

Scottish Child Abuse Inquiry

Witness Statement of

LCF

Support person present: Yes

1. My name is LCF. My date of birth is 1962. My contact details are known to the Inquiry.
2. I have provided the Inquiry with a letter, "Letter - LCF - Drafted Statement" [WIT.003.001.0072], which I recently compiled to summarise my life in care. I typed this statement up myself. Some of the information I recall personally, but some of the information has come from other people.

Life before care

3. I have three older sisters, and AAK. My mum and dad were and . They have both passed away. We lived at in Whiteinch, Glasgow before I was in care.
4. I have been told by my gran that when I was around the age of four or five my father hit my mum and he went to prison for that. My mum had a broken jaw. I wasn't aware of that then but I remember her teeth were wired together and her eating chopped up egg out of the side of a cup. There is no doubt they had a drunken, violent relationship and they were destroying each other. I know now that I was placed in care for a good reason, for our own safety.

Initial care

5. I thought that the first place I was in care was Quarriers village however my sister **AAK** who has some social work records told me that I was in Smyllum. I am not sure where I was in care for the first few years.
6. The first place that I have only very vague memories of is Nazareth House in Cardonald, Glasgow. I am not sure how long I was there but possibly only a few weeks. The only thing that I do recall about there is my sisters being beside me one minute and the next minute they were gone.

Nazareth House, Aberdeen

7. I think I would have been about seven years old when I went to Nazareth House in Aberdeen. I remember seeing **█** my sister and a nun standing there in the parlour when I arrived. I found out when I was there that my sisters had been moved there some time before me.
8. I am not sure if Sister **LFB** was in charge of me, but she was the one that dished out the punishment to me. She was probably 50 to 60 years old back then. I only really remember Sister **LFB** and Sister **LFZ** Sister **LFZ** was okay, and I don't really remember much about her. The nuns wore their black habits and some kind of hat. I don't remember if there were other non-religious staff working there.

Routine in Nazareth House, Aberdeen*Morning, bedtime and food*

9. I can't really remember much about the sleeping or eating arrangements at Nazareth House in Aberdeen.

School

10. There was one teacher who was at school that must have felt sorry for me. She would often give me chocolate which, to be honest, was probably partly to bribe me into behaving. I know she did have concerns about me and was sympathetic towards me. I think I was subsequently expelled from St Peter's School, but I am not sure. I then went to a special school. I know I was out of control.
11. There were only about six children at the special school. I used to walk to this school and I started getting bullied by three children going to the Protestant school. One day I got fed up with them, so I hid and when they approached I sprung out and hit one of them in the face as hard as I could with a lump of wood. The police got involved and I must have got expelled because I remember being in the Nazareth House building all day.

Leisure time

12. There was a football pitch outside but I only ever remember playing football on it once. That was after Aberdeen Football Club visited us when they won the Scottish Cup. I don't remember there being any toys or books in the home.

Birthdays and Christmas

13. All I can remember about Christmas was waiting in a queue to get a present. You knew that if the person at the front of the queue got a selection box, that was what everybody else got, exactly the same.
14. I don't remember ever celebrating my birthday. I actually thought my birthday was on [REDACTED]. It was only when I was about 12 or 13 that I found out it was on [REDACTED].

Religion

15. We had to go to mass, and it seemed like we were there all the time. We went most mornings. We had benediction masses in the evening and they seemed to last forever. We did the "stations of the Cross" and it was like snakes and ladders. If you didn't pray for long enough at one of the stations you got sent back to the first one to start all over again.

Visits/Inspections

16. I never got any visits. I was told a couple of times that my mum and dad were on their way to visit me but they didn't appear. I never got any visits from any social workers or anybody else in authority.

Trips / Excursions

17. I remember going twice to Tomintoul. It was like a holiday camp. There was a big barn and the staff slept in the house. I remember I enjoyed it there. We got to mix with the girls. I can only assume that Sister LFB wasn't there. I have good memories of those trips.

Healthcare

18. I broke my arm towards the end of my time there. I had managed to climb up on the roof of an out building. I fell off and broke my arm. I was taken to hospital and my arm was put in a cast. The only other time I should have got medical attention was one time I fell off a bike. It was when we were at Tomintoul on a trip. My penis was bleeding and everyone was aware that I had hurt myself. The staff never took me to hospital or got me medical attention. I was in my bed for a couple of days. I was in real pain.

