



I Am Me Scotland Newsletter

April 2022



Welcome to the I Am Me Scotland April Newsletter!

If you, or someone you know would like to be added to the mailing list of this Newsletter, please get in touch with us at

iamme@renfrewshire.gov.uk

If you are new to the newsletter, please visit [Page 20](#) for an overview of I Am Me and the Keep Safe initiative.



Ambassador Days

I Am Me Scotland and Police Scotland trainers have been delivering the Keep Safe Ambassador training Programme to schools in Renfrewshire and Inverclyde! It's been great to be back out in the schools and gaining fantastic new Ambassadors! To find out more head to: [Page 7](#)



Keep Safe Awareness Day

We would like to thank everyone who made Keep Safe Awareness Day this year such a fantastic day. We loved seeing your supportive posts on social media, hopefully we can make next years Keep Safe Awareness Day bigger and better. Head to [page 5](#) To see more of what was done on the day.



In this issue

Meet I Am Me Keep Safe Learning Platform Other News...

Meet our FAVS

In each edition of the newsletter, we will be taking the opportunity to introduce you to two members of our Team, Board, Committee and partners! This month, we would like you to meet...



PC Christopher Scott



Keep Safe Ambassador

Role with Charity

I am a Keep Safe Ambassador and I am an operational police officer with Police Scotland. I work as part of the Local Problem Solving Team in Glasgow City Centre where I promote the charity through networking events and identifying businesses as Keep Safe Places and I am trained to train Keep Safe Ambassadors. I became involved with the charity when I was trained as a Keep Safe Ambassador in 2018!

About yourself

I've been in the police for almost 8 years based in the city centre of Glasgow since I started. I have undertaken both response and community policing roles during my service and have had the opportunity to work at various events from COP26, presidential visits, TRNSMT, European Championships. I always wanted to join the police but before I did I got a degree at University. I love spending time outdoors and spending lots of time with my family and friends.

Hobbies/Interest

I enjoy playing the guitar and listening to all different genres of music. I like to get outside and get fresh air and enjoy hillwalking and kayaking around Scotland. I recently got my motorbike license so I'm looking forward to getting out on the motorbike during the good summer weather!

Fun Fact about yourself

I used to play in a rock band in school...we weren't very good!

Life Motto

Everyday is an adventure!

Reason for being involved with I Am Me

In my role I get to interact with many different people. I work closely with local businesses, schools, young people and regularly help vulnerable people. I get the chance to highlight the good work of the charity to members of the public and businesses that I deal with. Working with the charity has also allowed me to understand more about disability hate crime and the impact that it was on victims and ways in which in my role I can support them.

Aimee Mclellan



Keep Safe Development officer/ Committee member

Role with Charity

I am the Keep Safe Development Officer for I Am Me Scotland and a committee member. I have only been with the charity for 6 months but have loved being out and about getting to know new people and everyone involved with the charity. I have also enjoyed promoting the charity at various events.

About yourself

I am 26 years old and I have a degree in sports science from Abertay University in Dundee. I saw the job advert for I Am Me Scotland around 8 months ago and researched the work the charity was doing and loved it. I found it relatable as I have a hidden disability myself (Crohn's disease) and have a passion for helping others.

Hobbies/Interest

I love going out for food and visiting new places with my friends and boyfriend. I love watching vloggers on YouTube to kill time and I love spending time with my nephews.

Fun Fact about yourself

I have memorised the names of all the bones in the human body (don't know if this is a fun or sad fact haha!)

Life Motto

Life is tough, but so are you!

Reason for being involved with I Am Me

As someone with lived experience of disability I was drawn to I Am Me and all the fantastic work they do to help promote inclusion and safety not just within the disabled community but within all 5 strands of inclusivity.

