



# I Am Me Scotland Newsletter

November/December 2020

Welcome to the I Am Me Scotland **CHRISTMAS** Newsletter!

As many of our partners will know, everyone at I Am Me loves to get in the Christmas spirit and spread lots of festive cheer, so be prepared for a newsletter that showcases lots of great work in the community and the true spirit of Christmas.

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](mailto: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.



## Christmas Competition WINNER!

This years Christmas competition has been a huge success. We received over 3,000 handmade Christmas cards with beautiful drawings and Christmas wishes inside. Go to [page 8](#) to read more about all the schools that entered and find out who the lucky winner was!



## Christmas Giving

Thanks to the generosity of the local community we have been able to provide 150 personalised gifts to residents of local care homes and older people in Renfrewshire.

Go to [page 9](#) to read all about our Christmas gifting stories and see some lovely pictures of the residents receiving their presents.



### In this issue

[Meet I Am Me](#) [Keep Safe](#) [Learning Platform](#) [Christmas Competition](#) [Christmas Giving](#) [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 Craig Collier



#### Ambassador Trainer

##### Role with Charity :

Previously a SPOC for the Keep Safe initiative in Greater Glasgow, also an Ambassador trainer.

##### About Yourself

Police Officer for 17 years, in a previous life I taught swimming to children and adults with ASD

##### Hobbies/Interests

I enjoy walking (unless Carol is forcing me to do it for a fitness competition) crafting, woodwork (although I'm rubbish at it) and paddle boarding.

##### Fun Fact About Yourself

I was the winner of Gladiator for schools in Scotland.

##### Life Motto:

Don't sweat the small stuff.

##### Reason for being involved with I Am Me

When I saw what the I Am Me charity were doing in keeping vulnerable people safe, raising awareness of hate crime, engaging with children to improve the future for them and others I was hooked. I will admit that due to the charity being able to pull my heart strings and that of many other people with the likes of Charlie's story- I Am Me, the engagement with vulnerable groups and the joy it brings people, it has made it an and very enjoyable rewarding task to take part in.

### Colin McKenzie



#### Volunteer

##### Role with Charity

##### Volunteer

I have recently helped I Am Me with some of their Keep Safe checks in Johnstone.

##### About yourself

Hi my name is Colin McKenzie. I'm 22 years old. I live in Johnstone with my mum and brother. I usually work as a day-cleaner in Renfrewshire house in Paisley but have been furloughed due to coronavirus.

I'm hoping to get back to work soon :)

##### Hobbies/Interest

I enjoy being outside and going for long walks. I like going to the theatre to see my brother perform on the stage and I also enjoy playing FIFA on the PlayStation with my brother.

##### Fun Fact about yourself

I have had more birthdays than my gran (she was born on a leap year)

##### Life Motto

Always believe in yourself

| Area                      | Number of Keep Safe Places |
|---------------------------|----------------------------|
| Aberdeenshire             | 18                         |
| Aberdeen                  | 20                         |
| Angus                     | 28                         |
| Argyll & Bute             | 41                         |
| Clackmannanshire          | 12                         |
| Comhairle nan Eilean Siar | 4                          |
| Dumfries & Galloway       | 84                         |
| Dundee                    | 37                         |
| East Ayrshire             | 35                         |
| East Dunbartonshire       | 6                          |
| East Lothian              | 5                          |
| East Renfrewshire         | 16                         |
| Edinburgh                 | 34                         |
| Falkirk                   | 14                         |
| Fife                      | 16                         |
| Glasgow City              | 26                         |
| Highland                  | 20                         |
| Inverclyde                | 35                         |
| Midlothian                | 12                         |
| Moray                     | 12                         |
| North Ayrshire            | 14                         |
| North Lanarkshire         | 10                         |
| Orkney                    | 2                          |
| Perth & Kinross           | 42                         |
| Renfrewshire              | 130                        |
| Scottish Borders          | 11                         |
| Shetland Islands          | 1                          |
| South Ayrshire            | 21                         |
| South Lanarkshire         | 34                         |
| Stirling                  | 34                         |
| West Dunbartonshire       | 18                         |
| West Lothian              | 20                         |
| COPFS                     | 17                         |
| Scottish Courts           | 37                         |
| <b>Total</b>              | <b>866</b>                 |

