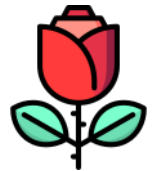




I Am Me Scotland Newsletter

February 2022



Welcome to the I Am Me Scotland February 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 22](#) for an overview of I Am Me and the Keep Safe initiative.



Ambassador Days

I Am Me Scotland and Police Scotland trainers delivered our first face to face Keep Safe Ambassador Training sessions since January 2020! Its was great to be back out in the Schools. To find out more head to: [Page 15](#)



Alcohol & Substance Educational Resources

I Am Me have been working alongside Renfrewshire Council Education and Renfrewshire Health and Social Care Partnership to make exciting interactive lessons for primary school children in Renfrewshire, teaching them about the risks of substance misuse. To find out more head to: [Page 11](#)



In this issue

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

Meet our FAVS

In each edition of the newsletter, we will be taking the opportunity to introduce you to two members of our Team, Board, Committee and partners! This month, we would like you to meet...



CS Linda Jones



Committee/Board Member

Role with Charity :

I have been a Board member since February 2021 when I moved to my current post of Head of Partnerships, Prevention and Community Wellbeing within Police Scotland. I took over from Chief Superintendent Davie Duncan who had great things to say about I Am Me.

About Yourself

I'm about to turn 50 and have 29 years police service. My husband is also a police officer. I spend a lot of my free time with my niece and nephew. I am passionate about policing and have undertaken many roles during my career including frontline policing, a national role within the Control Room and latterly Divisional Commander within Dumfries and Galloway. I like to see myself as a role model to others both within and outside Police Scotland and enjoy mentoring more junior colleagues

Hobbies/Interests

I love going on holiday and visiting other countries and experiencing different cultures. I recently took up golf as a hobby which I really enjoy and hope to improve my game this year. It's a very frustrating game though!!! I also enjoy going to the theatre and cinema.

Fun Fact About Yourself

I was a netball champion when I was at school....which was a long time ago!

Life Motto: Live for today

Reason for being involved with I Am Me

I am honoured to be a board member and I think the work the charity does is amazing. I have also learnt a lot about the charity since becoming a board member. I hope I can continue to contribute and support those most vulnerable in our communities while ensuring all police officers and members of police staff in Police Scotland are aware of the work carried out by I Am Me.

Kieran Kelly



Committee/Board Member

Role with charity:

I am the Project Support Assistant for I Am Me having been involved since 2016. I support the team with various requests, data management, money handling, and fulfilling enquires from our clients and app management for our Keep Safe Scotland App.

About Yourself:

I am 24 years old living in Paisley. I first started working with I Am Me as work experience for 6 months through Project SEARCH. I enjoyed it so much that I asked Carol if she can keep me on. She said yes and I was delighted to still be working with them. Right now, I am working on a programme to create an online lesson about autism spectrum disorder. I am hoping to finish this soon and perhaps move on to create other resources.

Hobbies/Interests:

I play games on the PlayStation and watch TV shows. I like using the internet to learn about geography and history! I also like going online to look up different aquatic animals through either photos or videos! One day I would like to meet aquatic animals, take photos with them, and explore with them.

Fun Fact About Yourself: When I am 40, I would like to move to The Canaries!

Life Motto: Always do things that make you happy!

Reason for being involved with I Am Me:

The reason for being involved with them is to help achieve our goal in guiding today's society of a path to be more understanding to those with disabilities and people with other backgrounds like race, religion, and LGBT. Reporting hate crime and making communities safer is another thing I am helping towards. When I first found out about the hate crime statistics for disability, my mind exploded. I am glad to have Keep Safe to work with to help encourage reporting and having Keep Safe Places as a gateway to a safer life for people from vulnerable backgrounds.

