



I Am Me Scotland Newsletter

December 2024



Welcome to the I Am Me Scotland **Cheery** **Christmas** Newsletter!

Be prepared for a newsletter that highlights a lot of wonderful community work and the genuine joy of Christmas because everyone at I Am Me likes to spread festive cheer and get into the Christmas spirit. 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.



Changes to the team!

Congratulations to Aimee on her upcoming maternity leave! Aimee will be finishing up at the beginning of February for 9 months. We can't wait to see your new little addition. Stay tuned for some cute pictures! ❤️



Polmont

The team have been working with young males and adult females from Polmont and young people from St/ Mary's Kenmure, Good Shepherd and Renfrewshire since March to develop new exploitation resources. These will be included in the 'You Are Not Alone' suite of lessons. To find out more head to [page 6](#).



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Ambassador Days



Elgin High School

Elgin High School in Moray hosted a fantastic Keep Safe Ambassador training day, organised by PC Grant and PC Lynch. It looked like a fabulous day with some great feedback! Well done everyone and congratulations to the new ambassadors.

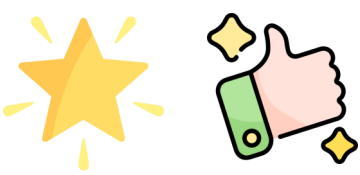


Ambassadors

The Ambassador programme was launched in Renfrewshire in 2016. Since then the programme has gained wide support and is now delivered across Scotland. Ambassadors are trained on how to recognise, and report hate crimes safely within the community and in a school environment. In the past 8 years there has been a total of 1689 Ambassadors trained with;

- 889 Ambassador trained High School Pupils.
- 203 Ambassador trained PSYV (Police Scotland Youth Volunteers)
- 284 Accessible Ambassadors trained.
- 6 Other Ambassadors trained
- 240 Police Officers trained as Ambassador trainers.
- 67 others trained as Ambassador trainers.





Great work!

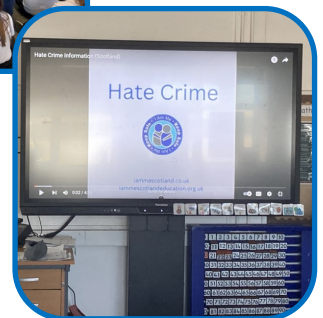


Vaping

Police Scotland Ayrshire has partnered with I Am Me Scotland to produce an educational input on the dangers of tobacco and vape products. The lesson includes the partnership work with local authorities like [North Ayrshire Trading Standards](#)—the dangers, the environmental impact, and examples of counterfeit vapes and cigarettes that all too often reach the hands of young people. To register for access click [here](#).

Black History Month

South Ayrshire Campus Officer PC MacPheat attended Dalmilling Primary School and discussed Black History Month with pupils. Using the I Am Me Scotland learning platform the children learned about different types of Hate Crime, and the impact it can have on society. Well done it looked like a great day!



Carnoustie, Monifieth & the Sidlaws - My Police

Officers from Carnoustie, Monifieth & the Sidlaws Community Policing team recently attended Scallywags Nursery in Carnoustie. The children learning about keeping safe and Constable Irvine also read the book 'My Police' focusing on the positive relationship between Police and children. It looked like you all had a fabulous time!





Out and About!



Dargavel Primary School

I Am Me Scotland were kindly invited along to Dargavel Primary School in Renfrewshire to deliver the new Primary Autism resource Kieran has created, to all of their wonderful Primary 7 pupils. Everyone had a great time learning about Autism. Thank-you for having us! To find out more head to [page 7](#).



