



I Am Me Scotland Newsletter

October 2022



Welcome to the Spooktacular I Am Me Scotland's October 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



Ambassador Days

I Am Me Scotland and Police Scotland trainers have been delivering the Keep Safe Ambassador training Programme to schools in Renfrewshire, Inverclyde and Helensburgh! With many more to come. Its been great to be back out and gaining fantastic new Ambassadors! To find out more head to: [Page 11](#)



Keep Safe Coffee Morning

I Am Me Scotland hosted an Easy Read Keep Safe input in St Mirin's Cathedral. It was delivered with PC Connolly from Renfrewshire Police division. We talked about Keep Safe and the Keep Safe Initiative. We were delighted that disability groups from across Renfrewshire joined us. It was a great, fun, educational morning and amazing to be back out in the community. To find out more head to: [Page 8](#)



In this issue

Keep Safe Learning Platform Great work Spotlight Other News...

Area	Number of Keep Safe Places
Aberdeenshire	24
Aberdeen	26
Angus	29
Argyll & Bute	63
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	83
Dundee	42
East Ayrshire	32
East Dunbartonshire	6
East Lothian	16
East Renfrewshire	17
Edinburgh	40
Falkirk	16
Fife	24
Glasgow City	38
Highland	23
Inverclyde	28
Midlothian	12
Moray	12
North Ayrshire	14
North Lanarkshire	10
Orkney	2
Perth & Kinross	45
Renfrewshire	121
Scottish Borders	20
Shetland Islands	1
South Ayrshire	23
South Lanarkshire	39
Stirling	35
West Dunbartonshire	33
West Lothian	20
COPFS	17
Scottish Courts	37
Total	964

Keep Safe

There are now **964** 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 Costa Coffee Angus

Costa Coffee in Angus are this newsletters Keep Safe Stars— they have shown great support to the Keep Safe initiative by assisting Keep Safe users where and when they have needed it, great work you are all stars!!





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!

Edinburgh—Morning side Parish Church



East Lothian—Luca's Ice Cream Shop



Perth and Kinross—Esolperth



Renfrewshire—CIRCLE



Renfrewshire—Active Communities





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South Ayrshire—Ayrshire Housing



South Ayrshire—Ayrshire College Campus



Glasgow—Eastgate



Glasgow—Exchange House



Glasgow—Glasgow City Chambers



Glasgow—Glasgow City Chambers John Street





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Falkirk—Paragon Housing Association



Falkirk—Paragon Housing Association



South Lanarkshire—Thistle Credit Union—Blantyre and Rutherglen stores



Argyll and Bute—Café Rumblin Tum



Argyll and Bute—Inverary Jail





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Argyll and Bute—Lorne Bar



Argyll and Bute—Tipsy Laird



Argyll and Bute—Salty Dog Cafe





Keep Safe



We are always looking to improve our initiatives and would really love your **feedback**.

This means we know what works and what needs improving.

Keep Safe is an award winning initiative that works in partnership with Police Scotland to create safe places within our communities.

We couldn't do it without you, so please click the link and tell us what you think.



Keep Safe Evaluation

Easy Read Keep Safe Evaluation



[Paisley Shop Mobility Supports the Keep Safe Initiative](#)



Paisley Shop Mobility wrote a lovely article about supporting the Keep Safe Initiative. Paisley Shop Mobility provide low-cost or sometimes FREE hireable mobility equipment to the public of all ages so that people with restricted mobility (permanent or temporary) can enjoy independence outdoors.

They are also a Keep Safe place where you can go if you ever feel lost, scared or vulnerable when out in the community. They are dedicated to keeping people safe while integrated in the community.

Thank you for all of your support for the Keep Safe Initiative.

