



I Am Me Scotland Newsletter

October 2023

Welcome to the I Am Me Scotland Spooky 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 19](#) for an overview of I Am Me and the Keep Safe initiative.

 **HAPPY** 
HALLOWEEN

Keep Safe Ambassador Days are back!

I Am Me and Police Scotland trainers recently delivered Keep Safe Ambassador training. We've had a great time being back after summer! To find out more head to [page 4](#).



Awards season is here!

The I Am Me Scotland team and partners have had a great time at award events. To find out some good news and more head to [page 11](#).



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	67
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	82
Dundee	44
East Ayrshire	38
East Dunbartonshire	6
East Lothian	42
East Renfrewshire	17
Edinburgh	42
Falkirk	16
Fife	21
Glasgow City	45
Highland	23
Inverclyde	25
Midlothian	12
Moray	11
North Ayrshire	14
North Lanarkshire	10
Orkney	2
Perth & Kinross	44
Renfrewshire	110
Scottish Borders	23
Shetland Islands	1
South Ayrshire	19
South Lanarkshire	39
Stirling	35
West Dunbartonshire	37
West Lothian	28
COPFS	17
Scottish Courts	37
Total	997

Keep Safe

There are now **997** 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!



PC Claire Bysouth the National

Co-ordinator for the Keep Safe initiative is this months Keep Safe star! Claire has taken over the role and has hit the ground running ensuring everyone involved with Keep Safe feels supported. Great work you are a star and we can wait to continue working with 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!

Midlothian

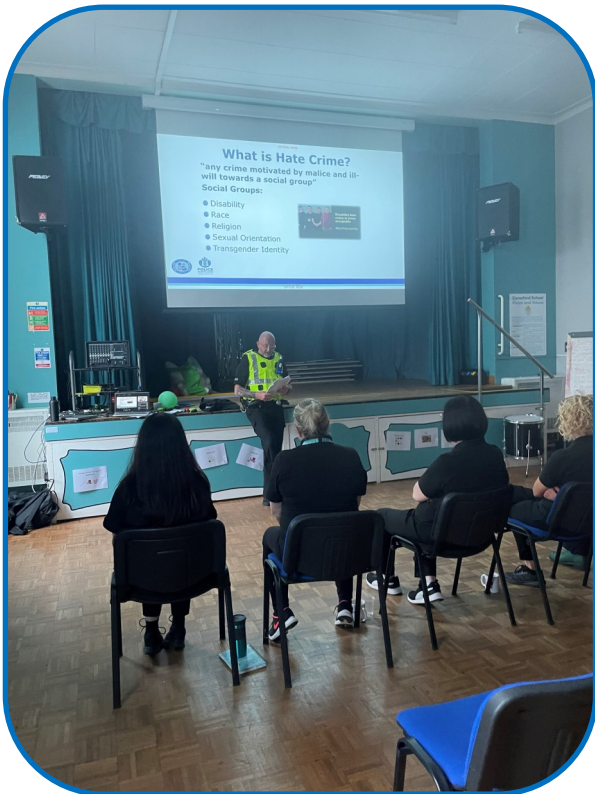
Gorebridge Library



Roslin Library



Corseford School Keep Safe training



Aimee and PC Alan Curran of Renfrewshire Police attended Corseford School; *'Corseford School is no ordinary school: in the 1950s, we were founded by parents and health workers who were unhappy with the educational opportunities available for the disabled children in their care. They wanted better education and opportunities for those children and they set out to make that happen. Almost 70 years later we continue to strive to deliver the best education and experiences to the children and young people at Corseford School.'*

The staff received Keep Safe training and have created a Keep Safe place within their school for their students to recognise and go to if they need to.

Thank-you for having us we had a great time meeting everyone!

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

@IammeScotland

@KeepSafeSam1





Ambassador Days



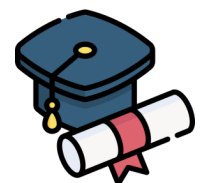
The Keep Safe Ambassador programme was developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

Keep Safe Ambassadors are trained on how to recognise and report hate crimes safely within the community and in a school environment. The Keep Safe Ambassador programme consists of one full day of training, with inputs from I Am Me Scotland, and Police Scotland. A certificate and badge is provided to each participant at the end of the training session.

The Ambassador Training takes place within your school and is a full days training.

If you would like to register interest for this training in your school, please email and we will be in touch soon with possible dates:

iamme@renfrewshire.gov.uk





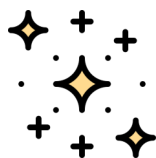
Ambassador Days

Keep Safe Ambassador Days

St Benedicts High School



I Am Me and Police Scotland trainers PC Mary Connolly and PC Alan Curran recently delivered the Keep Safe Ambassador programme in St Benedict's High School in Renfrewshire. We all had a great, fun, educational day!