## Keep Safe

There are now **866** 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](mailto:iamme@renfrewshire.gov.uk)

## Keep Safe Star

PC Magdalena Ross has worked with her local PSYV to approach new Keep Safe places and carry out annual checks across Glasgow, East Renfrewshire and East Dunbartonshire. Well done PC Ross, we are delighted to see the excellent working being carried out with PSYV. You are a star!



## Face Mask Exemption Lanyards

I Am Me Scotland have Face Mask Exemption Lanyards available to purchase for £3. These lanyards also come with a Keep Safe card which details important health and communication information about the individual. For orders please visit the I Am Me Scotland website [here](https://www.iammescotland.co.uk).







# Keep Safe Sign ups



This month we have two 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 disabled community!

## Dunfermline Athletic Football Club—Fife



We are delighted to welcome Dunfermline Athletic FC to the Keep Safe initiative. Here is what they had to say about becoming a Keep Safe place:

At Dunfermline Athletic FC we are really keen to support all sections of our community and the Keep Safe initiative presents an excellent opportunity to do that therefore we couldn't wait to get involved once we heard all about it.

Knowing there are safe places to go to for support, if required, is huge in terms of giving some vulnerable people the confidence to go about their daily life. It's such a simple thing to do but the impact can be massive for individuals. It is a tremendous initiative and one we will be encouraging our friends in the football world to join us in supporting"

Kennoway Community Shed is not just for People who like DIY and woodwork. There is usually space to try arts & craft activities as well as board games, computing, cooking and reading, work on your Family tree, metal working, upholstery, sewing, knitting, card making, gardening or get involved in any Community projects such as flower planters/ hanging baskets Christmas lights, allotments which are all an important ethos in our Shed.

Many older people are keen to use their life-learned skills & experience. They may find retirement boring or find that they miss the banter of the workplace. People tend to rely heavily on their job for social contact. When this ends, they miss their old friendships, but have few opportunities to make new friends.

Older people have a wealth of experience, stories and knowledge to share. Younger people benefit from the chance to be shown new skills as well as exchanging their own knowledge of more modern technology or culture.

We at the Shed are helping to tackle loneliness, isolation, mental health and also we have a few members who attend and have dementia. The Shed has been running for over three years now and in that time we are helping many people, also we have done a few projects.

The Shed is now Dementia friendly and we felt this would be another great step in helping people of the Community. By being a Keep Safe place we can play our part in the Community and support the People.

## Kennoway Community Shed—Fife



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

**@KeepSafeSam1 @IammeScotland**





# Keep Safe Supporters



A new training programme, 'Keep Safe Supporters', has been developed for Police Scotland Youth Volunteers (PSYV) that are looking to stay active in their community while face-face interactions are under restriction. This is an introduction to our Keep Safe Ambassador programme which we hope to get up and running again in the new year. The virtual training was piloted with our first group of PSYV from Cumbernauld this month and was a great success!

The training is something a little bit different with new interactive and fun activities, while also still educating the participants on Disability Hate Crime and how they can support Keep Safe.



Well done to our first ever trained Keep Safe Supporters! We can't wait to see what you all get up to in your community.

## What did the PSYV think of the Keep Safe Supporters Programme?

Describe the Keep Safe Supporter programme in one word: "Amazing"  
"Educational"

"Found it quite interesting learning the extent of hate crime towards disabilities."



"It was a great idea to have people talk about their own disabilities and experiences."

"I enjoyed that it was interactive and not just someone talking all the time."





# Great Work Spotlight: Glasgow PSYV

This month we are shining the great work spotlight on all six of the Glasgow Police Scotland Youth Volunteer groups who recently took part in a leaflet drop with an aim to increase the number of Keep Safe businesses in their area, delivering over 300 leaflets in total.

