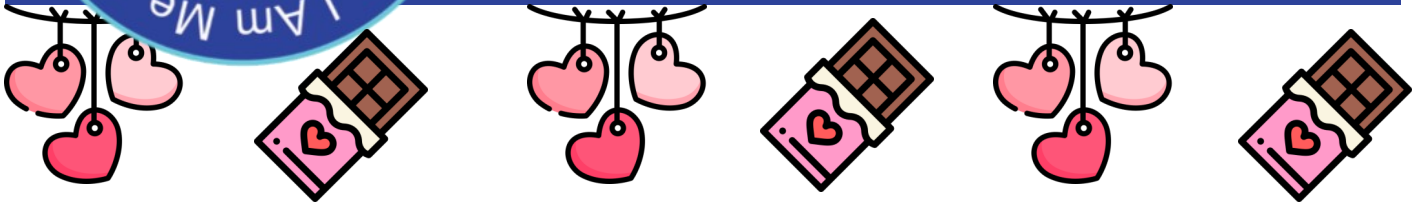




I Am Me Scotland Newsletter

February 2023



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 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 Train the Trainer Programme in St Mirin's Cathedral. Head to [Page 11](#) to find out more!



Educational Resources

We have been working for the past 3 years at developing resources for the Online Learning Platform! Head to [Page 13](#) to read the evaluation for the most recent Alcohol & Substance Awareness Resources. It gives some useful information about how the platform is being used Nationally and just how successful it has been!

Evaluation Report



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	26
Angus	29
Argyll & Bute	64
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	82
Dundee	43
East Ayrshire	32
East Dunbartonshire	6
East Lothian	24
East Renfrewshire	17
Edinburgh	42
Falkirk	16
Fife	23
Glasgow City	42
Highland	23
Inverclyde	29
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	11
Orkney	2
Perth & Kinross	44
Renfrewshire	119
Scottish Borders	20
Shetland Islands	1
South Ayrshire	18
South Lanarkshire	39
Stirling	35
West Dunbartonshire	34
West Lothian	20
COPFS	17
Scottish Courts	37
Total	974

Keep Safe

There are now **974** 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— Alannah Juchniewicz



PC Alannah Juchniewicz from East Lothian Police Division has been super busy signing up 7 Keep Safe places within the last month and 20 Keep Safe places in the past year, greatly adding to the ever growing network of Keep safe places across Scotland. Well done you are 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

Angus

Scotmid Co-op—Brechin



Scotmid Co-op—Montrose



Montrose Sports Centre



Argyll and

Wetherspoons—The Henry Bell



Dundee

Dundee Science



Abertay Housing Association



East Lothian

Meadowmill Sports Centre



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

@IammeScotland

@KeepSafeSam1





Keep Safe Sign ups

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East Lothian

Drift



Dunbar Leisure Pool



North Berwick Sports Centre



Loch Centre



Musselburgh Sports Centre



Aubigny Sports Centre



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

[@IammeScotland](https://twitter.com/IammeScotland)

[@KeepSafeSam1](https://twitter.com/KeepSafeSam1)





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

Edinburgh

Space @ The Broomhouse Hub



West Dunbartonshire

Old Kilpatrick Food



The Big Disability Group



Glasgow

Starbucks—Castlebank Street



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

@IammeScotland





Keep Safe Awareness Day

15th March 2022



Police Scotland and charity I Am Me Scotland are celebrating Keep Safe Awareness Day on **Wednesday, 15th of March 2022.**

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.

#WeSupportKeepSafe



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

Get involved!

Email: iammescotland@outlook.com

I Am Me Scotland - Registered charity: SC046060





Keep Safe Awareness Day

15th March 2023

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**

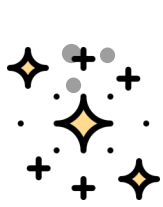
Information for Schools and Groups

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.

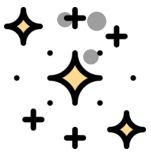


[Click here](#) to access the online activity pack where you can find fun Keep Safe activities. There is so much to choose from! Word Search, Spot the Difference, colouring in and even recipes to show off your baking skills in the kitchen.

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.



Christmas Giving Thank-you!!



Thank-you again to everyone who bought a lovely gift for residents in our Renfrewshire Care Homes. Everyone was very grateful and loved their gifts! One family member had emailed I Am Me the below thank-you!

“I wanted to write to thank you for the lovely Christmas gift you gave to my Mum this week.

My Mum is a fairly new resident at Montrose care home so is still settling in. When she initially went into hospital in July, all she wanted was to be home for Christmas but that can't happen now. The care home staff are amazing and are helping her settle but it was so very thoughtful to find your gift in her room when I visited earlier this week. She loved her gift, especially the rose gold hairbrush, comb and mirror set. Having her initials on the gift bag was such a lovely touch as well.

