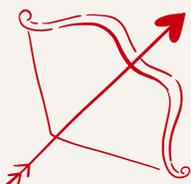


# I AM ME SCOTLAND NEWSLETTER



## Welcome to I Am Me Scotland's Lovely February Newsletter!

This newsletter highlights a lot of wonderful community work. If you, or someone you know would like to be added to the mailing list for this Newsletter, or has a story you would like to share, please get in touch with us at

[iammescotland@outlook.com](mailto:iammescotland@outlook.com)

**If you are new to the Newsletter, head to page 23  
to find out  
"What We Do!"**

**Disability  
Friendly**

**Spotlight on  
ADHD  
animation.  
Alex Amelines**

**Education  
Platform**

[www.iammescotlandeducation.org.uk](http://www.iammescotlandeducation.org.uk)

**Disability Friendly   Learning Platform   Other News...**



# Disability Friendly

*A network of Places where disabled and vulnerable people feel valued and supported within their communities.* 



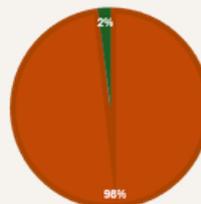
Find out more

**FREE** All training and resources are free!



DID YOU ENJOY THE TRAINING?

Yes No Unsure



**98%**

Enjoyed the training

Supported by COPFS



CROWN OFFICE & PROCURATOR FISCAL SERVICE

Join us, to create a Disability Friendly network across Scotland  
[iammescotland@outlook.com](mailto:iammescotland@outlook.com)  
or **CLICK HERE**





# Disability Friendly

Building a network of places across Scotland where disabled and vulnerable people feel included and valued within their communities.

## Welcome new Disability Friendly Places



**St Mirren Football Club**

### Renfrewshire



**RAMH**



**St Mirren Charitable Foundation**



**Disability Resource Centre**



**WSC - Paisley Campus**



**Turning Point Scotland**

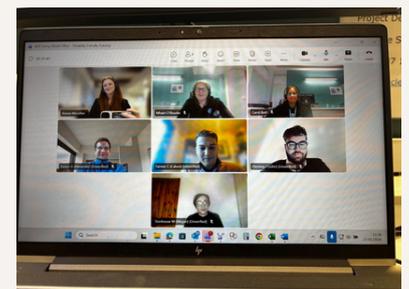
### Angus

### Fife

### Aberdeenshire



**Costa Coffee Montrose**



**Jenny Gilruth MSP**



**Office of Karen Adam MSP**



# Disability Friendly



Building a network of places across Scotland  
where disabled and vulnerable people feel  
included and valued within their communities.

## Welcome new Disability Friendly Places

### Glasgow



Enable Glasgow  
Fortune Works



Cernach Housing  
Association



Drumchapel Housing  
Co-operative

### Inverclyde



Cloch Housing  
Association



WSC - Greenock  
Campus



WSC - Greenock  
Waterfront Campus



Greenock Central  
Library



# Disability Friendly

Building a network of places across Scotland where disabled and vulnerable people feel included and valued within their communities.

## Welcome new Disability Friendly Places

### Perth & Kinross

Esolperth English Language Lessons



Perth & Kinross Council



### North Lanarkshire

Craighalbert



### West Dunbartonshire

WSC - Clydebank Campus



### Edinburgh



St Mary's Cathedral



Lothian Buses





# Disability Friendly



Building a network of places across Scotland where disabled and vulnerable people feel included and valued within their communities.

## Disability Friendly Places

NHS Area	NHS Area
Ayrshire & Arran	1
Borders	0
Dumfries & Galloway	0
Fife & Forth Valley	2
Grampian	1
Greater Glasgow & Clyde	32
Highlands, Islands & Argyle & Bute	10
Lanarkshire	1
Lothian	8
Tayside	5
COPFS	28
<b>Total</b>	<b>88</b>



Click the map to see all of the Disability Friendly Places



# St Mirren Disability Friendly Training



## Training Completed



St Mirren Football Club have become the first Football Club in Scotland to sign up as a Disability Friendly partner. This means, that staff and volunteers have completed Disability Awareness training and made a commitment to help support disabled people to feel valued, respected and included within their local community. We are looking forward to continuing to working with the club and the SMDSA (St Mirren Disabled Supporters Association), helping to make a Scotland where everyone can feel valued.



