

February  
2025



# I AM ME SCOTLAND

# NEWSLETTER

## Welcome to the I Am Me Scotland February Newsletter!

Be prepared for a newsletter that 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, please get in touch with us at **[iamme@renfrewshire.gov.uk](mailto:iamme@renfrewshire.gov.uk)**

If you are new to the newsletter, please visit **[page 14](#)** for an overview of I Am Me.



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NICE TO

MEET YOU

Hi I'm Sarah Reilly and I have been volunteering with I Am Me for a wee while now. I'm now helping the team out with the design and writing of the newsletter while Aimee is on maternity leave, so you'll be seeing me pop up from time to time. I'm delighted to be doing this and am looking forward to sharing with you what the team have been up to!

## Social Media Update

Do you follow I Am Me on social media? It's a great way to keep updated on our news as it happens. As well as Facebook, Instagram and YouTube, you can now also find us on Bluesky!



I Am Me have set up a new social media account on Bluesky. Please feel free to follow and reconnect. Download and register for an account by clicking on the blue butterfly picture. Search our account name; @iammescotland.bsky.social



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# Keep Safe Update



Keep Safe was developed as a partnership with Police Scotland and I Am Me Scotland in 2014. The initiative has been Police led; with I Am Me providing a supportive administrative role.

**From 2025 Police Scotland will now be carrying out this administrative role.**

Any future enquiries for Keep Safe, or the Ambassador programme should be directed to Police Scotland's Policing Together Division at [policingtogetherkeepsafe@scotland.police.uk](mailto:policingtogetherkeepsafe@scotland.police.uk).

Our team at I Am Me Scotland would like to **thank you for all your support** for Keep Safe over the years.

**Please note that the Keep Safe Scotland App will no longer be updated and should not be used for Keep Safe mapping.**

We will, as always, be busy developing new community resources and will continue to keep you updated with the work of the Charity, via our social media and newsletter.

Thank-you for your support and we look forward to continuing to link in with you in the future.

Best wishes  
The I Am Me Team



# EDUCATION PLATFORM

Do you want to find out a little more about what resources are available on the platform? This guidebook will give you an overview of the resources on the platform. Click the picture to take a look.

[Click the  
picture](#)



ALL of our resources are developed with children, young people, disabled people, and people with lived and living experience.

They are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes.



We also have training modules for disability groups, health and social care workers, parents, carers and organisations.

## Are you interested in a FREE 'How to' session?

Would your local authority, school or organisation be interested in a FREE online session for your teachers/employees. Microsoft Teams sessions can be arranged with the team who can give an overview of how to use the I Am Me Scotland Education Platform.

If you would like to arrange one of these sessions, please contact the team on [iammescotland@outlook.com](mailto:iammescotland@outlook.com)



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# Education Resource February Feature #MakeaDifference

Let's take a look at our Disability Awareness Resources for  
**PRIMARY SCHOOLS.**

In 2024, the Scottish Government identified 284,448 children in Scotland as having additional support needs, which has doubled from 140,542 in 2014. This is partly due to the improvements made in diagnosing and recognising any additional needs in children. As the number of children and young people with additional support needs are attending mainstream schooling, it is important for everyone to understand how varied different disabilities and the needs of others are. The #MakeaDifference lessons are designed to be engaging, interactive and inclusive.

CLICK THE PICTURES TO WATCH THE ANIMATIONS THAT ACCOMPANY THE LESSON.

## #MAKEADIFFERENCE



### Early Years & Primary. It's Okay to be Different.

Every page displays a person or animal with characteristics or feelings that are unique, making each one extra special.



### Primary 1. Andy's First Day.

Andy is worried about starting his new school as he thinks that people may laugh at his prosthetic ear. After making a mistake with his sums and realising he does not have a rubber, he uses his prosthetic ear to rub out his mistake. All the other children think his ear is cool and want to have a shot.



### Primary 2. My Name is Charlie.

Charlie has Autism and has always found it difficult to make friends. When his cat Sparky goes missing, Charlie makes his first "real" friends, Molly and Colin.



I Am Me Scotland's #MakeaDifference Educational Resource is designed to raise awareness of disability, bullying, friendships and hate crime. The school lessons complement the experiences and outcomes set out in the Curriculum for Excellence and all come with teacher notes, activities and certificates. All content has been developed with and for children and young people.

The interactive learning platform is available FREE for schools, police, parents and carers.



Register for access at  
[iammescotlandeducation.org.uk](http://iammescotlandeducation.org.uk)



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# You Are Not Alone Launch

Thank you to everyone who came along to support the "You Are Not Alone" Launch at Paisley Town Hall. The resources have been developed with Police Scotland, Scottish Prison Service, St. Mary's Kenmure, Good Shepherd and Renfrewshire Council.

These resources have been designed for secure and residential settings, but can also be used in schools. The "You Are Not Alone" package is based on the real life experiences that young people and adult females shared with us.



