



I Am Me Scotland Newsletter

March 2021

Welcome to the March I Am Me Scotland Newsletter!

It has been a busy start to the year for the I Am Me Scotland team. Easter is fast approaching and we are looking forward to welcoming the light nights ahead. We have lots of new developments to share with you all and of course, plenty of good news stories! So kick back, relax and enjoy the first Newsletter of 2021.

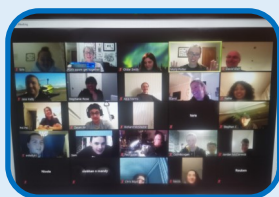
If you, or someone you know would like to be added to the mailing list of this Newsletter, please get in touch with us at iamme@renfrewshire.gov.uk



Keep Safe Supporter Training

Keep Safe Supporter training has been piloted with the fantastic Police Scotland Youth Volunteers (PSYV) from Q division and K division. The training is now available to PSYV groups across Scotland!

Go to [page 8](#) to find out which PSYV groups we have been training this month.



Keep Safe Awareness Day

We are excited to announce that the first ever Keep Safe Awareness Day took place on **4th March 2021**.

Go to [page 5](#) to read all about the amazing support received on the day and find out who the winners were for the Keep Safe Awards 2021!



In this issue

[Meet I Am Me](#) [Keep Safe](#) [Keep Safe Awareness Day](#) [MakeaDifference](#) [Strategic Plan](#) [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 Mary Connolly



Police SPOC

Role with Charity :

I am the Keep Safe SPOC for Renfrewshire & Inverclyde.

About Yourself

I have 17 years Police Service and currently work within Safer Communities.

Hobbies/Interests

I enjoy walking and on occasions will pick it up to a run, socialising, cinema and music.

Fun Fact About Yourself

I really can't sing though it doesn't stop me trying... I'm sure it's painful for anyone listening!

Life Motto:

What's for you, won't go by you!

Reason for being involved with I Am Me

I am delighted to work with the team at I Am Me. The work they do to raise awareness of disability hate crime and support vulnerable people in the community is inspiring.

Megan Milligan



Committee Volunteer

Role with Charity

My role with the Charity has changed quite a lot over the past 7 years! I interviewed for the role of Project Intern back in late 2014, and eventually started as the first employee in January of 2015. I say charity - I Am Me was a community group at the time. I then moved on to become the Project Assistant, and then the Project Development Officer. The team grew from just me, to me and Carol, then Kieran joined us, and eventually Debbie! Not only did the team grow, but the scope of the Charity's work grew too. I left the Charity as an employee in 2019, but you've not managed to get rid of me yet, as I still volunteer as a Committee Member! I love how involved the Committee gets to be in Charity decisions and initiatives, it's like I never left. Plus, you're all good pals, too. I suppose!

About yourself

I'm a bit loud, outgoing, and very excitable. I have 3 dogs and a husband, and I'm super close to my Grandfather.

Hobbies/Interest

I like to eat good food and P A R T Y. Also love a long lie and snuggles with my dogs.

Fun Fact about yourself

I wrote the I Am Me book 'My Name is Charlie'. Also - I can say the alphabet backwards, super fast.

Life Motto

"The people that matter don't mind, and the people that mind don't matter"

Reason for being involved with I Am Me

I'm a fully fledged social justice warrior. I cannot stand the idea of someone being treated unfavourably or unfairly because of an aspect of who they are. I Am Me tackles just that! Plus, the people associated with the charity are all pretty fabulous.

Area	Number of Keep Safe Places
Aberdeenshire	18
Aberdeen	20
Angus	28
Argyll & Bute	49
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
Total	874

Keep Safe

There are now **874** Keep Safe Places across Scotland!



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



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

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

Becoming a Keep Safe Place is straight forward and FREE!

Get in touch with us for more information!

✉ iamme@renfrewshire.gov.uk

Keep Safe Star – PC Laura Evans

PC Laura Evans has recently taken on the role as the SPoC for Keep Safe in Argyll and Bute and has certainly hit the ground running, completing 8 new sign ups within her first few months!

We are thrilled to see more businesses joining the Keep Safe initiative and making their communities safer places. Well done Laura, you are a star!



