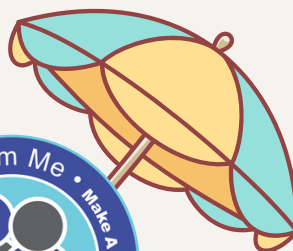


JUNE 2026

I AM ME SCOTLAND NEWSLETTER



Welcome to I Am Me Scotland's June 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

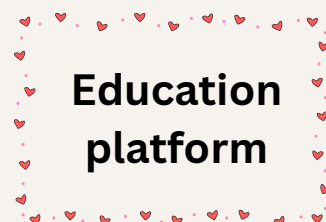
**If you are new to the Newsletter, head to page 24
to find out
"What We Do!"**



**National
Diversity
Awards**



**Disability
Friendly**



**Education
platform**



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

Disability Friendly Learning Platform Other News...

Disability Friendly



Disability Friendly

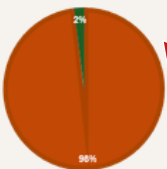
Disability Friendly

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



DID YOU ENJOY THE TRAINING?

Yes No Unsure



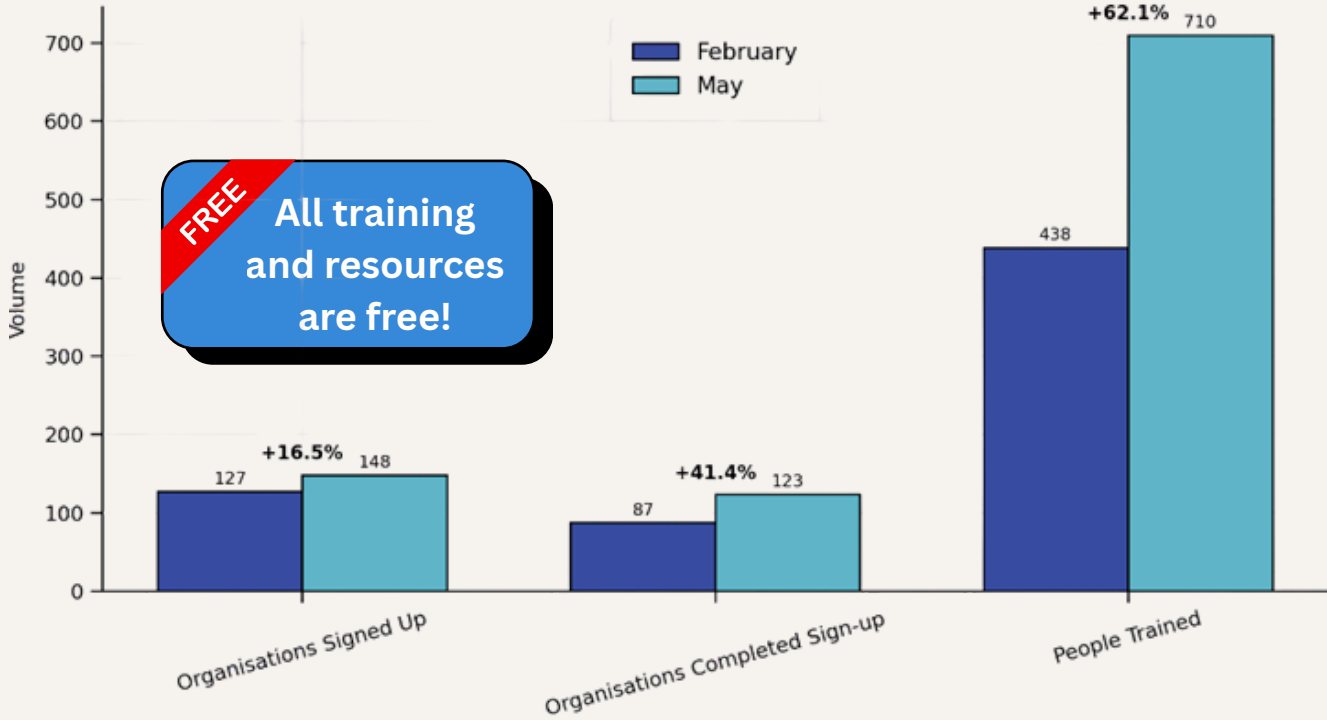
98%

Enjoyed the training



Find out more

Disability Friendly Progress



FREE All training and resources are free!

