



I Am Me Scotland Newsletter

October 2024

Welcome to the I Am Me Scotland spooky October 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 18](#) for an overview of I Am Me and the Keep Safe initiative.



OR **Trick?
TREAT?**



Check out these new resources!

The team have been working hard on the new exploitation resource and have created 4 new educational films. To find out more head to [Page 9](#).



New Keep Safe places!

The Keep Safe team and SPoCs have been working hard to sign up new Keep Safe places across Scotland. To find out more and some new Keep Safe places head to [page 3](#).



In this issue

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Keep Safe

There are now **922** 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	24
Aberdeen	20
Angus	26
Argyll & Bute	68
Clackmannanshire	11
Comhairle nan Eilean Siar	1
Dumfries & Galloway	61
Dundee	42
East Ayrshire	23
East Dunbartonshire	4
East Lothian	42
East Renfrewshire	15
Edinburgh	61
Falkirk	13
Fife	21
Glasgow City	76
Highland	23
Inverclyde	24
Midlothian	12
Moray	10
North Ayrshire	17
North Lanarkshire	10
Orkney	2
Perth & Kinross	37
Renfrewshire	100
Scottish Borders	22
Shetland Islands	13
South Ayrshire	14
South Lanarkshire	33
Stirling	29
West Dunbartonshire	35
West Lothian	26
COPFS	0
Scottish Courts	7
Total	922



Keep Safe Star!

Shopmobility Paisley are this newsletters Keep Safe stars! They have done some amazing work promoting Keep Safe and have done an amazing job assisting people who have visited their premise looking for help after incidents in the community. Well done you are all stars!





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 Libraries

PC Prince Durant and Officers from Edinburgh have done some fantastic work in working with Edinburgh Libraries to sign up all Libraries across Edinburgh to become Keep Safe places. The library management and staff have been great in organising the training sessions. Great work everyone! A whopping 20 libraries are now registered Keep Safe places in Edinburgh including; Balerno Library, Colinton Library, CraigMillar Library, Currie Library, Drumbrae Library, Edinburgh Central Library, Fountainbridge Library, Gilmerton Library, Kirkliston Library, Leith Library, Moredun Library, Morningside Library, Newington Library, Oxbgangs Library, Piershill Library, Portobello Library, South Office Library Hub, South Queensferry Library, Stockbridge Library, Wester Hailes Library.

To find out more about Edinburgh Libraries click the link below;

<https://www.edinburgh.gov.uk/libraries>



◆ EDINBURGH ◆
THE CITY OF EDINBURGH COUNCIL

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

@IammeScotland

@KeepSafeSam1





Ambassador Days



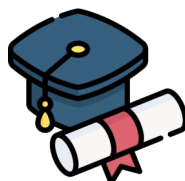
The Keep Safe Ambassador programme was developed in partnership with Police Scotland and I Am Me Scotland. The programme was launched in 2016 for pupils aged 14-18.

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



Mackie Academy

Mackie Academy in Aberdeenshire hosted a fantastic Keep Safe Ambassador training day, organised by PC Grant and PC Feroz. It looked like you all had a great, fun, educational day!



Lathallan School

Lathallan School in Aberdeenshire also hosted another fantastic Keep Safe Ambassador training day, this time organised by PC Grant and PC Lynch. It looked like you all had a great, fun, educational day!

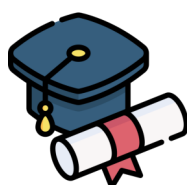


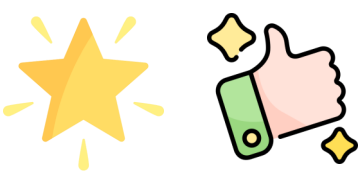
St Mungo's High School

St Mungo's High School in Falkirk also hosted and organised a fantastic Keep Safe Ambassador day with PC Lee Strang. You all seemed to have had an amazing, enjoyable, and instructive day!



St Mungo's
High School





Great work!



Pilgrim Bar Freshers Event

Pilgrim Bar in Edinburgh organised a marvellous event for freshers week. This had information for students and anyone attending. PC Prince Durant and Officers from Edinburgh Police hosted a great stall with Keep Safe information and more! Well done everyone.



I Am Me/Keep Safe steering group

I Am Me have organised a new I Am Me/Keep Safe Steering Group. The amazing members have lived/living experience with disability and assist I Am Me with feedback on different projects the team are working on. All members give valuable inputs and have great insight. Well done everyone!

