

I Am Me Scotland Newsletter

FEBRUARY 2026

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 [I Am Me Scotland@Outlook.Com](mailto:IAmMeScotland@Outlook.Com)

If you are new to the Newsletter, head to page 14 to find out "What We Do!"

Disability Friendly

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

Join us, to create a Disability Friendly network across Scotland at IAmMeScotland@outlook.com

Welcome new Disability Friendly Places

We have recently signed up more new places to join the disability friendly network. These include:

Within Renfrewshire:

- Saint Mirren Football Club
- Saint Mirren Charitable Foundation
- RAM H
- West College Scotland's Paisley Campus
- Disability Resource Centre
- Create Paisley
- Turning Point Scotland

Within Glasgow:

- Enable Glasgow Fortune Works
- Cernach Housing Association
- Drumchapel Housing Co-operative

Within Inverclyde:

- Cloch Housing Association
- West College Scotland's Greenock Campus
- West College Scotland's Greenock Waterfront Campus
- Greenock Central Library

Within Perth and Kinross:

- Esolperth English Language Lessons
- Perth and Kinross Council

Within Edinburgh:

- Saint Mary's Cathedral
- Lothian Buses

In addition to:

- Karen Adam MSP's Office in Aberdeenshire
- Costa Coffee Montrose Branch in Angus
- Jenny Gilruth MSP's Office in Fife
- Craighalbert Centre in North Lanarkshire
- West College Scotland's Clydebank Campus in West Dunbartonshire

List of areas

This is a list of the number of Disability Friendly Places in each area:

AYRSHIRE & ARRAN

(which includes East Ayrshire, North Ayrshire, South Ayrshire).
1 place.

BORDERS – 0.

DUMFRIES & GALLOWAY – 0.

FIFE & FORTH VALLEY (which includes Fife,
Clackmannanshire, Falkirk, Stirling) – 2 places.

GRAMPIAN (which includes Aberdeenshire, Aberdeen City,
Moray) – 1 place.

GREATER GLASGOW & CLYDE (which includes Glasgow
City, East Dunbartonshire, East Renfrewshire, Renfrewshire,
West Dunbartonshire, Inverclyde) – 31 places.

HIGHLANDS, ISLANDS & ARGYLL & BUTE (which includes
Highland, Argyll & Bute, Outer Hebrides, Orkney Islands &
Shetland Islands) – 9 places.

LANARKSHIRE (which includes North Lanarkshire, South
Lanarkshire) – 1 place.

LOTHIAN (which includes Edinburgh City, East Lothian,
Midlothian & West Lothian) – 8 places.

TAYSIDE (which includes Angus, Dundee City & Perth &
Kinross) – 5 places.

CROWN OFFICE & PROCURATOR FISCAL SERVICE – 28
offices.

TOTAL NUMBER IN SCOTLAND - 86

Saint Mirren Disability Friendly Training

Saint 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 (Saint Mirren Disabled Supporters Association), helping to make a Scotland where everyone can feel valued.

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.

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.

Contact the I Am Me Scotland Team on [I Am Me@Renfrewshire.Gov.Uk](mailto:IAmMe@Renfrewshire.Gov.Uk) for more information.

Spotlight on...

Celebrating good work within our communities!

In this issue we have chosen to shine the spotlight on Alex Amelines who worked on developing the video for ADHD awareness animation. Alex, the fantastic animator that we work with has been invited to submit the ADHD animation to the YETI film festival in Reykjavik and earlier this week it got through to the semifinals!

Also on the spotlight...

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.

And finally...

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

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.

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 at:

iammescotlandeducation.org.uk/register/

We offer training and awareness lessons on topics such as: Exploitation Awareness, Disability Awareness, My Police, Children's Rights, Hate Crime, Alcohol & Substances, Anti-Social Behaviour and Nicotine, Tobacco & Vape Awareness.

So far, we have 3513 people using the platform.

- 2397 of them are teachers, our biggest group.
- 568 of them are police officers.
- 64 of them are from health and social care.
- And 484 of them are from other backgrounds.

Exploring Deaf Awareness through animation

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

The animation will be voiced over by Ila 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. Rock's

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

“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. We're 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.

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!

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

Located in SMiSA Stadium, Paisley.

Refreshments will be provided.

If you are interested please contact us for more details; I am me @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

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 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 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.

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

Just Giving

I Am Me Scotland relies on fundraising and grant donations. If you can help, please email us at IAMMeScotland.co.uk

Thank You

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

We hope you had a wonderful day!

About I Am Me

You can find out more about I Am Me Scotland by visiting IAmMeScotland.co.uk or you can watch our short video by clicking [HERE](#)

Charity Partner

We are looking for organisations who can become our Charity partner and help us to make a difference in Scotland. If you think you can help, we would love to hear from you.

Thank you for reading our newsletter.

The I Am Me Team.