



# I Am Me Scotland Newsletter

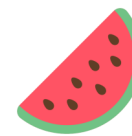
June 2023

## Welcome to the I Am Me Scotland June 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](mailto:iamme@renfrewshire.gov.uk)

If you are new to the newsletter, please visit [page 19](#) 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 Training programme in St Ambrose High in Coatbridge and in Kilpatrick School in Clydebank. To find out more head to [page 5](#).



### Anti-Social Behaviour

We have been working with many partners to create a Anti-Social Behaviour awareness lesson. To find out 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	20
Angus	29
Argyll & Bute	65
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	82
Dundee	44
East Ayrshire	32
East Dunbartonshire	6
East Lothian	40
East Renfrewshire	17
Edinburgh	42
Falkirk	16
Fife	24
Glasgow City	45
Highland	23
Inverclyde	24
Midlothian	11
Moray	12
North Ayrshire	15
North Lanarkshire	11
Orkney	2
Perth & Kinross	44
Renfrewshire	119
Scottish Borders	22
Shetland Islands	1
South Ayrshire	20
South Lanarkshire	39
Stirling	35
West Dunbartonshire	37
West Lothian	21
COPFS	17
Scottish Courts	37
<b>Total</b>	<b>993</b>

## Keep Safe

There are now **993** 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](mailto:iamme@renfrewshire.gov.uk)

## Keep Safe Star— PC Lindsay Brown



PC Lindsay Brown has hit the ground running as the new Keep Safe Officer for G division, she has been super busy signing up new places and promoting/raising awareness of the initiative, well done you are a star!

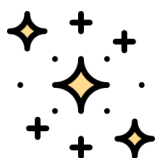




# Keep Safe Sign ups

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!

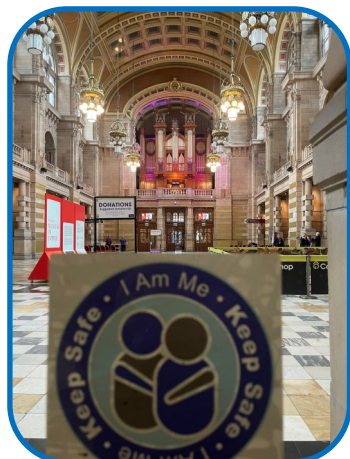
## Aberdeenshire Westhill Shopping Centre



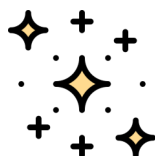
## The Scottish Borders Milne & Pickles



## Glasgow Kelvingrove Art Gallery and Museum



## Cernach Housing Association



## South Ayrshire

### South Ayrshire Council - Thriving Communities



### Lochside Community 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

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## East Lothian The Victoria Inn



## Royal Bank of Scotland— Musselburgh

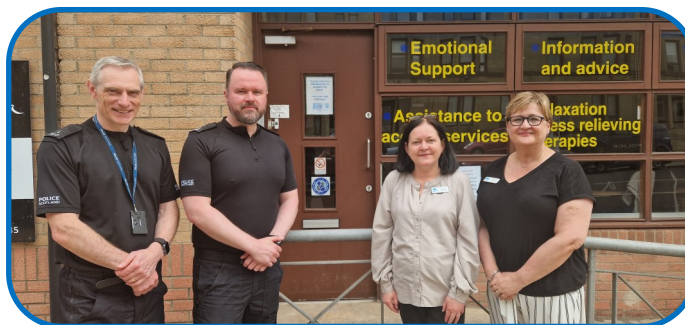


## West Dunbartonshire

### Clydebank Jobcentre Plus



### Carers of West Dunbartonshire



## Argyll and Bute

### Drumfork Community Centre



## Fife

### David Torrance MSP



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](mailto:iamme@renfrewshire.gov.uk)**





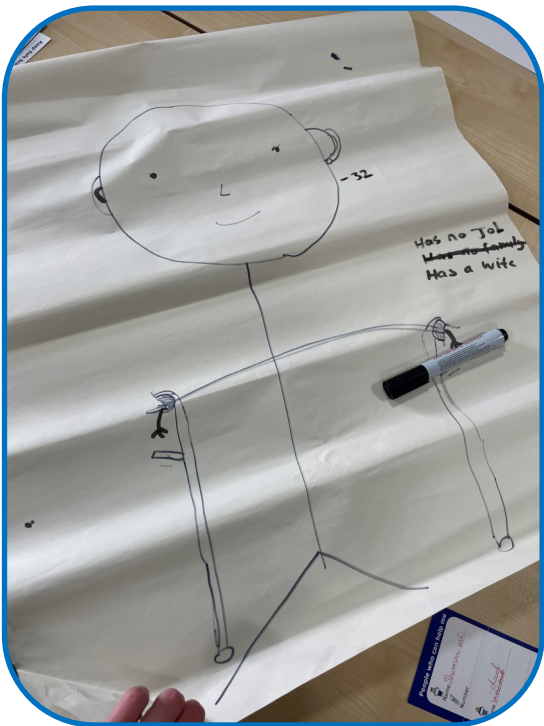
# Ambassador Days

## Keep Safe Ambassador Days

### St Ambrose High School



I Am Me and Police Scotland trainer PC Richard Bolt recently delivered the Keep Safe Ambassador programme in St Ambrose High School in Coatbridge. We all had a great, fun, educational day!





