



I Am Me Scotland Newsletter

May 2021

Welcome to the May I Am Me Scotland Newsletter!

We are delighted to see the easing of lockdown and all of our fantastic local businesses re-opening their doors. Whilst the team continues to work from home we have been busy working on new projects and have a few exciting updates to share!

We are hopeful that our face-face work will resume over the next few months as the team and the teddies, have missed working with our amazing partners.

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 16](#) for an overview of I Am Me and the Keep Safe initiative.

It's Ok To Be Me

The filming has now been completed for our two new short films that will be used as part of our Mental Health resources. To see some snapshots of the It's Ok To Be Different project so far, go to [page 7](#). We can't wait to share the final cut.



Fabulous Fundraisers

We would like to congratulate a few fantastic fundraisers for their efforts in raising money to build a new online lesson for primary schools. Go to [page 9](#) to find out who the great work spotlight is shining on this month!



In this issue

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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 Dale Logsdon



PSYV Co-ordinator

Role with Charity :

I am the Police Scotland Youth Volunteers (PSYV), group coordinator for Clydebank and Dumbarton and I am involved in this charity as I passionately believe in supporting others, where I am able to. I, along with our young volunteers, are determined to expand the Keep Safe premises within the local area so that vulnerable residents and visitors can feel safe and confident when visiting the West Dunbartonshire area.

About Yourself

I have been a police constable for about 10 years now where I have always been involved in volunteering throughout my life. I became the PSYV Group Coordinator in 2019 where not only can I be a mentor to many young people. I get the opportunity to support my local community through a variety of initiatives. I hope to continue on this path after I retire from the force. I am married and have a beautiful 11 year old daughter, whom I am very proud and where she has already shown signs of the community spirit.

Hobbies/Interests

Football, reading, hill walking and watching classic films.

Fun Fact About Yourself

I once played football with actor, Martin Compston.

Life Motto:

'Don't Worry, Be Happy'

Reason for being involved with I Am Me

As I am the PSYV group coordinator, I had the pleasure of inviting 'I Am Me Scotland' along to one of our sessions to talk about their incredible initiatives. Through doing some research, I was aware that the West Dunbartonshire is under represented in relation to 'Keep Safe' premises. As a result, I felt this was a great opportunity for our local volunteers and I to something about it.

I mean, there is no point sitting around and waiting for someone else to do it. Right?

Liam Harvey



Police Scotland Youth Volunteer

Role with Charity

I completed the Keep Safe Supporters Training through Police Scotland Youth Volunteers (PSYV) and I have recently started volunteering to help deliver training.

About yourself

I am 18 years old and have been a Police Scotland Youth Volunteer in Greater Glasgow for the past 5 years but sadly I will be leaving in June as I have reached the maximum age. I work as a Service Advisor within Police Scotland answering 999 and 101 calls all across Scotland which I have done for almost a year. I would like to become a Police Officer in the future as I enjoy helping people and making a difference.

Hobbies/Interest

I like to go on trips over Scotland with my girlfriend Nadia exploring different places and going for long walks around Glasgow. I have played the bagpipes for the last 8 years and even got to play with the Red Hot Chilli Pipers. I enjoy travelling to Barra to visit family and spend time away from the bustling city.

Fun Fact about yourself

I am a qualified Commercial Powerboat Skipper and worked on speedboats on the River Clyde for a year.

Life Motto

You get out what you put in.

Reason for being involved with I Am Me

No one should have to experience hate crime because of their differences and society should learn that we need to look positively at other people's differences and not target them for it. People should also feel more comfortable reporting hate crime and I Am Me gives people the confidence to do if they are a victim or a witness and it sends out the message that hate crime should not be tolerated.

Area	Number of Keep Safe Places
Aberdeenshire	18
Aberdeen	21
Angus	28
Argyll & Bute	47
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	39
East Ayrshire	36
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	131
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	877

Keep Safe

There are now **877** 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 – Prince Durant

Keep Safe Awareness Day will be held as an annual event to spread awareness of the initiative throughout our communities. We are delighted to have a national day to recognize the efforts across communities and would like to recognise PC Prince Durant as the Keep Safe Star for bringing forward the fantastic idea and for all his incredible work to support Keep Safe over the years. Well done Prince—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).

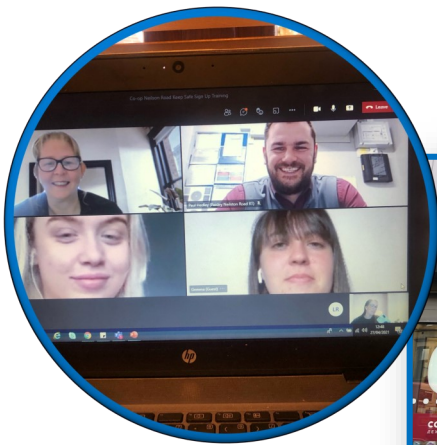




Keep Safe Sign ups



The Keep Safe Initiative has continued to expand with new premises signing up across Renfrewshire and East Ayrshire. We are delighted to welcome three new businesses to the fantastic network: Co-op, Co-op FuneralCare and Morrisons. Keep Safe aims to promote social inclusion and raise awareness of Disability Hate Crime. 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 community!