Face Mask Exemption Lanyards

I Am Me Scotland have Face Mask Exemption Lanyards available to purchase for £3 (covering P&P). 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](http://www.iammescotland.co.uk).





Keep Safe Sign ups



This month we are delighted to welcome more premises from Argyll and Bute to the growing network of Keep Safe places. These are places that people can use to ask for help if they feel lost, scared or vulnerable in the community. There is no cost involved in becoming a Keep Safe place, so get in touch with the team to have your premises signed up and support your local disabled community!

Argyll and Bute— Citizens Advice Bureau



“Argyll & Bute Citizens advice Bureau is a free, confidential and independent source of advice and support for anyone living or working in Argyll & Bute. We wanted to get involved with the Keep Safe Initiative as we recognise the importance of having trusted, safe, quiet places that people can rely on to just take a moment or two to gather their thoughts or get help to get in touch with someone they trust to help them. It was a natural step for us when we heard of the initiative and we are proud to be a part of an important resource.

The bureau can be contacted Monday- Friday 01546 605550 or email info@abcab.org.uk”



Argyll and Bute—Carr
Gomm



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

@IammeScotland @KeepSafeSam1





Keep Safe Awareness Day

Thursday 4th March 2021

The first ever Keep Safe Awareness day was held on Thursday 4th March 2021. We are delighted to share that lots of organisations, individuals, schools and groups got involved to show their support for Keep Safe and encourage others to get involved too. We would like to say a special thank you to Jon Attenborough and Derek Todd for their support.



Just in case you missed anything during the excitement of the day, here is a quick recap...

Award Winners

Well done to all nominees, you are all making a huge contribution towards creating a safer and more inclusive society and we appreciate your continued support for Keep Safe.

The winner of the Keep Safe Community Award 2021 was **Rock Diner and Aces, Kilmarnock**. [Click here](#) to watch ACC Ritchie's announcement.



The winner of the Keep Safe Police Award 2021 was **Special Constable Lily Laing, Edinburgh**. [Click here](#) to watch ACC Ritchie's announcement.

Well done Special Constable Lily Laing and everyone at Rock Diner and Aces!

Supporting videos

Information videos were shared by the amazing Glasgow PSYV and our fantastic Lead Keep Safe Ambassador Andrew MacIntyre. Use the links below to hear some of the work already being done in communities and also how Keep Safe is used:



[Click here](#) for Glasgow PSYV support video.

[Click here](#) for the Lead Keep Safe Ambassador support video.

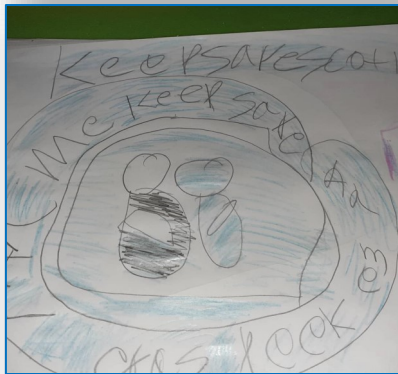
Police Scotland Youth Volunteers
Supporting Keep Safe Scotland



Keep Safe Awareness Day

Online Support

Keep Safe Awareness day was a great opportunity for organisations and businesses registered as Keep Safe places to recognise their great work. It was also a brilliant way to connect with both new and existing partners and share support. We were delighted to see our social media pack being shared on the day and lots of other creative post by individuals!



#WeSupportKeepSafe

Keep safe places are premises that disabled or vulnerable people can use to seek assistance, if required, while out in the community.

Get involved!
Email: iammescotland@outlook.com

Police Scotland | I Am Me Scotland - Registered Charity: SC046060

Comments

“Excellent initiative. We are all safer when we look out for each other.”

“Did you know vulnerable passengers can seek help in one of CalMac’s Keep Safe spaces? We are delighted to support the Police Scotland and I Am Me Scotland project to tackle hate crime.”

“We Support Keep Safe at The Wynd Centre, VSS Renfrewshire, where disabled or vulnerable people can ask for help in a confidential setting. We encourage other organisations to create Keep Safe places too!”



