



I Am Me Scotland Newsletter

October 2021



Welcome to the spooky
October edition of I Am
Me Scotland's
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 24](#) for an overview of I Am Me and the Keep Safe initiative.

Keep Safe Evaluation!

I Am Me Scotland would love your input! We would love to hear your feedback about our Keep Safe initiative.

This means we know what works and what needs improving!

If you could please fill out our survey via the link below:

[Community Survey Keep Safe Evaluation 2020 \(arcgis.com\)](https://arcgis.com)



ROCCO awards 2021 Finalists!

I Am Me Scotland have been chosen as finalists for ROCCO Renfrewshire Chamber of Commerce business awards 2021!! Thank you to Renfrewshire Council & Invest In Renfrewshire for helping us attend the Rocco awards!

This is so exciting and we would LOVE your help to win! Click the link to vote:

[Renfrewshire's Favourite Business Rocco Award, Sponsored by Paisley Daily Express \(reachplc.com\)](#)



In this issue

Meet I Am Me Keep Safe Online Learning Platform Christmas Competition Upcoming Projects 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...



Ellen Shepherd



Project Trainee

Role with Charity :

Project Trainee at I Am Me Scotland.

About Yourself

Hi I'm Ellen I will be starting with I Am Me Scotland soon! I have a HNC in Care and Administration and spent my year at college working with elderly people with disabilities.

Hobbies/Interests

I love spending my weekends with my family and travelling back home to Edinburgh to see my friends.

Fun Fact About Yourself

I have seen every episode of Friends at least 30 times and continuously watch it on a loop on Netflix.

Life Motto:

My mum taught me from a very young age to treat people the way you would want to be treated and to this day I still go by this motto.

Reason for being involved with I Am Me

Whilst studying at college I realised there was a big issue with disability hate crime and over the last few years I have become very passionate about this subject. When I heard about the opportunity to become a project trainee I knew it was the perfect fit for me.

Christine Laverty



Board Member

Role with Charity

Board member, I had been really impressed with the work I Am Me were doing and was delighted to be approached by Andrew McIntyre to ask me if I would like to become a member of the board. I jumped at the chance. So, I am still very new but keen to support the excellent work of I Am Me.

About yourself

I live on the Ayrshire coast with my husband Phil and our dog Bunty. We moved house from Glasgow just before lockdown last year. I'm originally from Gourock and Phil is from Poole so it's nice to be doon the 'watter'!

Hobbies/Interest

When I'm not at work I like nothing better than binge watching a box set on Netflix or taking Bunty for walks on the nearby beach. We are incredibly lucky to live in Scotland, such a beautiful place.

Fun Fact about yourself

I'm not sure if this would be classed as fun, you decide, but Phil and I have got into a habit of making up songs to sing to Bunty! Maybe you should ask Bunty if she finds that fun! I blame the pandemic!

Life Motto

Treat other people as you would like to be treated; What's for you won't go by you (thanks granny!); and most importantly Be kind.

Reason for being involved with I Am Me

I defy anyone not to be impressed by the incredible work of I Am Me, and not to be truly saddened by the story of how it all begun. Having spent my whole career working and supporting people who for one reason or another were often marginalised in their community, many with disabilities I was naturally drawn to the work of I Am Me. I hate injustice and wanted to be part of I Am Me in whatever small way I can, hopefully to help make a difference together.

Area	Number of Keep Safe Places
Aberdeenshire	22
Aberdeen	21
Angus	28
Argyll & Bute	48
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	37
Falkirk	15
Fife	24
Glasgow City	28
Highland	20
Inverclyde	35
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	132
Scottish Borders	12
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	37
Stirling	34
West Dunbartonshire	21
West Lothian	20
COPFS	17
Scottish Courts	37
Total	905

Keep Safe

There are now **905** 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

All News ▾

ON THE BEAT Dancing policewoman joins in the fun at TRNSMT – and online festival fans are loving her

The cop, known only as Steph, has caused a social media stir with her happy moves at the Glasgow event over the weekend

By Alice Walker
3rd July 2018, 12:42 am



Keep Safe Star – PC Stephanie Rose



We have had the absolute pleasure of working with Steph for the past 5 years as she has developed Keep Safe from a local initiative into a multi-award winning national network of safe places. Much to our disappointment, Steph will be handing the disability portfolio over to a colleague as she focusses her expertise on another area of national policing.