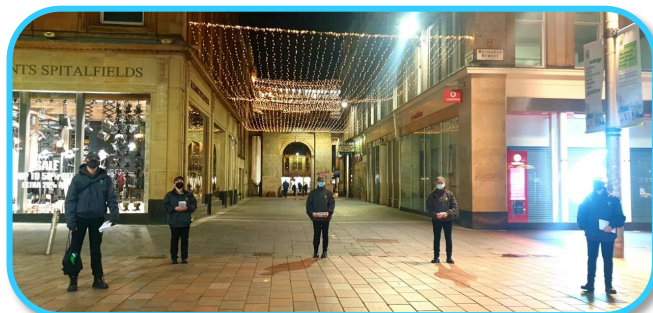
They have also assisted their local SPoC by carrying out annual checks on existing Keep Safe places across Glasgow, East Dunbartonshire and East Renfrewshire. Thanks to PC Michael Goldie and PC Kim Shanahan for their work planning and co-ordinating the leaflet drop.

**Well done to all involved, excellent work!**

Here is what one of the fabulous PSYV had to say about the experience...

*Jenny Newton: "I recently took part in the I Am Me - Keep Safe leaflet*

*drop with Police Scotland Youth Volunteer Glasgow North in Maryhill. For me this is very important, and I think all stores should become a keep safe place. If more places help the vulnerable this would mean less people would feel scared and anxious about going into town or being by themselves in public. I am very glad I was able to take part in the leaflet drop to get the word out and to make more shops aware that they can help and let people know by having a "I am me - Keep safe sticker" on their shop window..."*

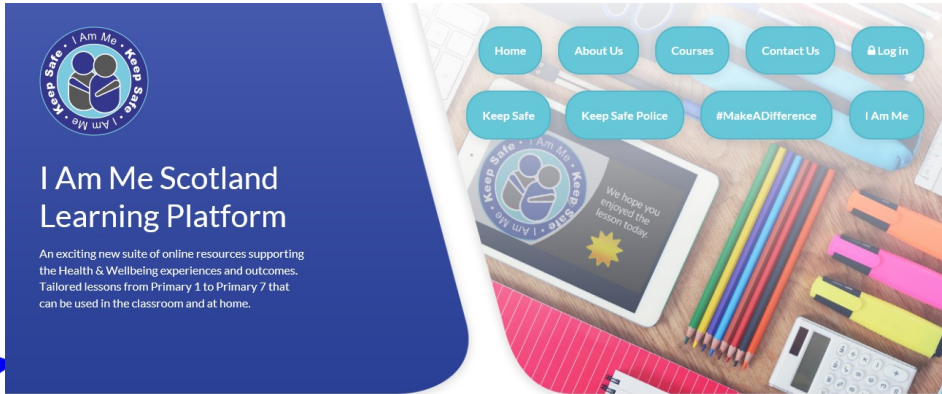




# #MakeaDifference



We are delighted that schools across Scotland have now started to subscribe to the online #MakeaDifference programme, available on the new [I Am Me Scotland Learning Platform](#). The programme can be used by teachers in the classroom or at home for blended learning.



- ⇒ Interactive
- ⇒ Engaging
- ⇒ Educational
- ⇒ Fun

If you are interested in the subscription package, click the image below to view our demo video to have a sneak peak at the lessons and activities on offer.



## What do our teachers think so far?



**The videos in the video library are all good, approx. 2 minutes long. This will promote discussions in classes, especially upper primary.**

**Its easy to navigate at each stage. It is a clear and progressive resource. I definitely think this can be used in the classroom or at home!**



**The content was perfect, everything included from physical disabilities, mental health, dementia and much more.**

**I really thought the platform was great when I had a look through and hope you can get your material to as many kids as possible!**





# Christmas Competition Winner Announced



This year our Christmas competition was a little bit different. We asked school pupils to make their own Christmas cards and write a nice Happy Christmas message inside. The winning card would win a magical Christmas Hamper to share with their whole class. However, the competition was extra special as each card would be delivered to an older person in Renfrewshire this Christmas.



