



I Am Me Scotland Newsletter

April 2020

Welcome to March/April Edition of the I Am Me Scotland Newsletter!



We have lots of news, stories and information to share with you in this edition!

This has been an unusual month for everyone! Covid-19 has taken over the world, and everyone is trying their best to adapt. The team were busy up until lockdown working with schools, groups, partners and local businesses, and are continuing to try and help our community as much as we can!

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

If you are new to the newsletter, please visit Page 17 for an overview of the

Helping our Communities!

We are happy to be helping Reaching Older Adults in Renfrewshire in supporting our community. More on page [11](#)



Thank you!

We held our race night.....turn to page [12](#) to read all about the night and how much we raised!



In this issue

[Keep Safe](#) [Meet I Am Me](#) [School Programme](#) [Fundraising](#) [In 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...



Laura Benns



Chair of the Volunteer Committee

Role with Charity

I am currently the Chair of the committee of volunteers. I host our monthly meetings (using a gavel to control any rowdy elements!). I also try to volunteer and fundraise for the charity. I have just started to attend the Board of Trustee meetings to take the minutes which helps me gain a better understanding of our strategy and future direction.

About Yourself

I am 55, married, we have one cat (Layla, who moved in with us from next door!) and a dog, Buster (who is a 4yr old Cavachon). We have 3 nephews and 1 niece who keep us entertained. I love to laugh and make new friends and try to have a positive outlook on life!

Hobbies/Interests

I like to make cards and jewellery, I like driving in the sun with all the windows down and some music blaring. I love walking Buster, especially on a windy day. I also love the theatre and the cinema, oh, and food, definitely food!!

Fun Fact about yourself

I love to people watch and eavesdrop!! So be careful, if I am behind you, I will be listening!!

Life Motto

Be kind, treat others as you would like them to treat you.

Reason for being involved with I Am Me

Carol Burt-Wilson MBE, who founded the charity is married to my brother so it's a family affair (or nepotism!) She "twisted" my arm to get me involved right at the beginning, but you cannot work with such a great team and be involved with such an important cause and not become passionate about, or invested in, its' success.

Ruth McQuaid



Board of Trustees

Role with Charity

The COPFS representative on the Board of Trustees since 2015

About Yourself

My name is Ruth McQuaid, a married mum of 4 boys including identical twins who I have to be very conscious to treat as unique individuals-very much the ethos of I Am Me! However I often fail to tell them apart even though they are now 16. I studied law at university and have spent my entire career working for the Crown Office and Procurator Fiscal Service(COPFS) as a prosecutor, investigating crimes and presenting cases in court.

I am currently the Deputy PF for all Local Courts across Scotland. And am also our Equality and Victims Champion so tackling hate crime, and ensuring victims of hate crime are treated fairly and are properly supported, is a real priority for me.

Hobbies/Interest

As a woman I am very much in the under-represented minority in my home but I make sure that I don't take on more than my fair share of domestic tasks although I do like to bake-and eat the results !

Reason for being involved with I Am Me

As someone with a longstanding hearing impairment I spend a lot of my time lip reading with the subtitles a constant feature on the TV. If I appear to ignore you then please do not judge me as I will have been oblivious to what you have said. As a consequence I have a small degree of personal understanding of what it means to be misunderstood or judged as a consequence of a disability.

I have worked with I Am Me for many years now. I am proud to wear my Queen's Award badge on my lanyard at work. This recognises the outstanding achievements made by I Am Me to promote a better understanding of disability hate crime. I have been honoured to work with I Am Me on Keep Safe premises and on the promotion of the fantastic educational products. These were created to increase awareness of the impact and the harm which can be caused by disability hate crime.

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	38
Renfrewshire	131
Scottish Borders	11
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	30
Stirling	34
West Dunbartonshire	17
West Lothian	20
COPFS	17
Scottish Courts	37
Total	856

Keep Safe

There are now **856** Keep Safe Places across Scotland!



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



★ PC Lucie Black Q Division

PC Black has recently trained over 10 new Keep Safe premises in Lanarkshire, including multiple

★ libraries and cafes! This is **Amazing** work.

