



I Am Me Scotland Newsletter

January 2024

Welcome to the I Am Me Scotland NEW YEARS Newsletter!

Be ready for a newsletter that highlights a tonne of amazing community projects and the genuine joy of Christmas, as everyone at I Am Me likes to spread holiday cheer. Please contact us at if you or someone you know would like to be included to this newsletter's mailing list.

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.



Keep Safe Ambassador Days!

The team have been back out delivering Keep Safe Ambassador training alongside Police Scotland Officers. We've had fantastic days with many more to come! To find out more head to [page 4](#).



Awards season is here!

The I Am Me Scotland team and partners have had a great time at award events. To find out some good news and more head to [page 12](#).



In this issue

[Keep Safe](#) [Keep Safe Ambassadors](#) [Learning Platform](#) [Other News...](#)

Area	Number of Keep Safe Places
Aberdeenshire	25
Aberdeen	19
Angus	28
Argyll & Bute	67
Clackmannanshire	11
Comhairle nan Eilean Siar	4
Dumfries & Galloway	68
Dundee	40
East Ayrshire	29
East Dunbartonshire	6
East Lothian	42
East Renfrewshire	17
Edinburgh	39
Falkirk	16
Fife	21
Glasgow City	45
Highland	23
Inverclyde	25
Midlothian	12
Moray	10
North Ayrshire	17
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	106
Scottish Borders	22
Shetland Islands	1
South Ayrshire	19
South Lanarkshire	37
Stirling	35
West Dunbartonshire	35
West Lothian	28
COPFS	17
Scottish Courts	37
Total	956

Keep Safe

There are now **956** 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!



Jane Moncrieff of Centre for Inclusive Living Perth and Kinross is this newsletters Keep Safe Star! Jane has managed to secure funding for a Keep Safe post in Perth and Kinross to assist with everything Keep Safe. 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 community!

Wetherspoons—Ayrshire

PC Guy Jenner signed up 3 Wetherspoons to join the Keep Safe Initiative in North Ayrshire and delivered Keep Safe training to all, and PC Jenner also delivered Keep Safe refresher training to 3 other Wetherspoon branches in Ayrshire who were already a part fo the Keep Safe initiative. Welcome to Keep Safe!

The Paddle Steamer



The Auld Brigg



The Salt Cot



The Wheatsheaf Inn



The West Kirk



The Prestwick Pioneer



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

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

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





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





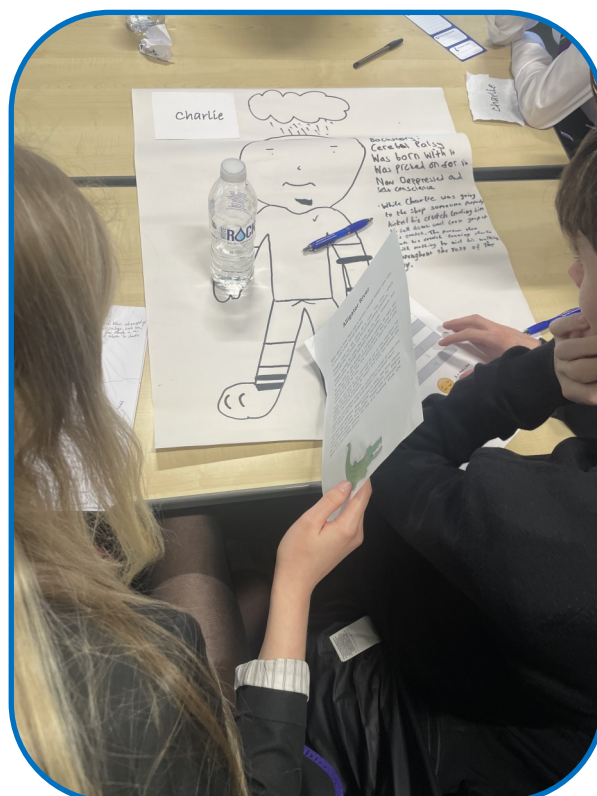
Ambassador Days

Keep Safe Ambassador Days



St Andrews Academy

I Am Me and Police Scotland trainers PC Gemma Clyde and PC Karen Hendry recently delivered the Keep Safe Ambassador programme in St Andrews Academy in Renfrewshire. We all had a great, fun, educational day!





