



# I Am Me Scotland Newsletter

March 2024

## Welcome to the I Am Me Scotland Easter 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](mailto: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.



### Keep Safe Ambassador Days!

The team have been back out delivering Keep Safe Ambassador training alongside Police Scotland Officers. We've had fantastic days with many more to come! To find out more head to [page 4](#).



### Child Exploitation Launch!

I Am Me and Police Scotland have been working hard on a new exploitation resource for the education platform. To find out more head to [page 13](#).



#### In this issue

Keep Safe Keep Safe Ambassadors Learning Platform Other News...

## Keep Safe

There are now **945** 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](mailto:iamme@renfrewshire.gov.uk)

Area	Number of Keep Safe Places
Aberdeenshire	25
Aberdeen	20
Angus	28
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	39
Falkirk	16
Fife	21
Glasgow City	43
Highland	23
Inverclyde	25
Midlothian	12
Moray	10
North Ayrshire	17
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	100
Scottish Borders	22
Shetland Islands	1
South Ayrshire	19
South Lanarkshire	37
Stirling	35
West Dunbartonshire	35
West Lothian	28
COPFS	17
Scottish Courts	37
<b>Total</b>	<b>945</b>



## Keep Safe Star!

Park Hotel located in Angus are one of the wonderful Keep Safe places. They recently very kindly hosted a Keep Safe training day where Police Officers and partners came along for Keep Safe training. It looked like an amazing day thank-you for having the Keep Safe team!







# 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!

## The Scottish Borders

**Co-op—Kelso**



## Stirling

**Computer Division**



## Clackmannanshire

**Co-op**



## Stirling

**Springkerse House**



## 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](mailto:iamme@renfrewshire.gov.uk)**







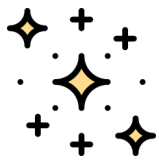
# Ambassador Days

## Keep Safe Ambassador Days



### Castlehead High School

I Am Me and Police Scotland trainer PC Mary Connolly recently delivered the Keep Safe Ambassador programme in Castlehead High School in Renfrewshire. We all had a great, fun, educational day!



### The Mirin Day Opportunities

I Am Me and Police Scotland trainer PC Mary Connolly also recently delivered the Keep Safe Ambassador programme in The Mirin Day Opportunities in Renfrewshire. We all had an amazing day with plenty of fun and education!







# Ambassador Days

## Keep Safe Ambassador Days



### Edinburgh Police

I Am Me Scotland and PC Claire Bysouth were kindly invited by PC Prince Durant to deliver Keep Safe and Keep Safe Ambassador training to Officers in Edinburgh. The day was well received and everyone had fun. Thank-you for having us!







# Keep Safe Training



## Keep Safe Training Days

### Montrose

PC Claire Bysouth and PC Katie Edwards were kindly invited by PC Ally Hutchison to deliver Keep Safe and Keep Safe Ambassador training to Officers in Montrose, Angus. They also delivered Keep Safe refresher training to some of the amazing Keep Safe places in Angus. A massive thank-you to The Park Hotel in Angus for hosting the training event, you were great!







# Keep Safe Awareness Day

## 13th March 2024



We would like to thank everyone who supported the National Keep Safe Awareness Day on the 13th of March! It was a great success and we loved seeing everyone's posts online.



### Glasgow Airport

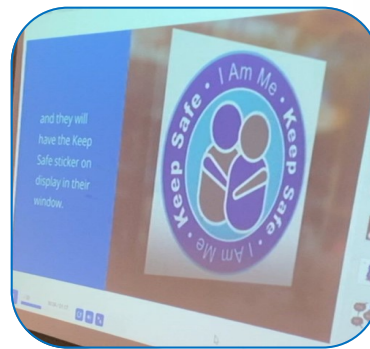


On National Keep Safe Awareness Day to celebrate and raise awareness of Keep Safe—PC Claire Bysouth, Aimee, and Kieran held a stall in Glasgow Airport. It was great to get out and about and raise awareness of the Keep Safe Initiative, we loved chatting to everyone!



### Kirklandeuk Primary School

Kirklandeuk Primary School delivered Keep Safe lessons in the school on National Safe Awareness Day. Many of the children recognised the Keep Safe logo from local shops and Keep Safe places. Great work everyone!



*We grow as we learn.*



### PC Prince Durant

PC Prince Durant the lead Keep Safe Officer for Edinburgh posted an informational video on Keep Safe for National Keep Safe Awareness day. The video is great and educational! Take a look by clicking [here](#).





