



I Am Me Scotland Newsletter

September/October 2020



Welcome to the
September/October
Edition of the I Am Me
Scotland Newsletter!



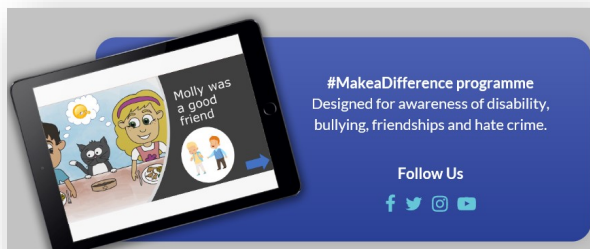
If you, or someone you know would like to be added to the mailing list of this Newsletter, please get in touch with us at iamme@renfrewshire.gov.uk

If you are new to the newsletter, please visit [page 16](#) for an overview of I Am Me and the Keep Safe initiative.

NEW Learning platform launched!

If you are interested in fun, engaging, easy to access learning tools then look no further. This month we have launched an exciting new learning platform which includes a wide range of modules for our #MakeaDifference programme and Keep Safe businesses!

Go to [page 7](#) to find out how you can use these fantastic educational tools!



Face Mask Exemption Lanyards

The Scottish Government has set out a list of exemptions for wearing a face covering or mask. This is to support individuals with a disability or health condition to continue to participate in community life free from abuse or harassment. Go to [page 3](#) for more information on our exemption lanyards.



H A P P Y
H A L L O W E E N



In this issue

[Meet I Am Me](#) [Keep Safe](#) [Online Learning Platform](#) [Christmas Competition](#) [Upcoming Projects](#) [Other News...](#)

Meet I Am Me Scotland and our FAVS!

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



Debbie Campbell



Committee Member

Role with Charity :

Committee member

About Yourself

I live with my fiancé Mark and our dog Max. I studied graphic design when I left school and then went on to complete a PGDE in primary teaching. I'm currently teaching a lovely P4/5 class. When I'm not working, I enjoy exploring Scotland with Mark and Max!

Hobbies/Interests

Reading, baking, camping and stargazing!

Fun Fact About Yourself

I designed the illustrations for the My Name is Charlie book.

Life Motto:

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

Reason for being involved with I Am Me

I started with I Am Me as a project intern through the Renfrewshire Council graduate intern scheme. When my internship ended, I was lucky enough to be offered a job as the Project Initiatives Officer! I loved working with I Am Me and met the most amazing people. It was at I Am Me that I discovered my love of teaching. I wouldn't be a teacher if it wasn't for the skills and experience I gained while working at I Am Me. I am really passionate about the work that the charity do and I will continue to advocate their cause and support them as a committee member. :-)

Chief Superintendent David Duncan



Board Member

Role with Charity

I represent Police Scotland on the board of I Am Me and provide a link between the amazing work of the charity and the police service in Scotland.

About yourself

I have 24 years police service having been a former Strathclyde Police officer prior to the formation of Police Scotland. I am currently a chief superintendent with responsibility for partnerships, prevention and enhancing community well-being.

Hobbies/Interest

Hillwalking, keeping fit (or trying to at least) and motorcycling. Love cinema, music, theatre and a good book.

Fun Fact about yourself

I can't sing to save myself (unfortunately)...

Life Motto

Be yourself- everyone else is taken...
(courtesy of Oscar Wilde)

Reason for being involved with I Am Me

I am delighted and privileged to work with Carol and the team in I Am Me. The work to raise awareness of disability hate crime, challenge and change harmful behaviour and supporting people who may feel lost, scared or vulnerable is truly inspiring.

Area	Number of Keep Safe Places
Aberdeenshire	19
Aberdeen	20
Angus	28
Argyll & Bute	41
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	38
East Ayrshire	35
East Dunbartonshire	6
East Lothian	5
East Renfrewshire	16
Edinburgh	34
Falkirk	14
Fife	13
Glasgow City	26
Highland	20
Inverclyde	35
Midlothian	12
Moray	10
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	864

Keep Safe

There are now **864** 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

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. The card can be used to assist someone if they require help. **For orders contact** iamme@renfrewshire.gov.uk

Please see a list of exemptions below:

- You have a health condition or you are disabled and a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety.
- You need to eat or drink
- You are taking medication
- You are communicating with someone who relies on lip reading.