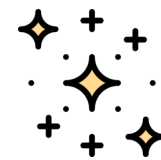
Ambassador Days

Keep Safe Ambassador Days



St Andrew's High School

PC Richard Bolt delivered a Keep Safe Ambassador day in St Andrews High School in Coatbridge. They all had a great, fun, educational day! Welcome to the new Keep Safe Ambassadors.





Keep Safe great work!



PC Guy Jenner



PC Jenner attended the Scottish Maritime Museum in North Ayrshire to deliver Keep Safe refresher training.

The Scottish Maritime Museum has been a great addition and have been a Keep Safe place for over 2 years.

Great work on keeping up to date with Keep Safe



Keep Safe Places

As annual checks are well under way, we have been catching up with all Keep Safe places and offering support and materials. These fabulous Keep Safe places below received their new/updated Keep Safe stickers:

Co-op Caithness



Greyfriars Medical Practice

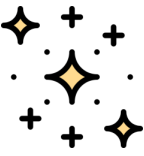


D&G Customer Services—Kirkcudbright





Christmas Giving Thankyou!!



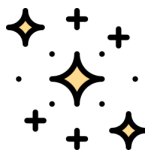
Christmas gifting!

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





Christmas Giving Thankyou!!





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**

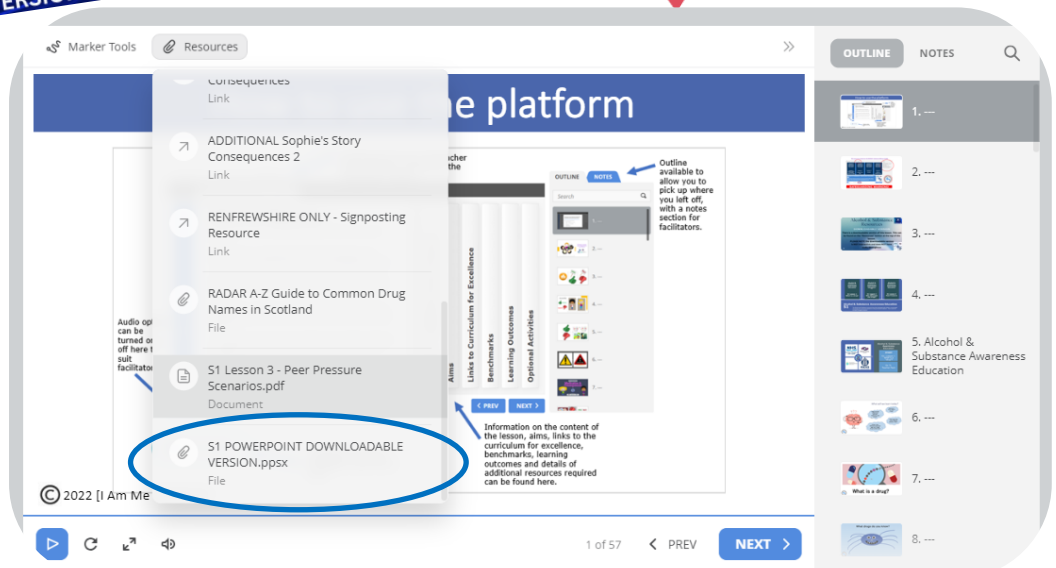
ALL of our resources are developed with children, young people and disabled people and are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes. We also have training modules for disability groups and health and social care workers on Keep Safe and Hate Crime.



You asked we listened!



We have received requests to provide downloadable power points of the lessons, for when internet access may not be available to people delivering lessons. The team are working through all of the lessons to do this, and have started with the Alcohol & Substance Resources. You can now download these power points from the "Resources" button at the top of each lesson. **Please note, the downloadable versions are not interactive and won't have voice overs throughout.**





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COMING SOON!

