

AUTUMN
2025

I AM ME SCOTLAND

NEWSLETTER

BUMPER
Edition



Welcome to I Am Me Scotland's **Autumn** 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 25
to find out
"What We Do!"**

Disability Friendly
Page 2

Spotlight on
Bridgewatch Housing
Association

Education Platform
Page 5

www.iammescotlandeducation.org.uk

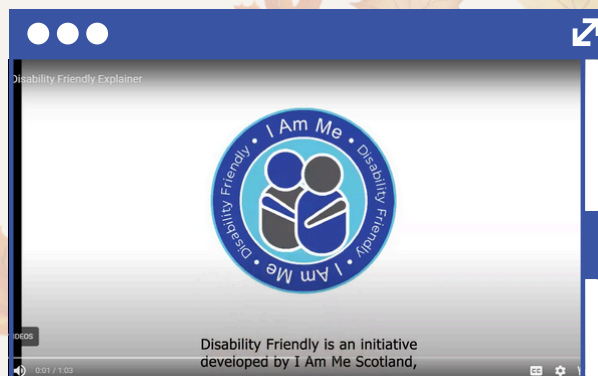
Disability Friendly Learning Platform Other News...



Disability Friendly

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

Find
out
more



WATCH VIDEO

Join us, to create a Disability
Friendly network across Scotland
iammescotland@outlook.com
or **CLICK HERE**

Click!



CROWN OFFICE
& PROCURATOR
FISCAL SERVICE

Supported by COPFS



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

Falkirk

Braes Wee Choir



Edinburgh

The Gyle Shopping Centre

Glasgow

Silverburn Shopping Centre



Whiteinch & Scotstoun
Housing Association &





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

North Ayrshire

Only Dugs Daycare



Renfrewshire

Bridgewater Housing
Association
Linstone Housing Association
Erskine Library
Glasgow Airport
Renfrew Library
Renfrewshire House
Shopmobility
Tesco Linwood
The Mirin
Stronger Communities
Glenburn





Disability Friendly



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

**The Crown Office & Procurator Fiscals
support Disability Friendly and are currently
in the process of signing up all of their
offices and training staff to become
Disability Friendly Champions.**



CROWN OFFICE
& PROCURATOR
FISCAL SERVICE



**Click the map to see all of the
Disability Friendly Places**





Disability Friendly



AREA	Number of DF Places
AYRSHIRE & ARRAN (East Ayrshire, North Ayrshire, South Ayrshire)	1
BORDERS (Scottish Borders)	0
DUMFRIES & GALLOWAY (Dumfries & Galloway)	0
FIFE & FORTH VALLEY (Fife, Clackmannanshire, Falkirk, Stirling)	1
GRAMPIAN (Aberdeenshire, Aberdeen City, Moray)	0
GREATER GLASGOW & CLYDE (Glasgow City, East Dunbartonshire, East Renfrewshire, Renfrewshire, West Dunbartonshire)	12
HIGHLANDS, ISLANDS & ARGYLL & BUTE (Highland, Argyll & Bute, Outer Hebrides, Orkney Islands & Shetland Islands)	0
LANARKSHIRE (North Lanarkshire, South Lanarkshire)	0
LOTHIAN (Edinburgh City, East Lothian, Midlothian & West Lothian)	2
TAYSIDE (Angus, Dundee City & Perth & Kinross)	0
CROWN OFFICE & PROCURATOR FISCAL SERVICE	24
Total	40

40 places signed up
202 people trained



Disability Friendly



“The choir say they enjoy feeling included. They especially really like the picture charts to show feelings and the contact information slips. I think it's helped the younger members feel seen and heard as they can be a bit shy to speak up”.

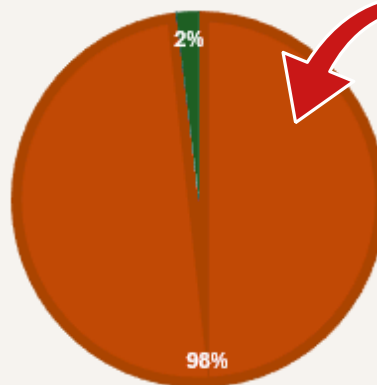
Braes Wee Choir

Feedback?



DID YOU ENJOY THE TRAINING?

