



I Am Me Scotland Newsletter

May 2024

Welcome to the I Am Me Scotland May 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 19](#) for an overview of I Am Me and the Keep Safe initiative.

Check out these new resources!

The team have been back working hard on new resources such as 'You Are Not Alone', 'My Police on Patrol' and 'You Me Together'. To find out more head to [page 10](#).



New Keep Safe places!

I Am Me and Police Scotland have been working hard on signing up new Keep Safe places across Scotland. To find out more head to [page 3](#).



In this issue

[Keep Safe](#) [Keep Safe Ambassadors](#) [Learning Platform](#) [Other News...](#)

Keep Safe

There are now **969** Keep Safe Places across Scotland!



The team are currently working with partners in Police Scotland to review the Keep Safe information, helping to ensure that the new Hate Crime Legislation is included.



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

Area	Number of Keep Safe Places
Aberdeenshire	25
Aberdeen	20
Angus	26
Argyll & Bute	67
Clackmannanshire	11
Comhairle nan Eilean Siar	4
Dumfries & Galloway	68
Dundee	41
East Ayrshire	27
East Dunbartonshire	4
East Lothian	42
East Renfrewshire	16
Edinburgh	41
Falkirk	16
Fife	21
Glasgow City	72
Highland	23
Inverclyde	24
Midlothian	12
Moray	10
North Ayrshire	17
North Lanarkshire	10
Orkney	2
Perth & Kinross	40
Renfrewshire	100
Scottish Borders	22
Shetland Islands	1
South Ayrshire	19
South Lanarkshire	37
Stirling	36
West Dunbartonshire	35
West Lothian	26
COPFS	17
Scottish Courts	37
Total	969



Keep Safe Star!

Kieran is this newsletters Keep Safe star. Kieran has been a fantastic help at organising materials for all the events we have been attending. He also supports keep safe everyday. Well done Kieran and thank-you for all of your help!





Keep Safe Sign ups

We have these 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 community!

Edinburgh

Lothian Bus Hub



Pilgrim Bar



West Lothian

Dnisi



Spark



Glasgow Libraries

PC Gemma Clyde and PC Rhionna MacRae have been working hard on signing up and training all Glasgow Libraries to become Keep Safe places. Watch this space and check out your local Glasgow library!



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

[@IammeScotland](#)

[@KeepSafeSam1](#)





Ambassador Days



The Keep Safe Ambassador programme was developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

Keep Safe Ambassadors are trained on how to recognise and report hate crimes safely within the community and in a school environment. The Keep Safe Ambassador programme consists of one full day of training, with inputs from I Am Me Scotland, and Police Scotland. A certificate and badge is provided to each participant at the end of the training session.

The Ambassador Training takes place within your school and is a full days training.

If you would like to register interest for this training in your school, please email and we will be in touch soon with possible dates:

iamme@renfrewshire.gov.uk





Ambassador Days



PC Julie Wreford attended Kilpatrick School in Clydebank, where she delivered Keep Safe Ambassador training to all pupils. It looked like everyone had a great time. Welcome to our new Keep Safe Ambassadors!





Great work!



Kiltwalk



Mhairi and her family (Henry, Stephan & Siobhan) are all walking in the Aberdeen Kilt Walk to raise funds for I Am Me Scotland on the 2nd of June 2024. Join us in wishing them luck! If you would like to donate please [click here](#).



Keep Safe Refresher Training

Oak Tree Housing Association

One of the wonderful Keep Safe places—Oak Tree Housing Association in Inverclyde recently completed their Keep Safe annual check. They then organised Keep Safe refresher training with all staff. Thank-you to everyone who came along!



Keep Safe A Division Officers



Staff from Police Scotland North East PPI team are now trained Keep Safe Ambassadors. If you would like to become a Keep Safe Ambassadors Please contact us at; iamme@renfrewshire.gov.uk





Great work!



Angus Police Officers!

Officers from the Carnoustie Community Policing Team recently attended Monifieth High to deliver inputs around the topic of Hate Crime. The inputs were delivered using the 'I Am Me' Learning Platform. Well done! It looked like everyone had a great informational day.



Become a Special Constable!

Police Scotland's Renfrewshire and Inverclyde division is looking to recruit additional volunteers known as Special Constables. In their free time, special constables assist police officers in maintaining community safety. They patrol our streets, prevent crime, help all kinds of people, and form strong relationships with the local community.

[Click here](#) to watch a short video about being a Special Constable and meet volunteers like Stewart and Rachel, who are both enthusiastic about their work as special constables and have benefited greatly from the experience, which has also helped them in their full-time careers.

[Click here](#) to find out more.



POLICE SCOTLAND

Keeping people safe

POILEAS ALBA



Out and About!



