



I Am Me Scotland Newsletter

July/August 2020

Welcome to July/August 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 18](#) for an overview of I Am Me and the Keep Safe initiative.

It has been another busy few months for the team at I Am Me as we are gradually returning to a little more of normality. While the team are still working from home, this has not stopped us from keeping busy and trying hard to #MakeaDifference in our community. Here are some previews of what you can read in our July/August edition of the newsletter...

Online Resources

The #MakeaDifference programme will soon be available online! It can be used by teachers and pupils in the classroom or at home. It is packed with awesome and interactive animations, videos and activities. Go to [page 8](#) to read more.



Keep Safe Care Boxes

We have been preparing and delivering a further 80 personalised gift boxes to residents of care homes and sheltered housing across Renfrewshire. Go to [page 10](#) to see the wonderful feedback and pictures.



In this issue

[Meet I Am Me](#) [Keep Safe](#) [Keep Safe Ambassadors](#) [School Programme](#) [Keep Safe Boxes](#) [Other News...](#)

Meet I Am Me Scotland

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...



Carol Burt-Wilson (MBE)



Project Manager

Role with Charity :

Project Manager / Founder

About Yourself

I am the Project Manager for I Am Me Scotland. I love the diversity of our work and we have great fun always developing new and exciting ways to raise awareness of, and tackle Disability Hate Crime. I am always busy. If not working and looking after the kids, then usually painting walls of furniture), shopping, cooking, cutting the grass, doing some DIY (badly) or drinking wine!

Hobbies/Interests

Running, painting, shopping and drinking wine!

Fun Fact About Yourself

Oooohhh which one?!? I once won a darts competition and beat a man who was boasting that he was a semi-professional darts player (I was 11 years old!)

Life Motto:

"Don't get stressed about things you can't change... focus on the things you can!"

Reason for being involved with I Am Me

After hearing about the young lady, Gemma Hayter, who was murdered by people she thought were her friends and all of the stories that we have heard since then, I have become more passionate and determined to help ensure that people are not victimised, harassed, abused and excluded because of their disability. I love working with all of the people that are involved in the Charity and feel privileged to work with such amazing, kind and genuinely lovely people. It's also thanks to these incredible people that we have achieved as much as we have in the past few years.

Ava Raeside



Volunteer

Role with Charity

Committee Young Volunteer

About yourself

I am currently in my third year of working towards my English degree at Stirling uni. I've lived in Stirling now for the past two years with my flatmates, and have loved (almost) every minute of it.

Hobbies/Interest

When I can, I really love to just sit for a few hours and read, I much prefer fiction to non-fiction however. My flatmates have also recently discovered I bake, so I'm often in the kitchen making something. Recent favourite has been brownies.

Fun Fact about yourself

I have dyed my hair every colour at least once.

Life Motto

"Two steps forward and one step back is still one step forward."

Reason for being involved with I Am Me

I first joined I Am Me in high school when I was 14, and I stayed with the charity thereafter because I could see the positive effects it had on others and myself. It's a genuine force for good, and I think we need more of that.

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	130
Scottish Borders	11
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	34
Stirling	34
West Dunbartonshire	17
West Lothian	20
COPFS	17
Scottish Courts	37
Total	862

Keep Safe

There are now **862** 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

COVID-19 Guidance for Keep Safe places:

- Some people have hidden/invisible disabilities. Please don't ask them to prove their disability.
- Some people may wear a lanyard, carry a Keep Safe card, alert card or have a copy of information, either on paper or electronically, which is designed to assist staff in identifying that the person they are speaking to has a disability.
- Remember that some people may find it intimidating to be approached by a staff member.
- Keep language clear, concise and simple, and be prepared to explain.
- Be patient and calm while communicating, don't rush the person you are talking to.
- If wearing a face covering consider impact on communication. The person may need to lip read you or may be extremely distressed by the face covering.
- If you are wearing a face covering - Consider using gestures, body language, writing or other forms of communication to de-escalate a situation.
- If you are wearing a face covering and it is safe to do so, ask the person to move outside or an area where you can safely physically distance and remove the mask to allow for better communication.



Keep Safe Snoods and Lanyards



I Am Me snoods are now available to order. The snoods can be worn as a fashionable multipurpose face covering. [Click here](#) to watch the snood being modelled by one of our lovely volunteers. To order your own, email iamme@renfrewshire.gov.uk



Face Mask Exemption Lanyards

Although face coverings are mandatory in shops and on Public Transport in Scotland, it is important to recognise that not everyone can wear a covering. Exemptions include:

- 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, 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.