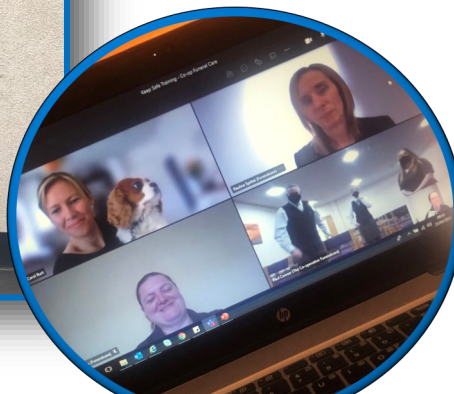
**Co-op
Neilston Road, Paisley**



**Morrisons,
Kilmarnock**



**Co-op FuneralCare,
Paisley**



Keep up to date with new Keep Safe premises by following us on Twitter:
@IammeScotland @KeepSafeSam1



Keep Safe Supporters



Keep Safe Supporters are Police Scotland Youth Volunteers that have been trained to recognise the Keep Safe Initiative and how to support it in their local area.

Thank you to everyone who has been involved in the programme and helped keep our virtual training sessions interesting and exciting!

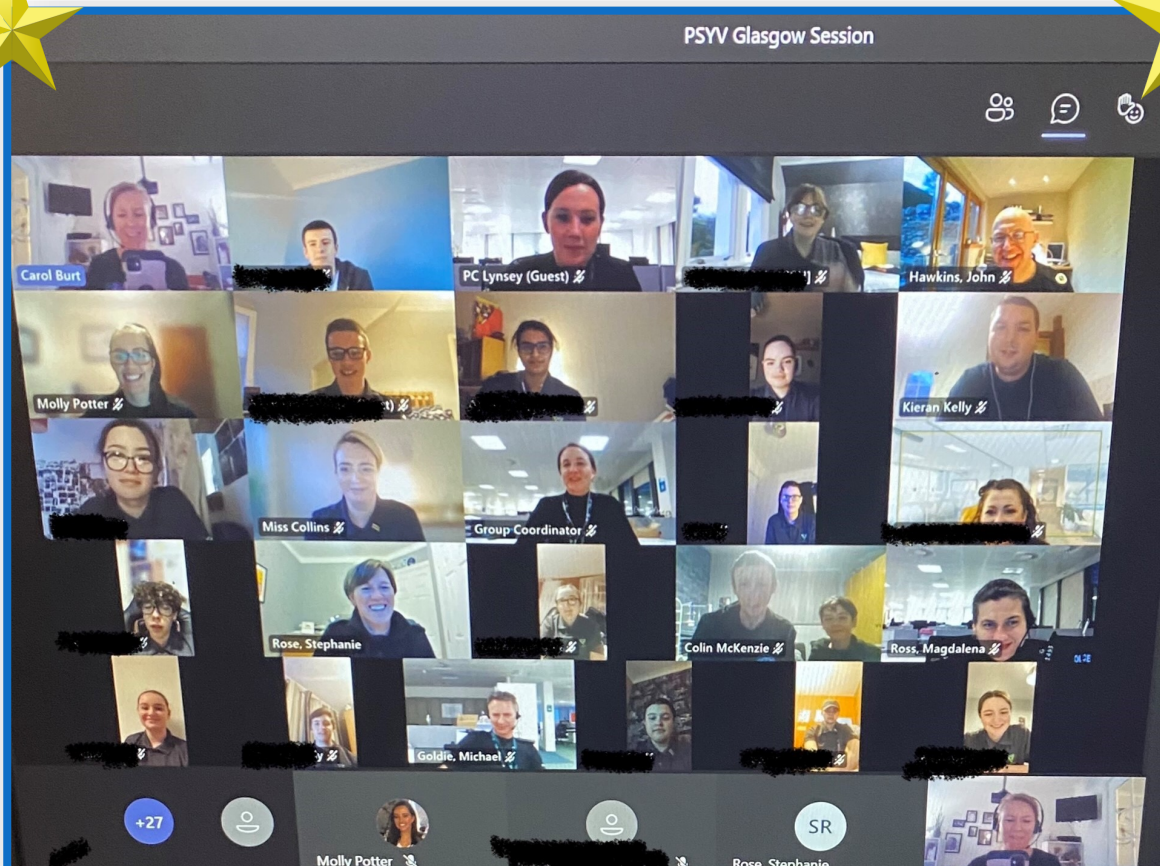


There are now over 100 Keep Safe Supporters trained.

