

I Am Me Scotland Newsletter

August 2023

Welcome to the I Am Me Scotland August 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



If you are new to the newsletter, please visit <u>page 22</u> for an overview of I Am Me and the Keep Safe initiative.













We've launched our Keep safe Evaluation!

Our new 2023 Keep Safe Evaluation has officially launched! Head to <u>page 10</u> to find out more information and watch a short overview video.



<u>Anti-Social Behaviour Lesson</u> <u>Launch!</u>

I Am Me Scotland launched the new Anti-Social Behaviour resources with Police Scotland Safer Communities team. The event was fantastic! To find out more head to page 12.





In this issue

Keep Safe Keep Safe Ambassadors Learning Platform Other News...

Meet the team!

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





ACC Faroque Hussain

Meet the new Keep Safe Champion! ACC Faroque Hussain has taken post as the new Assistant Chief Constable for Police Scotland. We look forward to working with you.

PC Claire Bysouth

Meet the new Keep Safe National Co-ordinator! PC Claire Bysouth has taken over from PC Suzanne Ng and has previous experience working with Keep Safe as a college liaison officer. We are excited to work with you.





Sarah Reilly

Meet Sarah the new I Am Me Volunteer. Sarah is volunteering her time with the charity and helping the team. Sarah is also co-chair of the new steering group and will have a column in the newsletter, keep your eyes peeled for this!

With thanks to...

Thank-you to Gary Ritchie for being the Keep Safe champion for the last 4 years, your support has been astounding and we wish you luck in your future endeavours!











Area	Number of Keep Safe Places
Aberdeenshire	25
Aberdeen	20
Angus	29
Argyll & Bute	66
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	82
Dundee	46
East Ayrshire	39
East Dunbartonshire	6
East Lothian	42
East Renfrewshire	17
Edinburgh	42
Falkirk	16
Fife	21
Glasgow City	45
Highland	23
Inverciyde	25
Midlothian	11
Moray	11
North Ayrshire	15
North Lanarkshire	10
Orkney	2
Perth & Kinross	44
Renfrewshire	115
Scottish Borders	23
Shetland Islands	1
South Ayrshire	20
South Lanarkshire	39
Stirling	35
West Dunbartonshire	37
West Lothian	28
COPFS	17
Scottish Courts	37
Total	1005

Keep Safe

There are now **1005** 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



creating a safer Scotland.

If you would like more information please contact: iammescotland@outlook.com

THERE ARE NOW OVER 1000 KEEP SAFE PLACES ACROSS SCOTLAND!

In partnership with Police Scotland we would like to thank all of our wonderful Keep Safe places, partners, supporters, and volunteers for creating a safer Scotland.





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!

Aberdeenshire SensationALL





Argyll and Bute

Fyne Homes



<u>Dundee</u>

Oxfam—Broughty Ferry



Hilltown Community Centre



East Lothian

The Ridge











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



@KeepSafeSam1





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Inverclyde

Crown Care Centre



Moray Muckle Cross



The Scottish Borders

Co-op Duns





West Lothian

McDonalds Whitburn





Xcite Leisure—
Bathgate, Broxburn
Sport Centre,
Craigswood, Easter
Calder, Linlithgow,
Whitburn, Winchburgh
sport and wellbeing





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



@KeepSafeSam1





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East Ayrshire

East Ayrshire Recovery Hub



CVO—Newmilns
CVO—Cumnock
CVO—Shortlees
Crescent,
Kilmarnock
CVO—Belford Mill,
Kilmarnock

Advocate for voluntary and community organisations







THE GRAFT PROJECT















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



@KeepSafeSam1







Ambassador Days





The Keep Safe Ambassador programme was 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:

<u>iamme@renfrewshire.gov.uk</u>





























Keep Safe great work!





L division See, Hear Fest

PC Prince Durant and PC Emily Noble attended the See, Hear Fest event, hosted in Meadow Bank Sport Centre, Edinburgh. They promoted Keep Safe, offered information, advice, and guidance for individuals with disabilities in the community. Great work!





L division PSYV

PSYV are Police Scotland Youth
Volunteers that have been trained to
recognise the Keep Safe initiative and
how to support it in their local area. A
group of PSYV from Clydebank and
Dumbarton were on hand to support
the local policing by assisting in the I
Am Me/Keep Safe Scotland annual
checks—great work you are all
superstars!



Crown Care Keep Safe!

PC Mary Connolly, PC Alan Curran, and Aimee spoke with clients of Crown Care about Keeping Safe in the community, the Keep Safe initiative and much more. We had a great time chatting to you all!







Assistance Dogs Council



What is an assistance dog?

A dog accompanying a disabled person that mitigates their human partners debilitating medical condition.