Supported by COPFS



CROWN OFFICE & PROCURATOR FISCAL SERVICE

Join us, to create a Disability Friendly network across Scotland 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

Renfrewshire

Greenlaw Graphics -
Print Centre

PRINT CENTRE

Dumfries and Galloway

The Furniture Project



East Renfrewshire

Clarkston Library



Argyll & Bute

Argyll & Bute Citizens Advice
Bureau



East Ayrshire

EACHA





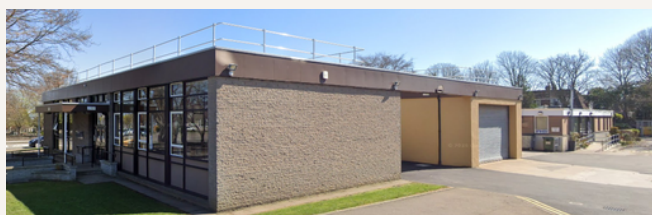
Disability Friendly

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

Welcome new Disability Friendly Places

Aberdeen

Airyhall Library



Bridge of Don Library



Bucksburn Library



Cove Library



CulterLibrary



Dyce Library



Kincorth 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

Aberdeen

Mastrick Library



Tillydrone Library



Torry Library



Inverclyde

Inverkip & Wemyss Bay 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

East Lothian

Musselburgh Library



Port Seton Library



Prestonpans Library



COPFS

CLICK HERE!



Disability Friendly is supported by COPFS. Fiona Kirkby - Assistant Procurator Fiscal for the Crown Office and Procurator Fiscal Service, showed and explained her and COPFS support for Disability Friendly and why it's important for them. You can check the video out by [clicking here.](#)



Disability Friendly



I Am Me Scotland: Building a Disability Friendly Scotland

The I Am Me Scotland Disability Friendly initiative is continuing to make a powerful impact across the country, with 127 organisations now part of a growing national network committed to inclusion. The aim is simple but transformative: ensure disabled people feel valued, respected and included in every community.

A National Movement for Inclusion

The initiative provides free training and free resources to help organisations understand accessibility, improve confidence, and create welcoming spaces for everyone. From local shops to public services, each organisation plays a vital role in shaping a more inclusive Scotland.

Community Benefits

A Disability Friendly community is a stronger community.

- Increased participation: When disabled people feel welcome, they can take part fully in local life.
- Improved wellbeing: Feeling safe and respected boosts confidence and connection.
- Economic value: Accessible organisations attract more customers and build trust.

Why More Organisations Should Join

With all training and support provided at no cost, joining the network is an easy and meaningful way to make a difference. Every new organisation strengthens the national effort and helps build a Scotland where everyone belongs.



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	4
Borders	1
Dumfries & Galloway	1
Fife & Forth Valley	2
Grampian	14
Greater Glasgow & Clyde	41
Highlands, Islands & Argyle & Bute	10
Lanarkshire	2
Lothian	17
Tayside	6
COPFS	28
UK Wide	1
Total	127



Click the map to see all of the Disability Friendly Places

Disability Friendly Training

MS Awareness Week

We're proud to share that we've added a new Multiple Sclerosis section to our Disability Friendly Scotland Training.

MS affects everyone differently, and understanding those differences is key to creating supportive communities. Our updated training includes practical guidance and signposting to the MS Society UK.

NEW

Disability Friendly Scotland

We have added a new section to our Disability Friendly Training!

Find out more about

MULTIPLE SCLEROSIS

With signposting to... **MS Society**

funded by **COMMUNITY FUND**

If you are interested in Disability Friendly please contact the team at; iammescotland@outlook.com

If you would like to access the Disability Friendly training and to find out more about different disabilities click the picture below.



If you would like to see any other disabilities or conditions added to the training please contact the team at: iammescotland@outlook.com



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 



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

SCAN ME

POLICE SCOTLAND
Keeping people safe
POILEAS ALBA

The Queen's Award for Voluntary Service

I Am Me Scotland - Registered Charity: SC046060

PSYV



PSYV at Glasgow Eastgate have become the first PSYV group to be Disability friendly trained. Thank-you for having us, it was lovely to meet you all and was a great wee session 😊

Digby Brown HIID

Aimee and Kieran attended and hosted an I Am Me Scotland Stall at Digby Browns Head Injury Information day in Glasgow. It's always a great day speaking to so many different people with lived and living experience. Thank-you for having us.