Keep Safe Awareness Day

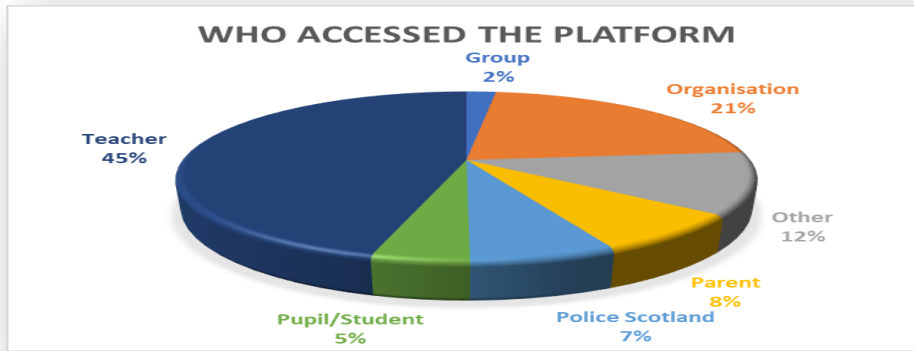
Online lessons for schools and groups

Due to COVID restrictions, the awareness day was hosted on the new I Am Me educational platform - <https://iammescotlandeducation.org.uk/>. This section provided a variety of free social media graphics, Keep Safe Lessons and activities to encourage engagement.

Three interactive lessons were included in the page (2 primary school and an easy read Keep Safe lesson). A total of 210 people completed lessons. Each lesson included a short survey to help gather data enabling the team to measure effectiveness.



Feedback



- 81% of people enjoyed the lesson
- 45% of people knew about Keep Safe before the lessons
- 95% of people agreed they knew about Keep Safe after the lesson

Understanding Disability Booklet

A new resource for Keep Safe Places was also launched on Keep Safe Awareness Day to help staff provide the best possible support to anyone who needs it.

The "Understanding Disability" booklet has contributions from 15 other national partner organisations. Each organisation has provided information highlighting barriers that people may face when out in the community, and offers some suggestions for helping support people to use their services/premises. This booklet is now available to all Keep Safe places across Scotland.

[Click here](#) to view the booklet online.





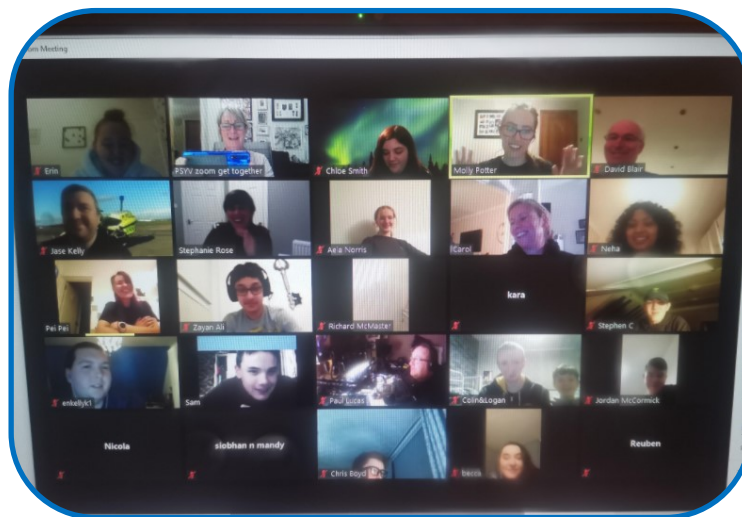
Keep Safe Supporters



Keep Safe Supporter training is now available to all PSYV groups across Scotland. We have recently carried out two training sessions with the amazing PSYV from Glasgow and are looking forward to our third session next week! Here is what you need to know about the training:



- Delivered online by I Am Me and Police Scotland
- 1.5 hours (6:30pm-8pm)
- Involves input from staff and volunteers about their personal experiences around disability and difference
- You will learn about the Keep Safe Initiative and how to support it in your local area
- You will learn about Disability Hate Crime and how to report incidents
- You will take part in some interactive activities
- All participants receive a badge and certificate after the session



"Thoroughly enjoyed this—it was beneficial, worthwhile and eye-opening."

"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."

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

I Am Me Scotland Updates

This month we are delighted to announce that we have two wonderful new Trustees join the I Am Me Scotland Board. Welcome to Christine Laverty and CS Linda Jones. Thank you to our Trustee CS Davie Duncan who has now moved on and will be the new Divisional Commander for K Division. CS Linda Jones will now join the Board as the Police representative.

