

I AM ME SCOTLAND NEWSLETTER



Welcome to I Am Me Scotland's Spring 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**

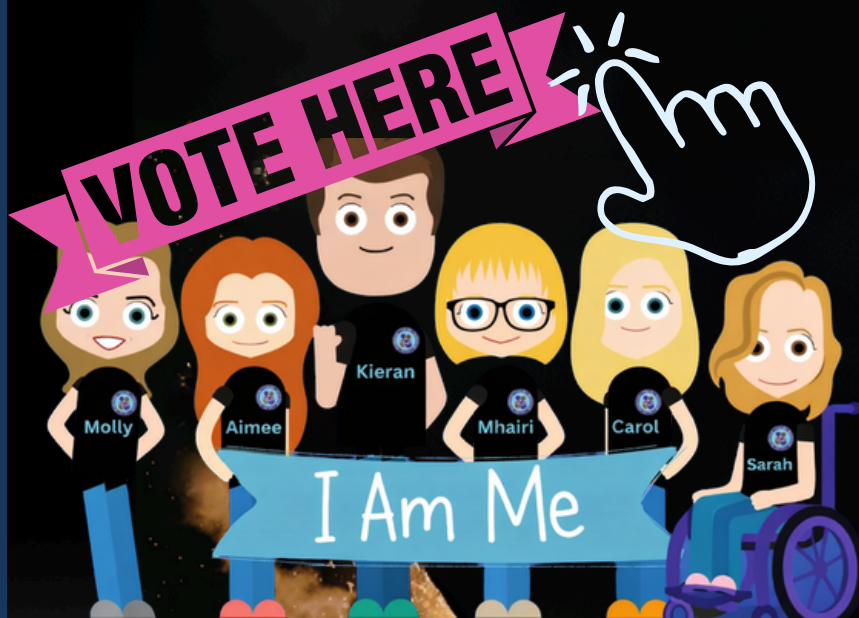
www.iammescotlandeducation.org.uk

Disability Friendly Learning Platform Other News...

Vote for I Am Me Scotland!




2026
COMMUNITY
ORGANISATION
DISABILITY





Disability Friendly

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



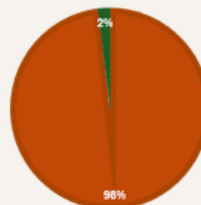
Find out more

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
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

Aberdeen

Wee Too!



Dundee

The MAXwell
Centre & Garden



East Renfrewshire

Giffnock Library



South Ayrshire

Heads Of Ayr



East Lothian

Dunbar Library



Haddington Library



North Berwick 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

Inverclyde

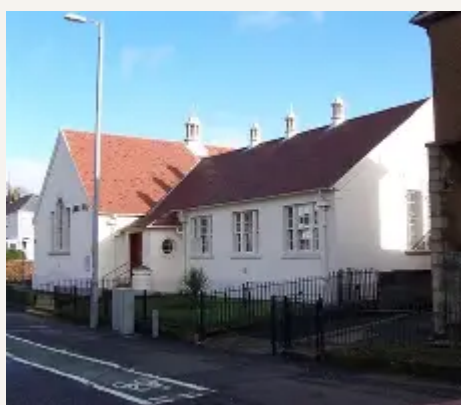
Port Glasgow Library



Gourock Library



Greenock South West Library



Kilmacolm Library



North Lanarkshire

North Lanarkshire
Carers Together





Disability Friendly

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

Disability Friendly goes UK wide!

Disability Friendly is going UK wide! We will be working with ABM London Stansted Airport. If you're on your travels watch out for our logo



100 Disability Friendly Places!



Supported by COPFS we would like to thank all of our wonderful Disability Friendly Places and Partners for creating a more inclusive Scotland!



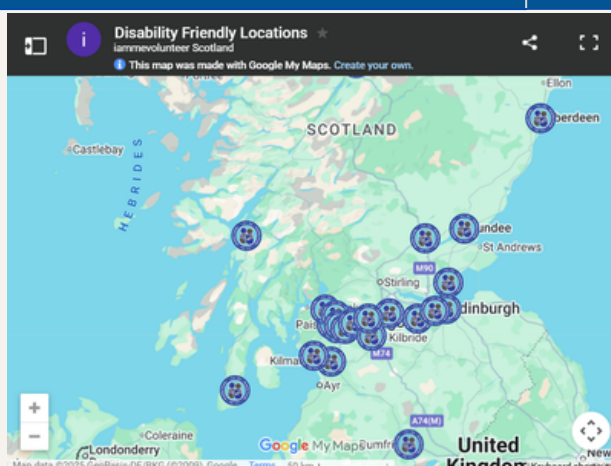
Disability Friendly



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	2
Borders	0
Dumfries & Galloway	0
Fife & Forth Valley	2
Grampian	3
Greater Glasgow & Clyde	37
Highlands, Islands & Argyle & Bute	9
Lanarkshire	2
Lothian	13
Tayside	6
COPFS	28
UK Wide	1
Total	103



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.