Some of the things Keep Safe Supporters can get involved in after the training include:

- ⇒ Approach new Keep Safe places
- ⇒ Assist their local SPOC with Keep Safe
- ⇒ Support community engagement work
- ⇒ Conduct annual checks for existing Keep Safe places

If you are interested in organising a Keep Safe Supporter event for your PSYV, contact iamme@renfrewshire.gov.uk





#MakeaDifference



How do we #MakeaDifference?

We have an exciting, engaging, interactive and flexible online learning platform that includes 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 facilitate inclusion.



FREE Lessons and Videos

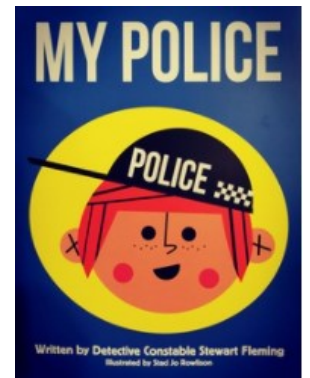
We are excited to tell you that we have created a section on our Learning Platform that will have FREE promotional lessons and videos. Click the button below to take a look around!

One of our FREE lessons at the moment is our Dementia Awareness Lesson. This is sponsored by SCOTMID Co-op and will be available FREE until the end of June! Click below to try it out!



My Police Book

DC Stewart Fleming recently wrote his own children's book, 'My Police'. We thought it was fantastic and DC Fleming kindly provided us with enough copies to send one to every Primary 1 and Primary 2 pupil across Renfrewshire! The book teaches children about the role of the police and how they keep us all safe. If your school has not yet received their books, please get in touch.



Not only that, DC Fleming also worked with us to convert the book into a short film animation that is now available on the #MakeaDifference learning platform.

[Click here](#) to see the animation of the book!

How can we help?

As life returns to some sort of normality, anxieties and tensions may increase within our communities. Sometimes little issues may arise which are personal to your community and/or class, or you may identify a health & 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!



Educational Resources Coming Soon...

Coming Soon

Mental Health Films

We have been working with local production company Kick The Door to develop two new mental health films to add to our educational resources. These are short films that highlight mental health, self harm, social media, sexuality and the impact of bullying.

The films will be used with pupils aged 14+ and aim to prompt discussion and reflection about how individual attitudes and behaviours can impact others.

Kick The Door have now completed the filming and we cannot wait to see the final cut! Keep your eyes peeled for updates on our social media.



NEW Online Lessons

The team are working with different partners to create new lessons for the Online Learning Platform! We are currently working on lessons about ADHD, Down's Syndrome and Children's Rights.

We are also developing lessons for High School pupils around the award winning I Am Me Film. The high school section of the platform will also include a suite of engaging videos about personal experiences of disabilities and differences and lessons supporting good mental health as well as access to a new Hate Crime Resource. This is currently 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.



Thank You!



All of the work of I Am Me is made possible thanks to the generous donations and support from our volunteers. This month we have been lucky enough to work with more amazing young people for voice overs on our new education lessons.

The new lessons we are developing are the UNCRC (Children's Rights). Thanks to Ellie Giraud and Sebastian Vosloo for providing the fantastic voice overs. Ellie has been working hard on the lesson for Primary 5—Primary 7 and Sebastian for Primary 1—Primary 4. The animations will be available soon. Keep your eyes peeled for updates on our social media.



Sebastian Vosloo



Ellie Giraud



Great Work Spotlight: Mhairi & Siobhan

This month the Great Work Spotlight is shining on our very own team member Mhairi O'Rourke and her sister Siobhan Vosloo. Mhairi and Siobhan completed the Glasgow Kiltwalk to raise funds for I Am Me Scotland's Education Programme.

Walking an incredible 23 miles from Glasgow to Balloch, Mhairi and Siobhan raised a grand total of £1860. Well done and thank you to you both!

£1860



We would like to congratulate Laura Giraud and Kate Turner who also completed the Kiltwalk and kept our fantastic fundraisers company along the way. As you can see from the pictures it looks like a great day was had by all, celebrated with some well deserved bubbles!



**WELL
DONE!**



Online Updates!



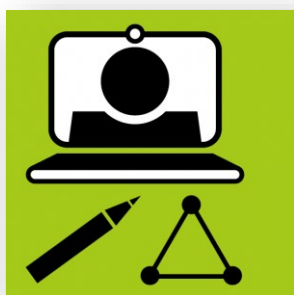
Keep Safe Training in West Dunbartonshire

Recently we have been working in partnership with L division Police Officers and West Dunbartonshire Council to raise awareness of the Keep Safe Initiative in the local area. West Dunbartonshire Council Community Workers attended online Keep Safe Training to find out more about the Keep Safe resources available and how they could promote it within their roles.