# Keep Safe great work!



## E division



PC Prince Durant and PC Emily Noble recently delivered Keep Safe training in the Royal Bank of Scotland and Lloyds Banking, Museum on the Mound

They have been a great addition and have been a Keep Safe place for a number of years.



Great work on keeping up to date with Keep Safe training!



## Railway children events!



Railway Children kindly invited I Am Me and Police Scotland along to Glasgow Central Safeguarding Action Group events.

PC Chris Scott attended Glasgow Central Station to host a Keep Safe information stall, it looked like a great wee day, well-done!

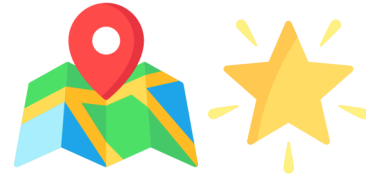


Aimee and Kieran also attended their drop-in sessions where we got to meet and chat to some lovely people and talk all things Keep Safe.





# Out and About!



## Paton's Day Opportunities



PC Alan Curran, Kieran, and Aimee were at Paton's Day Opportunities Centre to deliver a presentation on all things Keep Safe, Hate Crime, Scams and more! We all had a great day chatting to everyone and learning. Thank-you for having us and thank-you to PC Alan Curran for coming along.

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## Tayside Police

Officers from the Carnoustie, Monifieth, and The Sidlaws Community Policing Team have been carrying out school visits. Constable Brennan delivered an input to all Primary 7 at Grange Primary in Monifieth about Substances and Risk using the I Am Me Learning Platform.

At Monikie Primary School Constable Irvine read the 'My Police' book to all nursery, Primary 1, and Primary 2 pupils. Finally, constable Brennan and Sergeant Grieve spoke about 'People Who Help Us'.

Well done everyone it looked like great wee days!







## 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](http://iammescotlandeducation.org.uk)**  
and click the **“REGISTER”** **BUTTON**

ALL of our resources are developed with children, young people and disabled people and 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



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](mailto:iamme@renfrewshire.gov.uk)

**Click the image to take a look**



# #MakeADifference



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

TRAINING FOR SECURE/RESIDENTIAL HOUSES



Training will include:

- What is Exploitation
- What is Grooming?
- Who are the exploiters?




### You Are Not Alone Training for Adults

A planned resource in the “You Are not Alone” series will be a training module on Child Exploitation for all adults, including parents, carers, housing officers, social workers and many more.

You Are Not Alone  
Training Package for young people  
I Am Me Scotland (Charity) and Police Scotland aim to develop an exploitation resource that can be delivered in a secure/residential setting. The resource will aim to raise awareness of what exploitation is, the impact and the support available. The team will aim to work with small groups of young people in Polmont and residential/secure Children’s Houses, to ensure that their stories and voices can be included throughout.



Keep Safe Review  
The team will be working alongside Police Scotland on the review of the Keep Safe Initiative.


**You Are Not Alone**

**Raising awareness of child exploitation**

It's everyone's responsibility to safeguard our children & young people, and make sure they know they are not alone.

This training was developed for:

- Practitioners,
- Professionals,
- Parents
- Carers



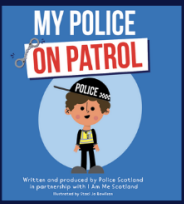
## Primary School Resources

## Secondary School Resources

I Am Me Scotland  
P5 – 7  
Autism Awareness Lesson



My Police, On Patrol  
Introducing different departments and roles of Police Scotland.



You, Me, Together  
Domestic Abuse  
Teenage Relationships  
Coercive & Controlling Behaviour



We would like to take this opportunity to thank everyone who helped with the “You Are Not Alone” launch. It was an amazing day, and we couldn’t have done it without your help and support!



- MSP Natalie Don
- Superintendent Leanne Blacklaw
- PC Jemma Davidson
- Sgt Stewart Fleming
- Goudie Academy
- St. Columbas High School
- West College Scotland
- Nyah
- Samantha
- School Wynd



Also, thank you to Fearless Railway Children Barnardo’s for bringing their resources to support our young people.

Thank you to Renfrewshire Council & Arnold Clark for their continued support for the charity.





# You Are Not Alone Exploitation Resource



I Am Me Scotland and Police Scotland have developed an exploitation resource that can be delivered in a secure/residential setting. The resource aims to raise awareness of what exploitation is, the impact and the support available. We recently hosted a launch event for this and had some amazing performances from Kibble and West College Scotland. Natalie Don Minister for Children, Young People and Keeping the Promise also spoke at the launch. A huge thank-you to everyone who helped with the development of this resource and for coming along to the event!