Area	Number of Keep Safe Places
Aberdeenshire	23
Aberdeen	21
Angus	27
Argyll & Bute	59
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	39
East Ayrshire	35
East Dunbartonshire	6
East Lothian	5
East Renfrewshire	17
Edinburgh	40
Falkirk	15
Fife	24
Glasgow City	30
Highland	23
Inverclyde	30
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	119
Scottish Borders	12
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	37
Stirling	34
West Dunbartonshire	31
West Lothian	20
COPFS	17
Scottish Courts	37
Total	917

Keep Safe

There are now **917** Keep Safe Places across Scotland!

Keep Safe Places are for ANYONE to go if they are feeling lost, scared, or feeling vulnerable.

Keep Safe Places are there if you just need a moment to calm down, if you need someone to be contacted for you, or if you need help from the emergency services.

Do you own a local business? Are you the manager of a shop, café, or supermarket?

Becoming a Keep Safe Place is straight forward and FREE!

Get in touch with us for more information!

iamme@renfrewshire.gov.uk



Keep Safe Star — PC Blair McGarva



PC Blair McGarva has recently been trained as a Keep Safe SPoC for East Ayrshire, he has hit the ground running carrying out annual checks on all premises within the area, signing up new Keep Safe places, raising awareness of the Keep Safe initiative out in the community and liaising with community groups. Well done PC Blair McGarva you are a star!





Keep Safe Sign ups



We have these fabulous businesses joining our growing network of Keep Safe places. These are places that people can go to ask for help if they feel vulnerable, scared or lost in the community. There is no cost involved in becoming a Keep Safe place, so get in touch to have your premises signed up and support your local community!

Glasgow

Glasgow Gurdwara Guru Granth Sahib



Springburn Parish Church



East Renfrewshire

Barrhead Housing Association



Aberdeen

Aberdeen Maritime Museum



Aberdeen Art Gallery



Keep up to date with new Keep Safe premises by following us on Twitter:

@IammeScotland

@KeepSafeSam1





Keep Safe Awareness Day

23rd March 2022



We would like to thank everyone who supported the national Keep Safe Awareness Day on the 23rd of March! It was a great success and we loved seeing everyone's posts online.

Officers from Renfrewshire & Inverclyde supported the day at Braehead Shopping Centre, raising awareness of the Keep Safe initiative.



PC Christopher Scott held a stall in Buchanan Galleries to support Keep Safe Awareness Day, it looked great!



Edinburgh Police officers had a lovely day at Cameron Toll, supporting and raising awareness of the Keep Safe initiative. Great work!



PC Blair McGarva was out and about in east Ayrshire promoting Keep safe within local businesses and community premises. Another job well done.





Keep Safe Awareness Day

23rd March 2022



We would like to thank everyone who supported the national Keep Safe Awareness Day on the 23rd of March! It was a great success and we loved seeing everyone's posts online.

Pupils in primary 1 & 2 from Rashielea Primary really enjoyed learning about the Keep safe Initiative. We hope you loved the lessons!



On national Keep Safe Awareness Day To celebrate and raise awareness of Keep Safe, Aimee, Ellen & Kieran held a stall in Tesco Linwood to raise awareness of the Keep Safe initiative and raffled off a prize hamper.

We raised a total of: £113.62!!

We would like to thank everyone who bought a raffle ticket and donated, we had the best day chatting to everyone!

And the winner of the raffle hamper is...

Elizabeth Kidd

Well done!!





Ambassador Days



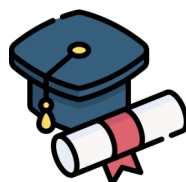
The Keep Safe Ambassadors programme has been developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

Keep Safe Ambassadors are trained on how to recognise and report hate crimes safely within the community and in a school environment. The Keep Safe Ambassador programme consists of one full day of training, with inputs from I Am Me Scotland, and Police Scotland. A certificate and badge is provided to each participant at the end of the training session.

The Ambassador Training takes place within your school and is a full days training.