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**



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

@KeepSafeSam1 @IammeScotland





Keep Safe Ambassadors



While ambassador training remains on hold, we are excited to showcase some more fantastic work being done by our trained ambassadors in their community.

Amy Hutchison

Amy has continued to volunteer at her local Girls Brigade where she assists children with their crafts and makes snacks.

Amy also organised an LGBT+ themed cinema evening just before the schools stopped for the summer, where a pride related movie was shown. Attendees were offered pizza and other snacks while watching the film. The evening highlighted how everyone should feel safe in school and in the wider community.

Well done Amy – you are an excellent Keep Safe Ambassador. Keep up the fantastic work!



Andrew MacIntyre

Andrew is a Lead Keep Safe Ambassador in Renfrewshire and has recently helped the team by checking on existing Keep Safe places in his local area.

Keep an eye out for us while we are checking on our Keep Safe places and say 'Hi' if you see us! We will be stopping by all of the Renfrewshire Keep Safe places soon to see if they require any more resources.

Thank you Andrew for your help – you are a great ambassador and your dedication to I Am Me is greatly appreciated.



WELL DONE EVERYONE! We love to hear about all of our Keep Safe Ambassadors and their trainers. If you are a Keep Safe Ambassador or Trainer, get in touch with your stories to be featured in our next newsletter.

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.

Keep Safe Evaluation!



Have your say

We are currently carrying out the 2020 Keep Safe Evaluation and would greatly appreciate your feedback. 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 to the initiative as it continues to grow across Scotland.



The survey should take no more than 5 minutes of your time. We could not do it without you, so please tell us what you think by clicking either of the links below:



[Link to the survey](#)

CLICK HERE

[Link to the EASY READ survey](#)

CLICK HERE



Want to become a Keep Safe place?

If you are a business owner and would like to become more involved with your community by supporting Keep Safe, please get in touch. The process is very straightforward and completely free!

Keep Safe places can be anything from cafes, libraries, shopping centres to football stadiums and much more!

You can check out existing Keep Safe places on the FREE Keep Safe Scotland App.

For more information on becoming a Keep Safe place, contact us at iamme@renfrewshire.gov.uk



#MakeaDifferenceScotland School Programme

Coming Soon Online

We are delighted to see the return of the schools this month and are excited to get back to delivering our **#MakeaDifferenceScotland programme.**



The programme involves bespoke lesson inputs from nursery-primary 7 that raise awareness of different disabilities, bullying and how to be a good friend. Issues including bullying, hate crime and mental health are also discussed with the upper years.

Over the summer holidays the team have worked extremely hard to put the #MakeaDifferenceScotland programme **online!** The resources are available for annual subscription to all schools and can be used by pupils AND teachers in the classroom or at home.



The online lessons are interactive, engaging and of course educational. Activities include various videos, quizzes and audio guides.



#MakeaDifferenceScotland online resources cover various health and wellbeing topics and link directly to the Curriculum for Excellence Experiences and Outcomes.

Check out a sneak preview of the resources [here.](#)



We would like to say a huge **THANK YOU** to everyone who has helped contribute to the online resources. Thank you **Kieron Achara, Paul McNeil, Rory McGuire and Megan Milligan** for bravely sharing your own experiences of disability and difference. You are all truly inspirational.



Thank you to **British Dyslexia Association, Alexander Amelines, Epilepsy.org & Anna Freud** for allowing your educational videos to be included in the resources—they are fantastic.

Thank you to **Linstone Response, The Scottish government and Lottery Awards for all** for providing funding to support the development of the online resources.





Keep Safe Kids App



The Keep Safe Kids App has been co-produced with pupils from both primary and secondary schools across Renfrewshire. The App provides support pages on various health and wellbeing concerns highlighted by young people, and also provides a method for **reporting incidents of bullying directly to their school.**



Due to current circumstances the launch of the Keep Safe Kids App has been postponed until next year. However, we will continue to keep our network updated on the progress over the next few months. It is now in the final stages of development and we would like to express a huge **THANK YOU** to all pupils, teachers and organisations for their contribution over the last few months.