# Ambassador Days

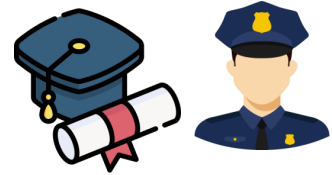
## Keep Safe Ambassador Days



### Kilpatrick School

Police Scotland trainer PC Julie Wreford recently delivered the Keep Safe Ambassador programme in Kilpatrick School in Clydebank and trained a whopping 85 pupils! Well-done everyone and we look forward to having you all as ambassadors.





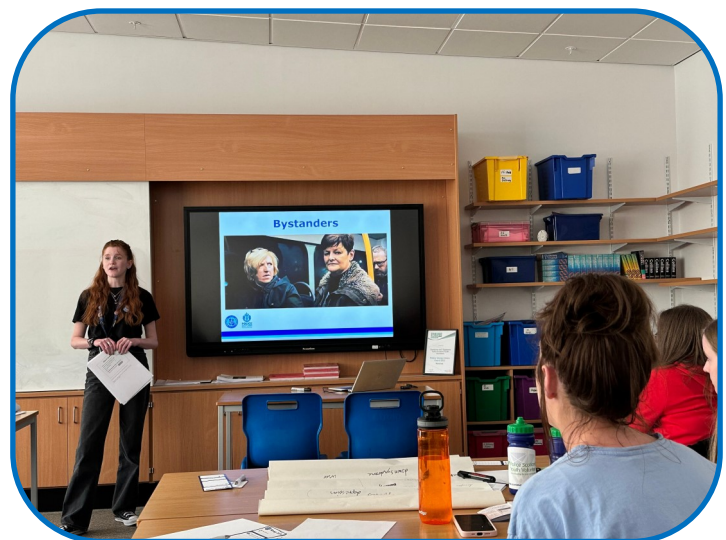
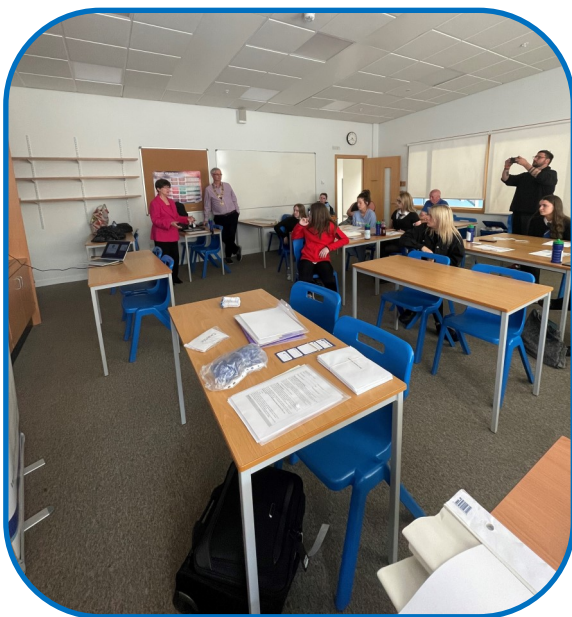
# Keep Safe Supporters



Keep Safe Supporters are Police Scotland Youth Volunteers that have been trained to recognise the Keep Safe initiative and how to support it in their local area.

## Dumbarton and Clydebank PSYV

Aimee was invited along by PC Dale Logsdon to train Dumbarton and Clydebank PSYV groups to recognise and report hate crimes and how to recognise and support the Keep Safe initiative, we all had great fun!







# Assistance Dogs



## Equality and Human Rights Commission

### What is an assistance dog?

Thousands of disabled people rely on an assistance dog to help them with day to day activities that many people take for granted. You may be surprised to learn that it's not only blind people that are helped by assistance dogs. Assistance dogs are also trained to help people with hearing difficulties, epilepsy, diabetes, physical mobility problems and more. Assistance dogs carry out a variety of practical tasks for people as well as supporting their independence and confidence.

### Assistance dogs are not pets and are treated as 'auxiliary aids' Assistance dogs are highly trained which means they:

- Will not wander freely around the premises
- Will sit or lie quietly on the floor next to their owner
- Are unlikely to foul in a public place.