£3





Keep Safe Sign ups



This month we have three 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!

Coffee Club— West Dunbartonshire



Coffee club is a family run business that has been established since 2003. Here is what they had to say about becoming a Keep Safe place

"We are delighted to be joining the Keep Safe initiative. We aim to provide a friendly and welcoming environment for all customers where they can relax and feel confident to ask for help from the staff if required. The process towards becoming a Keep Safe place was simple and straight forward, we would definitely encourage other local businesses to get involved!"

White Cart Company— Renfrewshire



The Golf Tavern— Fife



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

@KeepSafeSam1 @IammeScotland



Police Scotland

A message from Assistant Chief Constable Gary Ritchie – 27 July 2020

Police Scotland is committed to keeping people safe and protecting all our communities. We understand that daily life adhering to coronavirus (COVID-19) guidelines continues to be challenging for everyone. Although Scottish Government guidance has provided flexibility for the individual needs of disabled people, we recognise this has not prevented some people becoming fearful of going out into their communities. We are aware some disabled people have reported being unfairly challenged and, on occasion, abused about issues linked to social distancing and face coverings.



Our partners have shared concerns that some disabled people can find physical distancing difficult - this could be linked to sight loss, autism, a physical disability or other issues. People have reported being shouted at, made to feel uncomfortable or fearful.

We have also received reports of people who are exempt from wearing face coverings being inappropriately challenged in shops or on public transport. This includes people who have invisible or hidden disabilities, like asthma or autism.

There are several exemptions in the guidance for people who cannot wear face coverings. A full list can be found on the Scottish Government website. **Exemptions included are:**

- You have a health condition or you are disabled and a face covering would be inappropriate because it would cause difficulty, pain or severe distress or anxiety, or because you cannot apply a covering and wear it safely and consistently in the proper manner. Individual discretion should be applied in considering the use of face coverings for children and young people, for example, children with breathing difficulties and disabled children who would struggle to wear a face covering.
- You need to eat or drink
- You are taking medication
- You are communicating with someone who relies on lip reading.

Police Scotland wants to reassure disabled communities that we take reports of people being targeted seriously. We would encourage the public to consider the implications of coronavirus(COVID-19) guidelines on disabled communities before challenging people. We want to prevent these incidents occurring and to ensure disabled people feel safe in their communities. We will continue to work with the Scottish Government and other partners to ensure the public is aware of issues which directly affect disabled communities.

Police Scotland has circulated guidance to frontline police officers and staff to ensure they consider disabilities when engaging with people, particularly given the impact of coronavirus(COVID-19) measures.

We understand some disabled people may choose to carry a card or wear a lanyard stating they have exemptions from wearing face coverings or to identify a disability. Individuals are under absolutely no obligation to carry information or to show it to anyone. Police Scotland officers will not ask you to provide any evidence of an exemption or disability. We will support your right to do this if it makes you feel more confident going about your daily life and will ensure we consider this if you choose to disclose this information.

Deaf Scotland

One of our Keep Safe supporters is deafscotland who invites everyone to check out the series of introductory and accessible "infomontary" safety clips produced in partnership with deaf people and ITV Signpost.



Deafscotland works to raise awareness of deafness and its purpose is to seek equality and integration through communication for all. A membership based organisation, it offers information, training, events and consultancy services on deafness, communication barriers and solutions that promote equality.

The clips are created to provide basic and accessible information and make introductions to relevant organisations working to support safety topics. Topics include cyber safety, safety in the home, controlling behaviours and personal safety. They can be used by any interested organisation and make links to a number of our partners including Police Scotland and the anti-bullying one includes ourselves, I Am Me.



To view the I Am Me Safety clip [click here](#).

To view the Keep Safe safety clip [click here](#).

To view all other safety videos [click here](#).

For further information see deafscotland.org or contact admin@deafscotland.org



Keep Safe Evaluation



We would appreciate your feedback on the Keep Safe initiative. You can provide your feedback by following the links available below. This data is vital to us as it enables us to gain valuable evidence into the success of Keep Safe. It also gives us the opportunity to see where improvements can be made as the initiative continues to grow across Scotland.