Disability Champion

Proud to be part of  
Disability  
Friendly  
Scotland



St Mirren Football Club

CONGRATULATIONS

# How can we help?

We have worked with lots of different organisations on Disability Friendly, and this has resulted in some new ideas of how we can help businesses communicate with people better.

All of our resources are tested with children/young people/adults with additional support needs.



**Small £3.50 each**  
**Large £4.50 each**

## Communication Cards/Prompts

Communication can sometimes be difficult for people if they are upset, find it difficult to speak to people they don't know, or for people whose 1st language isn't English. These Communication Cards have pictorial images to help people communicate. Images include how people are feeling, telling people what has happened, and how they can help.

**These cards can be tailored to your business needs, including menu items etc. Just contact the team for more information.**

## Sensory Support Packs

Our sensory support packs are designed to help children, young people, and adults with disabilities feel safe, calm, and in control. Each pack includes headphones and a thoughtful selection of sensory tools to support emotional regulation, reduce anxiety, and provide comfort in busy or unfamiliar environments. If you would like Sensory Support Packs for your business, please contact our team for more information.



**£25 each**

**Contact the I Am Me Scotland Team on**  
**[iamme@renfrewshire.gov.uk](mailto:iamme@renfrewshire.gov.uk)**  
**for more information.**

# Why Vitamin D Matters This Winter



Our campaign is aimed at encouraging everyone, including children, to consider taking a supplement containing 10 micrograms (400 IU) of Vitamin D daily.

We have developed a toolkit of suggested social media posts, graphics, email and website content to support you in sharing information about the campaign with

your stakeholders. These resources are available in English, Arabic, Bengali, Hindi, Polish, Scottish Gaelic, Traditional Chinese, Ukrainian and Urdu.

The Vitamin D Campaign toolkit can be accessed at: [Vitamin D campaign toolkit](#). FSS has also developed a video providing advice about Vitamin D, which is available in BSL. The video can be accessed at: [Vitamin D webpage](#).

Getting enough Vitamin D is important to support bone and muscle health.

In Scotland, between October and March, we do not get enough of the right kind of sunlight for our bodies to make Vitamin D.

People who are more likely to be deficient in Vitamin D are recommended to take a daily supplement all year round.

Those more at risk include:

- Infants and children under 5 years old
- Pregnant and breastfeeding women
- People with low sun exposure, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution
- People from minority ethnic groups with dark skin such as those of African, African-Caribbean and south Asian origin, who require more sun exposure to make as much vitamin D

Food Standards Scotland will also be providing updates across X, Facebook, LinkedIn, Instagram and Threads. If you do not already follow Food Standards Scotland, please follow us and share our posts to help amplify the message.

You can find more advice on our website, and also read our Senior Public Health Nutrition Advisor's answers to some frequently asked questions about Vitamin D.

# Spotlight On...

**Celebrating good work within our communities!**

In this issue we have chosen to shine the spotlight on



Alex, the fantastic animator that we work with has been invited to submit the ADHD animation (developed with Alex, I Am Me Scotland & ADD-Vance) to the YETI film festival in Reykjavik and earlier this week it got through to the semifinals!



The team had a great networking day with Lynsey from Fearless and partners.

Thanks for having us, it was great to see so many of our own friends/partners as well as meeting lots of new potential future collaborators.



Lead Scotland have released their new resource Training the Trainers Hub. The Hub helps you build digital confidence and stay up to date on online safety, so you can support others effectively. It also includes materials to share with those you assist.

Videos are just 5-10 minutes long, making them ideal for quick, bite-sized learning. If you support disabled people or those with limited digital confidence, professionally or in an unpaid role, these resources are designed for you, but are suitable for anyone.

The Hub is available to anyone, for free, at any time (click the images below to access).

These videos replicate our live webinars, which can still be booked for groups or organisations. Interested? Contact our Cyber Project team at [CyberProject@lead.org.uk](mailto:CyberProject@lead.org.uk).