Assistance dogs are not pets and are treated as 'auxiliary aids'. Assistance dogs are highly trained which means they:

Assistance dogs are a significant part of the UK's disability community, providing various services such as mobility aid, hearing aid, psychiatric aid, and medical alert. They are generally used to improve quality of life and reduce medication needs. Assistance dogs should be clean, well-kept, and receive regular grooming to reduce fur and dander. There is no UK registry, official ID booklet, or card to identify them. Many training programs operate in the UK, but disabled owners can train their own dogs without an alliance to an organization.

Access issues often arise when dealing with assistance dogs, as they struggle with daily activities, employment, and access to services like the NHS, higher education, and recreational activities. The Equality Act 2010, the civil act governing disabled issues, can be difficult to enforce, and refusing service to a person due to a disability is considered a Hate Crime in Scotland.

In 2017, the European Human Rights Commission released <u>guidance</u> for businesses about assistance dogs, which is the only official source for service providers to be educated on their responsibilities. Good practice is to have a unified sign that clearly states "Assistance Dogs Only." Some examples of signage can be found online, and the Scottish Parliament at Holyrood has a sign on its doors.

Assistance dogs should receive regular veterinary treatments and preventive care to ensure their health and safety. The Chartered Institute of Environmental Health has determined that assistance dogs are unlikely to pose a risk to hygiene and should be allowed access to food premises. Allergies, fear of dogs, and religious or cultural beliefs cannot be used as defences for non-compliance.

The Assistance Dog Council is a UK-wide charity dedicated to advocacy and education for the assistance dog community. Their goal is to eradicate discrimination and ensure equal rights for all, even within the assistance dog community.

Where can you find further advice?

Assistance Dogs Council

Tel: 01844 348100

Website: ADC - Assistance Dog Council

(adcouncil.org.uk)





Assistance dogs council support all assistance dogs



We've officially launched!

Keep Safe Evaluation

The new 2023 Keep Safe evaluation has been completed! The team worked with the general public, disability groups, Police Scotland, and partners to gather 719 responses on peoples thoughts, views and opinions on The Keep Safe initiative. Check

out the findings summary video below here.



Enable works





Progress for Parents

Are you a Parent with a disability, or the parent of a disabled child?

Would you like support to progress in the workplace or a support to challenge your career goals and fulfil your potential?

Progress for Parents can help!

www.enable.org.uk/enable-works
Enable Scotland (Leading the Way), Charity No: SC021731.

Progress for Parents programme!

Enable Works are looking for parents with a disability or parents of a child with a disability who would like support to progress in the workplace or support to challenge your career goals and to fulfil your potential.

Their Progress for Parents programme can help!

Click here for more information.



For access to our FREE Online Learning

Platform visit

iammescotlandeducation.org.uk

and click the "REGISTER" BUTTON

include CYP.

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. We also have training modules for disability groups and health and social care workers on Keep Safe and Hate Crime.



A new Parents and carers section!





So, We have made a parents, carers and groups section on our education platform, just for you! This section has a library of resources sorted into topics and ages to make accessing these as easy and relatable as possible. From short animations about Keeping Safe, the teenage brain—to more serious discussions around issues such as County Lines and much more! To register for access to this section click here.

We have been asked continuously

restricted to schools and Police

access as we always work with, and

over the past 2 years if our resources could be accessed by parents, carers and groups like Guides and Scouts. Previously the lessons we create are



Click the picture to watch a short video to find out more!



#MakeADifference

Anti-Social Behaviour Launch



I Am Me Scotland launched the new Anti-Social Behaviour resources with Police Scotland Safer Communities team at Police Scotland Headquarters Dalmarnock.

The launch event went fantastic and we had some amazing speakers,

- thank-you to:
- Chief Superintendent Matt Richards
- Superintendent Christine Boyd
- PC Jemma Davidson
- Sameena laved
- Mariya Javed



To register for access to this lesson click the picture below:





























Coming soon! - The team have developed a brand new Anti-Social Behaviour book for schools, written by Jennifer Dempster, illustrated by Staci Jo Rowlison, and sponsored by Arnold Clark. Watch this space!













The ASB resource was developed in partnership 👸 with



Education Platform

HERE TO SUPPORT YOU, CHILDREN AND YOUNG PEOPLE



There are currently 1,501 Police Officers, teachers, youth groups and health and social care practitioners using the I Am Me Scotland Online Learning Platform.

We are currently working with Police Scotland on developing a Child Criminal Exploitation lesson for S1-S2... Watch this space.

I AM ME SCOTLAND NATIONAL EDUCATION PLATFORM GUIDEBOOK

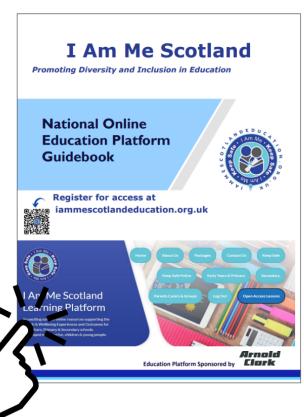
This guidebook will give you an overview of the resources available on the platform.