If you would like to register interest for this training in your school, please email and we will be in touch soon with possible dates:

iamme@renfrewshire.gov.uk





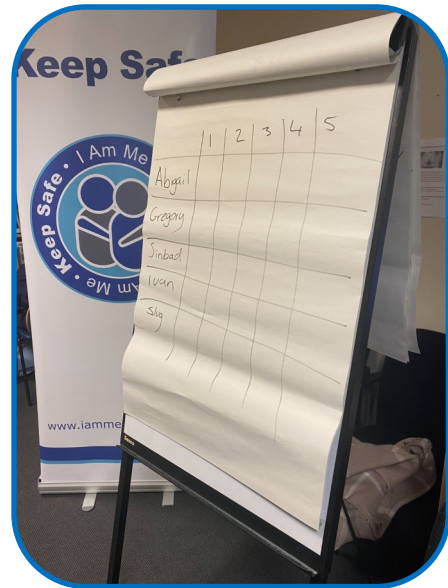
Ambassador Days

Keep Safe Ambassador Days



St Andrews Academy

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in St Andrews Academy in Paisley. This was a busy well booked out day. Everyone including the trainers has a great educational day. It's good to be back!





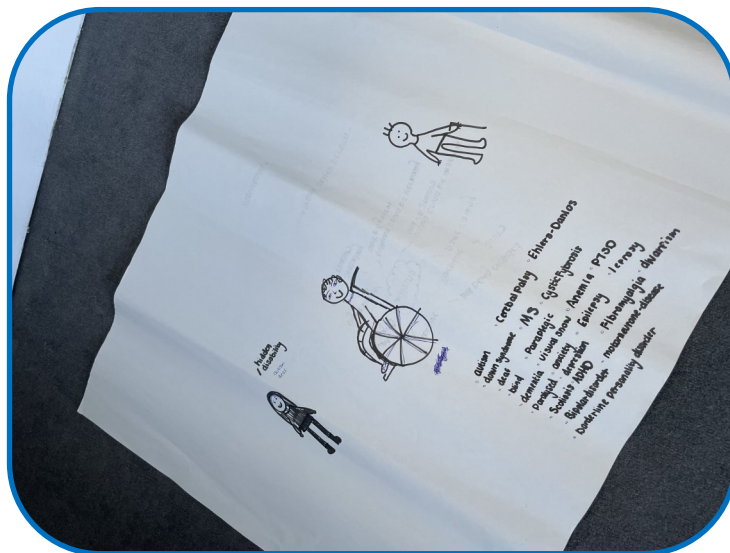
Ambassador Days

Keep Safe Ambassador Days



Clydeview Academy

I Am Me and Police Scotland trainers recently delivered the Keep Safe Ambassador Programme in Clydeview Academy in Inverclyde. This was our Keep Safe development Officer Aimee's first solo Ambassador training day, it went smoothly and was a great first experience!





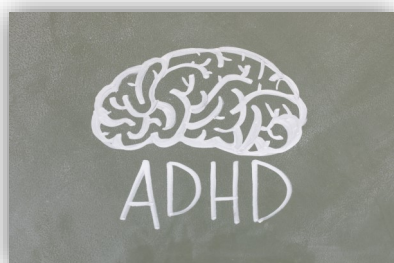
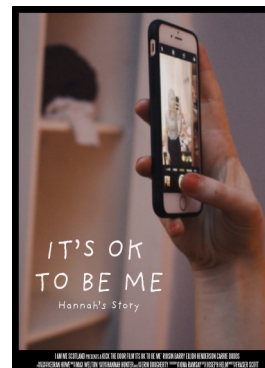
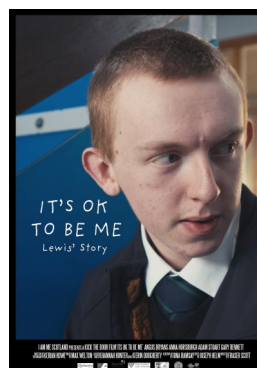
Our Online Learning Platform is now available to all schools in Scotland FREE!

ALL of our resources are developed with children, young people and disabled people and are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes.