Steph—thank you and we will miss you!



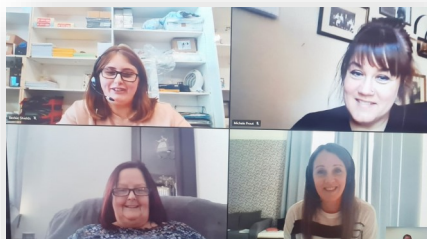
Keep Safe Sign ups

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!

Peterhead Card Factory - Aberdeenshire



Shopper Aide— Argyll and Bute



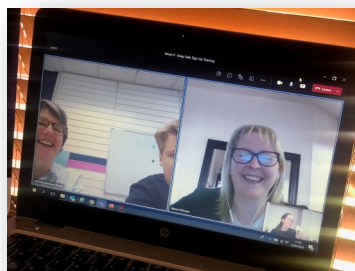
Scottish Maritime Museum—North Ayrshire



Breadalbane Community Campus—Perth and Kinross



What If—Renfrewshire



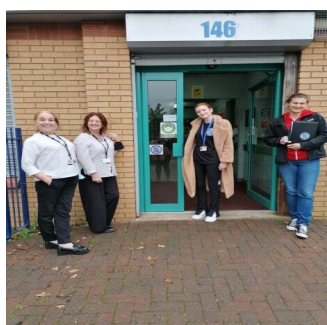
Duloch Leisure Centre, Pitreavie Athletics Centre, East Sand Leisure Centre, Cupar Sports Centre, Leven Swimming Pool and Sport Centre—Fife



Sunrise Dental clinic— Edinburgh



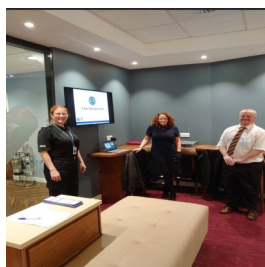
Cojac Centre— Castlemilk



Glasgow Queen Street



West Lothian busses— Edinburgh



Vault 94—Atomic Diner—Dumbarton



• Halfway Library, Hamilton Library, Lesmahagow Library—South

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

@IammeScotland

@KeepSafeSam1



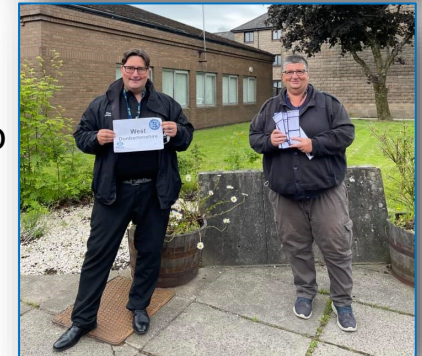
The Keep Safe Initiative

Keep Safe in West Dunbartonshire

PC Dale Logsdon has recently been involved in promoting the Keep Safe initiative with his Police Scotland Youth Volunteers and has also been trained as the Deputy SPOC for West Dunbartonshire.

PC Logsdon has hit the ground running in his role as Deputy SPOC by promoting the initiative locally and gathering support from more local organisations.

Well done PC Dale Logsdon, we are looking forward to seeing the initiative continue to grow in West Dunbartonshire!



Lead Keep Safe Ambassador

Keep Safe Ambassador training may be on hold until face-face training restrictions ease, however this has not stopped our Lead Keep Safe Ambassador, Andrew MacIntyre, from carrying out amazing work to promote the Keep Safe Initiative.

Andrew has been leading an online session on FriendZ Space about keeping safe and disability hate crime. Thank you for your continued support Andrew, we are looking forward to co-delivering Keep Safe Ambassador training with you again soon!

Train the Trainer

In the past few months we have worked with PC Rose and have trained 20 new officers that will be working to extend the Keep Safe Initiative in their local areas. Our new skills with virtual training enabled us to train officers from all across Scotland—thanks all for attending! We are looking forward to seeing lots of great work across the divisions.





