



I Am Me Scotland Newsletter

June 2020

Welcome to May/June Edition of the I Am Me Scotland Newsletter!



We have lots of things to share with you in this edition. This has been an unusual time for everyone! However what it has shown us, is that our communities are amazing. People have pulled together and shown unbelievable kindness, generosity and caring attitudes towards each other. The Team have been working hard toward trying to support our communities in any way that we can.

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.

Rainbow kindness!!



Lots of children within our community did an amazing job with their drawings, poems and letters. These were made into cards and put into the ROAR shopping bags!

Turn to [page 13](#) to see their entries, and the competition winner!



In this issue

[Meet I Am Me](#) [Keep Safe](#) [School Programme](#) [Team activities](#) [Keep Safe Bags](#) [Fundraising](#) [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...



FIONA MACINTYRE



Committee Volunteer

Role with Charity :

As a mum of an adult with a visible learning disability who travels on his own, I was totally shocked when I watched the I Am Me play in the Wynd back in 2013. I was shaking as I walked out of the auditorium. I wondered who was behind this ground breaking work. My daughter worked out that the shy looking young woman was that person and encouraged me to say hello. Carol Burt invited me to join the committee. I was thrilled to be asked and try to support the Charity in its long overdue and vital work. Being on the committee has been one of the best experiences of my life...bar none.

About Yourself

I have been a full time carer for my son for 33 years. In a previous life I had been a teacher in a special needs school which was in the grounds of a long stay hospital for children and adults with a learning disability. I learned so much there about why people should never live in institutions, why people need as much control as is possible over their own lives. The children hardly had any of their own clothes.... whatever was clean in the ward in the morning was put on them! My pupils showed me their capacity for enjoyment even in the most challenging of set ups. Their resilience and need for human connection had a profound impact on me. I learned we need all people to belong to our communities. For all our sakes.

Hobbies/Interests

I love yoga, crochet, Netflix, chocolate and the Outer Hebrides. I didn't know being granny would involve falling head over heels in love. People had told me but.....

Life Motto: "Blowing out someone else's candle doesn't make yours shine any brighter."

BILLY BURKE



Board of Trustees

Role with Charity

Board trustee

About yourself

I have worked as a senior manager in education for 13 years, the past 7 as head teacher of Renfrew High School. As past President of School Leaders Scotland I also contribute to educational development at a national level as well as assist Strathclyde University on leadership development courses.

I have been married for 8 years and we have a daughter, Sofia who is 6, who is the apple of her father's eye.

Hobbies/Interest

I enjoy music – listening and playing (amateur guitarist and pianist). I also enjoy running - have done the odd 10k and even managed a marathon in 2017 (slowly).

Fun Fact about yourself

I was once mistaken for Axel Rose's cousin by the singer of a band called Blind Melon

Life Motto

Love is Eternal

Reason for being involved with I Am Me

I have worked with the charity as an education partner through my role as head teacher of Renfrew High. I have always supported the promotion of inclusion for all, and encouraged others to stand up to prejudice of all types. The work of the charity impacts positively on the lives of many and, as such, I was humbled to be invited to join the Board.

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	35
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	17
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

☎ 0141 618 6266

Here is some of the feedback we have received about the Keep Safe initiative:

"Keep Safe makes us feel more confident when out in the community"

"I do independent travelling and I have my card to keep me safe when I am out and about with my friend."

"I think it is an excellent service for vulnerable members of the community. A place of safety, security and help."

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

@KeepSafeSam1 @IammeScotland





KEEP SAFE TRAINING HAS BEEN MOVED ONLINE!



Here are some pictures of our recent training sessions....



South Lanarkshire Libraries



PC Lucie Black has been creative and flexible in her approach to Keep Safe training as she has continued to train staff from libraries across South Lanarkshire on Keep Safe during the lock down.

Here are some pictures from the first virtual keep safe training session. We hope to have more scheduled soon!

We would also like to say a special thank you to Maria Moran for her wonderful support and hard work.

Well done all for this ground breaking work!

A MESSAGE TO ALL KEEP SAFE BUSINESSES

We appreciate that local businesses and community groups are at the heart of thriving communities and we will do everything we can possibly do to support you just now and when businesses re-open and a sense of normality returns.

This will include sending our newsletter recipients and groups local to you, your business details and encourage customers/service users to visit and support local businesses to help communities recover from this.

If there is anything else you think we can do to support you at this time, please let us know. We know many of you have amended your core business operations to support your local communities and we are more than happy to advertise this for you!



KEEP SAFE AMBASSADORS

Our Ambassador training has been put on hold for the time being, however our ambassadors have kept themselves busy by volunteering in their local communities. Read some of their stories below...

Favour Kuade

Favour has kept herself busy during lockdown by volunteering with her school and making posters for the school library (see posters to the right). The posters highlight the importance of reading and also encourage other pupils to send a virtual THANK YOU to their teachers—how thoughtful!

Favour has also completed Brighton and Sussex Medical School's virtual work experience.

Well done Favour! We love hearing what our ambassadors are doing to make a difference in their community.