In our #MakeaDifference section, we have exciting, interactive lessons, animations and videos talking about different disabilities, inclusion, bullying and the consequences of hate crime. We have additional lessons on Children's Rights, Dementia Awareness and Down's syndrome Awareness. You can access the platform [HERE](#)

COMING NEXT TERM

We are currently working on a range of High School resources for the education platform. These will include a Mental Health films/lessons. We worked with young people on the scripts of the films and can't wait to work with more young people on the development of the lessons.

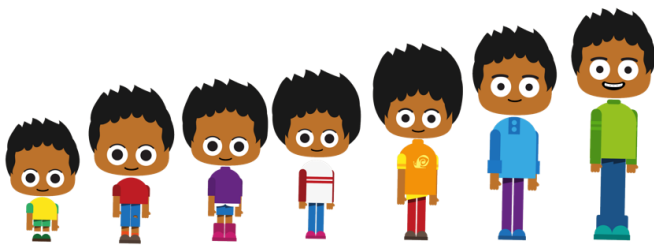


We are also excited to have a new project on the horizon. We will be working towards developing an animation and lesson to raise awareness of ADHD.

If your school would like access to our FREE online resources, please contact the team on iamme@renfrewshire.gov.uk and we will set you up with a username and password.

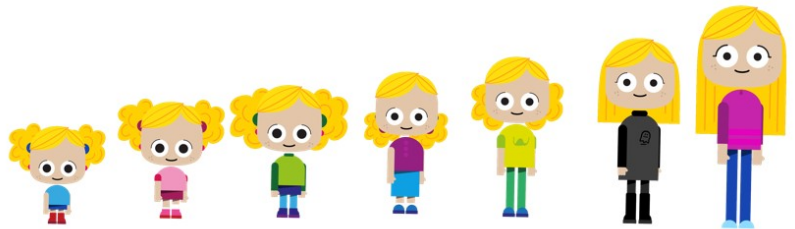
Alcohol & Substance Awareness Lessons

The Alcohol and Substance Awareness resources are well underway. This is a project the team are working on alongside Renfrewshire Education, Renfrewshire Health & Social Care Partnership and NHS Greater Glasgow & Clyde. So far team have been lucky to work with more than 60 amazing children and young people in Renfrewshire on the Primary school resources, they have helped with the development of characters, scripts, storylines, content and voice overs (we have been very busy indeed).

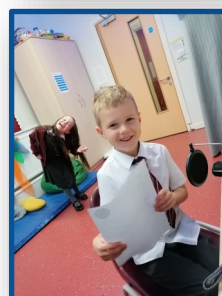
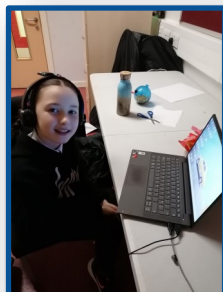


Zac and Ella are the characters in our Primary animations and we have been delighted to watch them grow with help and ideas from some really awesome people. We would like to thank all of the

children and young people who have helped with this project as the primary resources are nearly finished, thanks to all of their hard work and dedication.

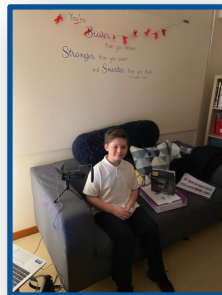
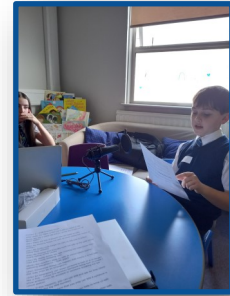


A huge thank you to you all!





Thank-you!



Secondary Resources!

We have also had the privilege of working with a group of young people from Mirren Park School on an excited animation for high school pupils to raise awareness of Substances and how they can affect lives. The group have been amazing with their innovative ideas and creative contribution!



Thank you so much for being a part of this project, and we can't wait to continue to work with you in the future!



Thank-you!