If you are interested in learning more about having the Keep Safe Kids App available to your school for the launch—email the team at iamme@renfrewshire.gov.uk



Volunteer Committee



The I Am Me Scotland volunteer committee meets once a month to discuss recent activities and raise new ideas. We could not continue the amazing work we do without the help of the volunteer committee.



One of our fabulous volunteers, Debbie, (who previously worked full time for the charity as the Project Initiatives Officer) has now qualified as a primary school teacher. She is starting her career working at Langbank Primary school and we would like to send her a huge **congratulations** and many good luck wishes. You will be an **AMAZING** teacher Debbie!

We are also wishing another one of our wonderful volunteers, Laura, a speedy recovery as she has bravely undergone heart surgery this month. Get well soon Laura—we all miss you!





Keep Safe Care Boxes



Sheltered Housing

Thanks to funding from the Foundation Scotland Response, Recovery and Resilience Fund we were able to make 20 personalised gift boxes and provide **20 tablets** for residents of sheltered housing complexes across Renfrewshire. The aim of this project was to bring a little joy at a time when many people are worried and due to the restrictions on visitors, may be struggling with loneliness.

Residents were nominated by staff from Renfrewshire Council and surprised with their care box on the 29th July. The contents of the boxes were tailored and personalised specifically to the interests and hobbies of each individual.

Thank You to Foundation Scotland for making this wonderful project possible!



Feedback from some of the residents below:



Jean was telling me about what a surprise she got yesterday when you came round. She thought she had won a prize. Jean said she got chocolate, which she loves, she also got a book all about Tom Jones and enjoyed her book that much she sat and read it until she finished it. Jean loves music and dancing, she used to really enjoy going to the disco at Gabriel's with her sister Mary and often puts on her music and dances around the house, a woman after my own heart. She said she was a bit stiff trying to get up as she enjoyed reading her book that much she couldn't put it down.

Hamish said he was very surprised and delighted, especially with the art materials, he said it will get him back thinking about using colour again as this was his creative gift and his passion as he used to attend Glasgow school of art.



Jean and Josephine were overwhelmed by the gifts from I Am Me yesterday. Both of them expressed their delight at receiving them.



I went to see Robert today, he doesn't get out much, so it was nice for him to get some treats, he looked very happy and delighted with everything he got.





Keep Safe Care Boxes Sheltered Housing



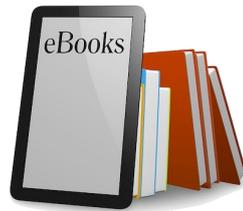
The team provided 20 10 inch tablets to residents at Renfrewshire Sheltered Housing complexes, to help people to keep in touch with loved ones, access online shopping and to keep busy with new electronic games or activities. Thank you again to Foundation Scotland for providing the funding to make this all possible.



Everyone was extremely grateful to have received these.



"This is great to have as I have family I'd like to videocall, and my son can help me get connected to WIFI and speak to them."



"I'm really interested in reading digital books and I would love to get this set up to use the Kindle app and also access the online library services to loan out books to read"



"My husband used to have a tablet from the War Blind but it doesn't work now. We are so happy to receive this tablet from I Am Me to get shopping online and videocall family and friends – the grandchildren are great with these devices and we're just beginning to learn"

It is wonderful that we have these tablets from I Am Me to distribute to our tenants at a time when digital devices are providing a lifeline to keep in touch with family and friends, and access crucial services such as online shopping and banking. Not everyone is in a position to afford a device and this has given our tenants that extra bit of support at a time when it is most needed. **Staff member**



Keep Safe Care Boxes

Renfrewshire Care Homes



Care boxes were also hand made for residents of Renfrewshire care homes from the Foundation Scotland Response, Recovery and Resilience Fund.



A further 20 residents were nominated by staff at the care home (40 received boxes in June) and were surprised with their Keep Safe box on the 19th July.

10 smart tablets were also donated to the care homes for residents to use to keep in touch with family and friends.



Quotes and pictures of residents receiving their boxes below:

Thank you very much for helping us to keep smiling during these exceptional times. We are very grateful that you thought of us and spared your time to put together these thoughtful boxes and smiles in our residents.

Hunterhill Care Home



We were very surprised at how well you guys done with the personalisation of these gifts and so grateful for the time and effort this must have took. Our residents were so excited to receive these and one resident in particular was 'over joyed' and crying happy years.