Area	Number of Keep Safe Places
Aberdeenshire	23
Aberdeen	21
Angus	27
Argyll & Bute	59
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	39
East Ayrshire	35
East Dunbartonshire	6
East Lothian	5
East Renfrewshire	16
Edinburgh	40
Falkirk	15
Fife	24
Glasgow City	28
Highland	23
Inverclyde	35
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	127
Scottish Borders	12
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	37
Stirling	34
West Dunbartonshire	31
West Lothian	20
COPFS	17
Scottish Courts	37
Total	927

Keep Safe

There are now **927** 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 Dale Logsdon



PC Dale Logsdon has been a great support to the Keep Safe initiative by signing up and training over 10 new businesses in West Dunbartonshire and supporting us on raising awareness. Thanks for all your continuing hard work. You're a star!



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!

Argyll & Bute

Argyll and Bute Service Point—

- Helensburgh.
- Lochgilphead.
- Oban.
- Dunoon.



Argyll College UHI—

- Rothesay.
- Dunoon.



Carr Gomm - Dunoon

Renfrewshire

Incube Shop– Renfrewshire



Edinburgh

St Marys Cathedral Lloyds TSB Museum on the Mound



The Highlands

Mr C's



Johnny Foxes & The Den



West Dunbartonshire

Foodfilla



Co-op—Thurso



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

@IammeScotland

@KeepSafeSam1





Keep Safe Awareness Day

23rd March 2022



Police Scotland and charity I Am Me Scotland are celebrating Keep Safe Awareness Day on **Wednesday, 23rd March 2022.**

#WeSupportKeepSafe



Keep Safe places are premises that disabled or vulnerable people can use to seek assistance, if required, while out in the community.



Designed to highlight the efforts underway across Scotland to create safe, supportive communities for everyone, the day also aims to encourage more premises to become Keep Safe places – safe havens in villages, towns and cities for anyone who may occasionally need assistance.

Since 2014 Police Scotland has been working in partnership with award winning community charity I Am Me Scotland to establish a network of Keep Safe Places across the country.

The initiative works with businesses and community resource locations, like cafes, shops, libraries, museums, or local authority premises and was designed in conjunction with disabled people who highlighted the importance of feeling safe in their local communities.



Can you help?



Some of the I Am Me team will be at **Tesco Linwood** on Keep Safe Awareness Day with a Keep Safe information stand between **10am-2pm**. We are hoping to hold a raffle on the day to raise much needed funds for the charity. Can you help? Are you able to support this day by;

- **Donating a prize – Any prizes would be greatly appreciated.**





Keep Safe Awareness Day

23rd March 2022



Get involved!

There are lots of exciting activities you can get involved in as well as various graphics to accompany any social media posts you wish you share. Remember to share any of your activities on social media and use the hashtag **#WeSupportKeepSafe**.

[Click here](#) to add the **Keep Safe Twibbon** to your profile picture and use the links below to access our social media pack and online activities.

Information for partners and community members

Keep Safe is a successful initiative due to strong working partnership by everyone involved. If you would like to raise awareness of the initiative, or share information on the Keep Safe Card and Keep Safe Scotland App please [click here](#) to access the social media pack. The social media pack includes graphics and videos to accompany any social media posts you wish to share.

Remember to tag us in any posts you make and use the hashtag **#WeSupportKeepSafe**

Information for Schools and Groups

It's time to get creative! You can take part in activities and get involved out in the community by hosting stalls, fundraising and holding awareness lessons in school. There are lots of resources within this toolkit that can help.



[Click here](#) to access the online activity pack where you can find fun Keep Safe activities. There is so much to choose from! Word Search, Spot the Difference, colouring in and even recipes to show off your baking skills in the kitchen.

You can also use any of the prepared graphics in the social media pack to share information on Keep Safe. Don't forget to tag us and use the hashtag **#WeSupportKeepSafe** so we can see your amazing work.

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



Keep Safe Edinburgh division

Police officers have been busy in Edinburgh promoting Keep Safe! PC Lynsay Claxton created a Keep Safe information video which included our Keep Safe Development officer Aimee, council members and Police Officers, you can find the video [HERE](#)



Edinburgh Police also held a talk with Teen Plus Scot about hate crime and the Keep Safe initiative.