There was also a Christmas card drawn by a primary 1 St Charles' pupil. I don't know if this is something you also organised. If so, thank you. She has it displayed in her room and talks about it when I visit.”

We look forward to helping more people this year!



Keep Safe great work!

St Johnstone FC



St Johnstone FC is a registered Keep Safe place in Perth and Kinross who do some great work on ensuring their stadium is accessible, with accessible provisions below available for home and away fans:

- Assistance dogs welcome.
- ADC available.
- Sensory bag loan service.
- 'At your seat catering' at W/C Platforms.
- Reserved parking.
- A registered Keep Safe place.
- A sunflower lanyards member.



To find out more you can email: dao@perthsaints.co.uk

Or call: 01738459090





Keep Safe great work!



Glasgow PSYV Raising Awareness



PC Gemma Clyde from Glasgow division and the Police Scotland Youth Volunteers took to Glasgow West End to sign up as many premises to the Keep Safe Initiative. They did letter and information leaflet drops to premises. You are stars! together we want to create a safe and welcoming place in the Community for those who may be vulnerable.



Tulliallan Wellbeing Event

Aimee and Kieran were invited along to and attended Tulliallan's Police Colleges Wellbeing Event. Here they got the chance to speak to and raise awareness of the Keep Safe Initiative and education platform to new recruits who will soon be out in the community. It was a fun day for all involved. Thank-you for having us!



Starbucks Castlebank street Glasgow's great work!



PC Gemma Clyde recently signed up Starbucks Castlebank Street in Glasgow to the Keep Safe initiative, Mark Burnett the lead contact for Starbucks Castlebank Street had some lovely feedback for PC Gemma and the initiative:



'You guys give vulnerable people a truly remarkable gift by allowing them to live a normal life that most of us take for granted. The Police Constable that attended our store, PC Gemma Clyde from Partick Police Station was so kind, informative, knowledgeable and honest. My team really appreciated the time she took out of her day to chat so openly with us, she is a credit to your organisation'





Ambassador Days



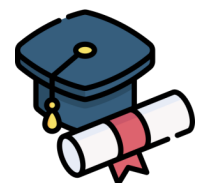
The Keep Safe Ambassador programme was developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

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



Train the Trainer!

PC Stephanie Rose and Megan came back to co-deliver the Keep Safe Ambassador Train the Trainer Programme in St. Mirin's Cathedral. Officers from all across Scotland were invited along! It was great to meet so many officers who were enthusiastic about delivering the training in their divisions. It was a great day. Thank you to everyone who travelled to come and take part.





Thankyou!



Thank-you to Megan and PC Stephanie Rose for delivering the Keep Safe Ambassador train the trainer programme at St. Mirin’s Cathedral on the 25/01/2023, we couldn’t have done it without you both! We hope you loved your thank-you flowers.



Thank You!



Thank You!



Strategic Planning Meeting



Thank-you so much to Alice from Engage Renfrewshire for facilitating the I Am Me Scotland Strategic Planning Meeting. Another huge thank-you to everyone who attended and gave their valuable time and inputs! We look forward to what’s to come in the future.





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.



CLICK THE PICTURE.

Alcohol & Substance Awareness Evaluation



There are currently 1,300 police officers, teachers 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

SOME FEEDBACK

The lessons were interactive, and I liked that it was spoken to at the young people's level and used "street language" as opposed to someone just speaking to them" (Teacher).

"Again, a good lesson. I particularly enjoyed this one because people have often judged me without knowing my story" (Pupil).

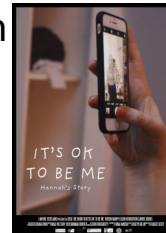
Its OK to be ME



These two short films have been a long time coming....

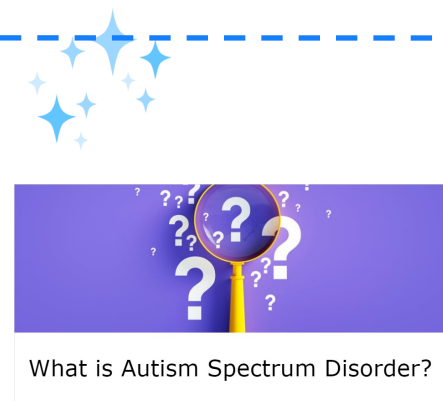
We initially worked with young people and Police Scotland Youth Volunteers during lockdown to contribute to the script development. [Kick the Door](#) production company produced the videos for us in 2021. We planned to develop two lessons to accompany these, but some COVID delays and the impact these had on production meant the team had begun working other projects. It is hoped in 2023 that we will develop teacher lessons around the films, but we have decided to make the videos available for use until then. Thanks to everyone who was involved in the development and production of these amazing resources and apologies for delay!