To find out more head to: [About Us](#) (shopmobilitypaisley.net)

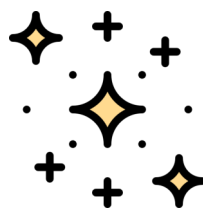
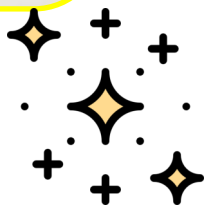




Keep Safe Coffee



We hosted an Easy Read Keep Safe input in St Mirin's Cathedral. It was delivered with PC Connolly from Renfrewshire Police division and we talked about Keep Safe and the Keep Safe Initiative. We were delighted to be joined by some amazing people from Paton's, Milldale, Mirren and Spinner's Gate Day Centres. It was a great, fun, educational morning and amazing to be back out in the community. The day was well received, and everyone learned a lot. The groups had an opportunity to speak with PC Connolly and learn different ways to keep safe and report crimes. Thankyou to Molly for her donation, Aimee and Henry for the delicious home baking and huge thank you to everyone who came along we hope you had as much fun as we did!





Great Work Spotlight!

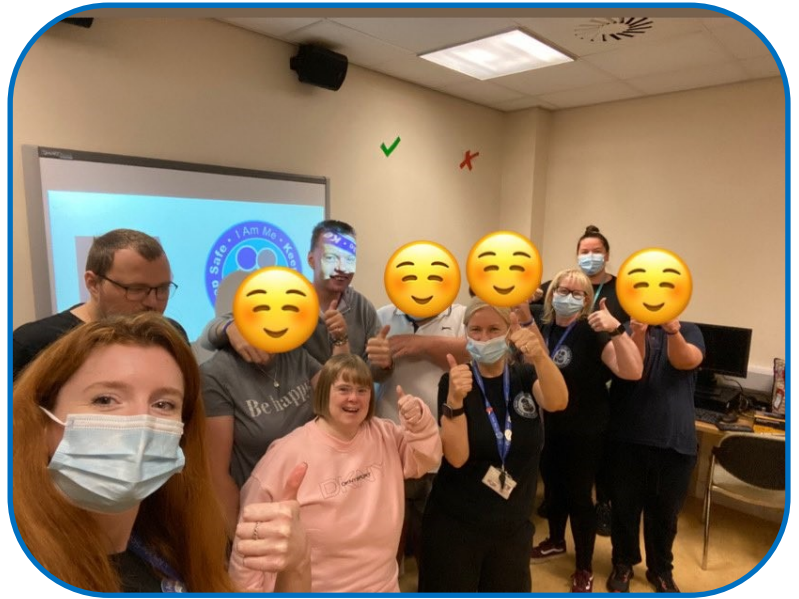


Keep Safe Input

Mirin Day Centre

The I Am Me team were at Mirin Day Centre for a Keep Safe input on how to keep safe in the community and online, we loved it as did the group! If you would like more information on a Keep Safe input please contact us at:

iammescotland@outlook.com



PSYV Volunteers

Dumbarton

PSYV volunteers from Dumbarton recently visited Helensburgh where Keep Safe Scotland invitation letters were provided to local shops. This was to raise awareness of the Keep Safe initiative. Well done and thank-you!



Scouts Keep Safe Input

PC Jill Sutherland and PC Angus McKay were at 5th Greenock and district scouts to deliver a Keep Safe input on the Keep Safe initiative and how to stay safe. Well done!!






Great Work Spotlight!



Mirren Park School

We had the absolute pleasure of working with an amazing group of young people from Mirren Park School. They were an incredible help in developing the new Alcohol and Substance Awareness Educational Resources. Darcy, Rhyse and Mayson were the stars of the show! Thank-you very much 



Glasgow Police!

PC Bell from Glasgow East Police attended Reidvale Centre to promote I Am Me Scotland and the Keep Safe Initiative. It looked like you had a great time and well done!!