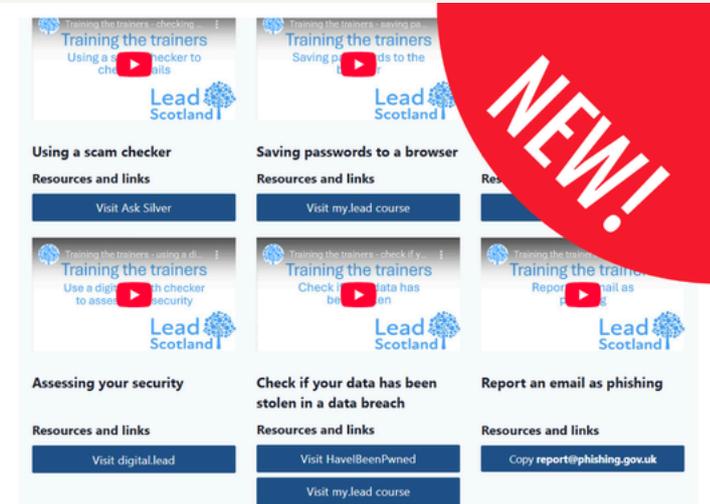
## Training the Trainers hub

Bitesize videos to build digital confidence.  
Free, accessible online anytime.

[my.lead.org.uk/training-the-trainers/](https://my.lead.org.uk/training-the-trainers/)

Perfect for carers, volunteers, support workers, and anyone who might support someone building their digital skills.







**I Am Me Scotland  
Learning Platform**

An exciting suite of online resources supporting the Health & Wellbeing Experiences and Outcomes for Early Years, Primary & Secondary schools. Developed with, and for, children & young people.



# EDUCATION PLATFORM

Our Education Platform is being utilised in all 32 local authorities by police officers, teachers, health & social care practitioners, and parents and carers. There are lessons and training resources on various topics. If you would like FREE access to the platform, you can register here

<https://iammescotlandeducation.org.uk/register/>

**Exploitation  
Awareness**

**Disability  
Awareness**

**My Police**

**Children's  
Rights**

**Hate Crime**

**Alcohol &  
Substances**

**Anti-Social  
Behaviour**

**Nicotine,  
Tobacco &  
Vape  
Awareness**

**Teacher  
2,397**

**Police  
Officers  
568**

**No. of  
people  
using the  
platform**

**Total  
3513**

**HSCP  
64**

**Other  
484**



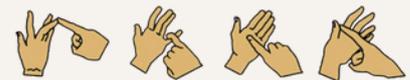
# Exploring Deaf Awareness through animation

Meet  
Isla

We have been working with young people from St. Roch's School in Glasgow with lived experience to write the script for a deaf awareness animation. Meet our main character Isla - who wears 2 cochlear implants.



The animation will be voiced over by Isla herself, and will be interpreted by one of the pupils involved in the project.



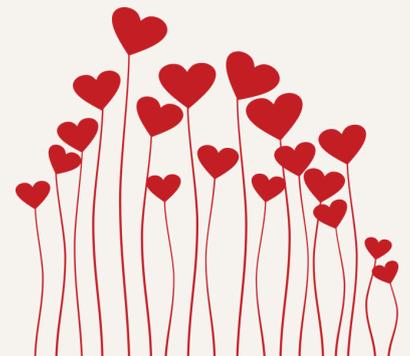
## Lesson Development

The young people would like to develop a lesson that goes along with the animation. They would like to create an understanding of deafness, and the amazing world they experience.

The interactive learning resource will raise awareness of deaf and hearing loss, ways to communicate, barriers faced and how to help remove these barriers, creating a Scotland where everyone can feel valued and included within their community.

The I Am Me Team are currently looking for funding to support the lesson development

## Thank you to the pupils from St. Roch's





# Four different stories, one powerful question. Should I Tell Someone?

**LATEST NEWS**



“Should I Tell Someone?”, a powerful series of short films that follow four young people, each facing a different challenge in their relationships. From pressure and control, to mixed messages, to things that just don’t feel right, each story captures that crucial moment when a young person wonders: Should I tell someone?

## KIBBLE PARTNERSHIP

And we’re taking it even further. Supported by Renfrewshire Children’s Services, we are teaming up with young people from Kibble to co-create dynamic, interactive lessons that wrap around the films. The lessons will be designed to spark the conversations young people actually need about safety, trust, and seeking support.

All resources will be free, youth-led, and created with real lived experience at the heart.

More coming soon — watch this space.

Scan the QR code to watch the “Should I Tell Someone?” films.

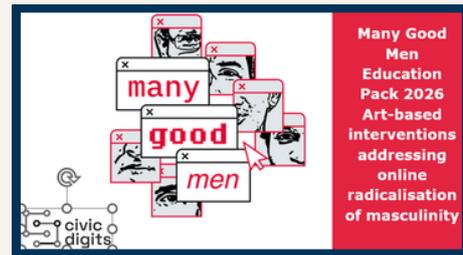


**kibble**



# Many Good Men

We have added a section on the platform called Misogyny/Positive Masculinity. This section includes the Many Good Men Resource.