Yes No Unsure

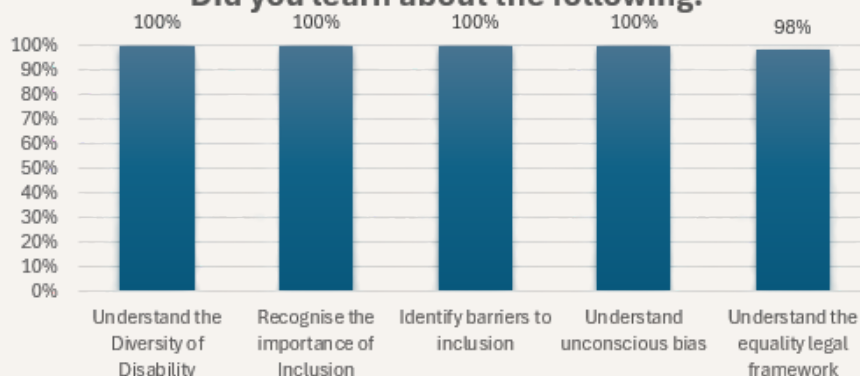


98%

Enjoyed the training



% Agree/Strongly Agree
Did you learn about the following:





Exciting News from Disability Friendly!

We're thrilled to share that Disability Friendly is growing, with several fantastic new sign-ups joining our community! This marks a big step forward in our mission to create more inclusive, accessible spaces and opportunities for everyone.

Stay tuned for updates and ways to get involved!



St. Mirren
Football Stadium,
Silverburn
Glasgow Airport





SILVERBURN

GLASGOW



Parking/Shop Mobility:

- Our free Shop Mobility service allows our Guests to hire small & large mobility scooters, wheelchairs, powerchairs & prams. We are open 10am to 6pm daily. This located on Level 0 of our multi-storey car park.
- There are 151 disabled parking spaces & 145 Parent and Child parking spaces. Parking is free of charge, with no time limit. There are an additional 38 disabled & 40 Parent and Child spaces in the Tesco car park. However, this is not owned or operated by us and has a 2-hour time restriction.

Facilities:

- At Silverburn, you can find over 150 shops, restaurants and leisure facilities over one floor. There's step-free access throughout the mall and lifts to allow access from all levels of the multi-storey car park
- We have a quiet room at our bathrooms nearest the multi-story car park.
- We offer two Changing Places toilets designed for people with more complex accessibility needs. Our facilities are larger than standard accessible toilets and include equipment such as a hoist, an adult-sized changing bench, a privacy screen, a shower, and plenty of space for carers. You'll find our Changing Places toilets in two locations: at our toilets opposite JD Sports & at our Winter Garden toilets.
- We have two parent and child rooms around the mall – one located near M&S and one in the Winter Garden. If you need a bit of privacy during your visit, or if you're looking for a quiet space to take a break, you'll find everything you need:
- Clean areas for nappy changing
- Quiet spaces to breastfeed
- Sinks and facilities to warm bottles
- Comfy chairs
- A safe play space
- We have sensory toys & ear defenders available at Shop Mobility anyone can hire for free.
- The mall & retailers observe a quiet hour every Sunday between 10am and 11am.



Spotlight On...

Celebrating good work within our communities!

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



IN RENFREWSHIRE

We're thrilled to welcome Bridgewater Housing in Renfrewshire as the latest organisation to sign up to become Disability Friendly. Not only did they commit to the initiative, they went a step further to ensure their disabled and vulnerable service users feel truly included and valued.

Their Small Repairs Workers (SRWs), who regularly visit clients in the community, have now completed Disability Friendly training and proudly display the sticker on their vans. This visible sign lets people know that help is close by, whether someone needs assistance while out and about or simply a friendly face.

"I really do hope we start a movement to get more mobile organisations involved."

(Alison McManus, Head of Corporate Services)

We're delighted to have Bridgewater Housing on board and look forward to seeing the positive impact they'll make in their communities.



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.

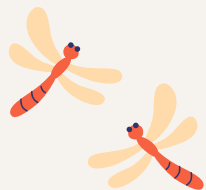


EDUCATION PLATFORM

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



Children's
Rights

Disability
Awareness

My Police



Hate Crime

Alcohol &
Substances

Anti-Social
Behaviour

Nicotine,
Tobacco &
Vape
Awareness

Teachers
2087

.....

Police
Officers
531

No. of
people
using the
platform

⋮

⋮

HSCP
58

.....

Other
461

Total
3137





Exploring Deaf Awareness through animation

We're excited to begin work on a new animation that explores hearing loss and the experiences of deaf children and young people. The goal is to help children understand the barriers some of their peers may face, while celebrating the unique ways that people may experience and interact with the world.

This project is all about encouraging empathy, inclusion, and awareness, and we're passionate about creating something distinctly Scottish that resonates with children, young people, and adults.