Whiteinch Centre Volunteer Fair



Aimee and I Am Me Volunteer Orla attended The Whiteinch Centre Volunteer fair where we got to meet lovely people and chat all things volunteering and I Am Me Scotland. Thank-you for having us it was a lovely day!



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.

 **We design and develop practical, accessible tools to support communication, safety and inclusion.** 

£30 **Sensory Support Packs**

- Includes sensory toys, ear defenders and visuals.
- Ideal for emotional regulation & sensory support.
- Suitable for schools, workplaces & community settings.

Communication Aids **£3/EA**

- Portable & durable.
- Available in multiple sizes (A5 & lanyard sizes available).
- Supports clear, accessible communication.

Bulk orders can be made for a reduced price per item

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.

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.

 **Awareness & Accessibility Resources** 

We offer a growing collection of digital downloads and printed resources are available free of charge to schools, youth groups, organisations and community partners to help promote accessibility and inclusion.

FREE

- Communication Prompt Cards
- Disability Friendly Scotland Information
- Understanding Disability/Difference Guides
- Contact Cards

Contact us at iammescotland@outlook.com to order now.

SC046060

Contact the I Am Me Scotland Team on iamme@renfrewshire.gov.uk for more information.



Oversight Podcast

Carol met Jon Attenborough on his podcast 'Oversight' to chat all things disability, education, and her time at university studying Ai, for her very first podcast!

you can check out Carols episode 4 here;

<https://www.youtube.com/watch?v=23ZDQoONwTs>

you can also check out other episodes in Jons podcast here;

<https://www.youtube.com/@OversightPod>

Values Into Action Breakthrough Podcast

Aimee met with John from VIA Scotland to chat all things Disability Friendly and more on their podcast 'breakthrough' which is also her first podcast too! you can check out Aimee's episode here;

<https://www.youtube.com/watch?v=hknnjcnqFml>



BREAK THROUGH

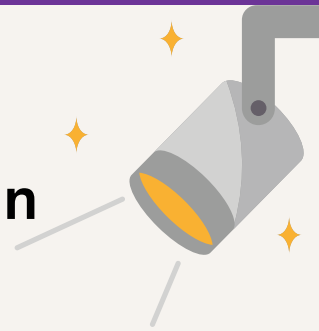
With
John McVey



Spotlight On...

**Celebrating good work within
our communities!**

Moira Anderson
FOUNDATION



The Moira Anderson Foundation is a Scottish charity providing specialist, trauma-informed support to people affected by childhood sexual abuse. We support people of all ages and all genders, recognising that abuse can have a lifelong impact and that everyone's experience is different.

Our services are designed to help people feel listened to, believed and supported in a safe and compassionate environment. We offer a wide range of support including one-to-one support, counselling and therapy, group work, and complementary therapies. Support can be provided face to face or by telephone or video, ensuring help is accessible in a way that works best for each individual.

We are based in Airdrie, with an additional hub in Glasgow city centre, enabling us to support people across central Scotland (our Glasgow hub works with adults only). We also work closely with professionals and partner organisations to raise awareness of childhood sexual abuse.

Safeguarding and confidentiality are central to everything we do. We work to clear safeguarding procedures and respect people's privacy at all times, ensuring individuals feel safe, supported and in control of their own journey.

If you or someone you support has been affected by childhood sexual abuse and is looking for help, please get in touch.

Telephone: 01236 602890

Email: info@moiraanderson.org

Website: www.moiraanderson.org

Resources info -

The Moira Anderson Foundation supports children, young people and adults of all genders affected by childhood sexual abuse. We offer confidential, trauma-informed support including one-to-one support, counselling and group work, provided face to face, or remotely by phone or video.

Website: www.moiraanderson.org

Spotlight On...

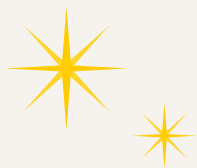
Celebrating good work within our communities!