Digby Brown Head Injury Information Day



The team, PC Lindsay Brown and Lead Keep Safe Ambassador Andrew MacIntyre, were invited along by Digby Brown to host a I Am Me/Keep Safe awareness stall at the Glasgow Digby Brown Head Injury Information Day. Thank-you for having us it was a great well-organised day again! We can't wait to attend the Edinburgh Digby Brown Head Injury Information Day in June.



Arnold Clark Mobility Road Show

I Am Me were kindly invited along by our Sponsor Arnold Clark to Arnold Clark Mobility Road Show.

I Am Me Volunteer Sarah came along to help the team to host an I Am Me/Keep Safe Awareness stall. We met some amazing people and enjoyed chatting with everyone. Thank-you for having us and we can't wait for the next one!



Mossvale Primary School



Mossvale Primary School invited us back to deliver the #MakeaDifference Programme to the whole school—a whopping 212 children. They learned lots about disabilities, mental health and hate crime. Thank you for having us. You always make us feel so welcome.



I Am Me Scotland Learning Platform

An exciting new suite of online resources supporting the Health & Wellbeing experiences and outcomes. Tailored lessons from Primary 1 to Primary 7 that can be used in the classroom and at home.

For access to our **FREE Online Learning Platform** visit



iammescotlandeducation.org.uk
and click the **"REGISTER" BUTTON**

ALL of our resources are developed with children, young people and disabled people. They are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes. We also have training modules for disability groups and health and social care workers on Keep Safe and Hate Crime.

I AM ME SCOTLAND NATIONAL EDUCATION PLATFORM GUIDEBOOK

TAKE A TOUR
of our Platform

This guidebook will give you an overview of the resources available on the platform.

This is an interactive guidebook, meaning you can click the pictures of the videos and animations and it will take you to the You Tube version.

If you have any questions, please contact the team on iamme@renfrewshire.gov.uk

Click the image to take a look





Education Platform Evaluation



Our Education Platform was developed and launched in 2021. Take a wee look at the annual evaluation. Thank-you so much for the help, guidance, and honesty of children, young people and key stakeholders for each project...from the whole team, we thank-you!



I AM ME SCOTLAND
EDUCATION PLATFORM



I Am Me Scotland
Learning Platform

An exciting suite of online resources supporting the Health & Wellbeing Experiences and Outcomes for Early Years, Primary & Secondary schools. Developed with, and for, children & young people.



Changing attitudes & behaviours so that disabled & vulnerable people in Scotland feel safe in their communities



ANNUAL EVALUATION

APRIL 2023 TO MARCH 2024

The I Am Me Scotland Education Platform was developed and launched in 2021.

SUPPORTED BY





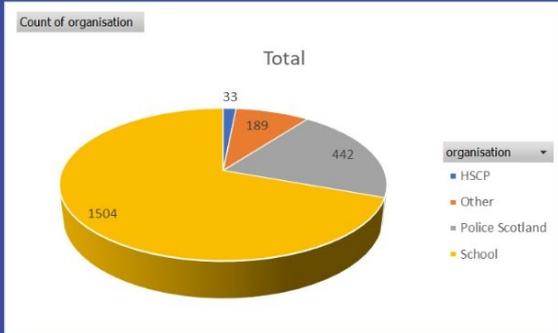
Education Platform Evaluation



Our Education Platform was developed and launched in 2021. Take a wee look at the annual evaluation. Thank-you so much for the help, guidance, and honesty of children, young people and key stakeholders for each project...from the whole team, we thank-you!

NATIONAL OVERVIEW

2168 people have access to the platform



Requests for access have also come from

- Merseyside Police
- Metropolitan Police
- Southwark Council
- South London school
- Hampshire Council
- Warwickshire Police

**LESSONS
HAVE BEEN
ACCESSED
11,416 TIMES
SINCE 2021**

2023/24 OVERVIEW



LAUNCHED MAY 2023



LAUNCHED MAY 2023



LAUNCHED JULY 2023



LAUNCHED NOV 2023



LAUNCHED MARCH 2024



LAUNCHED MARCH 2024

THIS YEAR

**APRIL 23-MARCH 24
ALL LESSONS HAVE BEEN
ACCESSED 8,448 TIMES IN
TOTAL**

MOST ACCESSED

- S2 Alcohol & Substance Awareness Lesson accessed 1024 times
- S1 Alcohol & Substance Awareness Lesson accessed 958 times
- S3 Alcohol & Substance Awareness Lesson accessed 759 times
- Smoking & Vaping Lesson accessed 553 times
- You Judge accessed 522 times
- Anti-Social Behaviour Lesson accessed 327 times

#MakeADifference

The team and partners have been working hard to bring more resources to you. Check out what's coming soon below!