Sibling contact

19. My sisters lived on the girls' side of the home and I was separated from them. We were segregated. I was not allowed to leave the boys' side to go anywhere near the girls' side. In the first few weeks I regularly tried to get to see my sisters but Sister LFB wouldn't let me. The only time that I really got to see my sisters was when we were on the bus going to school because the bus was mixed.

Running away

20. I regularly ran away from Nazareth House in Aberdeen. The first couple of times I was traced down in the harbour. I am not sure when I went back if I got punished for running away.

Abuse at Nazareth House, Aberdeen

21. In the first few weeks I was there I regularly tried to see my sisters, but Sister LFB would stop me. The more I tried the more she hit me. I remember trying to sneak down the stairs through the night, but I was caught by a nun on the girls' side. Sometimes Sister LFB would drag me by the hair along the floor, or she would slap me on the face and body. She pulled me by the hair on the back of my neck up three flights of the marble staircase and then bundled me into a dark cupboard where I was left for hours. It wasn't much bigger than a phone box. I was regularly put in that cupboard in the first few weeks. My first four weeks at Nazareth House were horrible. I felt alone because my sisters had been taken away from me.
22. I became more and more out of control and as this increased and so did Sister LFB's level of violence against me. She would hit me on the hands with a short wooden stick. She would grab my wrist then strike me on the open hand with it. If I clenched my hand she would just hit my knuckles. Getting hit by the stick happened occasionally and wasn't the usual method of punishment from Sister LFB.

23. Sister ^{LFB} took great pleasure in being able to hit me when it was least expected. She stood over me with her hands hidden under her robes and told me what it was I had done wrong. If at any point I turned away or lost eye contact with her she would quickly bring her hand out and slap me on the face.
24. She was a devious and nasty woman who enjoyed inflicting suffering. I don't really know if other children were being hit by Sister ^{LFB}.
25. I remember at some point a nun had died and we all queued up at the chapel. I didn't really know what was at the front of the queue but I remember seeing a flimsy looking coffin on a stand. I then had to kiss the dead nun's hand. Later on there were stories going around that if you didn't kiss the dead nun then her ghost would come to get you. She became known as "the limping nun". At night time some of the older boys would walk around dragging one of their legs behind them. I used to lie in my bed in the dark and hear this. I didn't know it was the boys at first and I was petrified. It all became real and a lot more powerful for me.
26. I remember that if anyone wet their bed at Nazareth House they had to wrap the wet sheet around them and then queue up for the bathroom in the freezing cold corridor. You would drop your sheet down to get washed and then get in a big industrial type sized bath. There were three of them. The bath was either filled with freezing cold or boiling hot water. It was like a sheep dip. This happened to me and I was frightened. I can't remember who it was that put me in the bath but it was the nuns.
27. I remember sometime in the evening sitting in the TV room. I was sitting on someone's knee. I am not sure if it was an older boy or an adult male, but this person was fondling me. This person took me to a cubicle in the toilet and fondled me. This was done under the pretence that he was helping me urinate.

Leaving Nazareth House, Aberdeen

28. During the time I got expelled from school, or at least I think I had been expelled, I was spending all my time in Nazareth House. It was during this period that I attacked Sister ^{LFB} [REDACTED]. After that I was put in a car and taken to Auldhouse Boys' Home in Glasgow.

Auldhouse Boys' Home, Thornliebank Road, Pollokshaws, Glasgow.

29. Secondary Institutions - to be published later
[REDACTED]
30. [REDACTED]

Secondary Institutions - to be published later

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Secondary Institutions - to be published later

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Leaving Auldhouse Boys' Home

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Secondary Institutions - to be published later

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I was no longer a boy at the home and I was to go back to my dad's. I was given my bus fare home. When I got back to my grandparents' house, where my dad was living, my dad wasn't happy.

41. We walked all the way back from Maryhill to Auldhouse. When we got there he refused to let me back in. I don't know what he told my dad. I didn't know then why I wasn't allowed back in.