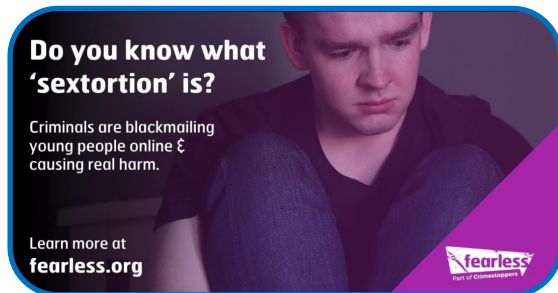
My Police, My Community

Fenwick School in East Ayrshire done a fabulous job hosting a My Police, My Community day. Inspector Fleming had organised fun tasks for the pupils including a crime scene, class inputs of the My Police, My Community resource, colouring, and a visit from Patrol Police and the mounted unit! It was a great, fun, educational day. Well done to everyone involved!



Fearless Event

Thank-you to Fearless for inviting I Am Me Scotland to the launch of their Sextortion Campaign. This is something that is happening to young people all over Scotland. This campaign was developed with young people and explains what Sextortion is in a way they will understand. It highlights that there is help out there if this happens to you. Watch out for their info videos! Click [here](#) for more information.





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





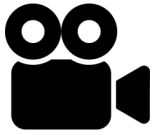
#MakeADifference



Coming Soon



You Are Not Alone



Sponsored by



The team have been working with young males and adult females from Polmont and young people from St. Mary's Kenmure, Good Shepherd and Renfrewshire since March to develop new exploitation resources to include in the 'You Are Not Alone' suite of lessons.

In total, the team have worked with 28 young people, 9 adult females and 17 partners to develop the resources.

The resources have been funded by Foundation Scotland, with additional videos funded by Renfrewshire Council and Reo Stakis Foundation. Due for release in January, the resources cover three main areas:



- Gangs
- Sexual Exploitation
- Radicalisation



Within these, the resources include 7 brand new films, 18 short information videos and 4 partner videos. The resources are interactive and include the voices and stories from the participants.



STV recently filmed a piece with Polmont about the new resources and interviewed the team as well as some of the young people and adult females who have been involved in the development of the resources. This will air on STV in January. Keep your eyes peeled for this!

If you would like to find out more information, or would like to preview some of the films, please get in touch

#MakeADifference



Stirling Council Education Service

We would like to thank Sarah Anderson (Safeguarding Lead) from Stirling Council Education Services for inviting us to present the Education Platform to **ALL** Stirling Primary School Head Teachers.

Two sessions were arranged on the 29th November 2024, and were very well attended. Thank you for having us, and as a result of these sessions, we now have over 40 teachers in Stirling signed up to the platform!

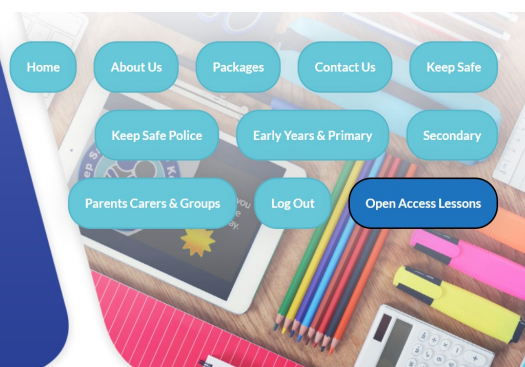
We hope you enjoy using the lessons.



Are you interested in a FREE 'How to' session?

Would your local authority be interested in a **FREE** online session for your teachers/employees. Microsoft Teams sessions can be arranged with the team who can give an overview of how to use the I Am Me Scotland Education Platform, and the range of resources that are available **FREE** to all teachers, Police Officers and Practitioners, as well as an overview of the parents, carers and groups section. We were recently invited by Stirling Council to deliver two online sessions to all Primary School Head Teachers. This is a great opportunity for teachers to see how the platform works, and to get feedback on some of the resources.

If you would like to arrange one of these sessions, please contact the team on iammescotland@outlook.com





Kieran's Autism Blog



Hello everyone I have a brief update I would love to share with you all on my Autism Awareness Resource. A couple of weeks ago, Mhairi and I got a chance to meet with some fantastic P7 pupils at Dargavel Primary School in Bishopton. They had kindly invited us to come along to test out the newly developing Primary 4 to 7 Autism Awareness lesson.