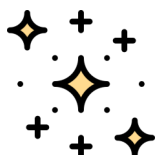
Ambassador Days

Keep Safe Ambassador Days



Train the Trainer

A huge thank-you to Megan Milligan and PC Stephanie Rose who co-delivered the Keep Safe Ambassador Train the Trainer programme in Renfrewshire House with Police Scotland Officers. It was a lovely day, thank-you to everyone who travelled to come and take part.





Keep Safe great work!



Edinburgh Police Officers

PC Prince Durant and PC Emily Noble from Edinburgh Police attended Heriot Watt University "Feel Good Wellbeing" event where they promoted Keep safe to staff and the students.

It was well attended and they spoke with many people who thought the initiative was a fantastic idea and worth looking into.

Great work, you are both stars!



Centre for Inclusive Living Perth and Kinross

Aimee, PC Lynsey Boyle, along side Jane Moncrieff and members from CILPK attended the AK Bell Library in Perth and Kinross to host an information day/stand.

Thank-you for having us, it was lovely to be out and about, meeting new people and spreading awareness of the Keep Safe initiative.

CILPK do a great job of raising awareness of the Keep Safe initiative. Great work everyone, you are stars!



Ayrshire College inputs!

PC Frank Lynch the Police Liaison Officer for Ayrshire Colleges hosted I Am Me/ Keep Safe awareness workshops each day at each campus to support Hate Crime Awareness Week from the 10th Oct – 12th Oct 23. PC Frank Lynch got all staff and students to make a pledge to standing up against Hate Crime, and make students aware that all Ayrshire Campuses are Keep Safe places.

Take a look at the fantastic pictures of PC Frank Lynch with Charlotte Mitchell (Equalities and Diversity Lead for the college) and Linda Corbett, who is the Student Association President for Ayrshire College.





I Am Me Scotland
Learning Platform

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

For access to our
**FREE Online Learning
Platform visit**



**iammescotlandeducation.org.uk
and click the "REGISTER" BUTTON**

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



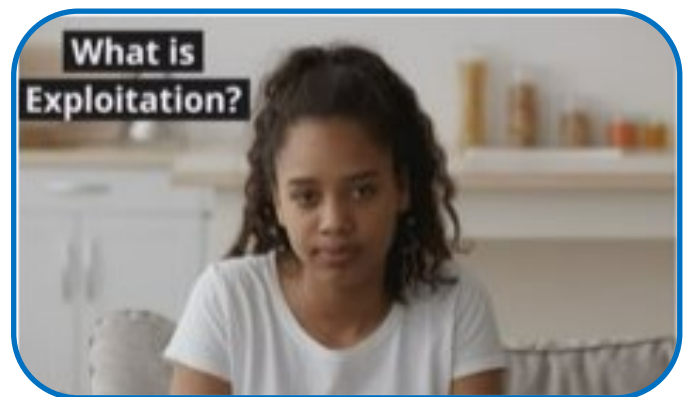
**Keep an eye out for these
resources coming soon to our
Education Platform!**



The team alongside PC Guy Jenner of U division have been working on creating a Vape resource lessons for P7-S2 pupils in schools. Watch this space!

A huge thank-you to Reo Stakis for donating £5000 to I Am Me Scotland, which we will use towards the vape awareness resource.

The team have also been working hard with PC Jemma Davidson from Police Scotland's Children and Young People team to create a child exploitation lesson which will be available on I Am Me Education platform soon!



To access these lessons and more [click here to register for FREE access to the I Am Me Education platform.](#)





Education Platform

HERE TO SUPPORT YOU, CHILDREN AND YOUNG PEOPLE

There are currently **1,703** Police Officers, teachers, youth groups and health and social care practitioners using the I Am Me Scotland Online Learning Platform.



I AM ME SCOTLAND NATIONAL EDUCATION PLATFORM GUIDEBOOK



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

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

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

Click the image to take a look





Sarah Says!

STAY IN THE LOOP WITH UPDATES AND INTERESTING CHATS!

Introductions!



I'm Sarah Reilly and I am a volunteer at I Am Me Scotland. I have a legal background and used to practice as a solicitor, and worked at [Citizens' Advice Mid Mercia](#) for 8 years before moving to Scotland. I completed a Masters in International Human Rights Law at the University of Nottingham. I am a very passionate advocate for disability rights, a subject I wrote my dissertation on, and gained hands-on experience of these issues in my term as Disabled Students' Officer. Additionally, I have conducted research and written blogs and reports for a number of outlets including social affairs magazine [VIEWdigital](#), and I am the co-founding Director of the [Women's Research Centre](#).



There are a number of reasons I want to volunteer for I Am Me. I greatly admire their work to prevent hate crime, how they engage with schools and partners like Police Scotland, and their promotion of the rights of disabled people as well as other marginalised groups. They create real change and take action to transform society and people's perceptions on various issues. Their focus on involving children as well as individuals impacted by the matters they raise is inspiring. This work is vital in building a fairer and better society for everyone as prejudice is the one thing that holds us all back.