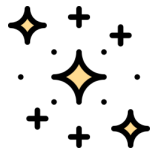
Officers in Edinburgh also held an information stand on a hate crime bus kindly provide by **Lothian busses**, where they raised awareness of hate crime and the Keep Safe Initiative. Well done guys, you have been amazing at raising awareness!

PC Lynsay Claxton has also been working hard on Signing up new businesses to Keep Safe!





Christmas Giving Thank-you!!



A MASSIVE thank you to everyone who bought and wrapped beautiful gifts for older people across Renfrewshire at Christmas time. These amazing gifts were delivered to residents in Renfrewshire care homes and older people within our community through ROAR. We have been blown away by the generosity and kindness of people over the Christmas period. Everyone was delighted with their gifts. You are all STARS!!





Christmas Giving Thankyou!!





Kids Awards



A HUGE congratulations to Daniel, Rian, Charlotte, Elsa, Amber, Chloe and Grace for winning not one, but two awards! All 7 children worked incredibly hard helping develop the Down's syndrome Awareness animation and lesson. We are delighted all of their hard work has been recognised by winning The Ben Cohen Stand Up Hero Award **AND** the Renfrewshire Inspiration Award! WELL DONE everyone, you are all stars!





Alcohol & Substance Misuse Educational Resources



Renfrewshire
Health & Social Care
Partnership

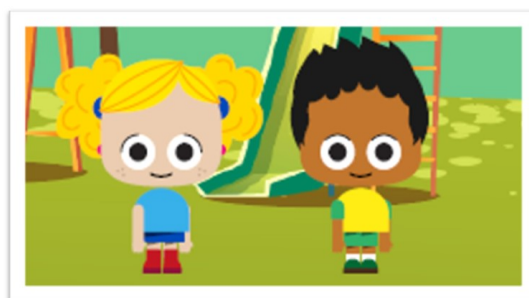


Renfrewshire
Council



I Am Me have been working with Renfrewshire Council Education and Renfrewshire Health and Social Care Partnership in developing new, engaging accessible lessons from Early Years to S6 on Alcohol and Substance Awareness Resources.

The children have been introduced to Zac and Ella, two animated characters who are best friends. Their role is to teach the children about safety throughout their time in primary school.



The animations are progressive and the children will follow Zac and Ella from Nursey through to Primary 7. They will learn about Keeping Safe, making good decisions, substances, peer pressure amongst lots of other things.

The team held pupil development groups in the following primary schools:

- Kirklandneuk Primary School - Renfrew
- Wallace Primary School – Elderslie
- Kilbarchan Primary School – Kilbarchan
- Heriot Primary School – Paisley
- Ralston Primary School - Paisley



We grow as we learn.





Alcohol & Substance Misuse Educational Resources



The children below helped develop scripts and ideas for the lessons and activities. We would like to thank each and every primary school and the children for taking part. It is so important to have their input and to have their voices heard on topics like this one. They all had amazing ideas and have been a part of something that will help lots of other children in the future. A massive thank you to the primary schools, teachers and all the children who helped create the resources!

Charlie and Lily
Kirklandneuk Primary

Blake- Ralston Primary

Lacey- Kirklandneuk Primary



Rachel and Ethan
Kilbarchan Primary

Madison and Craig- Heriot Primary



Chloe and Theo- Wallace Primary

Meiyee- Ralston Primary





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.



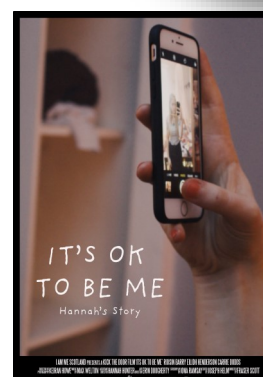
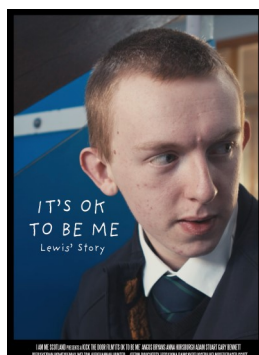
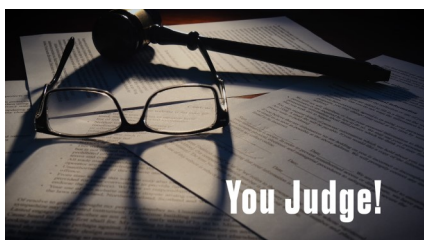
We are excited to announce that our Online Learning Platform is now available to all schools in Scotland FREE!

