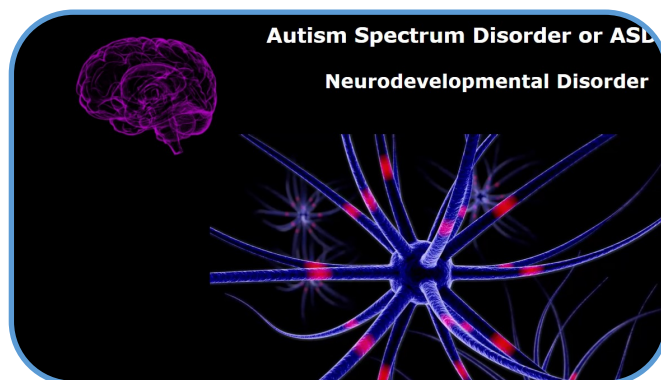
Glencoats Primary School

The team were invited to visit Glencoats Primary on anti-bullying week. We delivered the #MakeaDifference programme to the whole school! We talked about lots of different disabilities, bullying and the consequences of hate crime. Thank you for having us.....we had a great time.



Autism spectrum Disorder Lesson

Kieran has been working on an Autism Spectrum Disorder lesson for Secondary Pupils. This will hopefully be available on the platform in the new year. Thanks to Deborah and Gabby from Autism Connections who have also been helping with some of the content. Watch this space everyone!



How is the training relevant to you?



Social Care Worker training

The team have also developed a brand new training module for Social Care Workers highlighting Hate Crime and the Keep Safe Initiative.

This module is available NOW FREE to all Social Care Workers. [Click here](#) to go and take a look!

COMING SOON

[Coming soon ADHD Awareness lesson](#)

COMING SOON



Christmas Card Winner Thankyou!!

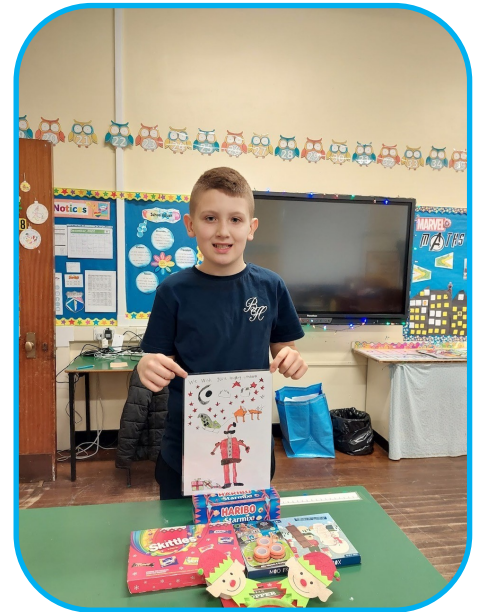


This year we asked school pupils again to make their own Christmas cards and write a nice Happy Christmas message inside. The winning card would win a magical Christmas Hamper to share with their whole class. However, the competition is extra special as each card would be delivered to an older person in Renfrewshire for Christmas.

Renfrewshire's Provost also donated the cards from The Provost Christmas competition, so this year there was a **phenomenal 2579 cards received.**

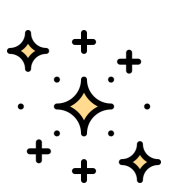
The cards have now been sent to all of our local care homes, so THANK YOU to all the children for their beautiful entries.

The runner up of the Competition was **Cody from Brediland Primary School**, well done! We hope you love your Christmas goodies.

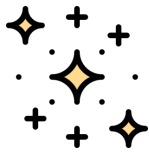


The winner of the Christmas competition was **Keziah from P7 from Woodlands Primary School**. The I Am Me team dropped off a hamper full of goodies and watched The Grinch with the class! Thank you to **Morrisons Falside Road** for their donations of sweets and selection boxes for the winners and runners up class!





Christmas Giving Thankyou!!



Another huge thank-you to the rest of the Christmas Card competition entries, we have received a thank-you from Capability Scotland who received 20 beautiful cards from the p6 children at Todholm Primary School! And another Thank-you from Ailsa Lodge Care Home in Erskine.

Hello,

We received your parcel today with 20 beautiful cards from the children in P6 at Todholm Primary School. They have filled my desk with glitter and I am sure make our customers here at Wallace Court smile!