I will be assisting the I Am Me team in a number of ways, including conducting research for them and creating content for their projects and media channels. I am also the Joint Chair of the charity's new disability steering group, which will provide feedback on their work and identify issues affecting people with disabilities. Each month I'm going to write a blog based on recent events, what the I Am Me team have been up to, and also what issues are being fed back from the disability steering group. If there is anything that you would like to raise or think is important to highlight please get in touch as we can't create change without you!



Awards season is here!



I Am Me Scotland have attended some amazing award ceremonies:



The Herald & GenAnalytics Diversity Awards Scotland

I Am Me Scotland #MakeADifference initiative was nominated in the Diversity Campaign of the Year category in The Herald & GenAnalytics Awards 2023. We were up against some amazing campaigns and unfortunately did not take home the win this year. Aimee, Mhairi and fantastic Board member Lorraine attended the event and had a fabulous time!



COSLA Excellence Awards



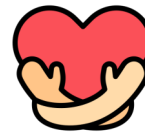
Renfrewshire Council Children's Services in partnership with I Am Me Scotland's Alcohol and Substance Awareness Education resource was nominated in the Tackling Inequalities and Improving Health and Wellbeing category of the COSLA Awards...and WON!

Thank-you to everyone who participated in the lesson.





Thank-you!



A huge thank-you Ladies!

A ladies Facebook group has 6,400 members! Started by Nicola Ferns after lockdown as she personally had felt lonely despite having family. She realised there was a friendship gap for some women 40+ (no upper age limit) and she set up the group to host events and encourage members to do the same. Since then it has had phenomenal growth to the point where a monthly, optional, charity collection for nominated groups has been started—I Am Me was nominated and they managed to raise a whopping £310! Thank-you to Lorraine Glass for nominating us ❤️

Thank-you team and board members

Just a wee thank-you to the team and amazing board members—we hope you loved your thank-you gifts.



Thank-you to Megan and PC Stephanie Rose



Thank-you again to Megan Milligan and PC Stephanie Rose for delivering another Keep Safe Ambassador Train the Trainer programme for Officers in Renfrewshire House. We couldn't have done it without you and appreciate all your help!



JUST GIVING



GET INVOLVED IN FUNDRAISING FOR I AM ME SCOTLAND!

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

HOW TO?

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



DISPLAY YOUR PAGE

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

CREATE YOUR LINK/QR CODE!

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



JustGiving™

CONTACT

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



In other news..



RespectMe

#Anti-BullyingWeek

Anti-Bullying Week, 13-17
November 2023

#AntiBullyingWeek #ImListening

Anti-Bullying Week 2023 will take place from Monday 13 – Friday 17 November with the theme of **Listen Up! (Respect our Rights)** because bullying is never acceptable.

Whether you're an educator, parent/carer, or youth organisation, Respectme are calling on all adults to 'Listen Up' and take practical steps to respect the rights of children and young people across Scotland for Anti-Bullying Week and across our campaign. To find out more [click here](#).

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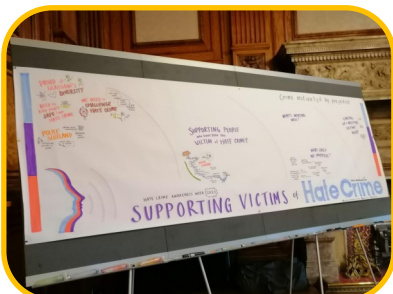
Developed in partnership with
respectme's Youth Action Group

Supporting Victims of Hate Crime Conference

Aimee and Mhairi were delighted to be at the Supporting Victims of Hate Crime conference hosted in Glasgow City Chambers (one of our amazing Keep Safe places) with lots of amazing organisations.

Here we discussed what we can all do to support the improvement of all things hate crime.

Thank-you for having us it was a interesting informational day.





In other news..



Railway Children Glasgow Project

Aimee and Kieran attended the launch of the Railway Children Glasgow Project in Glasgow Central Station. The new "Safeguarding on Transport" programme brings together the rail industry and British Transport Police to protect young people from harm by raising awareness about vulnerability on the railways, and reinforcing safety responses in/around major railway stations.

Through this programme it is hoped that when a child or young person is identified as being at risk, they can be referred to Railways Children who can provide support. To find out more head here; [Fighting for Street Children \(railwaychildren.org.uk\)](http://fightingforstreetchildren.org.uk)



Care At Home Hate Crime/ Keep Safe Training



Mhairi and PC Alan Curran from Police Scotland delivered Hate Crime/Keep Safe Training to Care At Home staff in Renfrewshire to raise awareness and understanding of Hate Crime and the Keep Safe initiative and how understanding these can better assist them in their job. Everyone had a great day!



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](#).

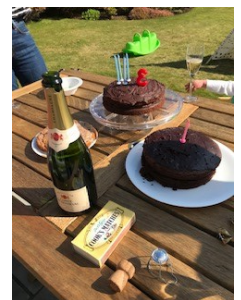
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) 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 Lucas (age 5)! 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