Keep up the fantastic work Lucie—you're a **star!**



★ Keep Safe Stars ★ PC Alison Baillie



PC Baillie has been a key partner in expanding the delivery of our Keep Safe Ambassador programme. ★

Alison recently co-delivered a Train the Trainer session to

Police officers and council employees in Ayrshire. ★

Thank you Alison, we couldn't do it without you—you're a **star!** ★

A Message to all Businesses and Keep Safe Places



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. I know many of you have amended your core business operations to support your local communities, we are more than happy to advertise this for you!

You are valuable partners in helping keep Scotland safe and your involvement should never be underestimated. It is difficult to know how many people rely on Keep Safe places as not many people will ever need to ask for help or support, but the knowledge of a place to keep safe, if needed, helps people to stay involved in community life and helps tackle social isolation.

**Thank you for everything you do and we hope you all
Keep Safe!**

Here are some new sign ups completed recently

10 Libraries in Lanarkshire

We have had 10 new libraries in Lanarkshire signed up to become Keep Safe Places! Picture of PC Edwards of Lanarkshire Safer comms Team with two of the team leaders—thanks!



**Barrhead
Travel—
Saltcoats**

Irvine



**The Village
Centre- East
Kilbride**





Keep Safe Ambassadors



Mirren Park School—Paisley

Thank you to PC Collier for co-delivering the Keep Safe Ambassador training to young people from Mirren Park. Thanks also to PC McCann, PC Black, PC Gillespie and PC Heron from Ferguslie Police Office who also completed the training. Finally thank you to Mirren Park for your hospitality.



PSYV-Forfar

Thank you to PC Colin Crosbie who trained a group of PSYV as Keep Safe Ambassador's in D Division.

We love all of the work that you guys do! Keep us posted on how you are getting on!



The Advisory Group (TAG) -Renfrewshire

Congratulations to our fantastic new Keep Safe Ambassadors from The Advisory Group (TAG) and thanks to PC Sarah Davidson for co-delivering this training.



Train the Trainer- Ayr

We held a Train the Trainer day in Ayr with PC Alison Baillie. The training was delivered to Police officers and Council staff to allow them to deliver the Ambassador programme within their communities! Thank you, and we can't wait to hear how you all get on!



Well done everyone! We love to hear about all of our Keep Safe Ambassadors and their trainers! If you are a Keep Safe Ambassador Trainer, get in touch with your stories!

Keep Safe Evaluation!



We are always looking to improve our initiatives and would really love your feedback.

Keep Safe is an award winning initiative that works in partnership with Police Scotland to create safe places within our communities.

We couldn't do it without you, so please click this link and tell us what you think about it!



**CLICK
HERE**



For the Keep Safe Evaluation



**For the Easy Read
Keep Safe
Evaluation**



**CLICK
HERE**



Do you know of any business that would be a good Keep Safe Place???

A Keep Safe Place can be a shop, café, library or any other business.

