



I Am Me Scotland Newsletter

August 2024

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

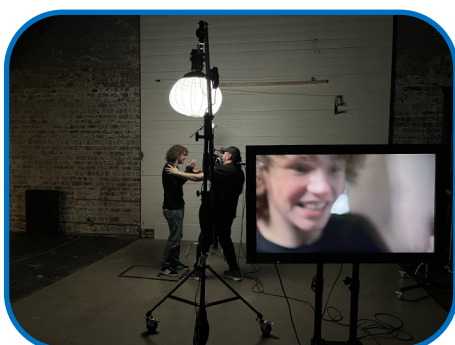
iamme@renfrewshire.gov.uk

If you are new to the newsletter, please visit [page 19](#) for an overview of I Am Me and the Keep Safe initiative.



Check out these new resources!

The team have been working hard alongside partners to create a new exploitation resource, which will include some short films. To find out more head to [page 13](#).



New Keep Safe places!

The Keep Safe team and SPoCs have been working hard to sign up new Keep Safe places across Scotland. To find out more and some new Keep Safe places head to [page 3](#).



In this issue

[Keep Safe](#) [Keep Safe Ambassadors](#) [Learning Platform](#) [Other News...](#)

Keep Safe

There are now **963** Keep Safe Places across Scotland!



The team are currently working with partners in Police Scotland to review the Keep Safe information, helping to ensure that the new Hate Crime Legislation is included.



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

Area	Number of Keep Safe Places
Aberdeenshire	24
Aberdeen	20
Angus	26
Argyll & Bute	68
Clackmannanshire	11
Comhairle nan Eilean Siar	4
Dumfries & Galloway	66
Dundee	42
East Ayrshire	26
East Dunbartonshire	4
East Lothian	42
East Renfrewshire	15
Edinburgh	42
Falkirk	13
Fife	21
Glasgow City	76
Highland	23
Inverclyde	24
Midlothian	12
Moray	10
North Ayrshire	17
North Lanarkshire	10
Orkney	2
Perth & Kinross	40
Renfrewshire	100
Scottish Borders	22
Shetland Islands	10
South Ayrshire	18
South Lanarkshire	33
Stirling	29
West Dunbartonshire	35
West Lothian	26
COPFS	17
Scottish Courts	35
Total	963



Keep Safe Star!

PC Lisa McCrone is this newsletters Keep Safe star. PC McCrone is passionate about Keep Safe. She has assisted with completing the annual checks of Keep Safe places in North and South Lanarkshire and continuously raises awareness of Keep Safe. Well done 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!

Clackmannanshire Kilncraigs



Argyll and Bute Kilmartin Museum



Dundee Lochee Community Hub



Glasgow Elder Park Library and Community Hub



Glasgow The Whiteinch Centre



Shetland Keep Safe places

Shetland have done fantastic work re-launching the Keep Safe Initiative on the island and have signed up a whopping 9 Keep Safe places including; Isleburgh Community Complex, Clickimin Leisure, North Mainland Leisure Centre, Scalloway Pool, South Mainland Pool, Unst Leisure Centre, West Mainland Leisure Centre, Whalsay Leisure Centre, and Yell Leisure centre. To find out more head to; [Page 8](#).



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

@IammeScotland

@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.

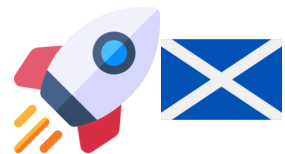
Keep Safe Ambassadors are trained on how to recognise and report hate crimes safely within the community and in a school environment. The Keep Safe Ambassador programme consists of one full day of training, with inputs from I Am Me Scotland, and Police Scotland. A certificate and badge is provided to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

iamme@renfrewshire.gov.uk





Edinburgh Keep Safe Re-Launch



Edinburgh Police organised a fantastic day for the re-launch of Keep Safe in Edinburgh. This was held in Edinburgh City Chambers. The event was opened by the Right Honourable Lord Provost of Edinburgh, Robert Aldridge. The event was a big hit and thank-you to all the lovely speakers; Inspector Duff and Sergeant Gray from Police Scotland, People First, Sarah Robinson from one of our wonderful Keep Safe places Fort Kinnaird and Neil Aitkinson from RNIB.

The Keep Safe Police Officers have been working hard and there are currently 42 Keep Safe places in Edinburgh with the number constantly growing. If you are interested in becoming a Keep Safe place please contact; Iammescotland@outlook.com.