Chloe Smith

Police Scotland Youth Volunteer Chloe has completed 100 volunteering hours on behalf of Renfrewshire council by making up welfare packs and delivering them around the country alongside her dad David Smith who is employed by Renfrewshire Council.

Chloe is 16 years of age and a student at West College, Paisley.

Well done Chloe and David—fantastic work making a huge difference in your community!

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!

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



Police Scotland

A message from Assistant Chief Constable Gary Ritchie – 22nd May 2020

Police Scotland continue to urge victims and witnesses of hate crime to report it during the COVID-19 pandemic. We understand the impact this type of incident can have on individuals, their families, friends and the wider community.



Police Scotland is fully committed to keeping people safe and protecting all our communities and I acknowledge communities and individuals may feel vulnerable as a result of COVID-19.

A hate crime can include name calling, harassment, graffiti or a physical attack motivated by prejudice or ill-will towards a social group. Social groups covered by hate crime legislation are disability, race, religion, sexual orientation and transgender identity. What you may view as a minor incident can have a major impact and we want to assure you that any form of hate crime will not be tolerated and will be fully investigated.

Should you experience or witness such an incident, please report it to us by calling 101, or 999 in an emergency, or by using our [online hate crime reporting form](#) on the Police Scotland website.

If you do not feel comfortable reporting the matter directly to Police, there is a network of Third Party Reporting (TPR) Centres available to provide support remotely during the current situation. Although, at the moment, you cannot attend a TPR centre in person, many organisations are now offering an option to report an incident over the telephone or via e-mail. Please visit the TPR page of the Police Scotland website for more information on [Third Party Reporting](#) and for a list of active centres.



Welcome back to PC Stephanie Rose



Welcome back to PC Stephanie Rose, who has returned to post as the National Keep Safe Co-ordinator after a period of redeployment due to essential Brexit commitments.

PC Rose's contribution to the Keep Safe initiative has been instrumental over the years. She is an asset to the team and we are delighted to have her back.

PC Stephanie Rose is also a member of the volunteer committee, who are thrilled to have her back with the team.

#MakeaDifferenceScotland School Programme

With the move to home schooling over the last few months, we have had to reschedule a few primary school visits to deliver the **#MakeaDifferenceScotland** programme. We would like to say a huge well done to all the parents who have now become teachers while also juggling working from home.



We have been working hard to put together online resources that the children can use from home, while we are unable to visit them on our cinebus. The resources are interactive, engaging and raise awareness of different disabilities and how to be a good friend.

The resources have now been used by **Gartcosh Primary school** and are available for all primary schools upon request. Here is some of the feedback we have received...



"Age appropriate and enabled children to work independently"

"Resources were child friendly and interactive"

"Variety of video links, quizzes and text/graphics to engage the pupils and learn about a variety of different safety issues."

We would like to invite schools to book their slot for the #MakeaDifferenceScotland programme in the upcoming school year. For bookings and discussions around bespoke inputs, please contact us at iamme@renfrewshire.gov.uk

Keep up to date with the school programme by following us on Twitter:

@PCRoseScotland @IammeScotland



The #MakeaDifferenceScotland school programme has been developed using our Primary School Resource pack—find out more on [page 18!](#)

What have the team been up to during lock down?



As you can see there have been a lot of changes to our usual way of working. As well as planning for developing our core work, we have been starting new projects in order to support our local community and help out where we can during a very difficult time. Here is an overview of some of the work the team have been involved in...

We have been fundraising to raise money for Keep Safe bags for coronavirus and hospital patients. These bags contain a 7inch tablet, activity books and various health and wellbeing items. This fundraising has also been extended to local care homes. Read more on this story on [pages 10,11 and 12](#).



We have been supporting Renfrewshire Councils Local Assistance Team by taking phone calls for those that are in the 'shielding group' and are required to isolate for 12 weeks and require food or medication to be delivered to them. For more information on support available for those shielding in Renfrewshire, [click here](#).

The team have also been supporting community organisation ROAR (Reaching Older Adults in Renfrewshire) in their efforts to deliver weekly shopping parcels to their service users. It has been great to build new relationships with community members and offer them support during a very challenging time.





KEEP SAFE BAGS



Keep Safe bags have now been delivered to the RAH, The Royal Hospital for Children, Monklands Hospital, The Golden Jubilee National Hospital, Erskine Hospital, Mossvale Care Home and Elderslie Care Home.



It has only been possible to make these bags thanks to the wonderfully generous donations received from community members and organisations through our JUST GIVING page, so

THANK YOU!

We would like to say a special thanks to Freya (11yrs) and Iona (8yrs) who used up-cycled materials to make face masks and sold these to raise funds for I Am Me. They managed to raise an amazing £100! Well done girls.



£100 raised



A huge thank you also goes to Benjamin Vosloo who used his fantastic piping talents to wish one of Erskine Hospitals residents, Nettie, a happy 100th birthday in lock down. Well done Benjamin, you are a very talented young man and your generosity is hugely appreciated.