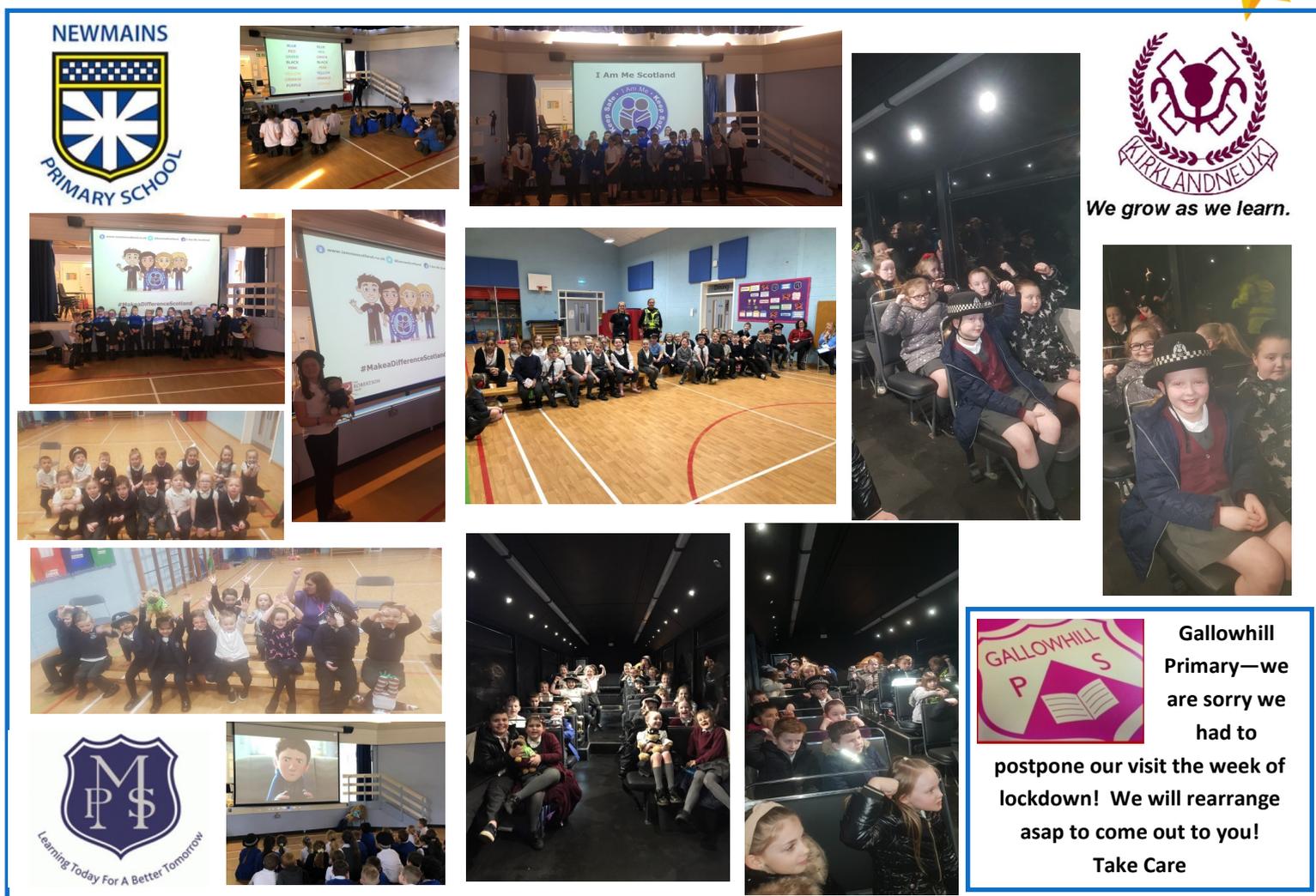
If so, please get in touch for more information!

#MakeaDifferenceScotland School Programme

Our #MakeaDifferenceScotland programme has been amazing this year, but unfortunately it was cut short! Since last summer we have worked with **3117** children to raise awareness of different disabilities, bullying, mental health and hate crime! We have loved every minute of it! We are so sorry to the schools that we have had to postpone...and can't wait to see you when you are all back at school! We take our hats off to all you teachers who have coped incredibly well in this crisis!

We are still working away so are happy to take bookings for Renfrewshire schools next term and will make sure we do our best to get those who have missed out in our diaries as soon as possible! TAKE CARE AND STAY SAFE!

TO BOOK YOUR DATE PLEASE GET IN TOUCH WITH THE TEAM VIA EMAIL ON iamme@renfrewshire.gov.uk!



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

[@PCRoseScotland](https://twitter.com/PCRoseScotland) [@IammeScotland](https://twitter.com/IammeScotland)



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

Help us to continue to **#MakeaDifferenceScotland**

Research from Ditch the Label (DTL), (2019) has highlighted that children experiencing bullying may have feelings of:

Suicidal Thoughts
33%

Anxiety
41%

Depression
45%

1 in 5
Children
experience
some sort of
bullying
(DTL, 2019)



Children with special educational needs are twice as likely to be bullied.
(IoE, 2014)

Together we can continue to educate and listen to our children to make a difference in the future! Please Click the link below to donate!

www.avivacommunityfund.co.uk/makeadifferencescotland-programme-1

If you would like to support our #MakeaDifferenceScotland programme or Keep Safe Initiative by donating or becoming a sponsor, please contact us on 0141 618 6266 / iamme@renfrewshire.gov.uk



We were proud to support Police Scotland's **Hate Crime Campaign** that was focused on Disability Hate Crime!