To find a full list of Keep Safe places in your area download the FREE Keep Safe Scotland app available on IOS and Android.





Sarah Robinson, Dual Services Manager at Fort Kinnaird shared her experience of the centre becoming a Keep Safe Place.

Fort Kinnaird was introduced to the Keep Safe campaign by PC Prince Durant who has supported us at the centre for many years. We immediately saw the value the scheme could offer and were keen to support the wider community of Edinburgh. The initiative also aligns with our commitment to creating a safe and accessible environment where people are comfortable to be themselves – both as visitors and employees.

We wanted to ensure the Safe Place training became an integral part of our training programme and are pleased to share that 30 members of our team have completed the Keep Safe training on site. This has been a great addition to the existing accessibility services offered at the centre including the Changing Places Facility, wheelchair hire and free sensory back packs, contributing to creating a safe space for all and empowering everyone to enjoy their time at Fort Kinnaird.

The Keep Safe training was delivered at the centre to ensure this was easy for the team to access and apply this to their roles at Fort Kinnaird. This included how to recognise a potential vulnerable person or situation and feel confident in dealing with the various scenarios, as well as ensuring every visitor to the centre feels safe and accommodated for.

The whole team found the training to be so rewarding and insightful whilst also challenged their perceptions. A recent example of this was one of our officers was approached by an autistic teenager having had a disagreement with his parent. Using skills acquired during the training, the officer spoke calmly and offered a safe space to both the teen and their parent. At the teenagers request the security officer stayed to support until the disagreement had been resolved. The safe space and the training undertaken by the team ensured the visitors had a positive experience.

The Customer Services building at the centre is the recognised Keep Safe property, however we have built on our strong relationships with our retailers to increase vigilance across the centre and call on the Centre Management team to support as needed. Along with this we have been working closely with our Community Police officers in tackling ASB to ensure that when a keep safe member looks at the map for a safe location, they can feel confident about getting of the bus, or walking to site, and asking for help.

As well as the benefits to our visitors, becoming a Keep Safe property has offered us opportunities to raise awareness of the Centre within the surrounding areas and drive recruitment through promotion of the training programmes, positive culture and community partnerships within Edinburgh.

We are proud to be a Keep safe property and would encourage all categories of businesses to embrace this scheme and promote a safer Edinburgh.

fort
kinnaird

To find out more about Fort Kinnaird head to www.fortkinnaird.com



People First (Scotland) – Speaking out against disability hate crime

People First (Scotland) is the national Disabled Persons' User-Led Organisation of people with learning disabilities in Scotland. User-Led means that our organisation is run by people with a learning disability.



Their National Hate Crime Group is a group of People First members from different areas of Scotland who are interested in tackling hate crime and prejudice against people with learning disabilities. Many of them also have lived-experience of being victims of disability hate crime. They meet every 2 months online. In the group, they share updates of the hate crime work going on in their local areas, and they focus on national consultations and projects. If you have a learning disability and are interested in joining, you can email them here: jo.kyrtsi@peoplefirstscotland.org



Last year they were involved in the making of a short film to raise awareness of learning disability hate crime. For this they worked in partnership with the Scottish Commission for people with Learning Disabilities (SCLD). They strongly believe that the voice of lived-experience always makes the point come across stronger, through real stories and faces; everyone appearing in this film has a learning disability and has chosen their own words. The film is called 'We Are More' and you can find it online. Here is the link:

<https://vimeo.com/875597489>



In early June, one of their Edinburgh Directors, Keith Lynch, attended the Edinburgh Keep Safe re-launch event at City Chambers. He gave a speech to raise awareness of learning disability hate crime and the lived-experiences that members share within their collective advocacy groups.



They work closely with Police Scotland to help the Keep Safe initiative work well in Edinburgh.

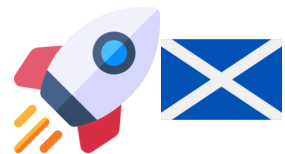
They raise awareness of the initiative with their members and they contribute our lived-experience to training new Keep Safe venues when they can.

One of their members said:

"I think it is a positive thing, to have a Keep Safe place in the community to go to, where we can go if we feel upset because of harassment or hate crime and where we can ask staff for help and contact someone we trust."

To find out more head to; <https://peoplefirstscotland.org/>





Shetland Keep Safe Re-Launch



Shetland Public Protection Committee have done an amazing job in re-launching the Keep Safe initiative in Shetland!