Chief Superintendent Linda Jones has taken up post as the new Divisional Commander for Safer Communities, as of 1 February, 2021. CS Jones comes to Safer Communities from her role as Divisional Commander in V (Dumfries and Galloway) Division, where she's been in post since November 2018. Having joined Strathclyde Police in 1992, CS Jones has worked across the south-west of Scotland for much of her career, in Ayrshire and Dumfries and Galloway. She has also spent time focused on Crime Management, Domestic Abuse, and Corporate Communications, as well as overseeing ongoing transformational change within Contact, Command and Control.



Christine has worked in the health and social care sector for almost 30 years in a range of roles spanning Youth Services, Addiction, Mental Health & Learning Disability. She took up her current post of Head of Mental Health, Addiction & Learning Disability Services for Renfrewshire Health & Social Care Partnership (HSCP) three years ago, having worked for Glasgow City Council for 26 years.

Christine has a range of qualifications in Counselling, Drug & Alcohol Studies and Management, as well as a Masters Degree in Business Administration from Glasgow Caledonian University.

I Am Me Scotland Strategic Plan 2020-2023

The 2020-2023 Strategic Plan is now available and we would like to thank the Board of Trustees and our key partners for their valued contribution and assistance in developing the plan. Over the last twelve months and due to the impact of COVID-19, we have responded by changing many of our resources to support online access. This change has driven the development of a whole new range of exciting, innovative and engaging resources and a new online learning platform. Thanks to our strong partnerships and the broad range of expertise that the board of trustees bring to the charity, our new strategic plan embraces these changes whilst ensuring that our key aims and objectives remain at the forefront of our workstreams. [Click here](#) to view the Strategic Plan 2020-2023.





#MakeaDifference



I Am Me Scotland work in partnership with Police Scotland to raise awareness of and tackle disability hate crime. For the past 4 years we have been running our #MakeaDifference programme in primary schools throughout Renfrewshire and beyond, reaching over 10,000 children each year!



How do we #MakeaDifference?

We have a brand new exciting, engaging, interactive and flexible online platform, hosting a range of lessons focusing on disabilities (including mental health), difference, bullying and hate crime - with additional activities included! The lessons have been designed to meet all the HWB E&O's. They are accessible with audio and closed caption subtitles to allow inclusivity. [Click here](#) to watch our demo video.

Watch this space - High School Resources

The team are currently working with partners to develop the High School section of the platform. We have created lessons enveloped around our award-winning film "I Am Me". The high school section will also include a suite of engaging videos about personal experiences of disabilities and differences and lessons supporting good mental health. A new hate crime resource is being designed in partnership with the Crown Office and Police Scotland. This resource brings a range of partners together to focus on all 5 strands of hate crime and the criminal justice process. WATCH THIS SPACE!



How can we help?



Sometimes little issues may arise which are personal to your class, or you may identify a health and well-being subject that you would like to explore more in class. The I Am Me team now have the skills and tools to be able to work with partner organisations to build interactive, engaging lessons about any health and well-being subject. If you know of an

organisation that would be interested, let us know!

"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."



#MakeaDifference Stars!

The schools may be closed at the moment, but this has not stopped these amazing young people from working hard and helping us with our online lessons!



Logan Mc, Lucy, Summer and Samantha have provided fabulous voice overs for the new I Am Me Online Lessons. These lessons will be available online for High Schools over the coming months.

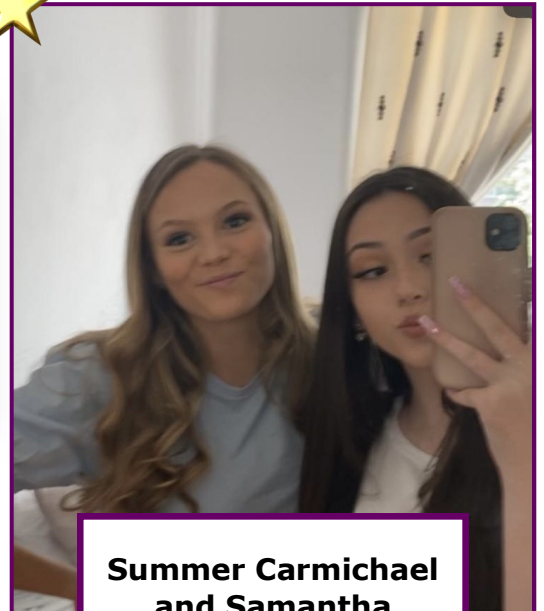
Ciaran, Aiden, Anna and Logan B have also provided voiceovers for our Primary School lessons and activities. These are available now for annual subscription on our [online learning platform](#).