# Stigma



The team have been working with Renfrewshire Council for the past three months, to develop a Stigma Awareness Staff Training Resource. The training is a commitment to tackling the stigma that is associated with substance use, addiction and recovery.

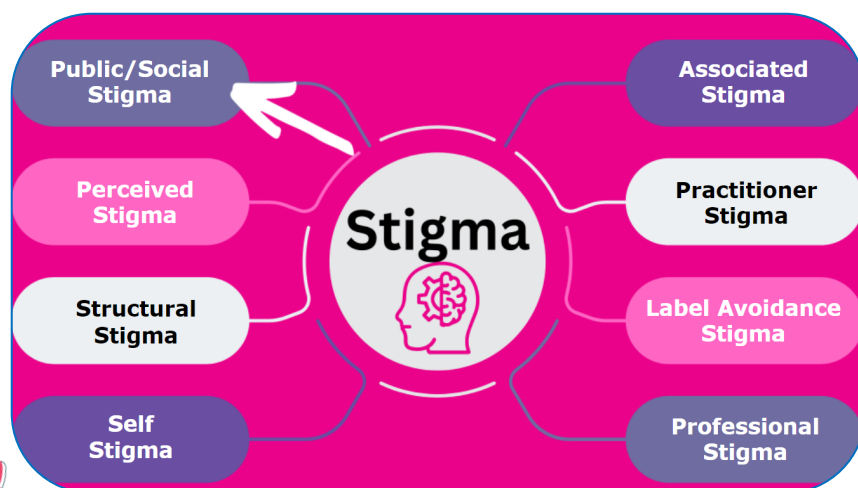
The team worked with people who have lived and living experience of addiction and recovery to hear about how stigma has impacted them directly, but also how it has impacted on their family.



Stigma can stop people from accessing support they may need because they feel judged. People who use drugs or alcohol may find that prejudice and judgement from others impacts their own self-worth, and this can impact wellbeing and limit the ability to reach out for support. Stigma can also affect the family members of people using drugs and alcohol, and stop them accessing services for themselves as well as to help their loved ones. Communities where drug and alcohol use is seen as an issue can also feel stigmatised by negative stereotypes and harmful language. People in recovery can face the same challenges.

The new training package has been designed to be interactive, with animations, films and real life stories. The training has been designed to cover the following learning areas:

- What is stigma?
- Why does stigma happen?
- What is a substance?
- Who is impacted by substance use?
- The Impact of substance use
- What can we do?
- Stigma in services
- Unconscious bias
- Naloxone
- Recovery services
- Being the change



Your Language Matters  
Our People Matter



The resource has a total of 6 animations and 14 information videos, providing a variety of visual, audio and interactive learning elements.

# 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](mailto:iammescotland@outlook.com)



**The life i want** and



invite you to



## Meet the Health Check Nursing Team!



**Come to our event to find out more  
about the Health Checks!**

We are holding an event for people with learning disabilities to find out more about **Health Checks**. The Scottish Government has said that people with a learning disability should get a health check. This is a way to make sure that people are healthy and help to identify any problems early.

**NHS Greater Glasgow and Clyde** have a new team of nurses who will be carrying out the health checks and they want to meet you! This gives them the opportunity to let you know what to expect and answer any questions you might have.

We will also have Mello Vello smoothie bikes to try out as well as a great performance from Mainstay's Drama group!

**A light lunch will be provided.**

**If you would like to attend this event please call  
0141 212 3395 or email [david.ross@viascotland.org.uk](mailto:david.ross@viascotland.org.uk)**



**11.00 am - 3.00 pm  
Thursday 11th April**



**Calton Heritage & Learning Centre  
423 London Rd, Glasgow G40 1AG**



Funded by The National Lottery Community Fund



## 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](mailto: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](mailto: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](mailto:iamme@renfrewshire.gov.uk) or visit [www.iammescotland.co.uk](http://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**.



 <b>Keep Safe</b>  My name is .....	<b>People who can help me</b>  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
	 <b>Police Scotland</b> www.scotland.police.uk  <b>I Am Me</b> 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](http://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](http://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](#).

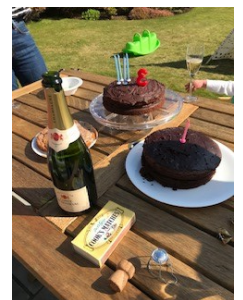
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#)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

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