The Keep Safe initiative is continuously being rolled out across Scotland and all Keep Safe places can be viewed on the free "Keep Safe Scotland" phone app available FREE on iOS and Android devices.

In Shetland, the SPoCs have been working hard on signing up new Keep Safe places and are identified so far as:-

- Islesburgh Community Centre, Lerwick
- University of Highlands and Islands – Lerwick and Scalloway Campuses
- Shetland Library, Lerwick
- All SRT Leisure Centres and Swimming Pools



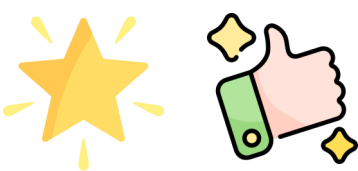
All participating premises will have a visible Keep Safe window sticker and staff are be trained to support anyone who requires assistance.

Keep Safe cards are available for all members of the community. The card details information about communication requirements, health concerns and who to contact in an emergency. Anyone needing assistance can enter a Keep Safe place and show their card. The staff will be able to assist or call the named contact person on the card. Blank cards are available from all Keep Safe premises.

Any business owners who would like their premises to become a Keep Safe place can contact; iammescotland@outlook.com

Lindsay Tulloch, Chair of the Shetland Public Protection Committee, said "The support shown already from local organisations to provide safe spaces and protect people in need of help demonstrates the value of community we have in Shetland. We must work together as a community and with Police Scotland to raise awareness of Hate Crime, and support those who are vulnerable and in need of assistance. We'd welcome interest from any other premises or organisations who wish to join this initiative."

Inspector Sam Greshon of Police Scotland, based at Lerwick Police Station, said: "The collaboration shown by the community and Police in supporting this initiative shows the commitment to prevent Hate Crime. It also raises awareness of the challenges faced and the need to support anyone who may experience Hate Crime, including exclusion due to a disability or perceived disability. The value of partnership working around such key topics and from a community perspective cannot be understated."



Great work!



A fun day at Milldale!

Milldale Day Opportunities did a Marvellous job at organising a training session, where PC Alan Curran and Aimee delivered a Keep Safe input.

Thank-you to all who attended, we had a great time!

If you are interested in a Keep Safe input please do not hesitate to contact us at;

iammescotland@outlook.com

To follow along with Milldale head to;

<https://www.facebook.com/MilldaleDayOpportunities/>



Blantyre Fun Day

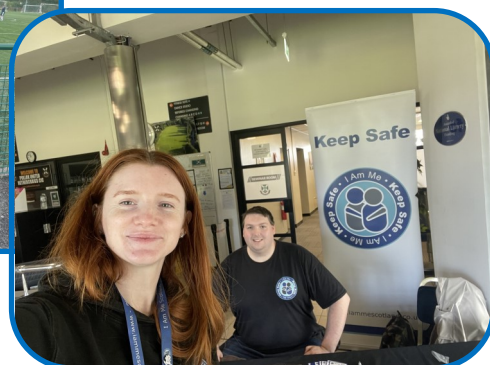
The David Livingstone Birthplace Project Team organised a great day in Blantyre. South Lanarkshire Police kindly invited the team along to the fantastic Fun Day at David Livingstone Centre. We had a great time handing out leaflets, speaking to everyone and meeting the big Police horses.

Thank-you for having us!



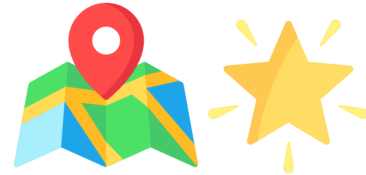
Learning Disability 5-a-side tournament

The Glasgow Social Work team hosted their terrific annual Learning Disability football 5-a-side tournament where teams from across Glasgow compete to win! We were kindly invited along to chat about Keep Safe. We had a great time handing out Keep Safe information and watching the teams! We hope everyone had a great day.





Out and About!



Digby Brown Head Injury Information Day

Digby Brown hosted another terrific Head Injury Information Day at their annual event in Edinburgh. They invite along different organisations to raise awareness for people with head or brain injuries, and their friends/family/carers. PC Prince Durant and PC David Clark from Edinburgh Police division attended and had a great time chatting to people about Keep Safe and connecting with other organisations, we had a great day! To find out more about Digby Brown HiiD head to; <https://www.digbybrown.co.uk/working-with-key-scottish-charities/head-injury-information-days>



Edinburgh Speaking Event



COPFS invited I Am Me to participate in the judging for their annual public speaking competition. The event was held in the incredibly beautiful and atmospheric Supreme Court In Edinburgh. Congratulations to all of the young people from Shawlands Academy and Renfrew High for reaching the finals of this prestigious competition and to Dalzeil High School who won the 2024 trophy!



