

SUMMER
2025

I AM ME SCOTLAND NEWSLETTER



**Welcome to I Am Me Scotland's
Summer 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, please get in touch with us at

iammescotland@outlook.com

**If you are new to the Newsletter, head to page 17
to find out
"What We Do!"**



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

Disability Friendly Learning Platform Other News...

NOW LAUNCHED



The new initiative is supported by the Crown Office and Procurator Fiscal Service, Renfrewshire Council, Victim Support Scotland & Enable Scotland amongst many many others. The aim of the initiative is to create a network of places throughout Scotland where disabled and vulnerable people feel included and valued within their communities.





Thank you!



We're incredibly grateful to everyone who has supported the Disability Friendly Initiative. The launch event was a fantastic success, and it was truly inspiring to see so many individuals and organisations come together with a shared commitment to making Scotland a safer, more inclusive place for all. Your support is helping to drive real change, thank you for being part of it.

Thank you also to Victim Support Scotland, Enable Scotland, Epilepsy Scotland, Age Scotland, Values into Action (The Life I Want) and Autism Scotland for supporting information stands and also to Debs and James from Whiteinch and Scotstoun Housing Association for hosting the launch.

Victim Support Scotland
4,734 followers
1d · 🌐

Mel from our Glasgow team is attending the launch of [I Am Me Scotland's](#) 'Disability Friendly' initiative today, hosted at [Whiteinch and Scotstoun Housing Association Limited](#).

Victim Support Scotland is a proud supporter of the initiative, which will play a vital role in supporting the participation of disabled people in communities across Scotland.

As always, Victim Support Scotland stands ready to support anyone who has been affected by crime, and this includes hate crime related to disabilities.

If you are at the event today, please pop by our stand and chat to Mel about our support services! 😊



I Am Me Scotland
1d · 🌐

[Whiteinch and Scotstoun Housing Association](#) today for the launch of Disability Friendly ❤️

Thank you [The National Lottery Community Fund Scotland](#)

Smiles and tears today.

Smiles at the wonderful power of the collective. All of these brilliant organisations came together to launch the new Disability Friendly Programme; to keep the pressure on all of us to make sure disabled people across Scotland feel safe to live their lives in a way that is meaningful to them.

We were delighted to partner with [I Am Me Scotland](#) in the creation of some of their resources.

Tears though, at the heart wrenching story of Charlie portrayed in the film *I am Me* (2015). Whilst this is a film, it is the reality for lots of disabled people who experience hate crime and abuse. Whilst I don't make a habit of shedding a tear at events I attend on behalf of [Scottish Autism](#) I think every professional in the room felt it, and why we do what we do. Allyship Matters. Education Matters.



Disability Friendly

The I Am Me Team have been working with a range of disability partners from across Scotland, to develop a brand new Disability Friendly training initiative.

Businesses and community organisations can sign up to become Disability Friendly, receiving free training and lots more...

**Free
Staff
Training**

**Free
Advertising**



**Free
Resources**



**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

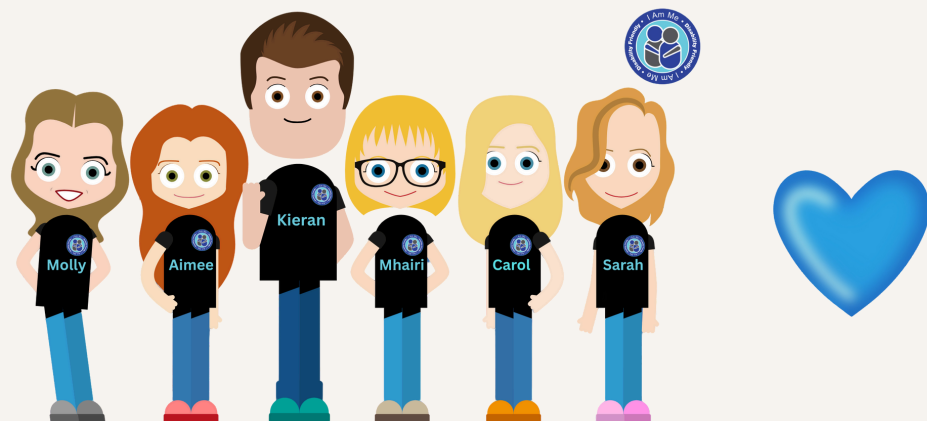
Supported by COPFS

THANK YOU **COMMUNITY FUND**

We are thrilled to share that our Disability Friendly Initiative has received generous support from the National Lottery Community Fund!