The team have been working with our partners in Police Scotland to develop an Exploitation Lesson for S1-S3. This resource is just the beginning of a suite of resources to make sure children and young people know "You are Not Alone".

We have been working with young people, and other key stakeholders to make sure this lesson is accessible for all young people as well as being interactive and engaging. It explains what exploitation is, highlighting different types of exploitation (violence, trafficking, debt bondage, county lines, sexual exploitation, gangs, sextortion). It is hoped the lesson helps young people identify if this is happening to themselves or others, and includes how they can get help and support.

Thank you to everyone who has taken the time to work with us on this project, and provide feedback. We look forward to sharing the final lesson with you in the new year!

you are not alone

POLICE SCOTLAND
If you want to report something to the police 999 in an emergency. 101 non emergency.

FEARLESS
If you know who is responsible for crime, you can speak up 100% anonymously you can contact Fearless.org.

SAMARITANS
Whosever you're facing. If you want support about mental health, suicide or self-harm, contact the Samaritans.

REPORT REMOVE
If you want something removed from the internet, contact Report, Remove.

CHILDLINE
If you want to ask for support, contact Childline.

CHILD EXPLOITATION & PROTECTION ONLINE CEOP
If you want to report abuse or grooming online, contact CEOP.

CLICK CEOP
Internet Safety

CHILDREN AND YOUNG PEOPLE ARE NEVER TO BLAME FOR EXPLOITATION. IF YOU ARE WORRIED ABOUT YOURSELF OR SOMEONE ELSE, PLEASE ASK FOR SUPPORT. YOU CAN DO THIS BY CONTACTING THESE ORGANISATIONS.





Education Platform

HERE TO SUPPORT YOU, CHILDREN AND YOUNG PEOPLE

There are currently **1,925** Police Officers, teachers, youth groups and health and social care practitioners using the I Am Me Scotland Online Learning Platform.



I AM ME SCOTLAND NATIONAL EDUCATION PLATFORM GUIDEBOOK



This guidebook will give you an overview of the resources available on the platform.

This is an interactive guidebook, meaning you can click the pictures of the videos and animations and it will take you to the You Tube version.

If you have any questions, please contact the team on iamme@renfrewshire.gov.uk

Click the image to take a look

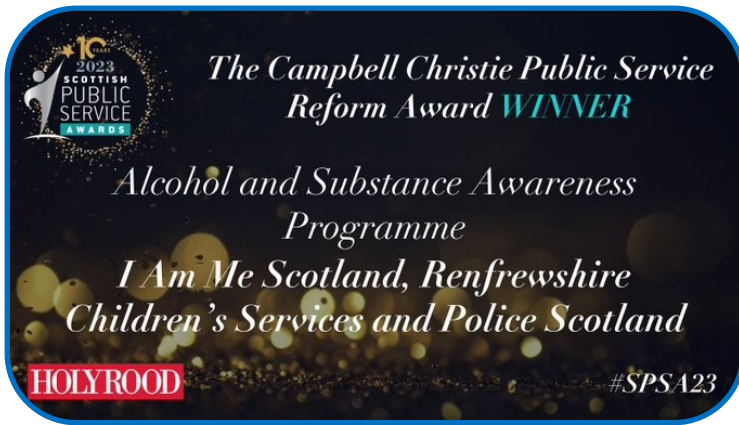




Awards season is here!

Aimee and Kieran attended the Scottish Public Service Awards at The Scottish Parliament along with PC Jemma Davidson and PI Donna MacKay from Police Scotland. We are delighted to announce that the Alcohol and Substance Awareness Programme WON The Campbell Christie Public Service Reform Award!!

We would like to thank everyone who was involved in making the programme.

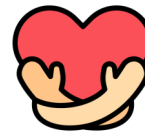


A HUGE congratulations to our amazing board member Lorraine Glass who won The Leadership Award at The Scottish Public Service Awards. Well done and well deserved!





Well done!



PC Stephanie Rose KPM!