#MakeaDifference



How do we #MakeaDifference?

We have an exciting, engaging, interactive and flexible online learning platform that includes lessons focusing on disabilities (including mental health), difference, bullying and hate crime - with additional activities included! The lessons have been designed to meet all the HWB E&O's. They are accessible with audio and closed caption subtitles to facilitate inclusion.



FREE Lessons and Videos

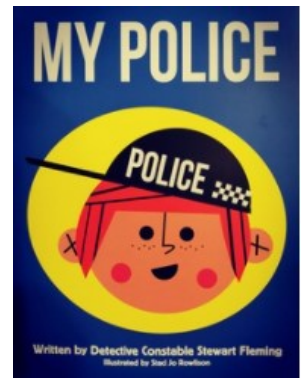


We are excited to tell you that we have created a section on our Learning Platform that will have FREE promotional lessons and videos. [CLICK HERE!](#) to take a look around!

One of our FREE lessons at the moment is our Down's Syndrome awareness lesson. This is supported by Down's Syndrome Scotland and Wouldn't Change a Thing. [See page 11](#) for more info and links.

My Police Book

DC Stewart Fleming recently wrote his own children's book, 'My Police'. We thought it was fantastic and DC Fleming kindly provided us with enough copies to send one to every Primary 1 and Primary 2 pupil across Renfrewshire! The book teaches children about the role of the police and how they keep us all safe. If your school has not yet received their books, please get in touch.



Not only that, DC Fleming also worked with us to convert the book into a short film animation that is now available on the #MakeaDifference learning platform.

[Click here](#) to see the animation of the book!



Christmas Card Competition



We are running our Christmas Card competition again this year. You can send us your cards to—I Am Me Scotland, 5th Floor, Renfrewshire House, Cotton St, Paisley.

All cards will be donated to care homes and older people in Renfrewshire, so please remember to include a message inside.

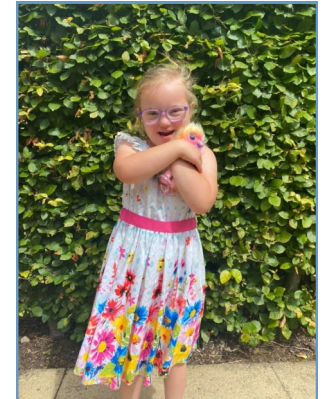
The winner will receive a fantastic prize to enjoy with their entire class. CLOSING DATE 30th NOVEMBER—Email: iamme@renfrewshire.gov.uk for more info.

Great Work Spotlight: Acting Superstars!

This edition the Great Work Spotlight is shining on a few acting superstars! We have been lucky enough to work with 7 fantastic young people to create a new short film that will be used in Primary schools to educate pupils about Down's syndrome.



Thank you to **Amber, Charlotte, Chloe, Daniel, Elsa, Grace and Rian** who all took part in the filming for this resource and showed off their AMAZING talents! The day was filled with lots of food, cakes, smiles, dancing and laughs...what else could you ask for! Over the last couple of months we have been working with Down's Syndrome Scotland and Wouldn't Change a Thing to build an educational lesson around the film.



Thank you to St Miren Cathedral, and also to Claire from Morrisons at Falside Road for donating towards the amazing catering and to Paul from Armour Balloon Artist for the wonderful animal balloons!

Great Work Spotlight:

A special thank you

A special thank you to **ALL** of the children who helped create our Down's syndrome awareness lesson and who provided voice overs. You have all been stars!



With Thanks To the following children & their families:



to
us

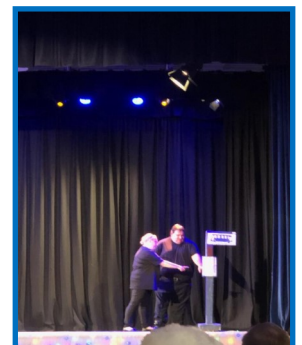
A special thank you to the 7 children who worked with us all the way through and developed both the film and an animation. The team were delighted to gift each of the children a personalised doll so they can have it forever!