Ambassador Days



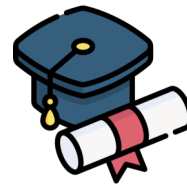
The Keep Safe Ambassadors programme has been developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

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



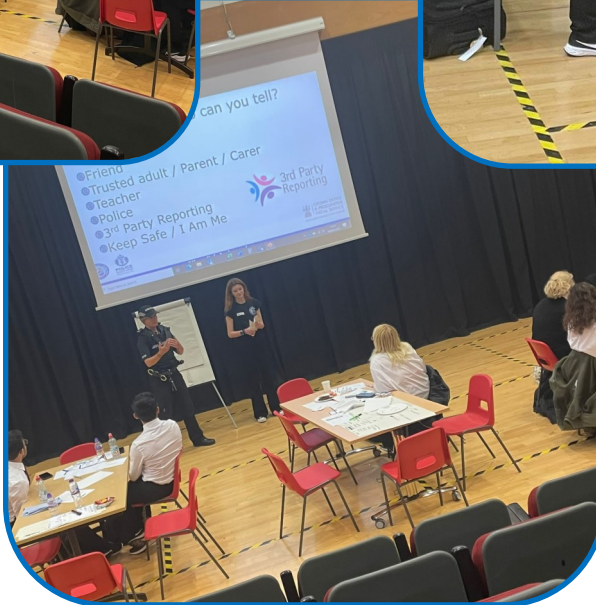


Ambassador Days Keep Safe Ambassador Days



Inverclyde Academy

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Inverclyde Academy in Inverclyde. Everyone including the trainers had a great day. We hope to train more ambassadors in Inverclyde soon!



Hermitage Academy

Helensburgh

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Hermitage Academy in Helensburgh. Everyone had a great educational day!





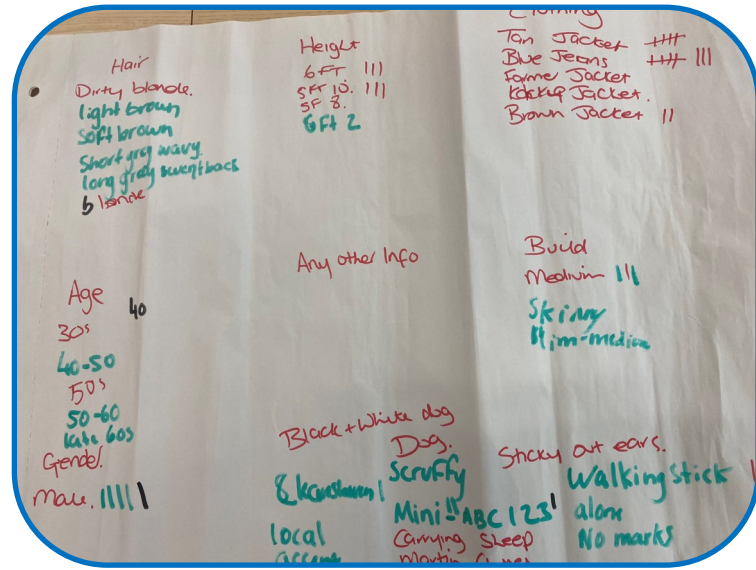
Ambassador Days

Keep Safe Ambassador Days



Train the Trainer day—Motherwell

I Am Me and Police Scotland trainers recently delivered a Train the Trainer Keep Safe Ambassador day for Officers in Q division. It was a great, fun day for all. Watch this space for more training dates in the near future!





Events



St Johns Church East Renfrewshire

I Am Me Scotland were kindly invited along to St Johns Church in Barrhead on the 20th of September. Aimee was joined by Police Officers from East Renfrewshire in holding an information stand at the event to network with local business in the area. It was a great informational day for all involved. It was lovely to meet new people and spread information about the Keep Safe Initiative. Thank-you for having us.



Empowering Communities in Ayrshire to end hate crime



We attended the Empowering Communities in Ayrshire to end hate crime on the 5th of October. It was great to see so many partners coming out together to highlight the need to educate hate crime out of society! It was a fun, educational and well organised day. Thank-you for having us.