A massive congratulations PC Stephanie Rose who has been awarded the King's Police Medal for her contributions to policing. PC Stephanie Rose has a genuine passion and commitment to making communities safer for everyone and is an absolute asset to Police Scotland. Well done!

Christmas Hamper Winners

A huge well-done to Cat Halliday and Claire Crosby who won the raffle ticket Christmas Hampers! We hope you enjoy the lovely prizes.

The Raffle Christmas Hampers raised an amazing £94.50 thank-you to everyone who bought a raffle ticket.



JUST GIVING



GET INVOLVED IN FUNDRAISING FOR I AM ME SCOTLAND!

First of all we would like to thank-you for picking I Am Me Scotland as the charity you would like to fundraise for.

HOW TO?

Just simply visit <https://www.justgiving.com/iamme> and click the blue 'Fundraise' button in the top right-hand corner, fill in your details and follow the page instructions.



DISPLAY YOUR PAGE

Once you have a QR code/link this can be posted to your social media pages. you can also print out a poster with the details by right clicking and save the image, then just simply print it out . Your friends and colleague will just need to hover their smartphone cameras over the QR code, and it will direct them to your Just Giving page where they can quickly and easily make a donation

CREATE YOUR LINK/QR CODE!

Once you have the web address to your own page, all you need to do is copy your address into the URL followed by "/qrcode". Your unique QR code will then be displayed on your screen. You can also access your QR code in the 'edit profile' section of your Just Giving account.



JustGiving™

CONTACT

If you would like any fundraising ideas or have any questions , please contact the team at: iammescotland@outlook.com



In other news..



Epilepsy Scotland / Procurator Fiscal's Public Speaking Competition 2024



Public Speaking is an important skill and essential part of many jobs. However, for many young people the idea of speaking in public is nerve-wrecking and not something they get a chance to practice.

Epilepsy Scotland know that young people living with epilepsy are passionate about equality, diversity and inclusion but often don't get the chance to tell people about their ideas. So, we are working with the Procurator Fiscal Service to address this and in 2024 will hold the first public speaking competition for young people living with epilepsy.

The final for the nationwide event will be in Autumn 2024 at Parliament House, the High and Supreme Court in Edinburgh. If you are or know of young people (aged 13-21 on 1st September 2024) living with epilepsy that would like to form a team (2-3 people) and take part in this nationwide event or would like more information on this initiative then please contact Epilepsy Scotland at;

admin@epilepsyscotland.org.uk or 0141 427 4911



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In other news..



National Hate Crime Awareness Week

As part of National Hate Crime Awareness Week 2023, Glasgow City Council hosted a half-day conference and networking event aimed at sharing information about how to best support the victims of hate crime and their communities. With inputs from Police Scotland, Victim Support Scotland, and WSREC, attendees' views were sought on what is working well in Glasgow and what we need to do better to ensure everyone who experiences hate crime receives the support they need. Our conversations were captured live by graphic recorder Eddy Phillips from New Possibilities who produced this graphic that represents the work of this group and our commitments going forward in an accessible and digestible manner. Find out more about what Glasgow is doing to tackle hate crime at www.hatecrimeglasgow.org



Glasgow Airport FlightPath Fund End of Year Event

Aimee attended Glasgow Airport FlightPath Fund End of Year Event. A massive thank-you again to Glasgow Airport FlightPath Fund that donated £5000 towards the I Am Me electric car.

The event was great and showcased some of the wonderful work other charities have been able to do thanks to the FlightPath Fund.

Thank-you again!



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 person's 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](#).

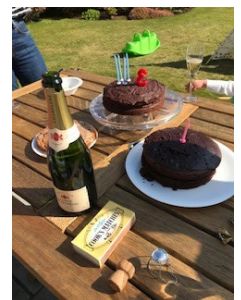
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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' birthdays over the past few months—so we'd like to say a big **happy birthday** to Billy, Megan, and Colin! We hope you had a great birthday.



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



Kickstart your career with Arnold Clark!

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

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

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



Scan me!



Arnold Clark

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