Logan McKenzie S3



Lucy McKenzie (S4)



**Summer Carmichael
and Samantha
Wilson (S4)**



**Ciaran Scarff (P6), Aiden
Scarff (S2) and Anna
Vosloo (S3)**



Logan Burt (S1)



Well done! You
are all stars.

Great Work Spotlight: Colin McKenzie

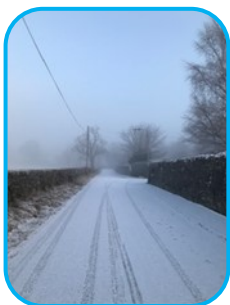
Colin McKenzie has been volunteering with I Am Me over the last few months and has been a fantastic asset to our team. Colin was also the well deserved winner of the Team Member of the Year Award 2021! This month he has written a short blog to share with you all. Enjoy!



Hi, my name is Colin McKenzie I'm 23 years old. I live with my mum and younger brother Logan in Johnstone. In my spare time I like to go for long walks, my favourite walks are to the Bluebell woods via Elderslie and along the cycle track to Howwood and back via Howwood village again.

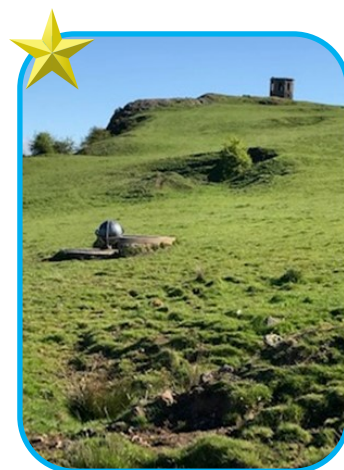
I like to play FIFA as well as playing Monopoly with my brother. I also like watching a lot of DVDs, listening to music and spending time with my family.

My brother makes me laugh a lot as he enjoys things like juggling, solving Rubik's cubes and can play lots of instruments like bagpipes, flute and violin but thankfully not all at the same time.



My brother is always there when I need to talk to someone and is a great support to me. I need support at times because I have autism and learning disabilities. This means I find change hard and find it difficult communicating with people I don't know and sometimes I need things written down so I know what my duties are for each day. However I don't let these things get in the way of what I can achieve and I take each day as it comes.

I usually work in Renfrewshire House as a day cleaner. My duties involve emptying bins, stock take, filling up soap dispenser and general cleaning duties. I've recently been working with I Am Me Scotland as a volunteer my duties involve making up exemption lanyards, folding up app leaflets, making up business packs, printing, laminating, delivering mail (if any), making up approach letters and criteria forms.



In 2016 I was nominated for achiever of year and won it. When I found out I won I was over the moon. It was a great night seeing everyone who was up for an



What's on ONLINE?



Dates n mates

Dates n mates is a friendship and dating agency for adults with learning disabilities. We help our members build their social circle by encouraging them to make friends, and in some cases even find love. Before COVID, we had numerous social events such as parties, discos and speed dating events, however, due to COVID we had to move our events online onto ZOOM.



We have events every day Monday to Friday, ranging from daily chats, to bingo, karaoke, pamper nights and games nights. Not only this but we also facilitate friendship matches - this is where we match people on based their personalities and meet through ZOOM to have a conversation and try and build a connection. If you are interested or would like some more information, please feel free to email sarah.campbell2@c-change.org.uk .

We have events every day Monday to Friday, ranging from daily chats, to bingo, karaoke, pamper nights and games nights. Not only this but we also facilitate friendship matches - this is where we match people on based their personalities and meet through ZOOM to have a conversation and try and build a connection. If you are interested or would like some more information, please feel free to email sarah.campbell2@c-change.org.uk .