Montrose Care Home

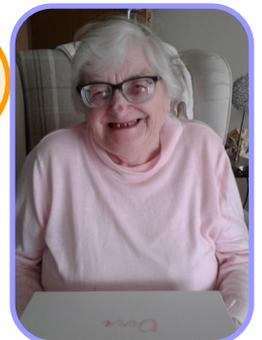
James was overwhelmed with his present and loved the fact you capture him very well in that treasure box. He is very grateful and sent you a big thank you.



Ellen's family lives in the other side of the world and was in tears thinking that someone could be so kind to her.



Winnie carries her teddy everywhere she goes. She loves it so much and calls him 'Teddy'. Thank you!



Ronnie could not stop smiling and told his brother all about his personalised Rangers book, sweets (these disappeared very quickly) and mug.

Hugh absolutely loves his mug the most. He said 'plenty of room for tea in that one...put the kettle on'.



Keep Safe Care Boxes Renfrewshire Care Homes



Some more feedback from the lovely residents of Renfrewshire Care Homes that received their boxes from the Foundation Scotland, Response, Recovery and Resilience fund:



Sarah who got a lovely big mug with her initial on it was very pleased with her box, quite emotional but in a good way.

A huge thanks again for your very thoughtfully personalised gifts. The residents were so grateful. We also really appreciate the tablets I have them all set up and we will make sure they are put to good use.
Montrose Care Home

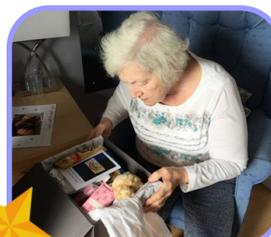
Peter is a very proud man, who likes to smell nice and loved all his toiletries.



Billy said: "They must have known, I even have my pen ready" Billy was delighted with his crossword books and everything else... He noted that this was an early birthday present. Billy's birthday is next week.



Marion was having a low day, since sometimes –it can be difficult with isolation. She could not believe that someone could be so kind. You put a smile on her beautiful face, and for that reason we gratefully **thank you**



John absolutely loved everything in his box and cannot wait to listen to his war-memorabilia. John really couldn't wait to eat his chocolates and started them whilst in the process of exploring his box.



Sheena was soooooo ... happy with her personalised teddy and her bottle. Sheena asked me to fill this with juice right away.

Thanks for the latest delivery of keep safe bags – I'm sure these will go down as well as the first lot did – and for the tablets too – very useful. Many of the ladies who received the first delivery were very moved by the gesture and couldn't believe that people would just send them something for nothing.
Renfrew Care Home



Jessie who received 2 David Attenborough animal birds/animals book was thrilled with these and has told me "They couldn't have sent anything better" – she loves the pictures and the detail that he goes into to describe "even the tiniest insect's wings"



Keep Safe Care Boxes Renfrewshire Care Homes

Finally with the additional funding from Foundation Scotland, we provided another 11 personalised care boxes to Elderslie Care Home. They were also gifted 10 boxes and 3 tablets in June.



Funding was also received from Johnstone Community Council for the Keep Safe Care Boxes and has made a huge difference to the lives of many residents across Renfrewshire.

Walkinshaw Court received 13 personalised boxes. As can be seen from the wonderful feedback below, the contents of the box was specifically chosen for each person, to make them feel extra special.



Pictures and feedback found below:



"Huge thank you to the guys who delivered a bag of goodies to my dad Robert who lives in walkinshaw court in Johnstone. They've went down very well and put a smile on his face."



Eric was delighted with the gifts and Cathy thought the gifts were 'so kind and thoughtful'.

Thank you to all the organisations that supported this project by providing generous funding. We could not continue this amazing work without the support we receive from funders and donations.



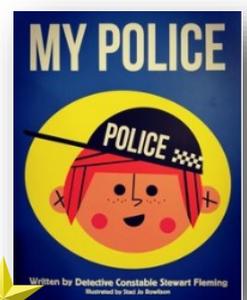
Foundation Scotland

Good News Story

DC Stewart Fleming from Renfrewshire and Inverclyde division has created the 'MY POLICE' book, which is being distributed for free to nurseries throughout Inverclyde.

The book educates young children on the job of a police officer and how they are keeping children safe.

We think this is an amazing way to foster positive engagement with police and young people—well done DC Fleming.



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	 Name.....  Number.....
 Any other details	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 birthday's over the past few months—so we'd like to say a big

happy birthday to Kieran Kelly, Debbie Campbell, Ava Raeside, Stephanie Rose and Mhairi O'Rourke. We hope you all 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!