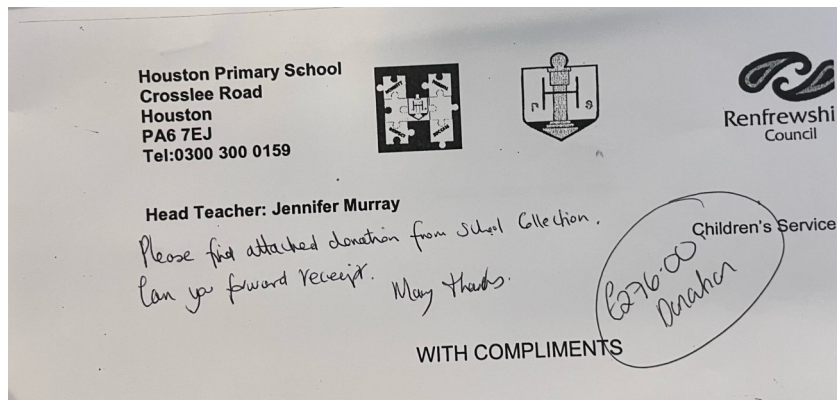
Thank-you to Renfrewshire Police Officers who supported Keep Safe Awareness Day in Braehead Shopping Centre, they done a great job of raising awareness of Keep Safe, with some newspapers even writing articles about them! Read the Daily Record article here:

[Police officers support 'Keep Safe' campaign at Braehead - Daily Record](#)

Well done and thank-you!



We would love to thank Houston Primary for their amazing donation to I Am Me Scotland, they donated a whopping **£276**, we can't thank-you enough and your lovely donation will go far.



Kelly Boyd will be doing the 2022 Kilt Walk, raising funds for I Am Me Scotland. Kelly loves the work that I Am Me Scotland does on raising awareness of disability hate crime and the cause is close to her heart. We would love it if you could donate to Kelly's just giving page, click the link below:

[Kelly \(thekiltwalk.co.uk\)](#)

Thank-you for choosing I Am Me and good luck, you will smash it!



You Judge!

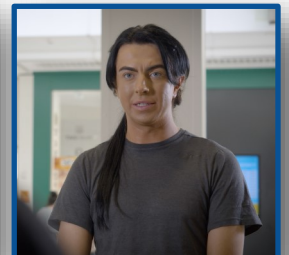
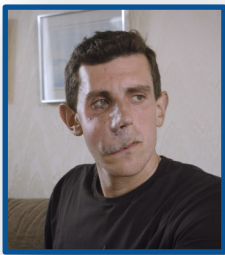
Hate Crime Resources now available!

We are excited to be launching our "You Judge!" educational resources for high school pupils from S3 and above.

We have worked in partnership with Police Scotland and the Crown Office to design and develop this interactive, accessible resource that will be used in schools by teachers and Police Officers throughout Scotland.



All 5 stands of hate crime are covered (Disability, Race, Religion, Sexual Orientation and Transgender Identity). Learn what happens to Jack, Aya, Mark, Danni and Alex as the lessons explore the impact and consequences of hate crime, and how these cases are dealt with by the justice system.



We have worked with some fantastic groups of young people (180 pupils have tested the lesson) and some great organisations throughout the development of this resource. We would like to take this opportunity to thank everyone who was involved in their development.

Thank you!

We would also like to say a huge thank you to The National Lottery Awards for All who granted the funding for the filming for this resource!



**AWARDS
FOR ALL
SCOTLAND**



In other news..



We are sad to say goodbye to Ellen so soon, but we wish her luck in her fantastic new job! Thank-you for all the support you have given the charity over these last few months and we will miss you. Good luck, you will smash it!

Aimee and Kieran spent the day in Xsite Braehead on Monday the 4th of April, raising awareness and money for Keep Safe. They met lots of lovely people and raised just under £20.



Lights, camera, action! Thank-you to Heriot Primary and PC Heron and Birch from Renfrewshire Police Division for filming some great content for the upcoming alcohol and substance awareness lessons! It was a great, fun filled morning.

Police Scotland Cybercrime Harm Prevention team would like to introduce this month's Cyber Byte to provide you with awareness and information on how to help keep you and your family safe online.