This is an interactive guidebook, meaning you can click the pictures of the videos and animations and it will take you to the You Tube version.

If you have any questions, please contact the team on iamme@renfrewshire.gov.uk

Click the image to take a look





WOULD YOU LIKE TO JOIN THE I AM ME/KEEP SAFE **STEERING GROUP?**



Do you have a disability? Or do you care for someone with a disability? If yes, would you be interested in a group that empowers those with a disability? Why don't you join our steering group!



Bi-monthly on Friday's 1pm-3pm.

Renfrewshire.

Located in Paisley, Refreshments will be provided.

Spaces are limited, if you are interested please contact:

iamme@renfrewshire.gov.uk

I Am Me Scotland









Awards season is here!





I Am Me Scotland have been shortlisted for awards this year including:

The #MakeADifference programme has been shortlisted for a neurodiversity award, resources include Down's Syndrome awareness and ADHD (an animation developed in partnership with ADD-Vance and Alexander Amelines).









The Alcohol and Substance programme that was developed for Renfrewshire Children's Services has been shortlisted as a finalist at the COSLA awards!





Thank-you!





Thank-you to Eddie McInally for kindly donating £250. We are very grateful and thank-you for thinking of us.





Thank-you to everyone who voted for I Am Me in the Tesco Community grants scheme. Thanks to your votes we came 2nd and were awarded an amazing £1000! Thank-you Tesco.

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

https://www.justgiving.com/iamme

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



In other news...

NEWS

Enable Glasgow Fortune Works!

Enable Glasgow Fortune Works have a wonderful onsite Garden Centre open to the public Mon-Fri 10am-3pm. Why don't you pop along and for all of you plant and craft needs!

Come pay us a visit

Your one stop shop for all your plant and craft needs



HEALTH AND WELL-BEING AWARD WINNERS 2022



UH GARDEN CENTRE Of the tear 2022



IORTICULTURA Group Award



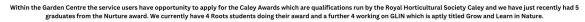




Fortune Works 195a Drumry Road East Drumchapel G15 8NS Call 01419444383

Fortune Works based In Drumchapel in Glasgow, the aim of the project is to give people with learning disabilities opportunities.

We have an award winning onsite Garden Centre which is open to the public Mon-Fri 10-3pm and allows our service users the chance to play a big part in the overall running of it. It also gives them a real insight into caring for something and knowledge on plants and vegetables plus a real insight into nature and biodiversity. We also stock hand made craft items that can be personalized





ENABLE Glasgow Branch is registered as a Charity in Scotland No. SCO21077

ENABLE Glasgow Branch is a Company Limited by Guarantee No. 250688





Thursday 31st August
Drumchapel Park
1.30-2.30pm

drumchapel

Drumchapel Health Walk

Enable Glasgow Fortune Works have also organised a Drumchapel Health Walk in partnership with Drumchapel Community Council. The walk will take place on Thursday the 31st of August in Drumchapel Park from 1:30pm-2:30pm.

Pop along for some healthy fun!







In other news...



Network Rail Scotland Safety

Network Rail have released a short film about the dangers, both obvious and hidden on Railways, and it's ever present as the electricity is always turned on.

It is urged that you watch this film, understand the risks, make the right decision and stay away from the railway lines to keep you and others safe. To find out more <u>click here.</u>









RespectMe Anti-bullying eLearning modules



Are you looking to improve your response to bullying and understand more about bullying behaviours?

RespectMe's eLearning modules are designed for everyone working with, or caring for children and young people who would like to take their learning to the next level.

By gaining the knowledge, skills and confidence to respond effectively to children and young people affected by bullying behaviour, you'll be helping to ensure that they all can enjoy a safe, happy and healthy in their school or youth setting.

<u>Click here</u> to register for FREE access to these modules.



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!



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 <u>website</u>—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.







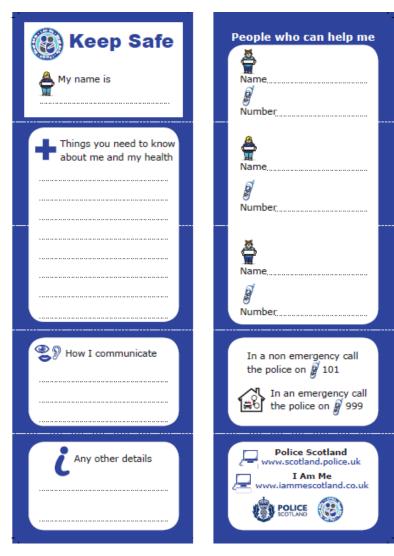
The app can be used to:

- 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**.



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**.





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 Debbie, Kieran, Steph, and Mhairi. We hope you 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!



Kickstart your career with Arnold Clark!

At Arnold Clark, we want the best and brightest apprentices to join our organisation. We have a vast range of apprenticeship opportunities available from Technicians to Aftersales Customer Service Advisors.

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.

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









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