Things tae dae! - Put on a GREAT show



Things tae dae social club based in Cummnock, East-Ayrshire, put on a GREAT performance at Cummnock town hall in front of over 50 people including the Mayor! The group performed a moving display of what hate crime is and the situations it can occur, along to the track of The Greatest Showman! The singing, acting, dancing and story line was amazing, WELL DONE!!




NEW Online Learning Resources!

This month of October is **Down's syndrome awareness month**

We are delighted to announce that I Am Me Scotland have launched the Down's syndrome awareness lesson on our educational platform and the film and animation is also available on our YouTube channel.



The Down's syndrome awareness lessons can be used by schools and groups or added in to the curriculum for FREE! – to increase education, awareness and respect about the gift of an extra 21 chromosome.



Our lesson is supported by Down's syndrome Scotland and Wouldn't Change a Thing. The lesson can be found at [I Am Me Scotland Learning Platform \(iammescotlandeducation.org.uk\)](http://I Am Me Scotland Learning Platform (iammescotlandeducation.org.uk)).

The videos can also be found on YouTube;

Down's syndrome Awareness short film: [syndrome awareness - short film - YouTube](#)

Down's syndrome Awareness Animation: [Down Syndrome Awareness Animation - YouTube](#)

Please encourage your school to use the lesson. Let's raise awareness and encourage kindness, respect and understanding.



National Down's syndrome Awareness month



**The Month of October is National Down's syndrome awareness month!
It is time to celebrate people with Down's syndrome and we want to introduce someone pretty amazing!!**

Meet Grace Moultrie! Grace is 16 years old and has Down's syndrome. Grace's mum wrote to I Am Me to tell us a bit about Grace: "Grace attends mainstream school and leads a very busy life. She has many dance classes, gymnastics classes, musical theatre classes, music lessons etc and loves being involved in sports, playing her keyboard, going to musicals and concerts, socialising with friends and family, answering quiz questions on her favourite TV shows, Friends and just loving life. Grace is an absolute joy, but she does need extra support to ensure she reaches her full potential. I am immensely proud of Grace and who she is and what she has achieved. I also love what she brings out in others. I have total respect for everything she can do, and I don't ever see what she can't do and in lots of situations I try to learn from Grace and think about what she would do as she doesn't overthink things like I do.



It may take her a little longer to do some things, but it is certainly worth the wait. It is hard to express how amazing it felt when she started to walk, ride her bike, swim lengths, do cartwheels or when she won two gold medals at the Special Olympics for gymnastics, taught a dance class, taught her school a Makaton song, learned the keyboard etc. Grace helps us to really appreciate things that others might take for granted.

However, it is also hard to express how hard it feels that society does not regard Grace as equal and that she will not have the same opportunities as other people without a disability. You feel the responsibility of trying to change the world. Raising awareness and changing people's perceptions and outdated stereotypes is so important. Grace needs people around her that believe in her and will push her because they believe she can do it. Attitude is everything. Grace makes the world a better place for us and society needs to feel the same about people with disabilities. We are all unique individuals with very different talents but deserve to be valued the same. I strive to ensure she is given every opportunity to fulfil her full potential whilst also raising awareness of how amazing people with Down's syndrome are and what they can do given the opportunity. "



National Down's syndrome Awareness month



The Month of October is National Down's syndrome awareness month!

Graces mum also wrote: "My next focus is on employment and disabled people in the workplace. For Grace and other people with disabilities to reach their full potential more opportunities need to become available, and society truly needs to embrace inclusion. I would love to see a time when there were more opportunities for inclusion within the workplace to allow us all a chance to get to know more people with disabilities and find out how capable and amazing, they are. Lockdown gave us an insight into what it must be like for people who don't have routine and purpose in their lives so more employment opportunities are essential. Everyone wants to feel valued.

Our life has been full of so many positive experiences and we have met so many amazing people along the way. Grace loves her life and totally inspires me, and I wouldn't change a thing."

Lets Celebrate the gift of an extra chromosome, encourage kindness, understanding and love.