Thank you to everyone who made a Christmas card and to those who organised this very thoughtful gesture. We hope you all have a Merry Christmas and a Happy New Year when it comes.

Hello

I just wanted to thank all the children who made the lovely Christmas cards for my residents greatly appreciated

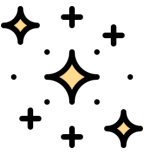
Christmas gifting!

A Massive thank you to everyone who has bought and wrapped beautiful gifts for older people across Renfrewshire Care Homes and gifts for ROAR. You are all STARS!





Christmas Giving Thankyou!!



The team were out dropping off gifts to Hunterhill Care Home and Montrose Care Home, take a look at how your gifts were received below. In total, we had **101 personalised gifts**, thank-you all.





Christmas Giving Thankyou!!



Thanks to Claire from Morrisons, Falside Road for the donation of shortbread and mince pies. An extra special thanks to our little elf, Lucas, who was on hand to help with some of the unwrapping.





Thank-you!



Thank-you to **Henry O'Rourke and Key Housing** for organising the Easy Read Keep Safe input in Inverclyde with service users, we all had a great day. Thank-you again!



A huge thank-you to Reo Stakis Charitable Foundation for donating a massive £10,000 pounds to I Am Me Scotland, we couldn't do what we do without donations from organisations like yourselves. A massive thank-you again!



Huge Thanks to our Sponsor Arnold Clark and our partners Police Scotland and Renfrewshire Council



We do what we do, thanks to you!



Another huge thank-you to Allwyn Crawford at promoting inclusion through sport, a community organisation supporting ASN Tennis for all. I Am Me Scotland recently donated £200 to fund volunteers on their Tennis Leaders course.



A huge thank-you to Morrisons Falside Road who donated the Christmas cards winner and runner up prizes, with lots of sweets and selection boxes and the mince pies and shortbread for the care homes. A massive thank-you again!





Awards season!



The I Am me team have been busy these past 2 months attending events! Alongside partners, we were nominated for 4 awards!

I Am Me Scotland were nominated for a National community Hate Crime Award at the No2H8 Crime awards in London. Unfortunately the team could not make it to the event, however I Am Me Scotland WON! Thank-you to all the judges and to the No2H8 Crime awards for the award.



Scottish Public Service Awards 2022

The I Am Me Team along with Fiona White from Renfrewshire Council and Craig Bookless from Police Scotland attended the Scottish Public Service Awards at the Scottish Parliament. I Am Me Scotland, Police Scotland and Renfrewshire Council were nominated for the Community Engagement award for the Alcohol and Substance Education programme, and Keep Safe Scotland was nominated for the Voluntary Sector Partnership Award. Unfortunately the team did not win however it was an honour to be shortlisted and we had a great time!



ROCCO Awards 2022

The I Am Me team were also nominated for a ROCCO Award under the invest in Renfrewshire category, where Carol and Kieran presented to the ROCCO 2022 Panel. This time around the I Am Me team were unlucky, however Kieran presented the team member award to Mhairi and Keep Safe Star award to Aimee. We had a great night as a team!





In other news..



Welcome Suzanne!

PC Suzanne Ng is I Am Me Scotland's new Police National Co-ordinator! We are looking forward to working with PC Suzanne NG and building a great relationship. Welcome Suzanne to the team.



Crime Stopper Campaign



Crime Stoppers UK and Fearless have launched their latest campaign focusing on youth violence and weapon possession. This campaign seeks to encourage young people to know more about the consequences of weapon carrying and the impact it has on individuals and families. The youth service of charity Crimestoppers also offers young people a way to report information or suspicions 100% anonymously. That means no personal details are ever taken when you contact the charity. To find out more you can follow Fearless on social medial:

Twitter: @Fearless_Scot

Instagram: @Fearless_Scot

TikTok: @Fearless.org



Scotland

CrimeStoppers.

0800 555 111

100% anonymous. Always.

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  POLICE SCOTLAND 

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](#).

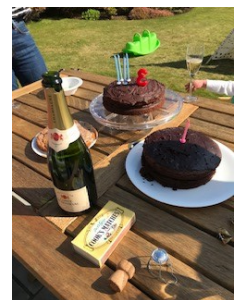
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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 Billy Burke, Stephen McLellan, Megan Milligan, Laura Matheson and Colin McKenzie. We hope you all had a great time,



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