I Am Me Scotland Learning Platform

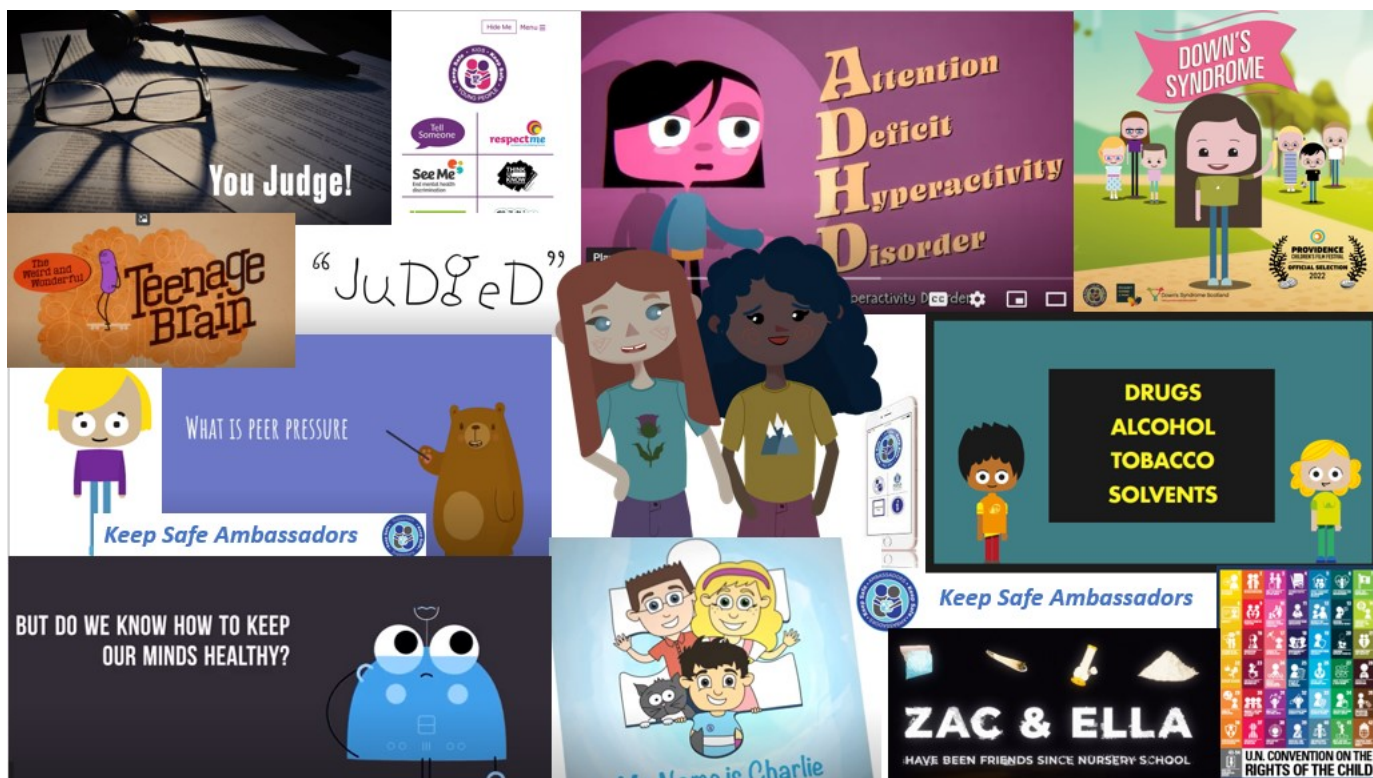
An exciting new suite of online resources supporting the Health & Wellbeing experiences and outcomes. Tailored lessons from Primary 1 to Primary 7 that can be used in the classroom and at home.



For access to our **FREE** Online Learning Platform contact us on **iammescotland@outlook.com**

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 have **“Early Years & Primary”** and **“Secondary”** sections to help support teachers and Police Officers on many key topics. The platform pulls all resources together and includes exciting, interactive lessons, animations and videos talking about **different disabilities, inclusion, bullying and the consequences of hate crime**. There are also additional lessons on **Children’s Rights, Dementia Awareness and Down’s syndrome Awareness**. The platform also hosts a suite of resources from Early Years through to S5 on **Alcohol and Substance Awareness**. You can access the platform here. [HERE](#)



If your school would like access to our **FREE** online resources, please contact the team on iamme@renfrewshire.gov.uk and we will set you up with a **username and password**.