KEEP SAFE BAGS



We have now raised a total of £3000 and managed to make over 40 Keep Safe bags.

Here are some of the items that have been included:

- 7 Inch Tablet
- 10 Inch Tablet
- Essential toiletries
- Underwear
- Gardening equipment
- Activity books
- Personalised items/gifts



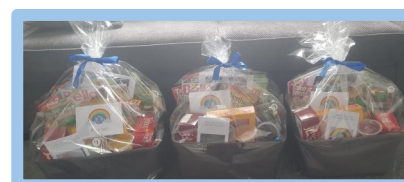
Erskine Hospital— Happy birthday to John from reception at Erskine Hospital, who was celebrating his 60th birthday when we dropped off the Keep Safe bags. We hope you had a lovely day John!

Elderslie Care Home—The residents at Elderslie Care home came outside with their umbrellas to listen to Benjamin's wonderful piping. Well done Benjamin, you sure brightened up a rainy day.



Mossvale Care Home— The residents at Mossvale were delighted to receive their Keep Safe bags and sent their thanks to everyone who donated!

We also delivered hampers to the staff at Mossvale, Elderslie and Erskine care home to say thank you for their hard work and continued support.





Donations



THANK YOU to everyone who has donated to the Keep Safe bags through our Just Giving page or through donating essentials, crafts, food, clothes etc. You are all amazing and we could not do this without you!



We are delighted to have received **£2000** from the Corra fund to continue to support the Renfrewshire Care homes with Keep Safe bags. There are currently over **40** Keep Safe bags being personalised to the needs to individual residents that do not have family members nearby. Gifts have included favourite CDs, games, personalised mugs, clothes and much more. It is hoped that these surprise bags will bring some cheer and help people to know that they are not alone and the whole community is supporting them.

Huawei tablets for Mossvale Care Home and Elderslie Care Home have also been secured following a successful application from the team to investment company, AJ Bell. They had recently fundraised for their "Wage War on COVID" campaign to help residents of care homes keep in touch with their loved ones during this time.



Wild Things,
Linwood



We have now set up a **CROWDFUNDER** page for donations to continue supporting local care homes affected by COVID-19 by tailoring Keep Safe bags to the needs of residents, to help keep people connected and active during these difficult times.

If you would like to donate, please click the button below:

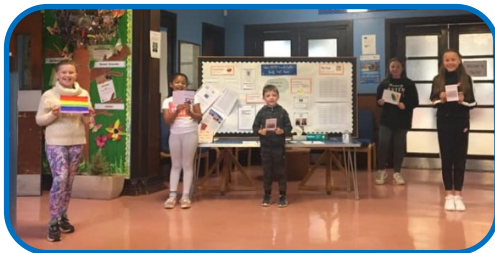




Rainbow Kindness!



Some of the children within our community have been making beautiful drawings that we have then made into cards to go inside each ROAR shopping parcel for those shielding and inside the Keep Safe bags for local care home residents.

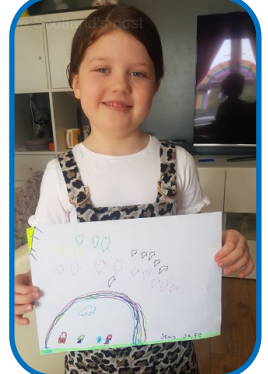


Primary school pupils have also been writing lovely messages to care home residents inside the cards. Their messages have been so thoughtful and will definitely have made lots of people smile. There are so many amazing acts of kindness happening in our community!! Well done everyone at West Primary, Heriot Primary, Kilbarchan Primary, St Charles Primary, Arkleston Primary, West Johnstone Campus, St Mary's Primary, and Todholm Primary!

Thank you to Jasmine Holdings from Aberdeen for printing the cards free of charge to help spread happiness.



Well done to **Ryan Barr**, age 6, from West Primary who is our competition WINNER! Ryan sent us a wonderful drawing and won a fun hamper of goodies.





Good News Stories!



Mike and Morag, who have previously raised money for I Am Me, have had great fun during lockdown. They have been creative with some teddies and put together more than 50 different scenarios! Their creations have now become a neighbourhood attraction with locals passing by on their daily walk to see what the teddies have been up to! Thank you for sending in your pictures Mike and Morag, they are brilliant.



Our committee members have also been busy with baking during the lockdown. How yummy do their baked goods look?

Scones by Mhairi and Ciaran



Apple Crumble and Double choc muffins by Andrew



Cupcakes by Molly



We love to hear about good news stories in the community. If you have any kindness stories you would like to share in the next newsletter, please let us know by getting in touch at iamme@renfrewshire.gov.uk

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 Bucket Shaking

Is there space at your reception or counter for one of our donation tins? Or do you have any room in your heart, and your store, for a few of our volunteers to 'shake buckets' in your business on a busy afternoon?

If you'd like to see our smiley faces and our bright blue buckets in your store, or if you would like to offer one of our tins a home. Please let us know by contacting iamme@renfrewshire.gov.uk.



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 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 Molly Potter!

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!