If you are interested in the I Am Me/Keep Safe steering group please contact the team at; iammescotland@outlook.com



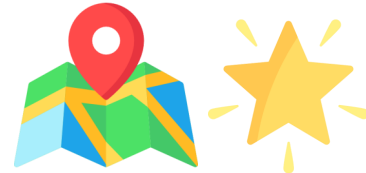
Edinburgh Young Drivers Event

Streets Ahead alongside Police Scotland organised a fantastic event for over 2000 sixth year pupils from across schools in Edinburgh to attend and learn about driving safety. PC Prince Durant delivered a speech and hosted a stall with Keep Safe materials. Great work looked like an amazing event!





Out and About!



Mirin Day Opportunities

Mirin Day Opportunities organised a fantastic Keep Safe training session, where Rowan the Keep Safe Perth and Kinross Centre for Inclusive Living Co-ordinator and Aimee delivered a Keep Safe input.

Thank-you to all who attended, we had a great time.

A huge thank-you to Rowan who travelled down to Paisley for the input too.

If you are interested in a Keep Safe input please do not hesitate to contact the team at; iammescotland@outlook.com

To follow along with Mirin head to;

<https://www.facebook.com/TheMirinDayOps/>



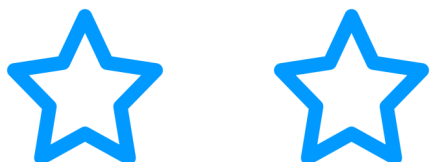
Renfrewshire Stroke Group

Renfrewshire Stroke Group kindly invited along Officers from Renfrewshire Police and I Am Me to provide a Keep Safe input to members and discuss current scams and steps that can be take to avoid them.

Thank-you for the warm welcome!

To find out more about Renfrewshire Stroke group, click here;

<https://www.stroke.org.uk/finding-support/clubs-and-groups/renfrewshire-stroke-group>



SQA Hate Crime Awareness Week!

SQA organised and hosted a fantastic informational input for Hate Crime Awareness Week.

Where I Am Me was invited along to deliver a Keep Safe input to staff and members.

Thank-you for having us.





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



The team have been working with young people to develop new exploitation resources.



Practitioner Training—Exploitation

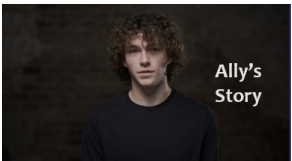
Are you a practitioner that works with children, young people or vulnerable people? We have supported Police Scotland's Children & Young People's Team, Serious & Organised Crime Team and Cyber Harm Prevention Team to develop a training resource on Exploitation. Click the picture to watch the short advert for it!

You Are Not Alone

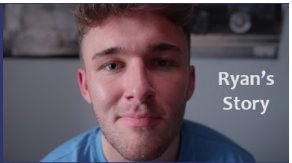
We have had the honour to work with some amazing people on our most recent project that will be part of the "You Are Not Alone" resources to raise awareness of exploitation. We have worked with adults and young people in Polmont YOI as well as young people from St. Mary's Kenmure and Good Shepherd to develop 4 films about exploitation. These films will be part of a training resources developed specifically for young people within Polmont and Secure Children's Houses. **You can click the pictures to watch the videos.**



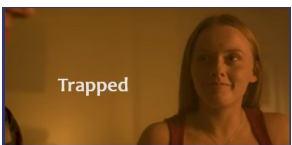
Grooming is at the heart of most forms of exploitation, whether that be of a child, young person, or adult. This video explains how grooming can take place.



Ally's Story is a partnership development with Police Scotland PREVENT team and aims to raise awareness of how young people can be targeted online and radicalised into extremism. Watch how Ally is groomed by his "friend" Liam on a gaming site.



Ryan's Story follows a young boy through his journey from childhood. The film aims to generate an understanding of how criminal gangs target young and vulnerable people, offering them friendship, money, food and a sense of belonging.



Trapped follows the journey of Liv and her friend James, and comes in 2 parts. Liv and James are both recruited into the same gang, but for different reasons. Hear what happens to Liv in her own words, then hear Cole's perspective. Who's Trapped?



Thank You



We would like to take this opportunity to thank everyone who has taken the time to be a part of this project. Without the input from the adults and young people in Polmont, Good Shepherd, St. Mary's Kenmure, and local residents here in Renfrewshire, this project would not have been possible.

Thank you also to our partners who have taken the time to be a part of the steering group.

We are looking forward to continue working with everyone on the lesson plan - Watch this space!

Thanks to Renfrewshire Council, Foundation Scotland and Reo Stakis Foundation for supporting this project.

#MakeADifference

Hate Crime Awareness Week Causeway Coasts & Glen—Northern Ireland!



Disability Hate Crime



I Am Me Training Resource



The team were delighted to be invited across the water by Causeway Coasts & Glen Policing & Community Partnership (PCSP) to celebrate the launch of their new Disability Hate Crime Lesson Plan. The content of this lesson plan was based on the I Am Me Hate Crime Training pack and it has been an honour to create such a worthwhile partnership.



