



I Am Me Scotland Newsletter

February 2020

Welcome to the January/February Edition of the I Am Me Scotland Newsletter!



We are excited to say that we have lots of news, stories and information to share with you in this edition!

The team have been incredibly busy over the past couple of months working with schools, groups, partners and local businesses!

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 I Am Me project and the Keep Safe initiative.

Read all about it!

The I Am Me Team had a wee surprise for P5 in Glencoats

Primary!
Read all about it on [Page 8!](#)



Thank you!

Thanks to the hard work of our communities, partners and organisations we have over **800** Keep Safe Places throughout Scotland! See [page 3](#) for more details!



In this issue

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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...



Mhairi O'Rourke



Project Initiatives Officer

Role with Charity

My main role in I Am Me is delivering the #MakeaDifferenceScotland programme in primary schools.

About Yourself

I am 30-something (not for long!) and most of my time is spent with my amazing family and friends. I joined I Am Me in June 2019 and it's the best move I've ever made!

Hobbies/Interests

I love spending time with my kids, running (for exercise, not from my kids) and going to clubbercise (it takes me back to my youth)!

Fun Fact about yourself

I used to play the French horn, piano and the flute! Unfortunately I don't remember much so can't play anymore!

Life Motto

Attitudes are contagious, make yours worth catching!

Reason for being involved with I Am Me

Most of my career has been spent working in adult support services. Too often I have heard stories about how some people in our communities are treated by others. I first became aware of I Am Me Scotland in 2015 when I watched the film. It really hit home with me. I love the way that I Am Me work to empower people to make changes to attitudes and behaviours from Primary school age and above! Seeing the primary school programme first hand has been an amazing experience for me and the children never cease to amaze me!

Mark Shepherd



Board of Trustees

Role with Charity

Mark is a Board member for the charity, but not only that, Mark also helped set up the whole charity when working as Supt with Police Scotland, including taking the lead on the design, development and roll out of Keep safe—Go Mark!!!

About Yourself

Since Mark didn't send us his info, I (Carol) will tell you about him—A family man, with 4 lovely children and a gorgeous wife Jenny.

Hobbies/Interest

Mark really enjoys gardening and rugby (not in that order) but since he didn't reply. Mark also loves housework and cooking and has promised to do everything around the house for the next month, giving Jenny a chance to put her feet up and relax! That will teach you not to reply to emails lol.

Fun Fact about yourself

I don't reply to emails very often!

Life Motto

I am not sure what's Mark's life motto is, but this fits him well — "Leaders become great not because of their power, but because of their ability to empower others."

Reason for being involved with I Am Me

Mark has no choice but to be involved in I Am Me, since he set it up, he now has to support it all the way :-). We love you Mark!

Area	Number of Keep Safe Places
Aberdeenshire	17
Aberdeen	20
Angus	23
Argyll & Bute	39
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	12
North Lanarkshire	10
Orkney	2
Perth & Kinross	38
Renfrewshire	130
Scottish Borders	11
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	15
Stirling	32
West Dunbartonshire	17
West Lothian	20
COPFS	17
Scottish Courts	37
Total	827

Keep Safe

There are now **827** 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

★ PC STEWART PATON

A huge thank you to PC Stewart Paton who has been proactively training new PSYV and High School Keep Safe Ambassadors in the Fife area!



Keep up the fantastic work Stewart—you're a STAR!



★ Keep Safe Stars

★ ALISON LYNCH

Adult Protection Co-ordinator

Alison has been instrumental in rolling out the Keep Safe initiative across Aberdeen and Moray.

She recently signed up 17 libraries as Keep Safe places—wow!! Fantastic work Alison, you are definitely a wonderful STAR!





Welcome to all of our new
Keep Safe places
throughout Scotland!

HERE ARE SOME NEW SIGN UPS
AND REFRESHER TRAINING
COMPLETED RECENTLY!

RAMH—Paisley Recovery Across Mental Health



Sainsbury's Braehead



Kelburn Dental Practice, Paisley



Kennedy's Bar, Paisley





Welcome to all of our new
Keep Safe places
throughout Scotland!

**HERE ARE SOME NEW SIGN UPS
AND REFRESHER TRAINING
COMPLETED RECENTLY!**

Coalyard Tearoom & Laundry, Larkhall



The Powmillion Burn Takeaway, Strathaven



**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!**



KEEP SAFE AMBASSADORS

TRAIN THE TRAINER EVENT—AYR



We held a train the trainer day in Ayr with Edinburgh and Ayrshire Police and some local authority employees to allow them to deliver Keep Safe Ambassador training to people within their communities !

We had a great day discussing hate crime and the impact it has on our communities!

Helping to make our communities safer for everyone!

THANK YOU!



ST. COLUMBUS RC HIGH—DUNFERMLINE

Thanks to PC Stewart Paton for facilitating a Keep Safe Ambassador training day in St. Columba's RC High School in February! He trained 9 pupils there. **THANK YOU PC PATON!**



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!



#MakeaDifferenceScotland School Programme AND SO THE MAGIC CONTINUES....



Our **#MakeaDifferenceScotland** programme has had an amazing start! Over the past couple of months we have already worked with **2446** children to raise awareness of different disabilities, bullying, mental health and hate crime!

Our diary is filling up fast with bookings from Renfrewshire, with some requests coming from other local authorities!