You Are Not Alone



It is everyone's responsibility to keep children and young people safe. In partnership with Police Scotland we are working on two new resources highlighting child exploitation. We are in the testing phase of a resource for practitioner & we are working with young people with lived experience to develop a resource for young people. These will be added to the "You Are Not Alone" suite of resources. Watch this space!

Following on from the huge success of 'My Police My Community', meet 'My Police on Patrol'. This is a book by Inspector Stewart Fleming. The animation and lesson will be available on the I Am Me Education platform and YouTube! To watch the animation [click here](#).

My Police on Patrol



You Me Together



The team have also been working with Inspector Stewart Fleming on a 'You Me Together' resource. This resource discusses domestic abuse, teenage relationships, and coercive and controlling behaviours. You can check this out by registering for the I Am Me online education platform by [clicking here](#).

The team are developing a brand new Autism Awareness lesson for primary school pupils.

This lesson is in early development, and Kieran has been working hard to bring it to life. We can't wait to share it with you when it's completed.

Autism Awareness



JUST GIVING



GET INVOLVED IN FUNDRAISING FOR I AM ME SCOTLAND!

First of all we would like to thank-you for picking I Am Me Scotland as the charity you would like to fundraise for.

HOW TO?

Just simply visit <https://www.justgiving.com/iamme> and click the blue 'Fundraise' button in the top right-hand corner, fill in your details and follow the page instructions.



DISPLAY YOUR PAGE

Once you have a QR code/link this can be posted to your social media pages. you can also print out a poster with the details by right clicking and save the image, then just simply print it out . Your friends and colleague will just need to hover their smartphone cameras over the QR code, and it will direct them to your Just Giving page where they can quickly and easily make a donation

CREATE YOUR LINK/QR CODE!

Once you have the web address to your own page, all you need to do is copy your address into the URL followed by "/qrcode". Your unique QR code will then be displayed on your screen. You can also access your QR code in the 'edit profile' section of your Just Giving account.



JustGiving™

CONTACT

If you would like any fundraising ideas or have any questions , please contact the team at: iammescotland@outlook.com

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

Is there space at your reception or counter for one of our donation tins?

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 App—Download Now!

Keep Safe is a national initiative that works with a network of businesses such as shops, libraries and cafes who have agreed to make their premises a 'Keep Safe' place for people to go if they feel frightened, distressed or are feeling vulnerable when out in the community.

The Keep Safe Scotland app is available for free on Android and iOS devices.



The app can be used to:

- ◆ Plan routes with Keep Safe places highlighted along the way.
- ◆ View a list of all Keep Safe places across Scotland - broken down by local authority.
- ◆ Find out more information about Keep Safe places such as opening hours, website, telephone number etc.
- ◆ Find the nearest Keep Safe place to the app user and link with Google/Apple maps for directions to it.
- ◆ Link with Police Scotland's hate crime reporting form for a secure method of non-emergency reporting.
- ◆ Link with Police Scotland to dial 101 or 999 with an approximate location displayed before the call connects, so that if the app user is lost and in distress they can alert Police Scotland to their whereabouts.
****In an emergency 999 should always be dialled first. It is not recommended to delay help by going through the app in an immediate emergency situation****
- ◆ Find out more information about different local authorities, such as events, useful contacts, news, and links.
- ◆ Find out more about I Am Me Scotland, such as the YouTube Channel, Twitter, Facebook, and email address.

For more information on the Keep Safe Scotland App, the Keep Safe initiative, or I Am Me Scotland, please contact: iamme@renfrewshire.gov.uk or visit www.iammescotland.co.uk

The Keep Safe Card

This is the Keep Safe card. The Keep Safe card is for anyone to use, and is available in some of our **Keep Safe places**, or can be requested by **contacting us**.

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

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

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

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

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

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

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

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

I Am Me

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

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

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



Keep Safe

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

Final Note... it has been a few of our committee members' and partners' birthdays over the past few months—so we'd like to say a big **happy birthday** to Aimee, Jemma, Sam, Sarah and Andrew! We hope you had a great birthday.



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!



Kickstart your career with Arnold Clark!

At Arnold Clark, we want the best and brightest apprentices to join our organisation. We have a vast range of apprenticeship opportunities available from Technicians to Aftersales Customer Service Advisors.

As an Arnold Clark apprentice, you'll also get to enjoy a wide range of employee benefits, such as **33 days' holiday**, **free driving lessons**, and not to mention **96% of our apprentices are kept on in full-time employment**. So, if you are enthusiastic, a keen learner and willing to put in the work - we want to hear from you.

Applications for our March 2023 intake launch on 7th November 2022.



Scan me!



Arnold Clark

056254