The survey should take no more than 5 minutes of your time.

If you would like to access this survey in a different format please let us know by contacting us via email at iamme@renfrewshire.gov.uk

[Link to the survey](#)

CLICK HERE

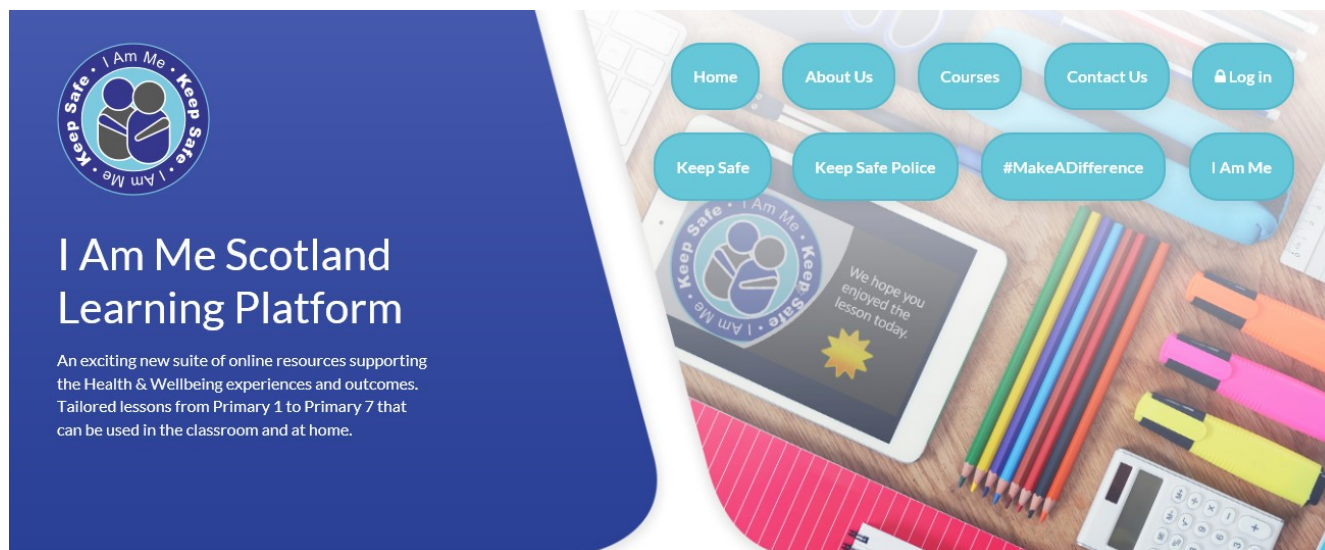
[Link to the EASY READ survey](#)

CLICK HERE





I Am Me Online Learning Platform Now Launched



We have now launched an online learning platform for the #MakeaDifference programme and Keep Safe Initiative. What does this involve? See a breakdown below:



#MakeaDifference Programme


The #MakeaDifference programme is now available online to primary schools and disability groups for an annual subscription. There are various packages available to ensure you can have the right resources tailored for your pupils requirements.

The online resources can be used by teachers in the classroom or by pupils at home for remote learning. With specific lessons for Primary 1— Primary 7 there is something for everyone! From presentations and quizzes to short movies and animated films, the lessons are packed with interactive and educational fun.



The #MakeaDifference programme covers all of the health and wellbeing indicators within the curriculum for excellence and offers children the opportunity to learn at their own pace as they click through the slides which are enhanced with an audio guide.

The subscription options also include an enhanced package. This involves the option to receive a tailored lesson which addresses any kind of bullying issue or concern within the school. To view the Learning Platform and subscription options [click here](#).



Andy's First Day
PRIMARY 1 - A short
animated lesson introducing
disability and friendship.

⌚ Approx 30 mins

📁 9 Files

Start Here



Keep Safe Initiative

Participating Keep Safe businesses now have access to online Induction and Refresher training. This training is available to all staff members for free and covers all essential Keep Safe information and how to assist individuals with various disabilities.