Upcoming events include:

- 19th March: St Patricks celebration
- 23rd & 26th March: Bingo and Quiz
- 30th March: Mind & Draw art classes

One month free trial available!

Downs Syndrome Scotland 21 in 21

World Down's Syndrome Awareness Day was on the 21st March and lots of amazing individuals showed their support by getting involved in the 21 in 21 challenge to help raise much needed funds. Some challenges including walking, running, swimming, gymnastics or cycling every day for 21 days. Down Syndrome Scotland were encouraging everyone to think of the things they loved to do and see if they can be completed 21-in-21.



Our Lead keep Safe Ambassador Andrew Macintyre completed a Rhythmic Gymnastics 21-in-21 challenge and has managed to raise a phenomenal £1,106. Well done Andrew!



DSS Twitter: "Thank you to everyone who has joined us in celebrating Down's Syndrome Awareness Week and World Down's Syndrome Day! We are so grateful to everyone who has taken a step forward for everyone with Down's syndrome this year!

#TakeAStepForward #WSDS21 "



In other news...



Virtual networking

We are continuing to meet with our partners in the virtual world to discuss how we can work together to raise awareness of the Keep Safe Initiative. It was lovely to meet Anne Marie, Jon and Sarah from **Guide Dogs for the Blind Association** Scotland and hear their views.



“ She threatened me with a needle and said she had Covid-19. ”
 Arjun, Dundee. Shop owner and father of two.

Speak up and help keep Scotland's shop staff safe.

Tell our charity what you know. 100% anonymously.

In an emergency call 999. For non-emergencies call Police Scotland on 101. #NotPartOfTheJob

crimestoppers-uk.org

Scotland **Crime Stoppers** 0800 555 111 100% anonymous. Always.



Crime Stoppers Campaign—Violence and Abuse Against Scotland’s Shop Workers

Our local businesses have never been more vital, but when shop workers are targeted with violence and abuse, it can ruin lives and livelihoods. Click the link <https://bit.ly/3slfLTA> or call independent charity Crimestoppers 0800 555 111 to speak up with info that could help.

100% anonymous. Always.

Free Call Blockers for Vulnerable Adults

Following an increase in the variety of phone scams being reported by Scottish consumers since the beginning of the Covid-19 pandemic, Trading Standards Scotland have this week launched the roll out of free call blocking devices to vulnerable individuals who are most at risk from scammers and rogue traders. [Click here](#) to read the full press release or [Click here](#) for an application form.

Call blocking devices can prevent vulnerable people from losing **thousands of pounds** to scams

tsscot.co.uk/call-blockers



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 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 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—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

Things you need to know about me and my health

.....

.....

.....

.....

How I communicate

.....

.....

Any other details

.....

.....

People who can help me

Name.....

Number.....

Name.....

Number.....

Name.....

Number.....

In a non emergency call the police on 101

In an emergency call the police on 999

Police Scotland
www.scotland.police.uk

I Am Me
www.iammescotland.co.uk

POLICE SCOTLAND

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

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

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

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

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

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

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

I Am Me

I Am Me works with communities to raise awareness of what disability hate crime is and how incidents can affect individuals and the wider community. The project has worked with partners to produce a hard hitting film based on a young adult with autism and a learning disability, and the issues he faces within society. A teaching pack to accompany the film is available at www.iammescotland.co.uk and the film is available to view for free [here](#)—or by visiting our [YouTube](#).

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

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



Keep Safe

Keep Safe works in partnership with Police Scotland and a network of local businesses to create 'Keep Safe' places for anyone when out and about in the community. People can access these premises to seek assistance and help if they feel lost, confused, scared, in danger or have been the victim of a crime. The initiative is being rolled out across Scotland in partnership with other Local Authorities and Police Scotland. An explanation video of Keep Safe can be found [here](#) - or by visiting our [YouTube](#). If you would like to be involved in the roll out of Keep Safe within your Local Authority, please contact us: iamme@renfrewshire.gov.uk, 0141 618 6266.

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 Laura Benns, Myra Reid, Carol Burt-Wilson, Fiona Macintyre and Susan Lounsbach. We hope you 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!