The Wee Pink Dot



Living with mental illness can be difficult but connection can make a powerful difference. That's why, alongside well-known Scottish figures, SAMH have launched a new social media challenge called 'The Wee Pink Dot', a symbol of support for those affected. The challenge encourages people to draw a pink dot on their hand as a visible reminder to support others and challenge stigma, then share a video online, tag SAMH, and nominate three others to take part and spread the message. You can check out the I Am Me teams challenge by [clicking here](#).



IMPACT

We are currently working with an independent company to measure the value that we bring to communities across Scotland

I Am Me Scotland
Changing attitudes. Changing behaviours. Changing lives.

Small Team. Massive Impact.

For over a decade, our award-winning charity has been making Scotland a safer, more inclusive place for everyone.

- 1000s of children & young people supported
- 30+ free time & interest clubs created
- 19 network partners
- 120+ Disability Friendly places
- Free training & resources across Scotland

Real voices. Real change.

Collaborating with disabled people, charities and young people, our resources raise awareness, build understanding and empower everyone to stand together against bias, discrimination and inequality.

The impact of this work is clear - more informed communities, safer public spaces, and a growing national recognition of the rights, dignity, and contributions of disabled people.

- Inclusive, Empowering, Transformative. We put people at the heart of everything we do.
- Innovative, Accessible, Free. High quality resources and training available to all.
- Trusted, Respected, Recognised. Partnered with organisations across Scotland to create lasting change.

Be part of the change.
Your support helps us reach more people, create more resources and build a more inclusive Scotland for all.

Support today. Change tomorrow.
Together, we can make a real difference.

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



Raffle!



Thank-you to everyone who bought a raffle ticket for our summer fundraiser raffle!



Thank-you to everyone who donated a raffle prize, including a huge thank-you to Heads Of Ayr Farm park who kindly donated a family park ticket for our family hamper prize.



THANK YOU!

BSL in Rail Survey!

The Rail Industry has launched a survey to capture vital feedback for the development of a national standard for British Sign Language (BSL) integration across the UK network. They would appreciate it if you could take some time to fill out the survey, [click here to do this!](#)





VIA's Event!



Aimee and Kieran attended Values Into Action 20 year anniversary event, where we got invited to host a stall and speak to some wonderful people about all things disability.



We also got to take part in some great workshops about disability and peoples rights. you can check out more about what VIA do by [clicking here](#).

Police Scotland 'Your Voice' Survey

Police Scotland are looking to hear from people living in our communities where you can tell them your views and experiences of you police service. This Helps them listen to the needs of our diverse communities by letting them know what they get right and what they can do better. You can fill this out by [clicking here](#).





**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
2,501**

**Police
Officers
568**

**No. of
people
using the
platform**



**HSCP
62**

**Other
532**

**Total
3663**





We are committed BSL Resources



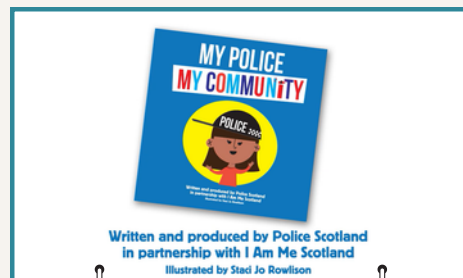
As part of our ongoing commitment to making our resources as accessible as possible, we will be including BSL interpretation in all future funding applications for our projects.

We would like to say a huge thank you to Renfrewshire Council Children's Services for their support in funding BSL interpretation for the "Should I Tell Someone?" films.

A number of our videos and animations are now available with interpretation, see below for the list so far. Click the images to watch the videos.



Deaf Awareness



My Police,
My Community

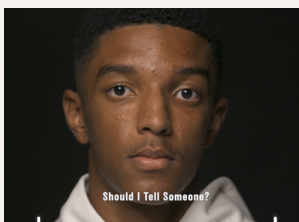


What is
Disability Friendly?

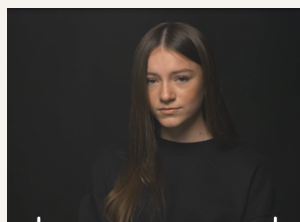


What is Disability
Hate Crime

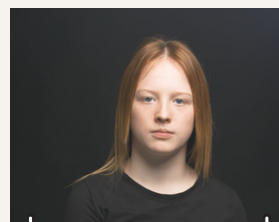
SHOULD I TELL SOMEONE?