If you are a business and would like to have access to this training for your staff, please get in touch at iamme@renfrewshire.gov.uk

response





Christmas Competition



Yes it is that time already...the I Am Me Scotland Christmas competition is now open to **all primary schools across Renfrewshire!**

Earlier this year we used our fundraising to make personalised Keep Safe boxes/bags for hospital patients and care home residents. The Keep Safe bags contained essential items for those in hospital and our Keep Safe boxes were personalised to the specific interests of those living in care homes. We also donated smart tablets to both hospitals and care homes to help keep people connected during these difficult times.

For our Christmas competition this year we want to continue spreading as much joy as we can so are doing things a little bit differently.



How do I enter?

We want pupils to design their very own Christmas card, with lovely drawings and a nice Merry Christmas message inside.

Be as creative as you like, we love to see lots of bright colours!

Teachers can send us the submissions and we will choose a winning card! **The winner will receive a fantastic prize to enjoy with their entire class. CLOSING DATE 30th NOVEMBER**

Email: iamme@renfrewshire.gov.uk



Why do we need your entries?

All cards we receive will be given to local care homes for people who may not have any family close by, so every entry counts!

We will also be delivering some gifts to the residents to spread the Christmas cheer. So any donations will be greatly received.

[CLICK HERE](#) to view our Christmas competition promo video!



Christmas Toy Appeal

'Renfrewshire Helping Those In Need' are a voluntary organisation appealing for toys and gift donations and asking local businesses to help by becoming a drop-off point for donations in their area. No matter how large or small, any donation is greatly appreciated by them and those who will receive it.

If anyone would like to help by spreading the word or by doing a toy collection at their workplace or place of worship, please contact renfrewshirehelpingthoseinneed@gmail.com





Thank You!



We have a few special thank you messages to send this month. We like to follow a motto of 'nothing about us, without us' when developing our ideas. So of course we could not develop new online resources for primary schools without the help of some fantastic pupils!



Thank you to Logan Burt, Anna Vosloo, Aiden Scarff and Ciaran Scarff for providing the voice overs for our online lesson activities. You are all absolutely amazing and are doing a great job at #MakingADifference. Keep up the good work!



We would also like to thank ACC Gary Ritchie from Police Scotland, who has recently expressed his support for Keep Safe by taking on the role of Keep Safe Champion and Lord Mulholland who has accepted the role of Charity Patron.

Keep Safe started in 2015 and has since grown into the successful initiative it is today with over 850 Keep Safe places. We are grateful to work in partnership with Police Scotland and the Crown Office and have the invaluable support of ACC Ritchie and Lord Mulholland.



TEAM WORK
*Coming together is the Beginning.
Keeping together is Progress.
Working together is Success.*



DC Stewart Fleming recently wrote his own children's book, 'My Police'. We thought it was absolutely fantastic and DC Fleming kindly provided us with enough copies to send one to every Primary 1 and Primary 2 pupil across Renfrewshire! 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.

The book teaches children about the role of the police and how they keep us all safe.

Thank you DC Fleming, you are a star!



Lorraine Glass, Policy and Improvement Manager at Respect Me, is also one of I Am Me's fantastic board members. Lorraine was recently invited to write a piece on the mental health impacts of bullying on children and young people, and what adults can do to help for the NHS. Well done Lorraine, this is fantastic and definitely worth the read.

Full article found below:

At the time of writing it is Mental Health Awareness week, themed around 'kindness' for 2020, so the invite to contribute is timely, as bullying is surely the very antithesis of kindness. However, there is not a single day at respectme where our thoughts don't turn to the mental health and wellbeing of Scotland's children and young people, and never moreso than in this Covid-19 lockdown when schools and youth clubs are closed. For some children, these can be the very places where the greatest harms of bullying play out. Crucially though, they are often the only true spaces of mental safety and kindness, where supportive adults can intervene, healing can take place, relationships may be restored and where happier memories can help overwrite the more difficult ones.



Bullying can mentally overwhelm children. It can feel relentless and pervasive, especially when it's online. We know it affects their sense of being in control – stripping them of what the national definition describes as 'agency'. Children tell that bullying 'takes something away from them', leaving them paralysed to act to challenge the behaviour, or to seek help for themselves. In Scotland, anti-bullying policy and practice sits in the context of a relational and restorative approach, anchored in children's rights, with respect at its heart and kindness designed-in.