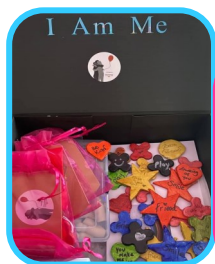
The response we have received has been just phenomenal, with over **26** schools taking part resulting in a total of **3,102** Christmas cards received.

There was enough for every single resident living in a care home in Renfrewshire to each receive a Christmas card, so THANK YOU to all the children for their beautiful entries. There was also enough to provide a further 1,000 cards to ROAR (Reaching Older Adults in Renfrewshire) to distribute to some of the people they engage with. Thank you also to Megan for your help delivering the cards.



The winner of the Christmas competition was Nancy in Primary 6 from **St Fergus**

**Primary school.** We hope you and your class enjoy your Kindness box and hamper of goodies! Thank you to Love Leigh for the kindness tokens donated, to Morrisons for donating lots of Chocolate, DVD's and selection boxes and Mrs Pebbles Apprentice for the lovely hand painted kindness pebbles. The kindness box also contains worry dollies and personalised clay shapes with a kindness message.



Kindness boxes were also sent to Coylton Primary, St Columbkilles Primary, Ralston Primary and Langbank Primary.

Thank you to all the schools and teachers for entering our 2020 Christmas competition. All of your wonderful efforts will bring lots of joy to someone this Christmas. We received entries from the following schools:

St John Bosco, Howwood Primary, Coylton Primary, St Fergus Primary, Cochrane Castle, St John Ogilvie, Heriot Primary, St Charles Primary, Kirklandneuk Primary, Mary Russell Primary, Gallowhill Primary, Williamsburgh Primary, Lochfield Primary, St Columbkilles, Ralston Primary, Thorn Primary, Paisley Grammar High School, Renfrew High School, St Anne's Primary, Brediland Primary, St Mary's Primary, St James Primary, Mossvale Primary, Woodlands Primary, Langbank Primary, Wallace Primary and a few cards with no addresses.







# Christmas Giving



Christmas is a busy time of the year, with lots of celebrations and shopping for presents giving us the festive hustle and bustle feeling we often look forward to all year. Although this year has been a little different, with lots of changes to keep up with, the one thing that has remained constant is our sense of community spirit.

We wanted to do something this Christmas for those in our community that have been isolated from loved ones or may be in need of a little Christmas cheer. Thanks to the amazing support from people across the community we have been able to work together and provide 150 personalised Christmas gifts for nominated residents from Care Homes in Renfrewshire. 70 of the gifts were delivered to 3 Care Homes and 4 extra care housing complexes and 80 gifts delivered to ROAR.



On behalf of all the care homes and residents, we would like to say a huge heartfelt **THANK YOU** to everyone who donated a gift this year.

**Hunterhill Care**



**Renfrew Care Home**



**Robertson House**



**Arnott Gardens**



**Montrose Care Home**





# Christmas Giving



The good news stories don't stop there! The amazing generosity of our community has also been highlighted in Johnstone High School, who have donated a further 160 gifts for residents of Extra Care Complexes. Well done to S6 pupil Darrell for co-ordinating this and spreading lots of joy amongst the residents. Amazing work!

**Merry  
Christmas**



Over 100 Mince Pies, various DVDs and sweet treats were donated by Morrisons, Falside Road. The Morrison's store is also one of our fabulous Keep Safe places. Thank you to everyone at Morrison's for your support and a special thank you to Claire (pictured left) for co-ordinating everything over the last couple of weeks. You are a star!

We were lucky enough to have two amazingly talented pipers volunteer to attend our present drop off and play their great tunes for the residents. Well done and thank you to Logan McKenzie (pictured right) and Jack Stewart (pictured above), you are both so talented!



All of this work would not have been possible without the work of 'Santa's helpers' volunteering to help the team deliver all the presents on the 8th December! Thank you to Eileen, Claire, John, Anne, Audrey and Henry for your help.