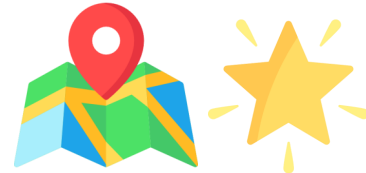
Renfrewshire Event

Rape Crisis and Police Scotland hosted a great informal networking day for local residents and organisation working within the Renfrewshire area at Beechwood Community Centre. The event allowed organisations to host stalls and give and advice and support to local residents. The team attended and had a good time chatting to residents and other organisations. Thank-you for having us it was a well organised day!





Out and About!



Dates'n'Mates Keep Safe Input

Linzi from Dates'n'Mates organised a great day and venue for an I Am Me/Keep Safe input, and invited people from Renfrewshire Dates'n'Mates. PC Mary Connolly and the team delivered the session where we all had a lovely time chatting and learning more. We hope you have a great time exploring the Keep safe places around Renfrewshire! To find out more about Dates'n'Mates head to; <https://datesnmates.org.uk/dates-n-mates-renfrewshire/>



Glasgow Police Officers Deliver inputs to National Autistic Society Scotland



PC Chris and PC Lindsay from Greater Glasgow Safer Communities Policing team delivered a safety input in National Autistic Society Scotland. Within this they delivered a Keep Safe input and talked about personal & community safety. It looked like a great session, well done to all involved!





I Am Me Scotland Learning Platform

An exciting new suite of online resources supporting the Health & Wellbeing experiences and outcomes. Tailored lessons from Primary 1 to Primary 7 that can be used in the classroom and at home.

For access to our
**FREE Online Learning
Platform visit**

iammescotlandeducation.org.uk
and click the "REGISTER" BUTTON



ALL of our resources are developed with children, young people and disabled people. They 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.

I AM ME SCOTLAND NATIONAL EDUCATION PLATFORM GUIDEBOOK

TAKE A TOUR
of our Platform

**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**





#MakeADifference



The team have been working with young people to develop new exploitation resources.



"You Are Not Alone" resources coming soon!!



The Team have been working for the past few months, with Police Scotland and young people from Polmont, Good Shepherd and St Mary's Kenmure, to design and develop new exploitation awareness resources for the You Are Not Alone education package.



In the past few months, the group have been working to develop the outline for scripts, which will be used to develop 3 new films. Ryan's Story and Ally's story are in production and Liv's Story is in pre-production

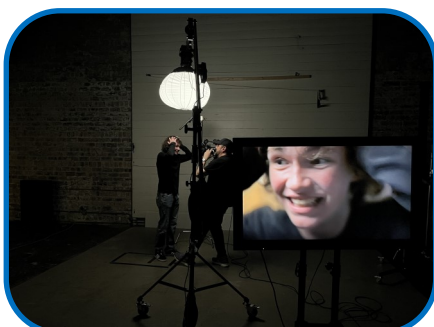
Ryan's Story

The first of the three films is based on the real life stories from young people in Polmont and features a young boy and his journey from childhood, through criminal exploitation to prison. The film aims to generate an understanding of how criminal gangs target young and vulnerable people, offering them friendship, money, food, and a sense of belonging.



Ally's Story

Ally's story is a partnership development with Police Scotland PREVENT team and aims to raise awareness of how young people can be targeted online and radicalised into extremism. The film has been developed with SOLO Films and a trailer can be viewed by clicking the images below





#MakeADifference



The team have been working with young people to develop new exploitation resources.



Autism Awareness Lesson for Primary Schools

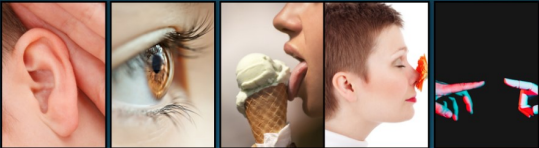


Kieran has been working hard on a brand new Autism Awareness Lesson for Primary school pupils. Kieran has done an amazing job with the lesson.

Kieran says "Every child should know, not be unaware of something that other children may experience. Maybe they need to know because it's happening to them. Only knowledge can prepare them "



Let's talk about senses.



The lesson will explain what Autism is, and discusses things like sensory sensitivity, strengths, challenges and how some people see and experience the world around them.