COVID and lockdown caused us to rely more heavily on internet access and inter-connectivity than ever before and, as a lasting effect, we will continue to make advances in our use of this technology across all levels of business and age ranges from our children and young people to our Age communities.

As we surf the internet, we leave our digital footprint – this is a digital trace we leave on the sites we visit such as where we shop and the social media apps we browse. More often than not we have to log into these various sites with our email address and a password. Our passwords are like digital keys, they allow us to unlock our online accounts to access them.

So how many passwords or digital keys do you have? Is it just the one that you use for all your online accounts for convenience? Or do you have more than one passwords or digital key for all your different online accounts?

Another way of looking at it is by asking yourself "How many keys do I have to lock my house, shed, garage or car". The answer is that we have different keys to lock our property. Imagine if you just had one key and it was stolen, the criminal would be able to unlock all your property using that single key and that would be the same if you just have one single password for all your online accounts. So, having more than one password for your different online accounts is the safest way to protect them from being attacked and your data being stolen by Cyber criminals, especially your online banking, shopping, social media and email accounts.

Our partners at the NCSC (National Cyber Security Centre) have created excellent guidance on how to create unique passwords or even better using three random words as passwords. Three random word passwords are exactly what it says, three random words from what you are seeing around you just now – "**windowbirdtree**", "**hillcloudshower**", "**catbirdtable**" and by adding a special character and a number, what you create are unique passwords with no connection to what most peoples passwords relate to such as a favourite holiday destination, pets name, school or childrens' names, hobbies etc things which Cyber criminals can easily find out about you from social media.

You can find out more at; [Three random words - NCSC.GOV.UK](https://www.ncsc.gov.uk/3-random-words)

You should also consider applying another level of protection know as 2-step verification (2SV) on your accounts, which will prevent anyone accessing your accounts even if they know your password. The following link will support you through adding 2SV to your online accounts.

You can find out more at; [Turn on 2-step verification \(2SV\) - NCSC.GOV.UK](https://www.ncsc.gov.uk/turn-on-2-step-verification)

Data Breaches are very common and criminals can use the stolen information to carry out targeted phishing campaigns. Phishing emails can look very genuine, can be forceful in the manner they are written and be extremely persuasive. These can arrive as private emails or Smishing texts commonly pretending to be from a government department offering you a rebate or demanding something else and forcing you to act quickly out of fear, or it could be hinting you might have won something - but you cannot remember entering the competition.

Phishing emails can also relate to your work and these are usually asking for change of banking details or change in HR records to be done, getting a member of staff to do something they wouldn't normally do – so pause and consider and seek guidance before reacting or clicking on any links attached to such and email.

Our guidance is – Don't click on the links or reply to these emails but to report to your IT team, if at your work as they could also carry a malware, or you can report to the Police if you have responded and realised you have provided data. Otherwise we would ask you to forward the email, even if you are not certain it's a scam, to the Suspicious Email Reporting Service or SERs. If you have not heard of the SERs before, this link will take you to the site; [Report a scam email - NCSC.GOV.UK](https://www.ncsc.gov.uk/report-a-scam-email) Received a suspicious text message? Forward it to 7726 on your mobile phone and this enables your provider to investigate. Both these services are free to use.

Fundraising



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



Donation Tins

Is there space at your reception or counter for one of our donation tins?

Please let us know by contacting **iamme@renfrewshire.gov.uk** and we will have some sent out to you.



We would like to say a huge **THANK YOU** to each of the businesses who made space for one of our collection tins at their counter.

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...



Keep Safe Scotland App—Download Now!

Keep Safe is a national initiative that works with a network of businesses such as shops, libraries and cafes who have agreed to make their premises a 'Keep Safe' place for people to go if they feel frightened, distressed or are feeling vulnerable when out in the community.

The Keep Safe Scotland app is available for free on Android and iOS devices.