Living back with Dad

42. My happiness at being out of Auldhouse was short-lived. I was now living with a violent alcoholic father. My grandmother was an alcoholic and my grandfather was bedridden. My father was constantly drunk and he beat me black and blue. One time he strangled me and I lost consciousness. This made me really scared of him. The next time he came for me I was ready, and I stabbed him in the stomach. He never hit me again after that.
43. I basically went out of control and lived like a feral child. My dad just let me wander the streets of Maryhill at night. I have no idea where my mum was.
44. After about a year the authorities became involved again. I hadn't been going to school since I left Auldhouse, and I was getting into trouble with the police. I had not seen a social worker from the time I left Auldhouse. No one came to check to see how things were or how I was.
45. I was sent to a children's panel in Glasgow although I am not sure why. It could have been for many reasons. At the panel I was sent to Larchgrove Assessment Centre and I was told that I was going there for six weeks. This was in 1975, and I was thirteen years of age.

Larchgrove Assessment Centre, Edinburgh Road, Glasgow

46. It was only when I arrived at Larchgrove and saw the security on the windows that I realised it was a secure unit. It was an old building and looked a bit like a school. There was a high wall round the perimeter with barbed wire on the top. It had an

exercise yard. It was like a prison. The building was made up of three wings with about twenty boys in each.

47. One wing was called Jackson Wing which is where I was. Another wing was called Bute Wing but I can't remember the name of the third wing. In my wing there were two dorms with about 10 or 12 beds in each. Each wing had its own TV room. It also had a cell, called the Chokey, where you were put to be punished. The Chokey was near to the front door of the building. It was just like a police cell.
48. The only staff I remember were Mr LGU, Mr LSP, Mr Sinclair, and one called Mr LGX, I think.
49. The age range was between 12 to 16 years. Most of the older boys were in there for some relatively small crime like car theft or shoplifting. Others like myself were there for care and protection, and there was nowhere else to put us. Basically all the time in there you were just passing the time until your next appearance at the children's panel.
50. I went in there as a small fish in a big pond. Nazareth House had prepared me for Auldhouse. Auldhouse prepared me for Larchgrove. Larchgrove would prepare me for prison. I was starting at the bottom of the ladder again because I was only thirteen years old. There were older boys there who later on in life I would read about in the newspapers for their involvement in crime. There was a gang element in there, and I learned it was important what area you came from as to what gang you were in.

Routine at Larchgrove Assessment Centre

Leisure time

51. We spent most of the day just sitting about waiting for our next cigarette. Cigarettes were a big thing and your whole day was built around getting your next cigarette. We

were locked in the TV room all the time. Every now and then we got taken out to a field outside to play football.

52. Cigarettes were generally brought into the home by visitors. It was supposed to be that only the sixteen year old boys were allowed to smoke. They had their names written on a cigarette box. Cigarettes were handed out to everybody that wanted them. If you behaved you may be given three cigarettes a day. If you were good that day and made life easy for the staff members on that shift, then you could get an extra cigarette. In the evenings we would just sit about watching the TV. We had to do exercise for an hour every day and we were just made to walk in circles around the exercise yard.
53. Daytime in Larchgrove was made up of getting down on your hands and knees and scrubbing then polishing the corridor floor. I think that corridor was scrubbed and polished every morning.

School

54. We got no education and no school classes at all.

Clothing

55. There was no uniform at Larchgrove but there were clothes issued to children who didn't have any. It was obvious that they were not our own clothes and we stood out. Otherwise we just wore our own clothes. Before you went to the children's panel they would get your clothes out of a box to wear, and they would wash it. It would be stinking because it had been sitting in a box for weeks.

Running away

56. I ran away once from Larchgrove. One of the other boys kicked the door open and ran, so I ran too. It was about 3 o'clock in the afternoon. I got about 5 steps from the

perimeter wall into Edinburgh Road, and was caught by the staff. I can't remember how I got punished: either I didn't get cigarettes or I got put in the Chokey.

57. I ran away another time when I went to a children's panel. I remember I got taken to the children's panel by Larchgrove staff. It was very much that I felt like a prisoner with the staff holding on to me. My dad was there at this panel which surprised me. I am not aware if there was a social worker. I expected them to say I was going to another home and I was prepared for that. When I was told I was going back to Larchgrove for further assessment I ran out. I was frightened and didn't want to go back there. I was getting bullied at Larchgrove by the older boys, and I wasn't physically big enough or strong enough to take them on. I ran away and made my way to Maryhill. I stayed on the streets for weeks. The local chip shop would give me left over food at the end of the night. I never went hungry. The police stopped me one night, and I went straight back to Larchgrove, probably for another 6 weeks.