Educational Resources!



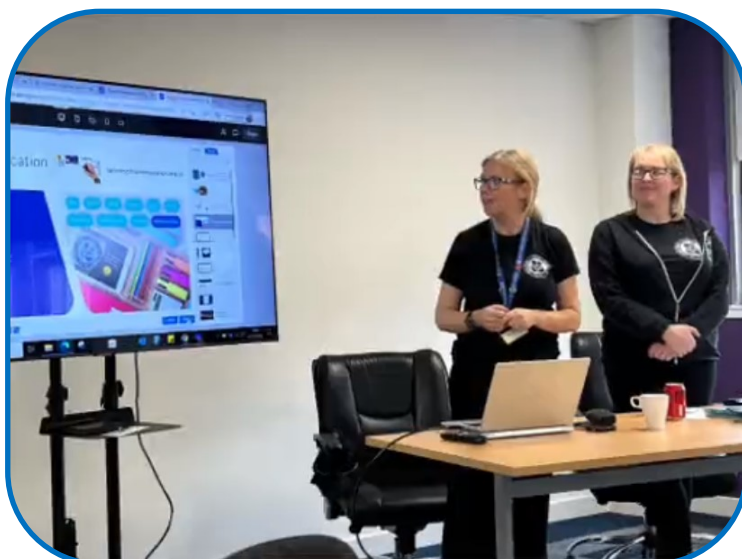
ADHD Awareness month

October is ADHD Awareness month! We have been working in partnership with amazing animator Alexander Amelines at Amazing Things and ADD-Vance to create a short animation explaining a little about how some people might experience ADHD. We will be developing a lesson around this animation which will explain that everyone's experience is different and that things like medication might help some people, but might not be an option for others. Click the picture to take a look!



PSE Conference

Carol and Mhairi delivered an input to the Renfrewshire PSE Conference on the I Am Me Learning Platform and on the new Alcohol and Substance Awareness Resources to teachers across Renfrewshire. Thank-you for inviting us along! If you would like access to these resources please do not hesitate to contact us at: iammescotland@outlook.com



Woodlands Primary!

Mhairi and PC Hannah Smith were invited along to Woodlands Primary in Linwood. They delivered training to two primary 6 classes. We had lots of discussion about being different, disabilities, inclusion, and the consequences of bullying and hate crime. It was a great day, thank you for having us!



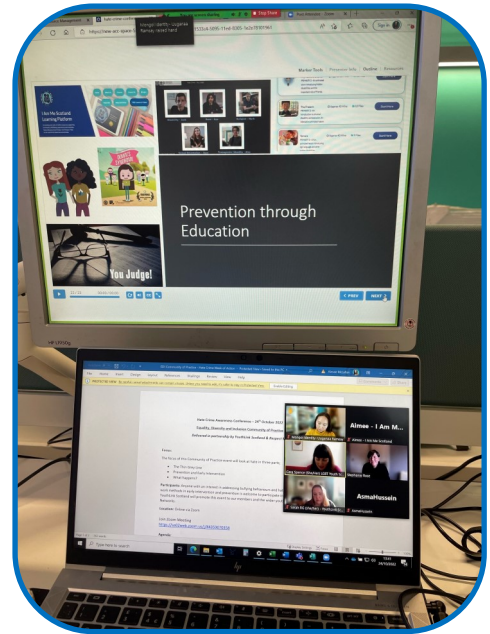


Educational Resources!



Hate Crime Conference

Aimee and PC Stephanie Rose delivered an input at the Equality and Diversity Inclusion hate crime conference talking about “The thin Grey Line” between bullying and hate crime. They talked about the “You Judge” hate crime resources on the I Am Me platform. This is an interactive resource that was developed in partnership with I Am Me, Police Scotland and the Crown Office. It covers all 5 strands of hate crime. The lessons begin with an incident and follows the journey through the criminal justice system. Thank-you for having us the event was very informative!