The resource explains misogyny, the influence of harmful online spaces such as incel communities, and how these impact young men. It also promotes positive masculinity, offering tools to support healthy, respectful attitudes and relationships.

The pack was designed by Civic Digits in collaboration with Education Institute of Scotland (EIS) and is available as a downloadable pack within the resource section of the lesson.

I Am Me Scotland have converted the pack into an interactive lesson for use on the I Am Me Scotland Education platform.

## Mossvale day

✨ What an amazing day at Mossvale Primary! ✨

Our team had the best time delivering workshops on disability, bullying, and hate crime, reaching an incredible 151 pupils!

We were truly impressed by the children's enthusiasm, their fantastic understanding of disability, and their thoughtful ideas on what it means to be a good friend. ❤️

Thank you so much for having us, Mossvale Primary, you were brilliant!





# Would you like to join the I Am Me Scotland/SMDSA Disability Friendly Feedback Group?

- Do you have a disability, or support someone who does?
- Are you Passionate about Accessibility, Inclusivity & St Mirren FC?

If yes, join the I Am Me Scotland & St Mirren Disabled Supporters Association feedback group!

DISABILITY ADVISORY GROUP



1

Bi-monthly meetings alternating Wednesdays & Fridays 1pm-3pm.

2

Located in SMiSA Stadium, Paisley.

3

Refreshments will be provided.

If you are interested please contact us for more details;  
[Iamme@renfrewshire.gov.uk](mailto:Iamme@renfrewshire.gov.uk)



[Stmirrendsa@gmail.com](mailto:Stmirrendsa@gmail.com)



[Iamme@renfrewshire.gov.uk](mailto:Iamme@renfrewshire.gov.uk)

# Team News

## Aerial Yoga



The team started the year as we mean to go on!  
In January the team took to the skies with an amazing aerial yoga taster session with Xena Studios. A huge thanks to our incredible instructors for their guidance (and patience!), we had an absolute blast.



## CPD Clydebank

The team, I Am Me volunteer Sarah, and Steven from SMDSA had a great day delivering Disability Friendly Training at West College Scotland CPD day at the Clydebank Campus! 

Thank-you for having us and to everyone who came along.





# Team News!



Click the picture to  
vote

We are absolutely delighted to share that Mhairi and our lovely friend Lorraine Glass have both been shortlisted for Edufuturist Awards. They both work tirelessly to make education kinder, safer and more inclusive, and we are over the moon to see their passion recognised at a national level.

## ♥ Lorraine Glass Wellbeing Award Nominee



Lorraine has been shortlisted for her incredible work in anti-bullying and her unwavering dedication to improving mental health and wellbeing within schools and communities.

Lorraine is a sparkly wee glittery firework, full of passion, determination and heart. She brings so much positivity to her work with Respectme, and beyond that, she gives her personal time and support to a number of charities (including ours).

She truly makes the world brighter for the young people and professionals she supports.

## ♥ Mhairi O'Rourke Equality & Diversity Award Nominee



Mhairi has been recognised for seven years of commitment to ensuring disabled and vulnerable people's voices are heard in education. Everything she creates is co-designed with the children, young people and communities she supports, ensuring real representation and lived experience at the centre.

Her most recent piece of work is a Deaf Awareness resource, co-developed with the amazing children and young people at St Roch's. Mhairi is currently learning British Sign Language in her own time and at her own expense to make sure this work is authentic and respectful.

The young people are co-writing the script, which will soon be brought to life through animation, with the team looking to secure funding for a lesson to follow, co-developed by them.

**If you can, please take a moment to vote for them  
(they're in separate categories).**

**Your support would mean the world. ♥**

# What is CyberScotland Week?

**CyberScotland Week returns for its eighth year from 23 to 28 February 2026.**

Organisations, businesses and community groups across Scotland can get involved by hosting an event or activity. The week brings people and sectors together to share knowledge, strengthen resilience and celebrate innovation in cyber security.

The 2026 theme continues last year's focus on "Can't Hack it?!", highlighting how everyone in Scotland can take simple, practical steps to stay safer online. From individuals and families to small businesses and large organisations, the message is clear: improving cyber resilience does not have to be complicated, but it does require awareness and action.

## **Get involved in CyberScotland Week**

Anyone can host an event for CyberScotland Week. From organisations to community groups and individuals, by hosting an event, you're helping to drive the conversation about cyber resilience.