NEW Online Learning Resources



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 tell you that our Online Learning Platform continues to grow! We have more fun, interesting and educational resources available now and we also can't wait to share the news of some amazing projects we are working on just now!

Meet Zac and Ella

We have the privilege to work with Renfrewshire Council and NHS Greater Glasgow & Clyde to develop lessons from Early Years to S6 based on the NHSGG&C Substance Misuse Toolkit. We have worked with children and young people to develop characters Zac and Ella who will be the stars of 7 short animations. We will continue to work with children and young people to develop scripts and lessons for each of these animations as Zac and Ella grow up learning about safety, risks, decision making, consequences, medicines and in the later years drugs, anti-social behaviour and the law.



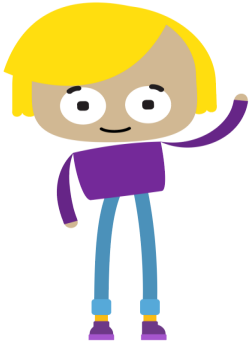
Watch this space for updates!

Why don't you pop over to our Online Learning Platform and take a look! There are lots of free lessons, videos and resources

www.iammescotlandeducation.org.uk

NEW Online Learning Resources

United Nations Convention on the Rights of the Child



As you may have seen on our social media, Sebastian Vosloo recently provided the voice over for a new Children's Rights animation for P1-4 and we think it is absolutely fantastic!

[Click here](#) for a sneak peak at the P1-P4 animation.

Ellie Giraud did an amazing job in providing the voice over for our Primary 5-7 UNCRC lesson.

[Click here](#) to take a look at this animation, and watch out for our Children's Rights Ambassador....Nessie!

The animations and lessons are available on the I Am Me Scotland Learning Platform and highlight the different rights all children have in Scotland.



SPONSOR OPPORTUNITY!



I Am Me Scotland EDUCATION WEBSITE

iammescotlandeducation.org.uk

The I Am Me Scotland Learning Platform is an inclusive, accessible Health and Wellbeing learning hub for schools and groups across Scotland. The lessons are developed with children and young people to educate about the importance of diversity and inclusion. Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes.

Lessons are available from Early Years through to S6 and include disability awareness, keeping safe, mental health, bullying, hate crime and upcoming lessons will include lessons around safety and substance misuse. The lessons are fully interactive and available for classroom or home learning, with teacher lessons plans included.

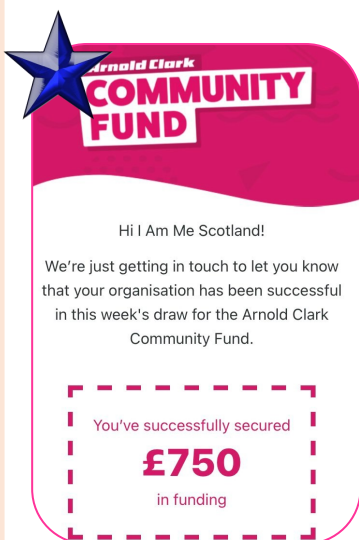
**We are looking for a sponsor for the learning platform.
If you can help, please email iamme@renfrewshire.gov.uk**



Thank You!

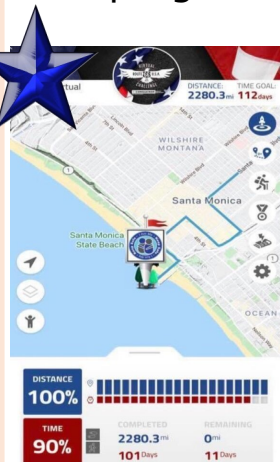


Thank you to Amber Wilson (age 17) who took part in a virtual walk of the Grand Canyon to raise funds for the charity. Walking a total of 277 miles Amber managed to raise a phenomenal £150. Amber chose to raise money for I Am Me after receiving Keep Safe Ambassador training at her high school and wanted to do more in her role as an ambassador. Thank you Amber for your kindness and generosity, we couldn't do the work we do without amazing stars like you!



We would also like to say a huge thank you to Arnold Clark for donating £750 towards the development of the Down's Syndrome awareness lesson. We are delighted to be working with Down's Syndrome Scotland and Wouldn't Change a Thing to develop an educational lesson and short animation film.