Bullying derides and diminishes, making people feel 'less'. I have yet to meet an adult whose life has been completely untouched by bullying - we've either seen it, done it or had it done to us. Instant recall of that sense of powerlessness brings, for most, a visceral drive for change through prevention, reduction and response to ensure today's generation are neither broken nor defined by it. Adults who hold to the old mantras of bullying being an inevitability, a character-building experience or indeed, a 'normal' part of growing up are revisiting and challenging these attitudes, leaving our training courses with an updated understanding and refreshed, kinder resolve.

Trusted adults are a vital protective factor in bringing a balanced, healthy perspective to bullying situations to reassure children that what they're enduring will not last forever, change will come, they are not at fault and that they will be helped to recover. For the children displaying bullying behaviour, they too can be supported by being helped to better understand what is going on – what feelings are being communicated through their behaviour, and how is it impacting them, and others? Adults can encourage self-reflection, grow empathy skills, challenge prejudices, and set tasks to build confidence and resilience whilst celebrating every small change towards improvement. Adults can also model kindness, especially for those children who find it a quality hard to access and an alien concept in their wider life experience.

We know that bullying can cause anxiety, depression, self-harm and suicidal thoughts so we must be vigilant, available, calm, supportive and effective in our responses. We need to keep children who are affected at the centre of any actions, be led by their desired outcomes and work to achieve those results whilst keeping them safe. Be that person who aids bullied children to regain their agency and helps those who bully to learn that, whilst kindness is a fine aspirational destination, simply being respectful is as strong, and perhaps a more achievable, starting point.

Our friends at respectme, Scotland's Anti-Bullying Service, have a great campaign launching in Anti-Bullying week, 16-20 November 2020. To read more about #WhatMadeItBetter and get involved [click here!](#)



Upcoming Project

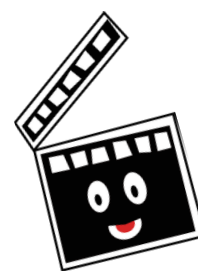


It is important to take care of our physical health by exercising and eating well, but it is equally important to take care of our mental health! We are starting a new project that focuses on the mental health of young people and we want to work with young people to develop it.



There are lots of pressures on young people these days from pressures in school, to the new world of social media. We are offering an exciting opportunity for young people aged 12 to 18 to get involved in any stage of the development process that interests them. This may be...

- Sharing you're their own experiences
- Filming a short headshot
- Featuring as an extra in the film
- Meeting with our film production team through focus groups to develop their film production experience and skills.



Young people from all local authorities can get involved! Email iamme@renfrewshire.gov.uk if you are interested in any of the above areas.

We are also looking to gather some information from young people in order to accurately represent them on screen. If you are aged 12-18, we would greatly appreciate your feedback on a short questionnaire—[click here](#).



Dates N Mates

Dates-n-mates is Scotland's, first friendship and dating agency for adults with learning disabilities and they are offering a free membership trial to access the online social events and friendship matching service. Contact: dnmrenfrewshire@c-change.org.uk

What do they offer members?

- Opportunity to make new friends
- Support to improve confidence and personal relationships
- Invitations to online social events and activities every month (Karaoke, disco night, quiz night, bingo)



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.





Vote for Us!



We have applied for a few fantastic funding opportunities and would love your support. Take a look at the below funds and use the links to register and vote.

Remember the saying every little helps? Well every vote counts and will help us to continue working with disabled people and young people to make our communities a safer place for everyone!

Celebrating Renfrewshire Fund

We have applied for the celebrating Renfrewshire Fund in Paisley East, North, West and Central and Renfrew areas. We want to use this fund to develop a new mental health resource for young people.



Anyone aged 12-25 can vote so please share with your friends! [Click here](#) to vote. **Voting closes 30th October.**



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 will start on 25th October 2020 and will run for 12 months until 23 October 2021. During this time, Co-op Members will be able to select I Am Me Scotland as their cause and help us to #MakeaDifference.

If you are not already a Co-op member, don't worry you can [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



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

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.....  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, 0141 618 6266.

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

happy birthday to Davie Duncan and Anne McMillian.

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!