Don't tolerate hate crime in your community - Disability Hate Crimes account for only 4% of police hate crime reports.

These figures don't add up considering 1 in 5 people in Scotland are registered disabled or with a long term illness.

Thank you to everyone who supported the campaign! Together we can tackle Disability Hate Crime! If you see something—report it!



PSYV West Lothian out and about telling the community about Keep Safe.



CKTLB community policing team @ST JOSEPHS Primary School talking about hate crime and Keep Safe.



PSYV DUNFERMLINE becoming Keep Safe Ambassadors



Forth Valley Police @ClubToch Disabled club Denny talking about Keep Safe



Disability hate crime is never acceptable

#DontTolerateHate

If you've been targeted, or you witness someone being targeted, report it.

www.scotland.police.uk/hate

#DontTolerateHate



Staying Safe Online



With every school in the UK closed to most families there can be no doubt that our children and young people will be spending more time online while they are attending to school work and maintaining social contact with their friends online and that's a good thing.

Online world for our children and young people is their virtual playground, their area for socialising and their activities within the virtual world are now more than ever more virtually focused.

Behind every device that allows and provides connectivity and communication online from social media platforms, gaming, messaging there is a human element, within that element are some who masquerade as someone else, a different gender, a different age group etc. in an attempt to lure, coerce, exploit, intimidate and do harm to our Children and young people.



As a Parent/ Carer, especially during the difficult time we are all going through, you can find support to enhance your Children or young people's safety, security and awareness at a time when they will be spending more time online. Please have a look at the links below which are very informative, easy to follow and will provide the opportunity to start the discussion about online safety.



Thinkuknow is the online safety education programme from the National Crime Agency and there are home activity packs from the ages of 4yrs to 14+yrs to take support from—see below.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

<https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

<https://www.ceop.police.uk/safety-centre/>

<https://www.thinkuknow.co.uk/parents/Support-tools/support-your-child-at-home/>

National Diversity Awards!

We are delighted to announce that I Am Me Scotland have been nominated for the **NATIONAL** Diversity Awards!

Please help us by clicking here, and tell them what you think about I Am Me Scotland— please note, you must verify your email address for your vote to be



Reaching Older Adults in Renfrewshire (ROAR)

ROAR do an amazing job tackling loneliness and isolation by enabling older people to Stay Mobile so they can Stay Connected.

ROAR are helping during COVID-19 by offering a shopping/ medication delivery services across Renfrewshire for older adults (by assessment). Please contact ROAR for more details.

Telephone: 0141 889 7481

Email: INFO@ROARFORLIFE.ORG

Website: www.roarforlife.org

Address: 59 Glasgow Road, Paisley



The I Am Me team have been helping ROAR with the shopping deliveries and have been encouraging kids to send their pictures, notes, poems that can be added into the bags to cheer people up. If you have any, please email them to iamme@renfrewshire.gov.uk or post them to ROAR

Keeping People Connected!

Race Night 2020!

The team would like to start off by thanking everyone who helped make the race night a huge success! Without all of your help, it would not have been possible! Thank you also to the amazing Paisley Indoor Bowling Club for having us. What a great venue!



We raised a spectacular £2,401.69

Award Winners!!!



HUGE congratulations to the **"Team Member of the Year".....Kieran!** We are lucky

to have you in the team - you have come so far, and achieved so much, we are all incredibly proud of you! You work amazingly hard and we couldn't do it without you! Well done, and well deserved!



"Police Scotland Partner of the Year" goes to the one, the only Stephanie Rose! Your commitment and passion towards the charity is outstanding and very much appreciated! Thank you for being there for us all!