IF YOU HAVEN'T MANAGED TO BOOK YOUR DATE PLEASE GET IN TOUCH WITH THE TEAM ON 0141 618 7814 OR EMAIL FOR DETAILS 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



programme has been developed using our Primary School Resource—find out more on **page 18!**

Registered Charity Number: SC046060

www.iammescotland.co.uk



READ ALL ABOUT Safe Spiral!

A huge thank you to P5 from Glencoats Primary for their board game design!

The I Am Me Team were so overwhelmed with their inspired entry to our

Christmas competition, we managed to get it made!



GREEN QUESTIONS ABOUT BULLYING



BLUE QUESTIONS ABOUT I AM ME



PURPLE QUESTIONS ABOUT DISABILITIES



Make your way around the safe spiral answering questions about disabilities, bullying and I Am Me!

Thank you so much, and we hope you enjoy playing your game!



The game is a great way of raising awareness of bullying and hate crime! If you would like this game to play in your schools or

organisation, please contact the I Am Me

Team on 0141 618 6266 or iamme@renfrewshire.gov.uk for more information!



We Need Your Help



Help us to continue to **#MakeADifferenceScotland**

We work with over 10,000 children each year however this year we need some help raising funds to continue delivering the programme!



Help us to continue to talk to pupils about different disabilities, how to be a good friend, bullying and hate crime!



We believe we can continue to tackle attitudes and behaviours that lead to incidents within our schools and communities! We are asking for donations/fundraising ideas to allow us to continuously develop and promote our programme.



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



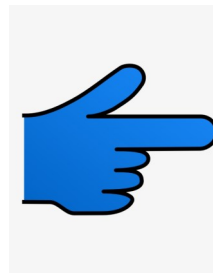
Vote for us!

WE ARE DELIGHTED TO ANNOUNCE THAT I AM ME SCOTLAND HAVE BEEN NOMINATED FOR THE NATIONAL DIVERSITY AWARDS!

As you know we are a very small team who have amazing communities, businesses, partners and volunteers to help us reach our huge ambitions!

Together we can make a difference and change attitudes and behaviours to allow everyone to feel safe in our communities.

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 counted !!!!



POLICE EQUALITY AWARD

It was a pleasure to be invited to attend the Police Scotland Bravery & Excellence Awards! Keep Safe was a finalist amongst many amazing initiatives/people for the Equality Award! It was an honour to hear some of the stories of how Police Officers regularly find themselves in the face of danger while protecting our communities. A reminder of how important they are in keeping us all safe!



In other news...

We love hearing feel good stories from our partners across Scotland - In each newsletter we will share information on all the amazing work people are doing across Scotland to support our Charity!

New Vice Chair!

Thank you to Andrew (Our Lead Keep Safe Ambassador) for agreeing to be the Vice Chair of our Volunteer Committee! Andrew has been a key member of the team for a long time, and is invaluable in helping us to raise awareness of Keep Safe and disability hate crime! Andrew will now take the lead when we visit Tulliallan for the Support, Equality and Wellbeing Events!



Andrew, Kieran and Fiona attended Tulliallan on 26th February to talk to new Police recruits about I Am Me and Keep Safe!

Keep up the good work!



HATE CRIME CAMPAIGN

I Am Me Scotland is pleased to support the Police Scotland Hate Crime campaign which focuses on Disability Hate Crime.

This is recognised, nationally, as one of the most under reported crimes in the UK. Molly was delighted to be able to speak on film about Keep Safe as part of the hate crime campaign!

The Keep Safe initiative helps disabled people feel safe in their communities and enjoy daily life free from the fear of harassment and abuse.

Watch this space, and our social media for more information about the campaign!



WATCH THIS SPACE....KEEP SAFE KIDS APP!



We have been working with children and young people in 6 Renfrewshire Schools (Primary and Secondary) to design an innovative new phone app—Keep Safe Kids!

Pupils will be able to access links through the app to support pages about issues affecting young people such as bullying, mental health and online abuse.

The pupils have shaped and designed all aspects of the app including suggesting links to organisations that they think will support their peers. They have come up with ideas that they believe will encourage pupils to report bullying behaviour directly to their school. The app will be tested in the 6 pilot schools over the coming months!



Brodie, 14, added: "It's easy to access the app, and it has been designed so that anyone can use it. It covers a variety of issues and problems that teens face and gives multiple solutions that benefit everyone."

THANK YOU - Mill Magazine!!!

Thank you to Mill Magazine who kindly advertised I Am Me—Keep Safe in their most recent edition!

We were also delighted to have Paul come along to one of our Keep Safe Kids App consultations in Renfrew High School!

Mill Magazine is packed full of fantastic news stories as well as all of the amazing events going on throughout Renfrewshire!



Thank you so much for all of your help and support!



HIDDEN DISABILITIES SUNFLOWER!



NOT ALL DISABILITIES ARE VISIBLE!

Some disabilities are not immediately obvious, such as learning disabilities, mental health as well as mobility, speech, visual or hearing impairments.

Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to recognise, acknowledge or understand.

HIDDEN DISABILITIES LANYARD/BADGE

The sunflower lanyard/badge acts as a discreet sign that the wearer (or somebody who is with them) has a hidden disability and may require additional assistance. There is no qualifying list to being able to access a lanyard as people who have yet to be diagnosed and whose daily life is made more challenging by their hidden disability may benefit.

WANT TO FIND OUT MORE?

If you would like to find out more, would like to purchase a lanyard/badge or think that your business would be a good hidden disabilities member, please click the link below!

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>

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**



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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  

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 7814.

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 Laura, Myra and Carol! 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!