Thank you to Renfrewshire Council Local Area Partnership Funds for supporting various I Am Me initiatives in this years round of funding. We are thrilled to receive some funding for the Keep Safe Initiative, UNCRC lesson development and the Keep Safe Ambassador programme. Lets #MakeaDifference in Renfrewshire!



And...we did it!!! The I Am Me Scotland Team completed route 66! Well-done to Megan, Mhairi, Kieran, Myra, Fiona, Molly, Carol and our star Colin who completed over 500 miles all by himself!! We managed to raise £560, and most of all thank you to everyone who donated.

Goodbye to our CINEBUS

Update

We have sadly said Goodbye to our fantastic Cinebus. The bus was donated by Stagecoach back in 2015 and funding from keys to Life enabled us to convert it into an incredible mobile cinema and education unit. The bus visited schools across Renfrewshire and had over 10,000 children visit each year to learn all about disabilities, bullying and hate crime. Everyone LOVED the bus, but sadly the engine was getting tired and was due a peaceful, but active retirement.

The bus has been donated to the Scottish Maritime Museum so that it can continue to be used as an educational unit within the museum grounds and has already been used for screenings as part of their climate change programme. Thank you for many great years, many great memories and so many great adventures!!!





Keep Safe Special Thank-you



Thank-you! to PC Lynsey Claxton for all your continuing hard work to support Keep Safe in the Edinburgh division!

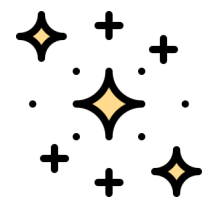
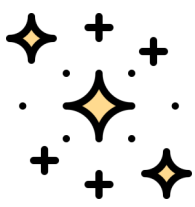


PC Claxton was delighted to join Deaf Action at the Slateford Green Space in Edinburgh Partnership Project to talk more about the Keep Safe initiative and how it can help and support people who may feel vulnerable.

Thank-you again to PC Claxton who visited Sunrise Dental Clinic— Orthodontic & Paediatric Dentistry to tell them about our Keep Safe Initiative. Welcome on board!



Another Well done to E Division who helped welcome Lothian Buses to the Keep Safe community with the help of PC Claxton and PC Durant who provided the first of a series of training sessions to staff members in Edinburgh. Ensuring safe travel for everyone and helping people to stay connected with society.



Keep Safe Supporters Thankyou!!

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.

Thank you to everyone who has been involved in the programme and helped the Keep Safe initiative going strong.

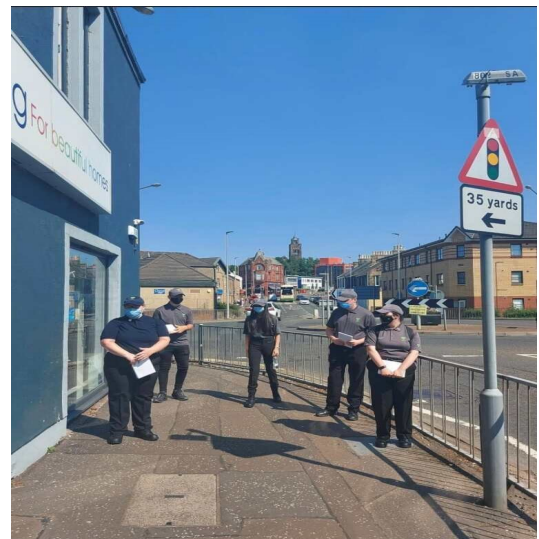


A special thankyou to PSYV Dumbarton & West Lothian

PSYV Dumbarton & West Lothian raised awareness of the Keep Safe Scotland program within their local town centre. Over twenty shops and premises were visited where our young volunteers explained the importance of supporting vulnerable members of our communities and how they can join in.