Most are instantly recognisable by a harness or jacket. However, the law does not require the dog to wear a harness or jacket to identify it as an assistance dog.

### Why should assistance dogs be welcomed by businesses?

Disabled people who use assistance dogs quite often experience discrimination that prevents them from doing everyday things other people take for granted. This is because shops, restaurants and other businesses sometimes object to assistance dogs being brought onto their premises. If this happens, the effect is to deny the disabled person the opportunity to buy goods or use services in the way other people do.

Potential consequences include losing valuable business and risking claims of disability discrimination, which could result in financial compensation.

### Where can you find further advice?

Assistance Dogs UK

Tel: 01844 348100

Website: [Assistance dogs: a guide for all businesses | Equality and Human Rights Commission \(equalityhumanrights.com\)](https://www.assistance-dogs.org.uk/guide-for-all-businesses)





# A swimming sensation!



## Paralympic dream becomes reality

The dream of competing for team GB in the Paralympics could become a reality for 16 year old Tegan Davidson.

Tegan competed in France to gain the classification to compete in international events. She also has a string of Scottish titles and has also competed at the British championships.

Tegan hopes to be selected for competitions abroad from 2024 onwards and could come into consideration for the Paris Paralympics next year.

Tegan has a condition called pseudoachondroplasia, which affects her limbs and joints and has been registered as a para-swimmer to compete in events since 2016. She started swimming at a young age however wasn't allowed to move through the levels without persistence from her mum Jenny, who when she was told Tegan wouldn't be able to move up to next levels as she couldn't reach the floor, advocated and pushed for Tegan.

Goodluck from all of us at I Am Me Tegan!!





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](http://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.

Last time, we told you that we were in the final stages of the development of the ADHD Awareness lesson in partnership with amazing animator Alexander Amelines at Amazing Things, and ADD-Vance.



The team worked with pupils with ADHD from West Primary School to develop the lesson for pupils between P5-P7 in primary school. This lesson is now complete and on our education platform.

A special thank-you to the children at West Primary, you are all amazing!

- Carmen
- Scott
- Kaiden
- Kane
- Calum
- Emily
- Liam
- Alba
- Lillie
- April



THANK YOU

CLICK!

Click the picture to watch the ADHD animation.



CLICK!

Click the picture to register for access to the I Am Me education platform and the ADHD awareness lesson, which can be found in the Early Years and Primary section under Disability Awareness.



# #MakeADifference



## Anti-Social Behaviour



The team have been working with an amazing group of young people to develop an animation and lesson on Anti-Social Behaviour (ASB).

The lesson will highlight the impact of ASB and help identify how children, young people and communities can work together to help tackle these issues.

A massive thank-you to everyone who has been involved in the steering groups, and who have shared their stories to help in the development of this lesson.

A special thank-you to Alexander Amelines from Amazing things for creating the ASB animation and to Leah and Samuel (12) from Thorn Primary School who completed the voiceovers for the animation, you are both stars!



Also, a huge thank you to the amazing group of pupils at Thorn Primary School, Renfrew High School, and young people from the Community Learning Development youth team who helped with the development of the ASB lesson. Thank you for your input, honesty and amazing creative skills throughout the development of this resource. You were all stars!

Regan (12), Chelsey (12), Zoe (10), Bethany (11), Emma (11), Marc (10), Lucy (8), Ciaran (13),

Carla (10), Jennifer (11), Quinn (11), Samuel (12) and Leah (12), Kassie (14), Chloe (14), Kara (15), Sammara (14), Jude (15), Callum (14), Jon (14), Devon (15), Murrin (15), Marc (15), Robin (20), Lyndsay (17),

Skye (19), Daniela (17), Jade (21), Lily (10), Jacob (8), Anna (11), and Nyah (13), and Mariya (13), **Mariya has also been nominated for teen fundraiser of the year, please [click here](#) to vote for wonderful Mariya!**

We would like to thank all of the partners involved in the development of the Anti-Social Behaviour animation and lesson.

It's been fantastic to get so many partners together to talk about how we can make our communities safer for everyone.

Developed in partnership with





There are currently 1,540 Police Officers, teachers, youth groups 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**

## You asked....we listened!

You are continuing to help us improve our platform by providing regular feedback. We have had some amazing comments and suggestions, so THANK YOU to everyone who has taken the time to do this. Please take a look at the improvements we have made, thanks to your feedback!