Keep reading to see some more pictures of the residents receiving their gift and read a few of their comments.

[Go on to next page](#)

[Go on to next page](#)

[Go on to next page](#)





# Christmas Giving



## Arnott Gardens Extra Care



## Renfrew Care Home



Thank you very much,  
so pleased xx

Thank you—I hope Santa is  
good to you. So overcome.





# Christmas Giving



## Banktop Extra Care

We are so pleased to see how delighted the residents were with their gifts and sweet treats!

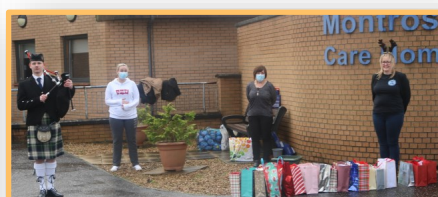


## ROAR—Connections for Life (Reaching Older Adults in Renfrewshire)

ROAR have worked with Renfrewshire Police to deliver over 200 donated gifts to older people across Renfrewshire. This included 80 donated gifts and 1000 handmade card from our Christmas competition. Well done to all involved and thank you to all the pupils for their lovely cards!



## Montrose Care Home





# Christmas Giving

## Hunterhill Care Home



Thank you very much again for all the lovely Christmas gifts you have given to the Residents of Hunterhill Care Home. They were delighted to receive them and wish you all a very Merry Christmas.



*Merry Christmas*

## Elderslie Care Home







## Stand Up Hero Award



### I Am Me Scotland have received the Stand Up Hero Award for 2020!

The Ben Cohen StandUp Foundation is the world's first foundation dedicated to raising awareness of the long-term, damaging effects of bullying by connecting communities and raising funds to support those doing real-world work to eradicate bullying. Don't worry...this team picture has been edited as the awards were online this year but we will be sure to make up for it with a face-face celebration in 2021.



We received the Stand Up Hero Award 2020 for our work with Renfrewshire Young People developing the Keep Safe Kids App and the #MakeaDifference programme which educates on disability and raises awareness of the impacts of bullying. We are honoured that the programme and App has been recognised with this fantastic award and would like to say a huge thank you to Ben Cohen and everyone at the Stand Up Foundation for their support.



Congratulations are also in order for one of our lovely Trustees, Lorraine Glass, who received the Ben Cohen Individual of the Year Award for her outstanding work to tackle bullying across Scotland. We are delighted and honoured to work alongside you Lorraine—well done!

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### Follow us on Instagram!

You can now stay up to date with our latest projects and ideas by following us on Instagram **@Iammescotland**. You can vote in our opinion polls and tell us what you think about the #MakeaDifference programme and Keep Safe initiative.

**Use the hashtag #KeepSafeScotland.**





### Co-op Local Community Fund

**I Am Me Scotland** has been chosen for the next round of the Co-op Local Community Fund. The funding round started on 25th October 2020 and runs for 12 months until 23 October 2021. During this time, Co-op Members are able to select I Am Me Scotland as their cause and help us to #MakeaDifference.



If you are not already a Co-op member, [click here](#) to join. If anyone would like to request an I Am Me poster for their local Co-op please contact us at [iamme@renfrewshire.gov.uk](mailto:iamme@renfrewshire.gov.uk)

**THANK YOU** to our fantastic supporters, we could not do it without you!

### STV Filming



Keep your eyes peeled for some familiar faces featuring on STV in the coming weeks. Molly and Kieran recently filmed a short interview with Kirsti from STV on the Keep Safe Initiative and everything involved. One of our Keep Safe places, White Cart, also came on film to speak about what it means to them and encourage other businesses to get involved—thanks Kieran and Joe!

### Keep Safe Awareness Day

We are excited to announce that a Keep Safe Awareness Day is being planned for the **4th March 2021—save the date!** On this day we will be giving out the first ever 'Keep Safe Place Award' to recognise the Keep Safe place that has went above and beyond to make themselves a safe and inclusive premises.