Training Available

AGE	AUTISM	BLIND & VISUAL LOSS	COELIAC	DEMENTIA	DEAF & HEARING LOSS	DOWN'S SYNDROME
DWARFISM/ SMALL STATURE	DYSLEXIA	ENDOMETRIOSIS COMING SOON	EPILEPSY	FACIAL DIFFERENCE	LEARNING DISABILITY	LIMB LOSS
MENTAL HEALTH	MULTIPLE SCLEROSIS	MUSCULAR DYSTROPHY	SPINAL INJURIES	STAMMER COMING SOON	STOMA COMING SOON	

SKIP

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



Heads of Ayr Farm Disability Friendly

Training Completed



Proud to be part of
Disability
Friendly
Scotland



Heads of Ayr Farm Park

Thank you!

Steven (Volunteer & SMDSA Chair)

XXX

I enjoyed discussing the ways in which the park could improve / become more inclusive.

I enjoyed getting a better understanding of various disabilities.

I enjoyed learning to adapt to different disabilities.

I enjoyed learning the importance of inclusion and the variety of disabilities that are hidden.

I enjoyed learning to be more aware

I enjoyed thinking about how to improve and working as a team to come up with ideas.

I enjoyed the very personable stories, which made it easy to relate and understand.

Very easy to understand, but still very informative.

I enjoyed the relaxed atmosphere

I enjoyed the learning videos

I learned the importance of inclusion.

I enjoyed the amount covered and the explanations.

I enjoyed recognising the importance of how we can help those with disabilities.

I enjoyed the case study, a day in the life of.



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.



Stuart McCabe St Mirren DSLO



My name is Stuart McCabe I am St Mirren Football Clubs Disability Supporters Liaison Officer (DSLO). I was appointed St Mirren's (DSLO) in November 2024. The role is a voluntary position. I have been a disabled fan of St Mirren since I was 13 years of age. My disability is cerebral palsy. To be asked If I would take on the role means so much to me it was the proudest day of my life. I could never have imagined being part of the football club you support. I am also Vice Chairman of the St Mirren Disability Supporters Association (SMDSA)

As the Disability Supporters Liaison Officer (DSLO) I am honoured and proud to say the football I have supported since the age of 13 is club is set to become the first officially recognised Disability Friendly football club in the country. The club have been Working in partnership with local charity I Am Me Scotland,

This in my opinion is a significant step forward not just in the footballing community but for sport in general. It demonstrates that there has been a significant step shift in enhancing inclusivity and fairness in today's society too often people with disabilities are often considered an afterthought in terms of accessibility and fairness. People with disabilities want to feel included in their communities and St Mirren FC are paving the way to change the narrative for people with disabilities within the club and on matchdays.

I would like to take this opportunity to Thank Everyone who has enabled this achievement with Special thanks to St Mirren Football clubs to I Am Me Scotland and to all the fans who contributed have been fantastic. St Mirren FC remains committed to ensuring every supporter has the opportunity to help make the club as accessible, inclusive, and welcoming as possible.

Stuart McCabe

St Mirren Football Club Disability Supporters Liaison Officer
Email Stuart.McCabe@stmirren.com



SMDSA

Buddies without Barriers



St Mirren Football Club



**Our Aim is to make
sure our club is
Accessible &
Inclusive for All**

Join us - stmirrendsa@gmail.com

Spotlight On...

Celebrating good work within our communities!



In this issue we have chosen to shine the spotlight on...



Ashton Lamont creator of blog site Autastical visits Autism Friendly venues in Glasgow and reviews them in blog posts on their site. Check the blogs out for more information by [clicking here](#).

WORK
WORK
WORK

Experience With Keiran

Kieran has been supporting young people from Mary Russell School, to experience the world of work.

Kieran has been working with Joshua and Courtney (pictured) to tell them all about his work that he does to support the team.



thank you!

A huge thank-you to **The Scotwest Lottery** for funding the I Am Me disability steering group.

SCOTWEST
where people count

Spotlight On...

Celebrating good work within our communities!

In this issue we have chosen to shine the spotlight on...

Mossedge Village

The team recently visited Mossedge Village in Linwood for a lovely breakfast treat, courtesy of Stevn Holgan (volunteer and SMDSA Chair). Mossedge Village was created by Linwood Community Development Trust to develop enterprises run 'for the community by the community' to enhance the development of Linwood.