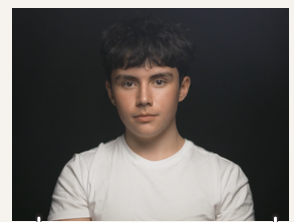
Alfie



Zara



Millie



Callum



Bullying Resource

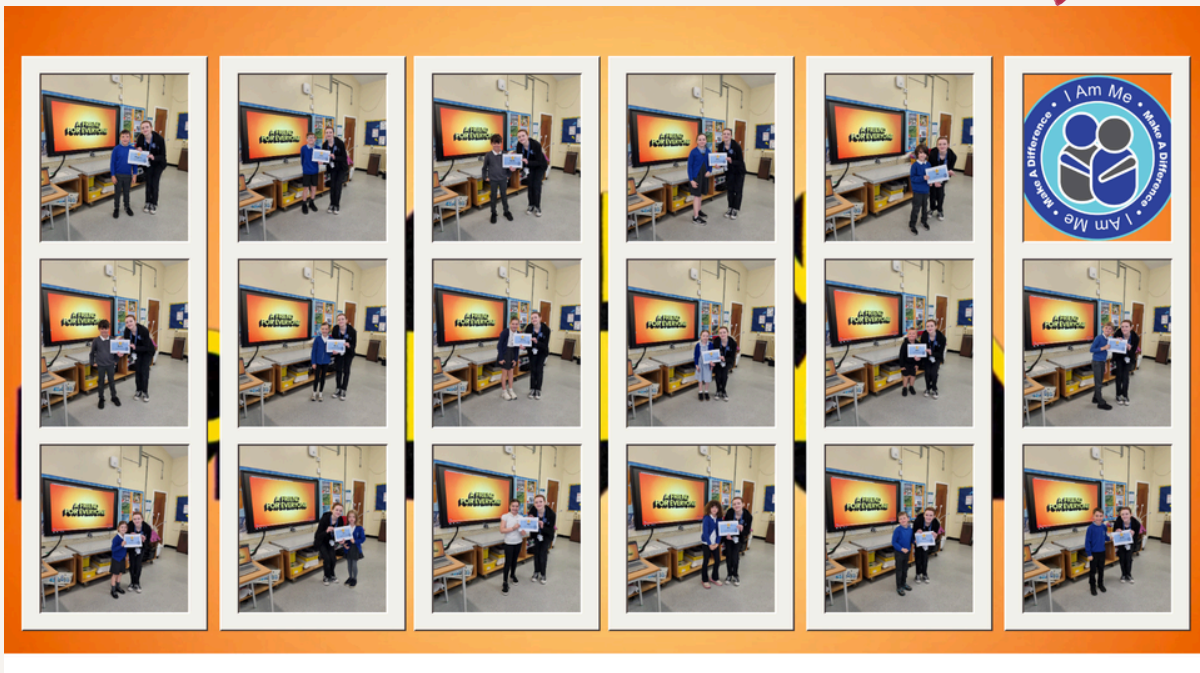


Huge thanks to the wonderful children at Brediland Primary School in Foxbar, alongside Lucas, Zander and Alfie from North Ayrshire, who helped us to develop a script and animation discussing the importance of being good friends.

The animation was developed in collaboration with **Respectme**, who are working on a brilliant wee lesson which will accompany the animation.

All of the resources will be available FREE on our education platform.

Click on the image above to see the animation



East Fulton Primary School

The team are at East Fulton Primary with the #MakeaDifference programme.

Thank you for looking after us, and making us feel so welcome! We were blown away by the children's kindness, and knowledge about disabilities, bullying and hate crime.



Police Scotland Tayside

Constables Reid and Anderson recently attended Strathmore Primary School Nursery in Forfar after being invited to speak to the class. They were very enthusiastic and asked loads of questions. The class got to see the van and try on some of the uniform.

They were also given a copy of the book 'My Police My Community' that aims to build good relationships with police from an early age.



Hot off the press! My Police, Family Edition

NEW



We are delighted to announce the launch of the 4th book in the My Police Series - My Police Family Edition.

Let's hear what Stewart Fleming (the amazing writer of the books) has to say.