Nominations for the award are now open— [click here](#) to nominate the Keep Safe place you think deserves to win.



### Keep Safe Kids App

The development of the Keep Safe Kids App is now at the testing phase. Testing is underway with pupils from Arkleston Primary, Kirklandneuk and Renfrew High. Their valuable feedback will help us to finalise the App and ensure it is accessible and user friendly for children. We are planning an exciting launch day and hope this will be able to go ahead next year.



# Thank You

The whole team at I Am Me would like to send a huge thank you to everyone that has supported our work over this unusual year. We are delighted to have been able to work on new projects in response to the needs of our community, including our Summer and Winter care home gifting projects, which would not have been made possible without the support from the community and our amazing partners.



**To our wonderful Board and Committee**—Thank you for the incredible commitment you have shown to I Am Me as we have adjusted to our new way of working and supporting our key aims as a charity. You are all stars and we couldn't do it without you!

**To the pupils and staff across schools we have continued to work in partnership with in 2020**—Thank you for continuing to support the delivery of our educational resources, the development of the Keep Safe Kids App and our Christmas Competition. We can't wait to get back to our face-face delivery of the #MakeaDifference programme and see all your smiley faces again!



**To our partners within Police Scotland**— The Keep Safe Initiative has continued to grow and expand over this last year with lots of new businesses coming on board. We are grateful for this phenomenal partnership working and would like to thank all at Police Scotland for their commitment and hard work. It is hugely appreciated.

**To everyone that has donated to I Am Me over 2021**— The work the charity does to tackle disability hate crime would not be possible without your kind hearted donations. Thank you for all the Christmas gifts. There were so many extra gifts donated that we made an additional 7 bags of gifts and treats for each care home to share with all of the residents. As you can see from the lovely pictures, the residents were all delighted!



**Thank you** Shelley, Sharon, Fiona, Lorna, Elaine, Laura, Cheryl A, Amy, Claire, Lynn, Blythe, David, Lynn, Blythe, Karen, Karen, Margaret R, Ciaran, Mhairi, Henry, Lisa, Neelum, Suzie, Siobhan, Stefan, Mel, Lorna J, Allan, Stephanie G, Esther, Gillian Ro, Mary, Aiden, Carol, Steph, Sharon, Emma, Molly P, Helen Ma, Audrey P, Julie F, Sam, Catherine, Myra, Ann, Audrey A, Gillian Ry, Molly R, Anne W, Wendy, Ashley, Doris, Jennifer, Lorraine E, Marissa, Clare, Joyce, Lynda, Helen Mu, Jennifer, Linzi, Janey, Margaret, Jackie,

Amy, Sharon L, Eileen, Lindy, Jacqueline, Clair O, Nic, Tish, Clare B, George, Jackie, Sarah, Claire H, Jenna, Geri, Julie M, Alison T, Cheryl W, Carol Anne, Elaine D, Liz, Kelly, Fran, Yvonne, Julie K, Ray, Christine, Kerry, Calum, Celia, David, Helen Mc, Lorraine G, Eric, Rose, Karly, Amanda, Alison P, Susanne, Paul, Janice, Eilidh and Anne M.

**We hope all of our partners and friends have a wonderful Christmas and most of all, Keep Safe!**





# 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](mailto:iamme@renfrewshire.gov.uk)**

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## **Donation Tins and Lanyards**

Is there space at your reception or counter for one of our donation tins? Or would you like to request some of our Face Mask Exemption lanyards to have available for sale to your customers?



Please let us know by contacting [iamme@renfrewshire.gov.uk](mailto: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.

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## **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—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](mailto:iamme@renfrewshire.gov.uk) or visit [www.iammescotland.co.uk](http://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**.

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

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](http://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](http://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](mailto:iamme@renfrewshire.gov.uk), 0141 618 6266.

**Final Note...** it has been a few of our committee members birthday's over the past few months—so we'd like to say a big

**happy birthday** to Colin McKenzie and Megan Milligan. We hope you both had an amazing time!



**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!