Thanks to this funding, we're hoping to create more inclusive, accessible spaces, and training that empowers individuals with disabilities to connect, participate, and thrive.

We are grateful to the National Lottery Community Fund for believing in our vision. Your support is helping us break down barriers and build a more inclusive future for everyone. Thank you for making this possible!



COPFS TRAINING



CROWN OFFICE
& PROCURATOR
FISCAL SERVICE

We were recently invited by COPFS to host a Lunch and Learn session. The I Am Me Scotland team and volunteers delivered the session which focused on disability awareness.

This milestone event marked the very first Disability Friendly Training, bringing together nearly 50 members of COPFS staff for an interactive and thought-provoking experience. It was a fantastic opportunity to foster understanding, share knowledge, and promote disability inclusion both within the workplace and in the community.



Happy Disability Pride Month



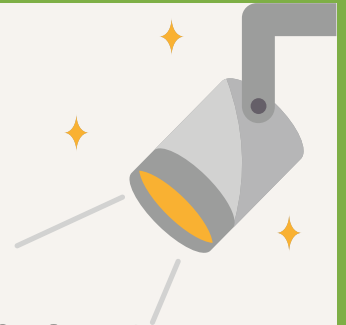
Thank you Scotrail

Thank you to Scotrail for inviting Kieran, Sarah and Molly along to their events in Scotrail HQ and Glasgow Central to celebrate Disability Pride Month.

The team met some amazing organisations and lots of people who want to make a difference! What a fantastic way to start the Disability Pride Month Celebrations!



Spotlight ON...



Celebrating good work within our communities!

In this issue we have chosen to shine the spotlight on Renfrewshire's Community Networks which is part of the Renfrewshire Learning Disability Services (RLDS)



The Renfrewshire Learning Disability Service provides support to adults with learning disabilities and autism, helping them live independently and achieve their potential.

The I Am Me Team, alongside our amazing volunteers (Molly and Sarah) were delighted to be invited along by Community Networks to test our new Disability Friendly Training with them.

We had a great day going through the training and it was clear that this new initiative will support the group and many more to feel more comfortable and confident within 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**

**Disability
Awareness**

My Police

**Children's
Rights**

Hate Crime

**Alcohol &
Substances**

**Anti-Social
Behaviour**

**Nicotine,
Tobacco &
Vape
Awareness**

**Teachers
2,030**

**Police
Officers
525**

**No. of
people
using the
platform**

**HSCP
57**

**Other
410**

**Total
3,022**

RESPECT DAY – PAISLEY GRAMMAR



The team was honoured to be invited to Paisley Grammar School to take part in their inspiring Respect Day. It was a fantastic opportunity to connect with young people and engage them in meaningful discussions.

Throughout the day, we delivered interactive workshops on Grooming, Exploitation, County Lines, and Positive Relationships, reaching 210 enthusiastic S2 pupils.

In addition to our sessions, students had the chance to take part in other impactful workshops, including Knife Crime (led by Police Scotland), Anti-Social Behaviour (delivered by Community Wardens), and Fire Raising (hosted by the Fire & Rescue Services).



It was a privilege to be part of such an important initiative, helping to empower and educate young people on key issues that shape their lives and communities.

PARTNERSHIP LEARNING OPPORTUNITY

Police Scotlands Children & Young People's team arranged a partnership learning opportunity to highlight the I Am Me Education Platform. There were 2 sessions held - one for Primary Resources and one for Secondary resources. Thank you to everyone who came along.



AUTISM AWARENESS LESSON

NOW LAUNCHED!

Kieran has been working hard on the finishing touches to the Autism Awareness Lesson.



Thank you to P7 in Dargavel Primary school for testing the lesson, and for their amazing feedback!

Special Thanks

A special thank you to Millie (12) from Dargavel Primary, and Lewis (12) and Lucy (12) from Wallace Primary school.

Thank you for taking the time to record the voice overs for the lesson.