They had amazing fun and were really interested in the work and progress we had put into it and asked lots of great questions. I had spoken to the P7's before the lesson explaining to them the purpose behind this project and how my experiences in life with Autism fits into the whole aim to raise awareness of it.



The feedback we had received from them has been positive especially in regard to showing interest in what I have experienced. One of the teachers we were with has been reading a book with her pupils about a person with autism before we had come, this meant that her class has already caught up with some of the things we are trying to get across with our lesson. What an amazing class!

And lastly, we have received a request from another school to visit them to test the lesson with some of their pupils. I am very excited to know what they would think of it. Watch out soon for the launch of this resource!





My Police



The team have been working in partnership with Police Scotland a set of interactive resources to support engagement with young people in our communities.

The 'My Police' series includes three children's books, written by Inspector Stewart Fleming from Policing Together, and a new animation which can be viewed [here](#)

The books cover topics including how the police help to keep children safe, how Police Scotland work with partner agencies and the different roles and specialisms officers can have.



Aimed at children aged between three and eight, the resources are available on the I Am Me Scotland platform which includes video versions of all books and the associated learning materials.

Policing Together has also supported the delivery of resource packs to every local policing division, containing 50 copies of each book, A3 versions for group delivery, and branded stickers.

Officers can now gift copies of the books, as well as using the interactive resources on the platform, to support engagement with children at local schools and nurseries.



Inspector Stewart Fleming said: *"These books were created as a way of fostering positive relationships with our young people at an early age through storytelling. We want to build trust between the police and children to ensure that they feel safe and able to come to us if they need help. The books have been a great engagement tool and are now available for officers to use when visiting schools and nurseries in their local area."*

You can register for access to the I Am Me Scotland platform via this [link](#).

The resources can be found in the #makeadifference section within the Early Years and Primary resources.

New Domestic Abuse resource aimed at Students launches on I Am Me Platform

In collaboration with Police Scotland and Education Scotland, we are delighted to launch YOU, ME, TOGETHER, a resource for secondary school pupils to make them aware of domestic abuse and the wider issue of violence against women and girls.

The resource is available on the platform now and provides officers and teachers with a number of a resources to work with to help facilitate open and safe discussions about what can be an emotive subject for young men and women. The package includes an impactful film which follows a story line of coercive control between young people in a school setting, and shows the warning signs to look out for. YOU, ME, TOGETHER demonstrates that if we all work together, we can tackle domestic abuse. The emphasis being on victims, friends, family, supporters, partner agencies, professionals and police all working together.

The resource includes video features of a domestic abuse case study, gaslighting scenario and an interactive exploration of a coercive controlling relationship.



To view the trailer [click here.](#)



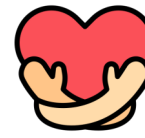
The Team would like to say a big massive thanks to all of our partners, who have been working alongside us to develop the new resources for the education platform. Partnership working has enabled us to develop a suite of diverse, interactive, engaging and unique resources that are FREE for all practitioners in Scotland (and beyond!)

Our biggest thanks, however, is reserved for the amazing people we work with each year, who share their personal experiences and stories, which help us to genuinely #MakeaDifference.

THANK YOU!



Well done!



ROCCO Winners!

I Am Me Scotland won the 2024 ROCCO Award for Community Champion of the year! Sponsored by Engage Renfrewshire. Thank-you to all our supporters ❤️
 Some of the team and volunteers attended the awards and had a great time!



I Am Me dedicated the award to Polmont for their hard work in helping create the exploitation lessons.
 Thank-you again.





Thank-you!



Christmas stall

I Am Me organised a joint Christmas stall with Classrooms for Malawi on Wednesday the 11th of December. The team were busy crafting some Christmas delights to sell including Christmas gonks, Washcloth Reindeers, Christmas pudding baubles and lots of sweet treats.

A huge thank-you to Susan Allan and John Allan who kindly baked some amazing tasty cupcakes and lovely orange and lemon slice cakes. And a massive thank you to Karen for her delicious cup cake donations.