If you want to know more about Keep Safe Scotland and how to play your part, please follow this link;

<https://iammescotland.co.uk/about-keep-safe>





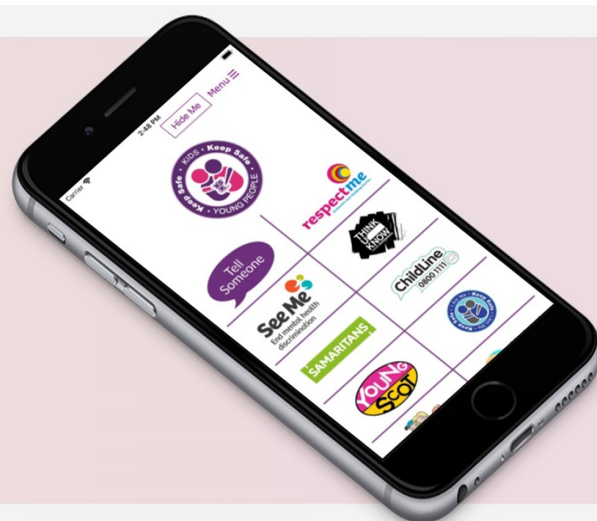
Our App's



Keep Safe Kids App

I Am Me Scotland have been working with young people to create a Keep Safe Kids App. This app aims to provide support, advice and guidance for many different types of issues that can affect young people. This app will also provide links to report bullying to Renfrewshire schools.

LAUNCHING THIS NOVEMBER!



Sponsor Opportunity

Our Keep Safe app is looking for a national sponsor! Our app is used nation wide by many people who need it for their everyday lives. We would love to continue expanding this with your help. See [Page 22](#) for more app information.

Unique Sponsorship Opportunity

email our fantastic team for more information

iammescotland@outlook.com
www.iammescotland.co.uk



Keep Safe Scotland App is looking for a national sponsor

You could be the one.....

Helping create safer communities across Scotland



In other news..



It's not a goodbye it's a see you later.

Molly has left I Am Me Scotland as our Project Development Officer. Molly has decided to go back to university to pursue a career in teaching. We can't wait to see you back at a school doing what you do best, teaching and empowering the next generation. You will make the most amazing teacher! Good luck on this exciting new adventure and we will miss you so much!



See You Later Colin.

A **HUGE** thank-you to Colin McKenzie who has been with the team for the past year helping us out during the pandemic. Colin is now able to return to his original job as a cleaner in Renfrewshire HQ. However, Colin will still be a part of our volunteer team, we look forward to seeing him then! Thank-you so much Colin for all your hard work and good luck re-starting with the facilities team.



Welcome Aimee

Aimee has joined our team as the Project Development Officer for I Am Me Scotland. Aimee's main role will be further developing the Keep Safe initiative. The team are delighted to be working with Aimee and can't wait for her to get out to meet you all. Welcome to the Team Aimee.





What's on ONLINE?



Lili

Lili is a short film by New Voices Theatre shining light on life with **chronic illness** through dance and acrobatics to the music of young composer Lili Boulanger.

This work is the culmination of a week of Research and Development between Director Charlotte McKechnie and Movement Artist Kate McWilliam with consultation from Eve Mutso, creating choreographic concepts and song cycle through studying the life of Lili which was tragically cut short due to chronic illness.

As part of their process, they anonymously gathered feedback from people with hidden disabilities and chronic conditions as well as drawn on the lived experiences of the hidden disabilities and chronic illnesses their own creative team live with.

New Voices Theatre will be launching a short film called "Lili" on Friday the 12th of November at 7pm for **FREE** via this link: [New Page — New Voices Theatre](#)



CyberScotland

CyberScotland have partnered with Get Safe Online to run a **Safe Student Online** campaign this month, sharing tips and advice to help students keep secure online.

Please use the hashtag **#safestudentonline** and **#CyberScotland** and where possible link back to their blog on the CyberScotland website <https://www.cyberscotland.com/cyber-security-advice-for-students/>



CyberScotland

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](#).

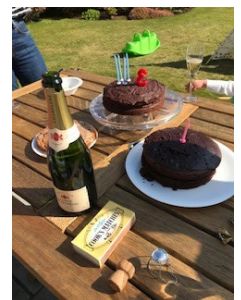
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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 everyone and to ourselves as the Charity turned 6 on 19th October!



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!