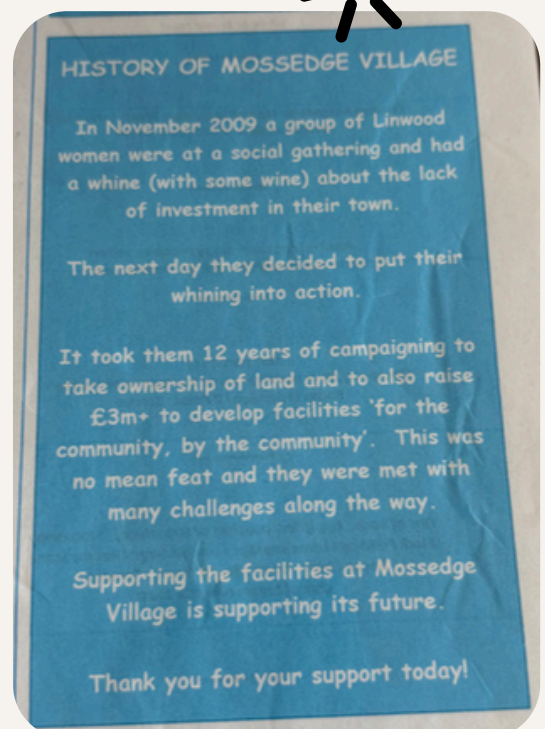
click the image to find out more about their history!



They are a lovely charity run by people who care about their customers and community. Find out more about their story, by clicking the image on the right.

Definitely worth a visit for some lovely food, chats and even if you are looking to host an event, party or wedding.

to find out more check out their [Facebook page here](#) or email them at; Mossedge@linwoodtrust.org.uk



Digby Brown - HiID

The Team will be at DoubleTree by Hilton Hotel in Glasgow on the 12th of May 9am-3.30pm with a stall with all information on I Am Me Scotland and Disability Friendly for Digby Brown annual Head Injury Information Day. Pop along to the free even to chat and find out more!



GLASGOW & WEST CENTRAL SCOTLAND

DATE: Tuesday 12th May 2026
VENUE: DoubleTree by Hilton Hotel
36 Cambridge St, Glasgow G2 3HN
TIME: 9am - 3.30pm

A **FREE** information event for individuals, families, carers and professionals affected by head or brain injury.

Discover regional services, sources of support and ways to connect with your community.

- Hear from experts, local services and people with lived experience
- Explore services and resources available across the region
- Connect with others affected by brain injury

Register now at www.hiid.org.uk/hiid-2026-glasgow

For additional information please contact Kirsten Smith on 0141 566 9569 or email kirsten.smith@digbybrown.co.uk

Proudly hosted by:

DIGBY BROWN
because it matters...

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!](#)





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
2,404

Police Officers
551

No. of people using the platform

Total
3531

HSCP
61

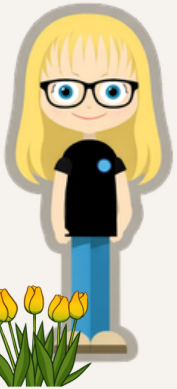
Other
515



Exploring Deaf Awareness through animation



We are nearly there! The team, and the amazing Alex Amelines have been working hard with young people from St. Roch's School to make sure the Deaf Awareness Animation is ready and accessible for Deaf Awareness Week starting on the 4th May.



The whole team are so excited for everyone to see it. Mhairi wants to tell you a wee bit more about why this project is so important.

Hi everyone, I wanted to share a little background on this project and why it means so much to me.

Around seven years ago, I realised (with help from my husband and kids!) that my hearing wasn't what it used to be.

After seeing an audiologist, it became clear that I was experiencing hearing loss. Although my husband also wears hearing aids, it still took time to come to terms with it, especially as I was still young. Sometimes there isn't a clear reason, but in my case it may have been caused by a virus.

There are things I still find challenging. The theatre can be difficult if I can't see the actors' lips, busy places can feel overwhelming and isolating, and I often miss parts of conversations, which can be frustrating and embarrassing.

In 2024, I decided to learn British Sign Language. I'm now working towards my Level 2 and absolutely loving it. Learning alongside such a supportive group and working with the young people at St. Roch's has been incredible.

It's deepened my understanding of Deafness, Deaf culture, and the barriers many people face.

This project has shown me how small changes can make a huge difference, and how inclusion really can start with simple awareness and kindness.



**NEW
UPDATE**

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



We have been working with young people in Kibble over the past weeks, to try and identify key themes from the "Should I Tell Someone?" films, and how they relate to the real-life experiences of young people in our communities.

Some of the topics that have been identified and explored with the young people are:

BOUNDARIES

RELATIONSHIPS

GASLIGHTING

SEXUAL
EXPLOITATION

POSITIVE
MASCULINITY/
MISOGYNY

COERSIVE
CONTROL

New lesson coming soon!



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





Coming soon...

BSL Resources!

The team have been working on making our videos and resources more accessible by adding BSL interpretation. We have been working with Lucy and Amanda to include BSL in our Disability Friendly explainer video and Hate Crime information video. Check these out by clicking the pictures below:



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 future!

Bullying Resource



I Am Me Scotland are working in partnership with RespectMe to create a bullying awareness animation, supporting a bigger piece of work around early years - P4 Watch this space!





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!



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

Funded by...

SCOTWEST
where people count



Stmirrendsa@gmail.com



Iamme@renfrewshire.gov.uk



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. 

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: Sam, Andrew and Samantha

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
Looking
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



Multi
Award
Winning
Charity



CONTACT US

iammescotland@outlook.com