We're delighted to announce we will be working with Garvel Deaf Centre to involve some of their children and young people in shaping the project, ensuring their voices and perspectives are at the heart of the story.

Stay tuned for more updates as this important work develops.

EXPERIENCES
FRIENDSHIPS **SIGN**
CULTURE
AWARENESS
EMPATHY
COMMUNICATION **KINDNESS**





About Molly



Over the last few months you may have noticed that we've had an extra member in our team (and we're not talking about Ivy). Molly Shepherd has been volunteering since May, and has made a fantastic contribution to the work of I Am Me. Before she starts her new university course, we sat down to have a chat and introduce her to you all:

TELL US ABOUT YOURSELF

I am 21 and have recently finished my LLB (Bachelor of Laws) degree at Stirling University. I am about to start my Diploma in Legal Practice at Strathclyde University as I want to be a criminal prosecutor in children or family law.

I have known about I Am Me for a long time because my dad is a member of their Board, and I was also the voiceover for the UNCRC lesson, and a Keep Safe Ambassador. The charity invited me along to volunteer with the team throughout the summer, so I have been in the office every week.

HOW DID YOU BECOME A VOLUNTEER?

WHY DID YOU WANT TO VOLUNTEER WITH I AM ME?

I'm really interested in the work that I Am Me do, especially in relation to children's rights and their work with vulnerable people. I've always wanted to help people and do what I can to assist them. I also wanted to get a chance to work in an office environment as I have not done so before.

I've attended different kinds of meetings, created content for their online platforms, and attended quite a few events, such as one marking Disability Pride Month at ScotRail's head office and the Disability Friendly launch. I also set up their new TikTok account and created content for their socials, which you have probably seen. So lots of things – it's very different from retail work!

WHAT HAVE YOU BEEN DOING WITH I AM ME?

WHAT HAVE YOU ENJOYED?

It's been a great experience. I've liked the independence and being trusted with tasks that I'd been delegated. I really enjoyed engaging with different people, and the materials I created, especially working on and promoting the Disability Friendly initiative, and hearing about its real life impact at Elderslie RLDS.

While there is a lot of negativity in the world, there are also lot of people wanting to engage with the work of I Am Me, to provide support and become more aware of diversity. Their work is always well received, and the team are great – so lots of thanks to them for getting me involved.

WHAT HAVE YOU ENJOYED?

WHAT NEXT WITH I AM ME?

I'm still going to do as much as can from home and will be back in the office once I know my university timetable. Additionally, I will be joining the Board as a Trustee, so looking forward to continuing to support the Charity.

Our Charity



fAmILy



Our youngest team member, and most definitely the cutest... Meet Miss Ivy 

THANK YOU

A huge thank you to our fabulous Board member who will be stepping back after an incredible 10 YEARS of support for the charity!



Thank you Lorraine

The MOST Glittery/Sparkly person we know!





10 YEARS 10 YEARS 10 YEARS



2015-2016

We received Charity status and launched I Am Me & Keep Safe. Megan joins us as our first employee!



2017-2018

We launch the Cinebus and Kieran and Debbie join the Team. PC Stephanie Rose joins us as the National co-ordinator for Keep Safe.



2019-2021

Big few years for the charity, We receive the Queen's Award for Voluntary Service, Carol receives an MBE, Debbie and Megan move on to new exciting study/jobs and Mhairi and Molly join the team. We lose the cinebus during COVID and develop a new online education programme.



2022-2025

Molly returns to University to study teaching and Aimee joins the team. The Keep Safe partnership with Police Scotland ends and the team develops the new Disability Friendly initiative and continue to develop the award winning education programme.



Lets hope the next 10 years are just as much fun... *Thank you*



Celebrating 10 years

Come and celebrate with us....

An afternoon of bouncy, fun bingo

Paisley - Ugly Duck

£25 per ticket

We are looking
for any prize
donations
please



You can buy your tickets or [donate HERE](#)

Email us at iammescotland@outlook.com



Mhairi and her friends Loraine and Sandra took part in the **Dundee Kilt Walk** on the 17th August.

The sun was shining (a little too much).



They walked "The Mighty Stride" from St. Andrews to Dundee which is a **MIGHTY** 20 miles, or 32.24km!

Click the picture to watch their journey



Thank you to everyone who has donated! We will be working with Garvel Deaf Centre in Inverclyde to create an educational animation about deaf awareness! Watch this space!

There is still time to donate, just scan the QR code.

Scan me



£1036

**raised including
gift aid**





For helping fund some of
our projects





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:
Mhairi, Anne, Davie D & Lucas
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*