Topics covered are gangs, grooming, county lines, sexual exploitation, incel, radicalisation, human trafficking and debt bondage. These stories are hard hitting, honest and heart breaking. The individuals involved have bravely shared their experiences to help other young people.

They have done everything they can, now it's your turn to make sure we can use these these resources to Make a Difference!

“If my story helps stop another young person from ending up here, its been worth it". (Michaela)

“Incredible resources from I Am Me Scotland, authentically disturbing and desperately needed (Lorraine Glass, Director Respectme)



These resources have been funded by Foundation Scotland and our education platform is sponsored by the amazing Arnold Clark - Thank you.

Also a huge thank you to the staff from OneRen who worked in the superb Paisley Town Hall. The venue was amazing venue and the staff were extremely helpful.



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# You can access the videos to the resource by clicking on the pictures below.

**You Are Not Alone**  
 & Together, we can make a difference!

**1 Exploitation Resources**  
 I Am Me Scotland have worked with Police Scotland, Polmont YOI, St Mary's Kenmore and Good Shepherd to develop exploitation resources which cover a range of areas such as county lines, gangs, human trafficking, sexual exploitation, incel and radicalisation.

**2 Research & Design**  
 The resources have been designed with young people and adult females, who have used their personal stories and life experiences to design the resources. Participants were involved in the lesson design, the script writing and the voice overs.

**3 Development**  
 The resources include 7 new short films, and have been designed to be flexible for group or individual sessions. The resources have been developed for non mainstream settings, though can still be used within schools.

**4 Access**  
 Access is free for all professionals who work with children and young people. Registration is via the online platform at [iamscotlandeducation.org.uk](http://iamscotlandeducation.org.uk). A parents/carers and groups section is also available with the films and lesson plan.

**5 Collaboration**  
 The young people and adult females wanted to share their experiences to help make a difference to the lives of other young people. We would like to ask you to share the information about the resources within your own networks and together we can Make A Difference!

[iamscotland@outlook.com](mailto:iamscotland@outlook.com)  [iamscotlandeducation.org.uk](http://iamscotlandeducation.org.uk)

**You Are Not Alone**  
 & Together, we can make a difference!

**GROOMING**  
 Grooming is when a person tricks a child, young person or adult into believing they can trust them, before they hurt them. A short film (3:30 mins) explaining the grooming process and highlighting possible red flags to look out for. Male and Female versions available.

**Liv's Story - Trapped**  
 Liv is 14 years old and, alongside her friend James, is targeted by a gang member, Cole, who befriends the pair. This short film (9:30 mins) highlights Liv's journey and how quickly she becomes trapped.

**Cole's Story - Trapped**  
 Cole's version of the same story is played out, highlighting how he utilises Liv and James within his underworld 'business'. He starts by offering them friendship, drugs and a sense of belonging, before quickly entrapping them into a world they find it difficult to escape from.

**Ryan's Story**  
 Ryan's story is a short (1:30 mins) film, highlighting child exploitation and the journey into the criminal justice system. Ryan's story was written by young males in Polmont, who have written a follow on, highlighting the difficulties with prison life.

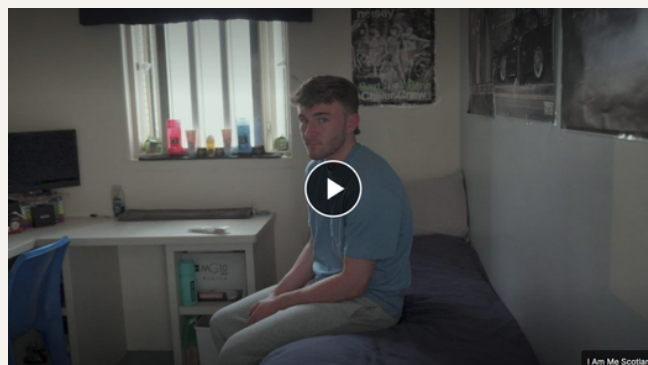
**Ally's Story**  
 A 6:30 minute film detailing a young boys radicalisation journey via gaming and online sites. Ally soon becomes disconnected from daily life, distancing from family and friends as his on line relationships take hold.

Funded by Foundation Scotland  Supported by Renfrewshire Council & COPPS  [iamscotland@outlook.com](mailto:iamscotland@outlook.com) [iamscotlandeducation.org.uk](http://iamscotlandeducation.org.uk)

## Did you see any familiar faces on STV News or Scotland Tonight on the 8th January?



STV came to Polmont to watch the resources being delivered, and to interview the people involved in its development. If you didn't see it, click on the picture below to watch.



[iamscotland.co.uk](http://iamscotland.co.uk)

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# Our New Charity Video



Click the  
screen to  
watch



## Good luck Aimee



**Aimee is now officially on maternity leave. We are all super excited and eagerly anticipating the new arrival - hopefully we'll be able to share some cute photos in our next newsletter!**



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# Out and About!



## Stirling Council Learning Community INSET Day

Stirling Education Department held a fantastic Learning Community INSET Day and we had the a great time presenting the Education resources to 55 primary school teachers. Thanks for having us!