We are delighted to see so much enthusiasm for increasing the Keep Safe profile across local businesses over the next few months! Thanks all for your hard work.



Vaccination Centre Training



The vaccination roll out programme was a welcomed announcement by many. However the last year has brought many challenges and as a result, some people may be feeling more anxious about the thought of re-entering the community. We were kindly invited by West Dunbartonshire Council to develop a Keep Safe/Disability Awareness Training programme for new staff members working at COVID vaccination centres.

This training highlights the impact that physical restrictions and shielding may have had on individuals, how different disabilities may have been affected by COVID and what they can do to provide support when people attend their vaccination appointment.

#MakeaDifference Training

A new team of #MakeaDifference teddies are getting ready to make their way around primary schools across Forth Valley and we cannot wait to see the updates from their adventures.

We have worked with Sergeant Susan Lounsbach to train officers in Forth Valley on how to deliver the #MakeaDifference programme to primary schools.

Thank you to Molly Reid and Charlie Bell for kindly purchasing the resources for our new teddies Police Dog Charlie and Keep Safe Sam.



Change Makers

Change Makers is a citizen reporting programme for young people aged 16-25 with a disability or additional need. Providing training on how to become a Citizen Reporter, the Change Maker programme provides the opportunity to create campaigns and make a change in your community.



Over a period of six months on the Change Makers programme, you will learn more about:

- Highlighting important issues through speaking to people in the community and capturing your own thoughts using your smartphone.
- Telling people about the things that affect you in your local community.
- Getting your voice heard!

For more information please visit: www.leonardcheshire.org/changemakers or email changemakers@leonardcheshire.org

Keep Safe Information Packs

As we move out of lockdown we understand that some people may be feeling nervous about returning to normal community life. We are keen to ensure that people feel supported, so we have distributed some Keep Safe Information packs to local disability organisations and groups.



If you are an organisation and would like to request this information for your group or an individual who would like an information pack for themselves/family member please let us

know—iamme@renfrewshire.gov.uk

Get your Kicks On!

The Team, committee and volunteers are taking on the almighty challenge of walking (virtually) Route 66! We will be walking the 2,280 miles to raise awareness of disability related bullying and hate crime. Please feel free to cheer us along and [click here](#) if you would like to donate. All funds raised will go towards the development of new accessible and inclusive online lessons for children.



Awareness Weeks!

Face Equality Week

Face Equality Week ran from Monday 17th May—Friday 21st May. Millions of people in the UK have a visible difference; a scar, mark or condition that affects their appearance. Let's keep talking for #FaceEqualityWeek because difference should be celebrated.



Changing Faces offer wellbeing services for adults, children and young people with a visible difference and their families. If you're an adult, parent, guardian, or a young person aged 16-18, you can contact their support and Information Line on 0300 012 0275 or message via WhatsApp on 07864 724 124 to find out more about how they can help. You can also find out more about the services at: www.changingfaces.org.uk/services-support/



Mental Health Week

Mental health awareness week took place from the 10th May—17th May. In the spirit of mental health awareness we would like to share a short anonymous message:

" A year ago today I was admitted to Dykebar Psychiatric Hospital as an inpatient because I wanted to die. Actually, not wanted—needed. I felt nothing but an overwhelming urge to cease existing. I did not want to be here, there, or anywhere. I've now gained a whole extra year of my life that I wasn't ever anticipating having, or even wanted. But here I am. I am here. Every day is a bonus day. I am so thankful to my friends and my wonderful husband for pulling me out of that hole. An additional 400mg of meds every day and ongoing specialist services can't go unthanked either. To those wondering—it wasn't a sudden thing. I think of it more like an hourglass—with each grain of sand leading me closer and closer to emptiness. Eventually, it was too much. So be nice to people, you never know if someone is on their last grain of sand. It might just be the last one over the edge"

If you are having feelings like this or are worried about yourself or someone else, please speak to your GP or [click here](#) for the Samaritans website where you can find more information about support.

Learning Disability Week

Scottish Learning Disability Week took place from 10th May—16th May. This year the theme was relationships and the importance of having other people in our lives, whether that be as neighbours, colleagues, friends, family or a romantic partner – relationships matter! Use the hashtag #LDWeekScot2021 to see some of the posts from the day and show your support.



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

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

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

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

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

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

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

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

I Am Me

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

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

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

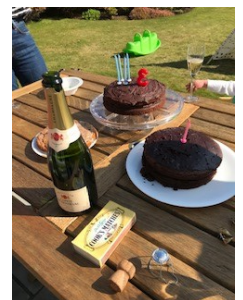


Keep Safe

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

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

happy birthday to Andrew Macintyre, Linda Jones, Samantha Wilson and Lorraine Glass ..We hope you had an amazing time! Happy Birthday to Molly (31st May)!



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!