Action on Prejudice
Challenging Inequality and Hate



School Christmas Card Compe-



Its time to start thinking about Christmas woohoo! Please send us your handmade cards to enter into the Christmas competition to win a hamper for your school. Click the video below for more details



Renfrewshire Provost is also donating the cards from The Provost Christmas competition and these will also be sent to older people across Renfrewshire. 😊





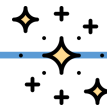
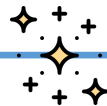
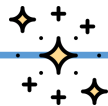
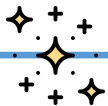
Thank-you!



Thank-you to **the New Jerusalem Church in Paisley** for their very kind donation to the charity—We received a very kind donation of £300! Thank-you again.



A huge thank-you to our **lead Keep Safe Ambassador Andrew, Iain, Kieran, Carol, and Mhairi** who assisted with the Keep Safe Coffee morning by setting up and tidying up and making sure everyone was having a good time—thank-you you are all stars!!



Another huge thank-you to the **STAR Project** in Renfrewshire who do an amazing job at supporting local people in the community—I Am Scotland recently donated blankets, and hot water bottles to the STAR Project to support their winter care packages. To find out more about the STAR Project please click here: [Star Project \(star-project.org.uk\)](http://star-project.org.uk)

Thank you to the amazing @iammeScotland for donating boxes of brand new hot water bottles & blankets for some 'Keep Warm' packs for vulnerable community members this winter. It shouldn't be necessary but, as it is, we're grateful for great orgs supporting us #CostOfLiving





In other news..



ROCCO Award 2022 Finalists

I Am Me Scotland have been shortlisted as finalists for ROCCO Renfrewshire Chamber of Commerce Business awards 2022!! We have been chosen as finalists for Invest in Renfrewshire category for supporting people in employment—though we are already winners as we have been lucky to gain amazing staff members through the Invest programmes.



FINALIST



Renfrewshire Youth Voice

Renfrewshire Youth Voice (RYV) are running their TENTH positive about youth awards this year which will be held in Coats Paisley on Friday the 25th of November 2022. They have many different categories this year and nominations are OPEN, anyone who works with young people can get their nominations in—to find out more head to:

[Renfrewshire Youth Voice - PAY Nominations \(ryv.org.uk\)](https://ryv.org.uk)



RENFREWSHIRE
YOUTH VOICE





In other news..



Crimestoppers Fireworks night!

Crimestoppers UK are launching their annual fireworks misuse campaign on the 21/10/2022. This will cover all the Do's and Don't of fireworks night and share tips on how to keep safe when around fireworks, find out more at: [Scotland Firework Misuse | Crimestoppers \(crimestoppers-uk.org\)](https://www.scotlandfireworkmisuse.org/)

Alternatively you can head over to their twitter at: [@fearless_scot](https://twitter.com/fearless_scot) and find out more information there.



We hope you have a lovely and safe bonfire night!

Scotland Firework Misuse

We ask communities to give fireworks misuse information 100% anonymously...



Paisley Halloween Festival!



Grab your cape and gather your superpowers for a thrilling Halloween experience like no other in Paisley's historic town centre from Thursday 27th—Saturday 29th of October, 6-9pm. There are plenty of FREE workshops for children to enjoy with no tickets required throughout the weekend at **The Art Department, 2-10 Causeyside Street, Paisley, PA1 1UQ**. To find out more head to: [Paisley Halloween Festival - Paisley.is](https://www.paisleyhalloweenfestival.co.uk/)



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](#).

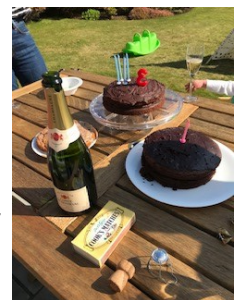
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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 Mhairi O'Rourke and I Am Me Scotland, yes.... We celebrated our 10th year and 7 as a Charity!



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

Thank you to Arnold Clark for Sponsoring I Am Me Scotland
Find out a bit more about their Early Careers



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