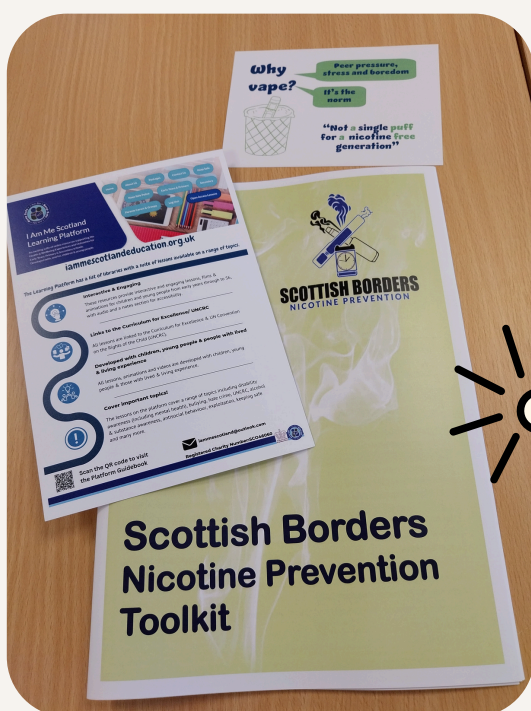
You did an amazing job and should be very proud of yourselves!



Launch Nicotine, Tobacco & Vape Resources



The team were delighted to be invited along by NHS Borders to present at the launch of their brand new Nicotine Prevention Toolkit along with Youth Borders, Ash Scotland, and MSP Jenni Minto. This project was youth led, and the toolkit and supported lesson plans are available FREE now on the I Am Me Scotland Education Platform for all teachers throughout Scotland to use.



Click the
picture to
view the
toolkit



"Ready to Talk"

Child Sexual Exploitation (CSE) Campaign

IN RENFREWSHIRE

I Am Me and the NSPCC alongside Renfrewshire Council and Renfrewshire Child Protection Committee are currently working on a child sexual exploitation (CSE) awareness campaign in Renfrewshire called **"Ready to Talk"**. Over the next year, we will be working with professionals, parents, carers and young people across Renfrewshire to design and develop awareness raising resources.



The campaign aims to start conversations on themes like healthy/unhealthy relationships, online safety, sexting, grooming and exploitation, and where to go for support and information if you are worried about a young person.

We will be launching the campaign this October, alongside a play called **'It's Not OK'** which will be toured locally to S2 pupils. The play covers themes around grooming, coping with emotions, online safety and sexting, and is designed to be used with young people aged 11+. It includes a whole package of resources including films, lesson plans and accompanying activities.



Work has already started with sessions being held at Trinity High School in Renfrew. We look forward to working with other groups of young people, parents, carers and professionals throughout the summer.

**Watch this space for more
information**

Q&A with Lyndsay McDade from Fearless, who worked with young people aged between 11-18, on their campaign about Sextortion.



What is Sextortion?

Sextortion is a type of blackmail when a criminal threatens to share nude or semi-nude pictures or videos. These images may be real or fake.



Who is it aimed at?

This campaign is aimed at all young people living in Scotland aged 13-21, although the majority of victims of sextortion are males aged between 14-18 years old.

How was it created?

Fearless worked with young people when designing the campaign as they are the focus of the initiative, making it as relevant as possible for that group.

Biggest learning point?

Young people's main worry was not about shame or embarrassment (which adults thought), but instead was about being found guilty of a crime, even if they are a victim.

Most Importantly...

It is imperative to give young people ways to prevent them from becoming a victim of sextortion, and reassure them that support is available. Most importantly:

- **Don't panic** and **it's not your fault**;
- Don't comply with their demands;
- **Get help** – there are always adults, such as a parent or teacher, who can provide support, or **contact Fearless, ChildLine or Police Scotland**.



Mhairi and her friends are taking on the challenge of the **Dundee Kilt Walk** on the 17th August this year.

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

Support Deaf Children in our Communities



We are raising funds to create a heartfelt animation that shines a light on the experiences of deaf children in our communities. This project aims to foster understanding, break down barriers, and celebrate their unique contributions to our society.

Your donation will directly support the development of this animation, helping us spread awareness and create a positive impact. Together, we can build a more inclusive world.

Every contribution matters. Thank you for joining us on this journey to make a difference

Keep going with your training, and we can't wait to hear how you get on.

St Andrews

Dundee



If you'd like to sponsor them on his amazing challenge, please give all you can!

Scan me



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



@IamneScotland



I Am Me Scotland



iammescotland@outlook.com



[iammescotland](https://www.instagram.com/iammescotland)

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 and Volunteers for all your incredible work.... always!



HAPPY
BIRTHDAY



Happy Birthday to:
Aimee, Lorraine, Eileen, Jemma, Molly, Debbie,
Kieran, Stephanie & Mel
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*



Would you like to see your advert here?



We Are 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