The app can be used to:

- ♦ Plan routes with Keep Safe places highlighted along the way.
 - ♦ View a list of all Keep Safe places across Scotland - broken down by local authority.
 - ♦ Find out more information about Keep Safe places such as opening hours, website, telephone number etc.
 - ♦ Find the nearest Keep Safe place to the app user and link with Google/Apple maps for directions to it.
 - ♦ Link with Police Scotland's hate crime reporting form for a secure method of non-emergency reporting.
 - ♦ Link with Police Scotland to dial 101 or 999 with an approximate location displayed before the call connects, so that if the app user is lost and in distress they can alert Police Scotland to their whereabouts.
- *In an emergency 999 should always be dialled first. It is not recommended to delay help by going through the app in an immediate emergency situation****
- ♦ Find out more information about different local authorities, such as events, useful contacts, news, and links.
 - ♦ Find out more about I Am Me Scotland, such as the YouTube Channel, Twitter, Facebook, and email address.

For more information on the Keep Safe Scotland App, the Keep Safe initiative, or I Am Me Scotland, please contact: iamme@renfrewshire.gov.uk or visit www.iammescotland.co.uk

The Keep Safe Card

This is the Keep Safe card. The Keep Safe card is for anyone to use, and is available in some of our **Keep Safe places**, or can be requested by **contacting us**.

 Keep Safe  My name is	People who can help me  Name.....  Number.....
 Things you need to know about me and my health	 Name.....  Number.....  Name.....  Number.....
 How I communicate	In a non emergency call the police on  101  In an emergency call the police on  999
 Any other details	 Police Scotland www.scotland.police.uk  I Am Me www.iammescotland.co.uk  

The Keep Safe card contains details of the persons name, any health concerns, any communication needs, and helpful contact details for friends or family. The card is for use in Keep Safe places or with Police Scotland to highlight any additional support or assistance a person may require.

Keep Safe places can contact someone from the 'People who can help me' section to collect a person requiring Keep Safe assistance.

If you would like to distribute Keep Safe cards within your organisation, you would like to become a Keep Safe place, or you would like further information about the Keep Safe initiative in your area, then please **get in touch**.

An Overview of the I Am Me Project & the Keep Safe Initiative

I Am Me is a community charity that works in partnership with Police Scotland to raise awareness of and tackle disability hate crime.

Disability Hate Crime is one of the most under reported crimes in the UK, with an estimated 97% going unreported. Many incidents go unreported as disabled people accept abuse and harassment as part of daily life. There are 1 million people in Scotland registered as disabled or with a long term illness.

There are two key initiatives; I Am Me and Keep Safe:

I Am Me

I Am Me works with communities to raise awareness of what disability hate crime is and how incidents can affect individuals and the wider community. The project has worked 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.iammescotland.co.uk and the film is available to view for free [here](#)—or by visiting our [YouTube](#).

I Am Me have also worked with a number of partners to develop a Primary School Resource which is available to download for free at www.iammescotland.co.uk. The resource aims to: introduce disability; increase understanding of the range of disabilities; highlight the effects of bullying and exclusion; highlight the consequences of hate crime. The films to accompany the resource are available for free [here](#) - or by visiting our [YouTube](#).

The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following @PCRoseScotland on twitter.



Keep Safe

Keep Safe works in partnership with Police Scotland and a network of local businesses to create 'Keep Safe' places for anyone when out and about in the community. People can access these premises to seek assistance and help if they feel lost, confused, scared, in danger or have been the victim of a crime. The initiative is being rolled out across Scotland in partnership with other Local Authorities and Police Scotland. An explanation video of Keep Safe can be found [here](#) - or by visiting our [YouTube](#). If you would like to be involved in the roll out of Keep Safe within your Local Authority, please contact us: iamme@renfrewshire.gov.uk.

Final Note... it has been a few of our committee members and partners birthday's over the past few months—so we'd like to say a big **happy birthday** to Ellen, Andrew and Linda. We hope you all had a great birthday.



Thank You—Thank you for taking the time to read over our newsletter. For more information on the I Am Me project or the Keep Safe initiative, get in touch!