**Register your CyberScotland Week event here or browse this year's events below.**

No event is too small – you could host a panel session, workshop, webinar, coffee morning or drop-in session, and play your part in helping everyone in Scotland stay safe online.

**If you have any questions regarding submitting your event, contact [cyberscotland@bigpartnership.co.uk](mailto:cyberscotland@bigpartnership.co.uk)**

**Further information on CyberScotland Partnership**

**<https://www.cyberscotland.com/cyberscotlandweek/>**

**which is full of useful resources and information about staying safer online. You can also subscribe to the regular bulletins.**





# KEEP SAFE SCOTLAND APP



**Just a wee reminder that Keep Safe is no longer operational and the Keep Safe Scotland App should be removed from any devices as this will no longer be updated. We now have a new Disability Friendly initiative and all new Disability partners can be found on**

**[iammescotland.co.uk/disability-friendly](http://iammescotland.co.uk/disability-friendly) **



**Keep Safe Scotland App**

- Plan a travel route, highlighting Keep Safe places along the way
- Find your nearest Keep Safe place
- Report an incident directly to Police online
- Call Police on 999 (emergency) or 101 (non-emergency)

**Download free on iOS and Android**

**#WeSupportKeepSafe**

**POLEAS ALBA**

**POLICE SCOTLAND**  
Keeping people safe

**I Am Me Scotland - Registered Charity: SC046060**

**SCAN ME**

**The Queen's Award for Voluntary Service**



# JUST GIVING



**Support I Am Me Scotland  
Make a Difference Together**

**SCAN ME**



**Visit JustGiving by  
clicking here or  
scanning the QR code**

**Follow the instructions  
to set up your page**

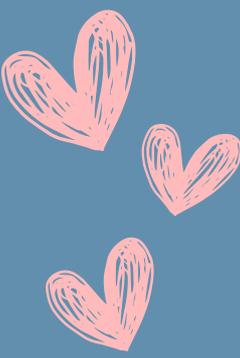
**Once your page is live,  
share your link & QR code**

**Friends & colleagues can  
scan and donate easily**

**Every donation helps us reach more  
people, deliver more resources, and  
create safer communities!**



thank you  
for making a huge  
difference

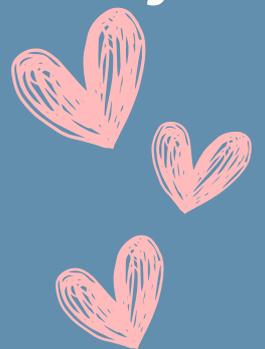


A huge, massive THANKS to our Board of Trustees for all your support over the past year. Also, a big THANK YOU to our funders (Foundation Scotland, Awards for All, Reo Stakis, Renfrewshire Council & Arnold Clark) for all your support in 2024-2025.

Biggest thanks to the Team, Volunteers & Supporters for all your incredible work.... always!



HAPPY  
BIRTHDAY



Happy Birthday to: Myra, Laura, Carol, Mark, Sarah, & Baby Ivy (1 year old already!)

We hope you had a wonderful day!



# ABOUT I AM ME SCOTLAND

iammescotland@outlook.com

HOME ABOUT US #MAKEADIFFERENCE FUNDING / AWARDS



## I Am Me Scotland



*Together, we can make a difference!*

Our Aim is to Change attitudes and behaviours so that disabled and vulnerable people in Scotland can feel safe.

Our Mission is to work with communities to create initiatives and resources that #MakeaDifference to people in Scotland.



**We have been super busy working on a brand new website, where you can find out all about us... have a look at [iammescotland.co.uk](http://iammescotland.co.uk)**

**We have also developed a brand new Charity video, highlighting the strength of our education resources and reinforcing our commitment to working with communities so that disabled and vulnerable people in Scotland can feel safe!**

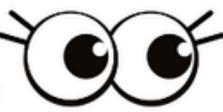
*Take  
a  
Peek*



# Are you looking for a Charity Partner for



## 2026???

**We Are**  
**L****king**  
for a new sponsor

### What we do

- Develop information videos
- Design film content
- Develop education packages
- Collaborate with communities
- Host events

### What we need

A sponsor for our education  
platform

### What we offer

- Free Advertising
- Use of all resources
- The opportunity to be part of something amazing



**CONTACT US**

[iammescotland@outlook.com](mailto:iammescotland@outlook.com)