**Feedback**

**CLICK THE FEEDBACK PICTURE IF YOU WOULD LIKE TO PARTICIPATE**

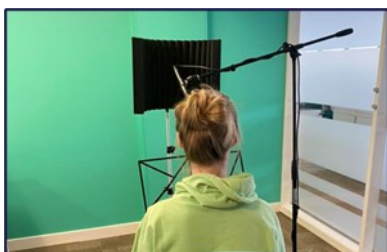


We received feedback that having to sign in before starting each lesson was too time consuming. Especially when facilitators were planning lessons and trying to navigate through the platform. The sign in section was implemented to enable us to evaluate the usage of the lessons.

**The team has worked with the developer to omit the survey at the start of each lesson. Analytics can now be extracted straight from the website.**

The “Notes” section was visible at the side of the screen allowing participants to see answers to questions that were being asked.

**The “Outline” section has been moved to the side of the screen. This enables facilitators to hide the “Notes” section, allowing children and young people to answer the questions.**



The automated voice on the Alcohol & Substance resources was off putting.

**The voice overs that were still automated were updated to the voices of children, young people, and people with lived and living experience, the same as the rest of the resources.**



# My Police, My Community



[Click here to watch the My Police animation](#)

The 'My Police' and 'My Police My Community' resources are available for everyone to use via the online platform and printed format via Police Scotland Print Services. The resource portfolio includes books, posters, stickers, pop up banners, mindfulness colouring sheets and certificates. Further information on how to order resources for your area can be found by contacting Detective Sergeant Stewart Fleming at [stewart.fleming@scotland.police.uk](mailto:stewart.fleming@scotland.police.uk)



**All resources are available online on the I AM ME platform including digital version, BSL accessible version and associated activity packs to enhance the child's learning experience.**

[Click here](#) to register for access

[Click here to watch the BSL My Police animation](#)



## Would YOU like to join the I Am Me/Keep Safe Steering Group?

We are looking for people who would be interested in joining a new bi-monthly steering group. Do you...

- Have a disability or does a family member?

**The steering group will meet once every 2 months on Fridays from 1pm-3pm** in Paisley, Renfrewshire. Refreshments will be provided. Spaces are limited.

If you are interested, please contact the team at [iamme@renfrewshire.gov.uk](mailto:iamme@renfrewshire.gov.uk).



'Changing attitudes and behaviours so that disabled and vulnerable people can feel safe within their communities.'



# In other news..



## Digby Brown Head Injury Information Day

I Am Me Scotland were kindly invited along to Digby Browns Head Injury Information Day to Edinburgh and Glasgow. Aimee and Kieran were joined by PC Prince Durant in holding an information stand at the Edinburgh event, and Aimee was joined by our lead Keep Safe Ambassador Andrew and PC Lindsay and PC Sarah from Glasgow Police in holding an information stand at the Glasgow event. It was a great informational day for all involved and it was lovely to meet/chat with new people! Thank-you for having us.



### I Am Me Scotland Strategic plan!

I Am Me Scotland's new strategic plan is currently being created and will be ready for

viewing very soon! thank-you to all the partners and board members who have assisted in the making of this.



## Unique Friends Together

### Summer Fridays

Unique Friends Together would like to introduce an exciting opportunity for young adults aged 16-30 years with additional support needs.

They are thrilled to announce that they will be officially opening their **Unique - Friends Together Youth Club with a Disco/Pizza night at 7pm on 30<sup>th</sup> June 2023 at Heathfield Community Centre, Ayr.**

Recognizing the unique challenges faced by young adults with additional needs, they have created this youth group to promote social interaction. they aim to build a strong sense of community and provide activities for participants to make friends and have fun.

Please see flyer showing their Summer 2023 schedule. To find out more, please email; [enq.uniquefriends@gmail.com](mailto:enq.uniquefriends@gmail.com)



# 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](mailto:iamme@renfrewshire.gov.uk)**



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## 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](mailto: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.

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**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](mailto:iamme@renfrewshire.gov.uk) or visit [www.iammescotland.co.uk](http://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**.

 <b>Keep Safe</b>  My name is .....	<b>People who can help me</b>  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
	 <b>Police Scotland</b> <a href="http://www.scotland.police.uk">www.scotland.police.uk</a>  <b>I Am Me</b> <a href="http://www.iammescotland.co.uk">www.iammescotland.co.uk</a>  <b>POLICE SCOTLAND</b> 

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](http://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](http://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](#).

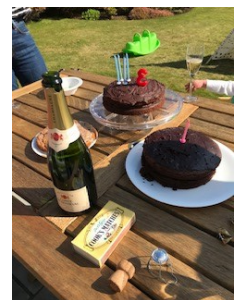
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#)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

**Final Note...** it has been a few of our committee members and partners birthday's over the past few months—so we'd like to say a big **happy birthday** to Aimee, Lorraine, Eileen, Molly, and Ruth. 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**

056254