Thank-you to everyone who donated, or came along and bought a raffle ticket, Christmas craft or a sweet treat. Thank-you to you all we managed to raise a whopping £380.93 for I Am Me Scotland and £846 for Classrooms for Malawi!



Raffle

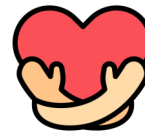
Alongside the stall I Am Me Scotland were kindly donated some raffle prizes to raffle off to raise more funds. A huge thank-you to everyone who donated including Karen Anderson who donated a lovely Christmas candle and diffuser, Susan for her wine and Christmas pudding, Clare for her lovely gift set, and to Glasgow Rangers Charity foundation who amazingly donated an Ibrox stadium tour for 4!

A well done to all of our amazing winners.





Thank-you!



Classrooms for Malawi

Classrooms for Malawi is a charitable organisation dedicated to improving educational facility in Malawi. The organisation believes that education is a powerful tool to alleviate poverty and aims to provide young people in Malawi with safe, clean, and friendly learning environments. The classroom for Malawi's team in Renfrewshire joined I Am Me at the Christmas stall and managed to raise a whopping £846!

During their recent visit to Malawi the Renfrewshire Council Malawi Team was welcomed at Ngumbe Secondary School. The team and the builders worked tirelessly together to build four internal brick walls within the long open dormitory. This will ensure that the boys have more privacy and infections spread less. There will be provision for five rooms with 12 boys in each room. The teams next task is to raise enough funds to buy 30 bunk beds and 60 mattresses to replace their current sleeping arrangement which is sleeping on the floor. They are also working to renovate the kitchen which will provide 1000 meals per day for 300 pupils and staff. To find out more and how to donate [click here.](#)





Christmas Cheer!



Kindness Box

I Am Me donated a kindness box to Fairlie Primary School with some lovely goodies including a DVD for the lucky Christmas card competition winners. All the cards were amazing and it was tough to pick a winner so 2 winners it is! A lovely avocado and snowman themed card were the winners. Well done to all the entrants and we hope you all loved the kindness box.



Lord Provost Christmas Card Competition!

Renfrewshire's Lord Provost Lorraine Cameron invited children across Renfrewshire of primary school age to design an amazing Christmas card for 2024. Every card submitted to the competition was forwarded to ourselves at I Am Me where they were all sent out to care homes across Renfrewshire!





In other news..



Follow I Am Me Scotland on Bluesky

I Am Me Scotland have set up a new social media account on Bluesky. Please feel free to follow and reconnect. Download and register for an account [here](#). Search our account name;
@iammescotland.bsky.social



I Am Me Scotland

@iammescotland.bsky.social

0 followers 1 following 0 posts

Supporting Safer Communities

Posts Replies Media Likes Feeds Starter I



Steering Group



The I Am Me steering group celebrated 1 year this month with our special Christmas meeting! Thank-you to all the amazing members who made this possible and for all your invaluable feedback on our resources/initiatives. We can't wait to see you all more next year.



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...



An Overview of I Am Me Scotland

I Am Me Scotland is a community charity based within Renfrewshire. The Charity has been working in 2024 to further develop the education suite, which has lessons on disability, hate crime, alcohol & substances, anti social behaviour, mental health and exploitation.

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](#).

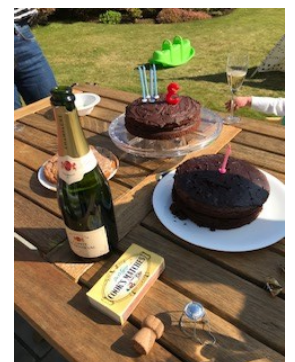
I Am Me started in 2012, having worked with a number of partners to develop a Primary School Resource which is available to download for free at www.iammescotland.co.uk. The resource aims to: introduce disability; increase understanding of the range of disabilities; highlight the effects of bullying 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.



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 Billy, Colin, and Megan! 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, get in touch!



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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.

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



Scan me!



Arnold Clark

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