The PCSP worked in partnership with Autism NI, Disability Action Northern Ireland, Mencap, Hate Crime Advocacy Service, Police, Education Authority and Causeway Neurodiversity to design and develop the pack that will be used in schools in the area and beyond! Congratulations everyone, and thank you for asking us to celebrate with you.

Renfrewshire Child Protection Committee Biennial Conference 2024



The I Am Me Team, and PC Davidson were invited along to the Renfrewshire Child Protection Committee Biennial Conference in Paisley Town Hall. We heard from Kerry Milligan (Public Protection Medical Lead NJHSGGC), June Welsh (National Child Protection Learning & Development Consultant), and Graeme Armstrong (Writer of the award winning novel "The Young Team").

The conference was really informative, and we got the opportunity to present a workshop, showcasing the "You Are Not Alone" resources in the very comfortable Skinnedars Room in the newly renovated Paisley Town Hall!





Well done!



The Herald Diversity Awards

A huge well-done to Kieran who was a finalist in The Herald Diversity Awards 2024 due to the amazing work he does to raise awareness of Autism. We all had a fantastic night and are super proud of Kieran.



Keep an eye out for his new Autism lessons coming soon!



ROCCO 2024 finalists!

I Am Me Scotland have been shortlisted as finalists for ROCCO Renfrewshire Chamber of Commerce Business Awards 2024!! We have been chosen as finalists for Community Champion of the year. The winner will be announced at the **ROCCO Business Awards Dinner on Friday 15th November 2024** at The Normandy Hotel. Goodluck to all other nominees!



FINALIST





In other news..



Respect Me

Respect Me new website is now LIVE! You can visit their new-look website here; <https://www.respectme.org.uk>

This includes three new pathways direct from their menu bar including: [Information for Professionals](#), [Information for Parents and Carers](#) and [Information for Young People](#). This new design will allow each unique audience direct access to Anti-Bullying information and guidance relevant to their circumstance.



To support the flow of information and to help Respect Me track trends in usage, a new interactive account-based system has been introduced. By registering for an account, you will gain access to their free Anti-Bullying Learning Academy eLearning courses, Anti-Bullying Week 2024 resources and Their existing respectme reward online toolkit.

Join Respect Me for Anti-Bullying week. Anti-Bullying Week 2024 is 11-15 November

and they are asking adults and young people to get involved in their national conversation ... 'Respect - what does it mean to you?' Find out more at;

www.respectme.org.uk/campaigns



Fearless Campaign

Fearless have launched their annual campaign to help keep teenagers across Scotland safe and encourage them to make positive choices this autumn.

Focusing on Halloween and Bonfire Night, Fearless is encouraging young people to remember the 'communities work best when they work together' and that they have an important role to play in that.

The Campaign will raise awareness of the impact of fireworks misuse and deliberate fires on communities and how you can still have fun whilst considering how your choices affect others.

Learn more about the campaign [here](#).

You can also check out their youth page [here](#).



The choices you make can affect everyone.

Make ones that you can be proud of.

100% anonymous. Always.





What is Ransomware?

October 2024.

Ransomware attacks are devastating for its victims. This type of cyberattack carries a type of malware when activated, by clicking a link for example, prevents you from accessing your device and the data stored on it, usually by encrypting your files. This includes employee and customer data, personal and confidential information, banking details including photographs and the memories they evoke.

Your computer may become locked and data on it might be encrypted, stolen, or deleted. The criminal group who attacked you with this malware will then demand a ransom in exchange for decryption of these files and also threaten to leak the stolen data on social or public media.

Ransomware - Should I pay the ransom?

Law enforcement does not encourage, endorse nor condone the payment of ransom demands. If you do, however, pay the ransom be aware,

- There is no guarantee that the criminals will allow you access to your data or computer.
- Your computer might remain infected.
- You will be funding criminal groups.
- You are more likely to be targeted in future.



For these reasons alone, it is important that you always have a recent offline backup of your most important files and data. [Backing up your data - NCSC.GOV.UK](https://www.ncsc.gov.uk/backing-up-your-data)

The following link to the NCSC (National Cyber Security Centre) will provide you with a downloadable infographic highlighting valuable points for consideration. [Ransomware: what you need to know \(ncsc.gov.uk\)](https://www.ncsc.gov.uk/ransomware-what-you-need-to-know)



Thank-you!



A massive thank-you to **Renfrewshire K Division Police Scotland Community fund** for donating £1000 to the charity for the new I Am Me/Keep Safe steering group. Thank-you again!



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



@IammeScotland



I Am Me Scotland



iammescotland@outlook.com



[iammescotland](https://www.instagram.com/iammescotland)

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.....  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 Anne McMillan & Lucas Wilson! 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