Andrew would like to extend his thanks to everyone for coming along, and congratulate Kieran and Steph for all of their hard work and dedication.



....And a special thank you to you Andrew! Your help and support is outstanding! We are very honoured to have you as the Vice Chair of our Volunteer Committee!

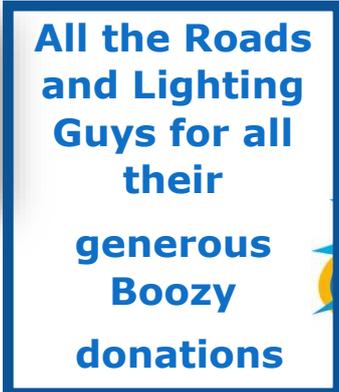
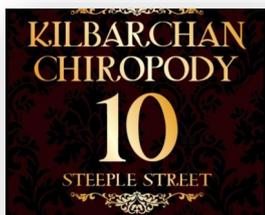
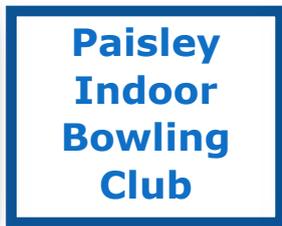
Race Winners!

- Race 1 – John Shaw
- Race 2 – Mary Macgee
- Race 3 – Craig Collier
- Race 4 – Dorothy Kerr
- Race 5 – Cathy McEwan
- Race 6 – John MacIntyre
- Race 7 – Henry O'Rourke
- RACE 8 = Stephanie Rose won £190 (Stephanie and her team generously donated the £190 they won back to the charity! Thank you so much)



You're Awesome

The night would not have been possible without the generosity of friends, partners and organisations! Your continuous support overwhelms us time and time again! For this we are forever grateful!



No Substitute For Life



The No Substitute for Life Football Tournament aims to bring the community together through sport to raise awareness of suicide, and provide an opportunity for people bereaved through suicide to celebrate and remember loved ones.

It also aims to provide a platform for local agencies to make communities aware of supports available to hopefully prevent further instances of suicide.

If you are feeling suicidal, or you know someone that might be, then please call one of the helpline numbers:

Samaritan's (116 123)

Breathing Space (0800 83 85 87)

RAMH First Crisis (0141 849 90 90)



Keep Safe Kids App Update



The Keep Safe Kids App is an exciting new project that the team have been working on with young people in Renfrewshire. The new App will enable young people and their families to report bullying directly to their school. In addition to reporting bullying, the App will bring together a range of fantastic organisations which provide support, advice and guidance to young people.

Children and young people from six schools in Renfrewshire have been designing the ground breaking App for the last few months. Since lockdown, the team have continued to work with the developer to ensure that the final changes that the young people wanted have been implemented. It is hoped that the live version of the App will be ready for testing by the end of April, though it is likely that testing will not take place until the schools resume. We are very excited to be at the final stages and want to send a huge well done and thank you to all the young people who have been working with us.

Keep an eye on our Facebook for updates about the project and see a wee preview video of the 1st design here - <https://www.youtube.com/watch?v=mpP1EroKUvk>



Fundraising

We need your help!!

If your school would like the I Am Me team to visit with our Cinebus and deliver our #MakeaDifferenceScotland programme, why not have a fundraising day to cover the cost?

Some Renfrewshire schools have already fundraised to cover the cost of their visit from the I Am Me Team, and you could do the same! This term we are opening the programme up to schools out with Renfrewshire, so get in touch!!

The #MakeaDifferenceScotland school programme raises awareness of different types of disabilities, mental health, bullying and hate crime. Our inputs prompt discussions surrounding people's differences, feelings, values and beliefs.

**DRESS
DOWN
DAY**

**BAKE
SALE**

**CRAZY
HAIR
DAY**



shutterstock.com • 310395152

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.....
 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 group 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 Fiona MacIntyre !! We hope you

had an amazing time! And a huge happy birthday to Andrew for Friday! We cant wait to celebrate with you!



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!