At the SPRA Family Day (7 June), we officially launched My Police - Family Edition... and I honestly couldn't be prouder ❤️📖

This one means a lot to me personally. It's the first book in the My Police series with a dedicated wellbeing focus - created to support our incredible officers and staff by helping the young people in their lives understand the realities of policing.

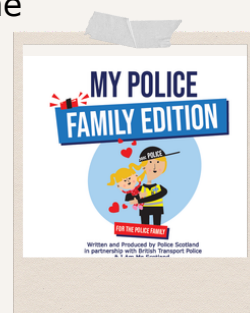
The book explores:

- The best bits of the job - the excitement, the fun, the moments that make us proud 🚓💡
- The tougher side - missing important occasions, coming home exhausted or in a mood, the emotional weight we sometimes carry 🧠
- And the most important message of all: Police keep children safe 🛡️👧👦

It also carries a real hero undertone, shining a light on the amazing people and roles behind the uniform - the humans who show up every day to protect others.

This resource has been a true collaboration across policing and the third sector:

- 👏 Scottish Police Authority
- 👏 British Transport Police
- 👏 I Am Me Scotland
- 👏 Police Scotland Print Services



A huge thank you to SPRA, who generously purchased 1,000 copies to gift to children at the event. What an incredible gesture of support for police families.

If you would like a copy of the book contact I Am Me Scotland at iammescotland@outlook.com or visit iammescotlandeducation.org.uk to see the digital copy.

I Am Me Scotland are an incredible charity supporting young people and changing attitudes and behaviours so that disabled and vulnerable people can feel safe within their communities. They achieve this through education, training and access to wonderful resources to support teachers, police officers, parents and carers.

New Disability Ambassadors!



The team are also working on a new Disability Ambassador programme for schools and groups - with information on Disabilities, Hate Crime, Bullying, Bystanders and more. Keep an eye out for this in the near future!



TEAM NEWS!



Lorraine and Mhairi are heading to Liverpool this week!
Both have 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.

Good luck to you both! We can't wait to see all the glamorous pictures!



Lorraine Glass
Shortlisted for the
Wellbeing Award



Mhairi O'Rourke
shortlisted for the
Equality & Diversity Award



JOIN THE I Am Me Disability Steering Group

Help shape lessons and resources which raise awareness of disabilities and help ensure everyone can feel safe in their communities.

- ✓ Do you have a disability, or support someone who does?
- ✓ Do you have a strong interest in helping to support inclusion?
- ✓ Are you passionate about accessibility and inclusivity?

Meetings will be held bi-monthly:

- Alternating **Wednesdays & Fridays**
- **1pm-3pm**
- Located in the **SMISA (St Mirren) Stadium**
- **Refreshments** provided

The next few meetings will be held in partnership with **SMDSA** at **St Mirren Stadium**.



Funded by:

SCOTWEST
Building better lives, the people critt urish.

If you are interested in this please contact us for more details:

iamme@renfrewshire.gov.uk

CAN YOU SPONSOR A WEE CHARITY?



BRONZE PACK

- ✓ LOGO INCLUDED ON OUR FABULOUS WEBSITES
- ✓ ½ PAGE IN OUR QUARTERLY NEWSLETTERS
- ✓ ONE WEE VIDEO ADVERT & SOCIALS CONTENT
- ✓ THE JOY OF HELPING A FABULOUS CHARITY

£1000

PER YEAR

SILVER PACK

- ✓ LOGO INCLUDED ON OUR FABULOUS WEBSITES
- ✓ ½ PAGE AD IN NEWSLETTERS & SOCIALS
- ✓ 2 X PERSONALISED VIDEO/ADVERTS
- ✓ THE JOY OF HELPING A FABULOUS CHARITY

£2000

PER YEAR

GOLDEN PACK

- ✓ LOGO INCLUDED ON OUR FABULOUS WEBSITES
- ✓ FULL PAGE AD, SOCIALS & POSTERS
- ✓ A PERSONALISED STAFF TRAINING PACKAGE & 2 X PERSONALISED ADVERTS/VIDEOS
- ✓ A BIG MASSIVE HAPPY HEART

£10,000

PER YEAR

Help us to #MakeaDifference

✉ iammescotland@outlook.com

🌐 iammescotland.co.uk

Charity: SC046060



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:
Aimee, Lorraine, Mariya, Jemma, Eileen & Ruth

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

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