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](#)

WATCH THIS SPACE High School Resources

We are currently working on a range of High School resources for the education platform. These will include a Hate Crime Resource (developed in partnership with Police Scotland and the Crown Office), as well as Mental Health films/lessons and lessons accompanying the I Am Me film.



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.



Thankyou!



A Huge Thank You to Molly Reid and Kieran Kelly for their very generous donation to the charity!



A very big THANK-YOU to our ex-team member and amazing volunteer Megan for using her annual leave to deliver a Keep Safe Ambassador training day at Notre Dame school in Inverclyde. Thank-you Megan, you are a super star!

Thank you also to Foundation Scotland and Provident for funding Keep Safe in Inverclyde for 2022!



A big THANKS to the I Am Me Team for working through such challenging conditions the past 2 years.... It's not been easy, but lets hope 2022 will be more normal :-)



I Am Me Scotland announces Arnold Clark as new Charity sponsor!



Arnold Clark

Arnold Clark Chief Executive and Group Managing Director Eddie Hawthorne said: 'At Arnold Clark, we believe in the power of communities. I Am Me Scotland offer a variety of vital resources which mean that disabled people can participate more within the community, but they also inform and educate others on the challenges and dangers they face. We're delighted to offer them this sponsorship and hope that this will help them continue to make a real difference.'



Ambassador Days



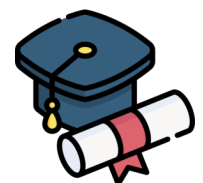
The Keep Safe Ambassadors is a programme developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

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





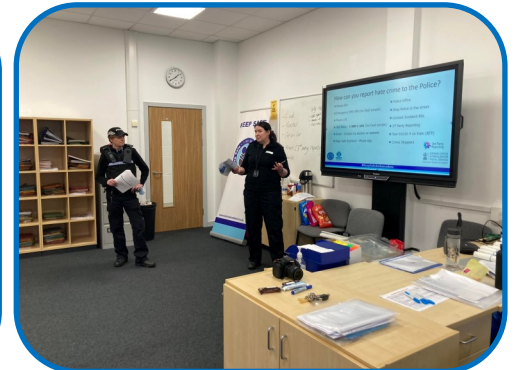
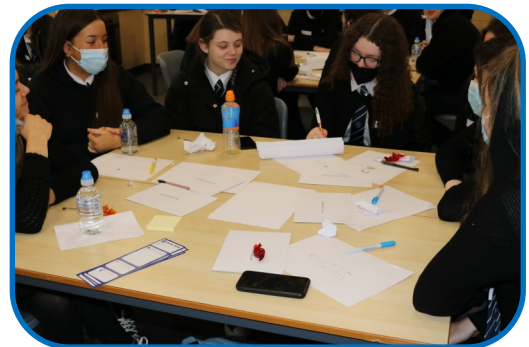
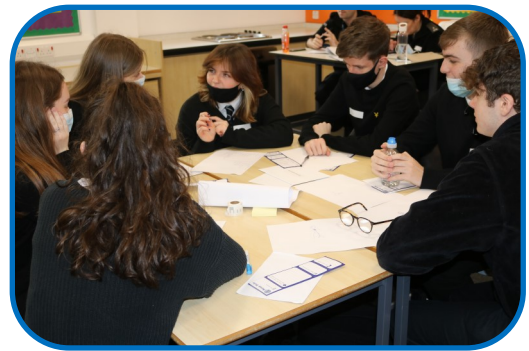
Ambassador Days