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## Police Scotland hold an Early Intervention Through Education Course for Campus and Community Officers at the Tulliallan Police College.



We were delighted to be invited back to deliver a session highlighting the Education Platform. We talked about the amazing people and partners we have the pleasure of working with to make sure

disabled and vulnerable people feel safe.

Thank you to the officers who took part. It was great to hear about all the great work you do in your schools and communities.



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# Thank you! **Arnold Clark**



Arnold Clark have now completed their sponsorship term for the I Am Me Scotland Platform. This funding has allowed the charity to provide the Education Platform FREE and has been key in allowing the team to support our communities. We would like to say a massive **thank you** for all their support!

WE ARE LOOKING FOR A NEW



## Sponsor

- 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

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# Fundraising Collection tins



# Thank you

A massive **thank you** to Erskine Sports Centre, Tastebuds and Milldale Day Centre for hosting our collection tins.

They raised.....



HAPPY

BIRTHDAY



Mark  
Carol  
Sandra  
Sarah



CAN YOU HELP US?

# Fundraising



You know that old saying 'if you don't ask, you don't get...'?

Did you know that you can donate to I Am Me Scotland through PayPal?

There is a PayPal link hiding at the bottom of our website—luckily, we have saved you the effort of trying to look for it, by linking it right here, in our newsletter...

**DONATE**



We have developed a fundraising pack filled with helpful ideas and resources for ANYONE who would like to fundraise for the charity.

These include ideas for schools to raise funds to cover the cost of their visit from the I Am Me team and ideas for individuals or community groups who are just looking to donate or become a little more involved.

I Am Me currently receive no ongoing funding and therefore any contribution, no matter how small, is HUGELY appreciated!

The pack is available upon request by contacting us at

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

Do you have a business in Renfrewshire?  
Is there space at your reception or counter for one of our donation tins?

Please let us know by contacting [iamme@renfrewshire.gov.uk](mailto:iamme@renfrewshire.gov.uk) and one of the team can pop in with one.



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# JUST GIVING



## GET INVOLVED IN FUNDRAISING FOR I AM ME SCOTLAND!

First of all we would like to thank-you for picking I Am Me Scotland as the charity you would like to fundraise for.

### HOW TO?

Just simply visit

and click the blue 'Fundraise' button in the top right-hand corner, fill in your details and follow the page instructions.

### DISPLAY YOUR PAGE

Once you have a QR code/link this can be posted to your social media pages. you can also print out a poster with the details by right clicking and save the image, then just simply print it out . Your friends and colleague will just need to hover their smartphone cameras over the QR code, and it will direct them to your Just Giving page where they can quickly and easily make a donation

### CREATE YOUR LINK/QR CODE!

Once you have the web address to your own page, all you need to do is copy your address into the URL followed by "/qrcode". Your unique QR code will then be displayed on your screen. You can also access your QR code in the 'edit profile' section of your Just Giving account.



**JustGiving™**

### CONTACT

If you would like any fundraising ideas or have any questions , please contact the team at: [iammescotland@outlook.com](mailto:iammescotland@outlook.com)



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## An Overview of I Am Me Scotland

I Am Me Scotland is a community charity based within Renfrewshire.

### I Am Me

I Am Me started working with communities to raise awareness of what disability hate crime is and how incidents can affect individuals and the wider community. The project began in 2013 working with partners to produce a hard hitting film based on a young adult with autism and a learning disability, and the issues he faces within society. A teaching pack to accompany the film is available at [www.iamescotlandeducation.org.uk](http://www.iamescotlandeducation.org.uk) and the film is available to view for free [here](#)—or by visiting our [YouTube](#).

The small community volunteer group achieved charity status in 2015 and have since went on to develop many award winning initiatives, including:

**Keep Safe** - The I Am Me team led on the design and development of the national Keep Safe initiative. Developed in partnership with Police Scotland, the Charity supported over 1000 organisations to join a network of safe places for anyone feeling lost, scared or vulnerable when out in the community. The Charity handed over all operational running to Police Scotland in January 2025.

**I Am Me** - The team began delivering face to face educational inputs to 10,000 children across Renfrewshire, utilising a Cinebus, donated from Stagecoach and converted into a mobile cinema and education unit. Post Covid, the team re-trained and began the development of the I Am Me Scotland Learning Platform and the #MakeaDifference education packages.

Over the years, the work of the charity has extended and is now recognises across Scotland. Learning resources include: Alcohol & Substance, Stigma, Disability, Hate Crime, Mental health, UNCRC and the most recent You Are Not Alone exploitation awareness package.





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As an Arnold Clark apprentice, you'll also get to enjoy a wide range of employee benefits, such as **33 days' holiday**, **free driving lessons**, and not to mention **96% of our apprentices are kept on in full-time employment**. So, if you are enthusiastic, a keen learner and willing to put in the work - we want to hear from you.

Applications for our March 2023 intake launch on **7th November 2022**.



**Scan me!**



**Arnold Clark**