Click the pictures to watch! 😊 👁️



We have been working with some amazing children at West Primary School to develop the lesson that envelopes our ADHD animation!

Watch this space, it's coming soon!



Kieran has been working on an Autism Spectrum Disorder lesson for Secondary pupils.

This tells people what Autism Spectrum Disorder is, some key facts about ASD, and highlights some of the barriers (including sensory sensitivity) people with ASD can experience. Kieran would like to tell you why this was an important lesson to develop. Click his picture to find out.

We will soon be working with Police Scotland and young people on an animation and lesson raising awareness of anti-social behaviour.





In other news..



Down's Syndrome Online Board Game!

We're delighted to share the Down's Syndrome online board Game, developed by Wouldn't Change a Thing. This fun online game challenges negative perceptions of Down's Syndrome and is **FREE!** For anyone to play. This game is ideal for schools or anyone who wants to learn more about Down's Syndrome and inclusion, check it out here: <https://games.focusgames.co.uk/>

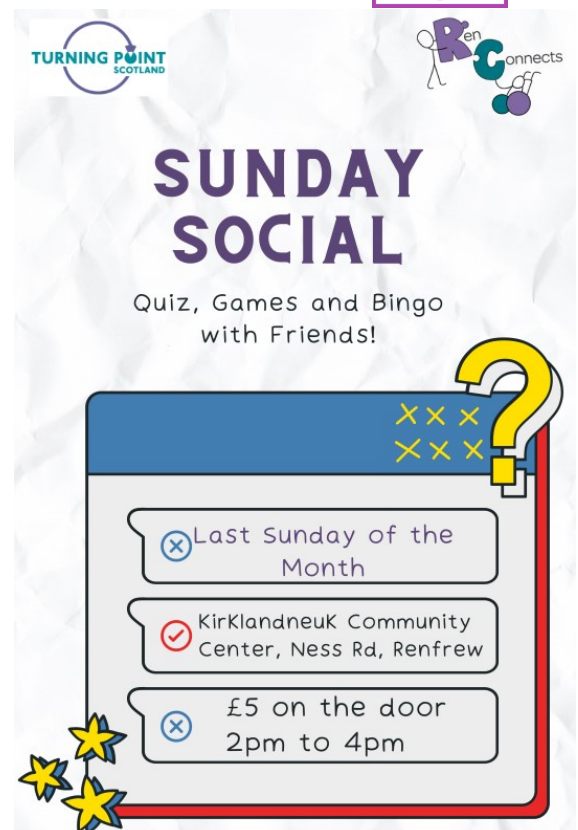


Sunday Social

Turning Point Scotland



Turning Point Scotland are starting back up their Sunday Social event that will take place on the last 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





In other news..



Victim Support Scotland and Police Scotland

Hate Crime Toolkit

A Hate Crime Toolkit has been created by Victim Support Scotland in partnership with Police Scotland to help raise awareness around hate crime in Scotland, the support that is available as well as some coping strategies you may find useful, should you experience a hate crime. This is a go-to resource for everyone who may be affected or involved following a hate crime or hate incident. To find out more [click here](#).



Safe Online Dating Campaign



Get Safe Online have launched a Safe Online Dating Campaign, they've put together some top tips to help you date online with safety and confidence. Get Safe Online has stated:

'Online dating is a brilliant way to find a new relationship, whether it's an online companion or the love of your life. What you want to get out of it is up to you, but you need to consider that your new friend may not be who they say they are. Our tips and advice will help you enjoy online dating with safety and confidence.'

To find out more head to: [Enjoy online dating with safety and confidence - Get Safe Online](#)

safe online dating

risky online dating

Online dating is a brilliant way to find a new relationship, but as with many things you do online, you need to consider that things may not be quite as they seem. We're not talking about dating disappointment, but serious issues like losing money to fraud, being lured in by a catfish or even putting yourself in physical danger.

We've put together some top tips to help you date online with safety and confidence. Please read them before you next go online to find a new date.

Visit www.getsafeonline.org/safedating

#SafeDating

www.getsafeonline.org

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	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](#).

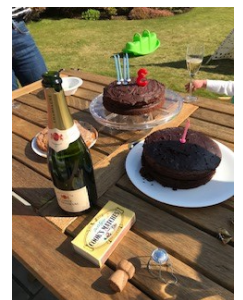
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#)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



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