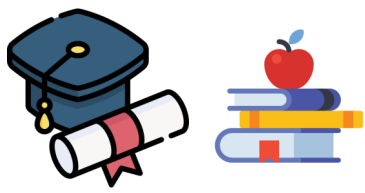
Keep Safe Ambassador Days



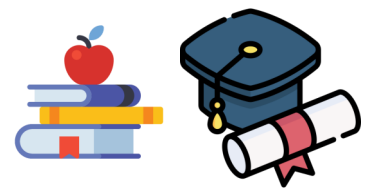
Notre Dame

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Notre Dame High School in Inverclyde. This was our first face to face Keep Safe Ambassador Training since January 2020. A Huge thank-you to Megan who came back and volunteered to help us deliver the session smoothly, we couldn't have done it without you. They were great educational days, its good to be back!



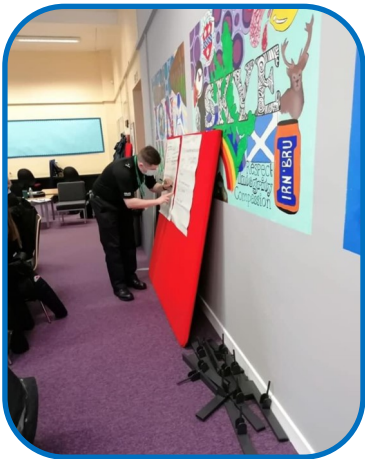


Ambassador Days



Keep Safe Ambassador Days Paisley Grammar

The Keep Safe Ambassador Programme was also delivered in Paisley Grammar School. The trainers and participants had a great day. Thank-you to all of our Police Scotland partners who assisted in both training days.





In other news..



First Bus Free Travel Under 21

From Monday 31st January, nearly 1 million 5-21 year olds across Scotland are now eligible for free bus travel. The aim of the scheme is to make sustainable travel more normal and ingrained in young people’s travelling habits and it will also contribute to a reduction in carbon emissions with Scotland aiming to become net-zero by 2045.



Young people can access the scheme by applying for a new entitlement card. New cards can be applied for using the websites Getyournec.scot, which can be used by any applicant aged 5-21, or ParentsPortal.Scot, which allows parents of children aged 5-11 to apply for them.

Distance Aware Scheme

The Scottish Government have started a new scheme to prompt people to respect the space of others, where possible. The scheme was developed by the Bevan Commission and supported by the Scottish Government, offering those who need it a special, easily recognised shield symbol.

This symbol can be worn to show others that some extra space and distance would be appreciated.

The scheme is open to anyone in Scotland.

The shield symbol can be worn by anyone who would appreciate distance and consideration from others.

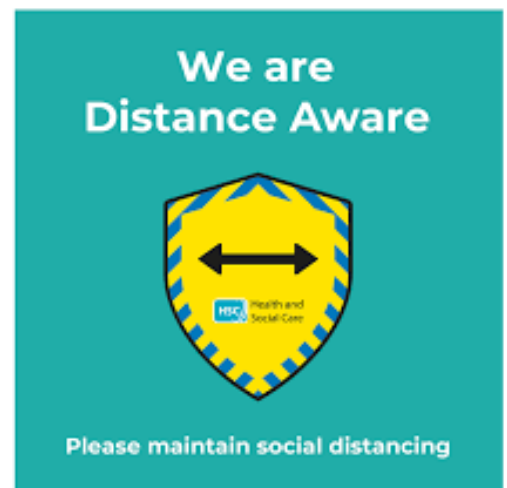
Free badges and lanyards featuring the Distance Aware shield are now available for individuals to collect in libraries and ASDA stores across Scotland and can be ordered online through participating charities. Details of these can be found at www.gov.scot/distanceaware



#DistanceAware

Please give me space.

Be Distance Aware.



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

Things you need to know about me and my health

How I communicate

Any other details

People who can help me

Name

Number

Name

Number

Name

Number

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](#).

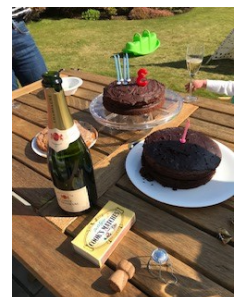
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#)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



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!