It also touches on other conditions like learning disability, ADHD, Dyspraxia and more.



Good News!



Causeway Coasts & Glen Policing & Community Safety Partnership (PCSP) have been working on their new Disability Hate Crime pack for schools.

The PCSP approached the charity in 2023, asking if they could mirror the I Am Me Disability Hate Crime Pack. In return, they have provided us with online safety resources that can be placed on our platform for schools in Scotland to use.

We are delighted that this local authority are raising awareness of disability hate crime and leading the way for schools in Ireland.

Their main launch will be during Hate Crime Awareness Week in October and they have invited the team to be Key Note Speaker on the day to talk about the charity, and most importantly the partnership working around the Keep Safe Initiative and raising awareness of Disability Hate Crime. We are looking forward to it!





Well done!

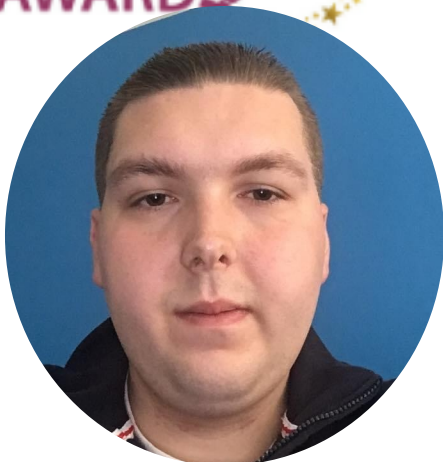


PC Stephanie Rose KPM

A massive congratulations to PC Stephanie Rose KPM for receiving recognition for the unrelenting commitment, dedication and passion that she has continually delivered in her role within Police Scotland. Well done Steph. Super well deserved! We are all exceptionally proud of you.



Kieran Herald Award Finalist



A huge congratulations and massive good luck to Kieran who is a finalist in The Herald & GenAnalytics Diversity Awards. Kieran has been nominated in the Diversity Hero of the Year category. He has been shortlisted in recognition of the work that he has been doing to raise awareness of Autism. Well Done, we hope you have a fantastic night! Good Luck!





Emergency SOS functionality on your mobile phone.

The NPSA (National Protective Security Authority) is the UK Government's National Technical Authority for Physical and Personnel Protective Security.

The NPSA collaborates with partners to identify risks and vulnerabilities to the UK's national infrastructure, and to offer advice to reduce them.

The NPSA also collaborates very closely with Police throughout the UK providing awareness advice and guidance such as Personal Security.

One such area the NPSA highlights is the setting of Emergency SOS functionality on your mobile phone.

You can set up your mobile phone so that when the Emergency SOS functionality is activated it will call the emergency services, share location information and message your emergency contacts. Once set up, activating the Emergency SOS will normally involve something like pressing the power button five times. You can programme Emergency SOS to be noisy or discreet and you can cancel it if activated in error.



Setting up Emergency SOS features will vary depending on the type of mobile phone you have and the operating system it runs on. It is easy to set up and information is available online to guide you through the process. Emergency SOS is also available on most smart watches with a mobile connection or Wi-Fi and is also available via the ecall feature available in vehicles manufactured since 2018.

See the following links:

Android: [Get help during an emergency with your Android phone - Android Help \(google.com\)](#)

IOS: [Use Emergency SOS on your iPhone – Apple Support \(UK\)](#)

For Vehicles (eCall): [eCall SOS - National Highways](#)



In other news..



Free Mobile Data

The National Databank is giving free mobile data to people who can't afford their internet connection. This is particularly important as more people fall into data poverty and need to stay connected. The National Databank is a 'national food bank for connectivity data'. It is run by Good Things Foundation, the UK's leading digital inclusion charity, and as of September 2022 has enough data to help almost 500,000 people, donated by Virgin Media, O2, Vodafone, and Three Mobile.

Any community-based organisation that directly supports people experiencing data poverty can sign up to the National Databank. Each month, the organisation can apply for SIMs to give to the people they support. SIMs are posted to the organisation which can then distribute to those in need. To find out more head to;

<https://www.lcvs.org.uk/get-free-mobile-data-from-the-national-databank/>



Thank-you!



A massive thank-you to **Reo Stakis Foundation** for another huge donation of £5000 to the charity. Thank-you again!



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



@IammeScotland



I Am Me Scotland



iammescotland@outlook.com



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

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 person's 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' birthdays over the past few months—so we'd like to say a big **happy birthday** to 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.

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



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