Trips / excursions

58. We never got taken out swimming or to the cinema or any other days out anywhere. I never went on any kind of holiday when I was there.

Visits / inspections

59. I never got any visits when I was at Larchgrove. I never saw a social worker and am not aware of anyone else inspecting the place.
60. I was supposed to have been at Larchgrove for six weeks for assessment. I am not aware of anyone ever assessing me. I have no idea what I was supposed to be getting assessed for.

Abuse at Larchgrove Assessment Centre

61. There was a member of staff in Larchgrove who committed sex acts on children. I think his last name was LGX but I am not sure about that. He was the night staff. He came on duty about 9pm. The day staff would put us to bed then leave the building. That's when LGX would put a sweeping brush against the door to jam the dorm door shut. He would then go into his office and start drinking alcohol. The only way to get out the dorm was to bang and shout. He would eventually come and remove the brush. I found out that it was better to go to the toilet early because the later you left it the drunker LGX would become. He only let one boy out at a time.
62. After you had been at the toilet, usually only wearing your underpants he would make you face the wall in the freezing cold corridor with your big toe touching the skirting board. This was the punishment for disturbing his drinking. Your head wasn't allowed to touch the wall. If it did, he would add more time onto the original punishment. If you fell asleep he would come up behind you and sweep your legs away from under you and knock you to the ground.
63. One of the first times I was standing in the corridor being punished he came up behind me and tried to put his hand down my pants. When I resisted he kicked my legs away from me, and I ended up on the ground.
64. One Friday I got involved in a fight with another boy. I spent all that weekend in the cell called the Chokey. I was in there on my own all weekend. On the Sunday morning Mr LGU a member of staff, came and took me down to his office and in a matter of fact way told me that my mother had died. He then walked me back up to the Chokey and locked the door behind me. I was crying. On the Monday a senior member of staff came back and I was given extra time in the cell. As an extra punishment first thing in the morning my mattress and blankets were taken away from me. They were returned to me last thing at night.
65. When you got involved in fights the staff would slap you about and that was just a standard thing. It might be considered abuse, and it probably was, but at the time I

didn't see it as that. It was just part of what went on. You got involved in a fight; staff would drag you to the cell and slap you about a bit. It was just what you expected, and I thought I deserved it. I frequently got into fights, so frequently got beaten up by staff.

66. Sometimes I would be sitting in the Chokey, wearing only my underpants on the cold concrete floor. They took your shoes off through the night to stop you from kicking the cell door. To be honest, I got used to being in there and actually felt safe. Other boys got the Chokey too. Sometimes if the staff that were on liked you they might give you a book to read when you were in there.
67. Larchgrove was a cold brutal place. I think that is just the way it was meant to be. I think it was designed to be short, sharp treatment, and it was set up like a prison.

Leaving Larchgrove Assessment Centre

68. I was back and forward to the children's panel about four times over a period of about four months before they found me another home. I remember going to the panel, and then being in the car with two members of staff who told me I was going to St Philip's List D School.

St Philip's List D School, Airdrie

69. I went to St Phillips in 1976 and I was there for two years. It was a Victorian house and the headmaster was Mr Kane. There was Mr Hughes and Mr McGechan. There were 3 or 4 civilian staff who weren't trained as teachers or social workers. They were all genuinely good people and the biggest difference was how they treated the children. New units were being opened when I was there, so new, fully-trained staff were coming in. They all brought me under control probably just by moral blackmail. They taught me what was good, and what was bad. They made you feel guilty for

things that you did. They did not use violence to control you, and they never taught you violence. There was no atmosphere of violence.

70. My education started to improve. I went to some of Mrs Drummond's classes during the day. Mrs Drummond made it interesting and gave me attention. If I was having difficulties she would come over and help me. There were only about six boys in her class. I learned to read a bit and I became interested in history and actually enjoyed education.
71. St Philip's was the start of my recovery. My description is that St Philip's saved a drowning boy. Had I not gone to St Philip's my life would not have been saveable. I would probably have rotted in prison, not knowing any different. I put it all down to Mr Kane and the rest of the teachers. At St Philip's they gave me some respect, listened to me and got me involved in the set-up. St Philip's had their own social workers working there and I worked with them.

Leaving St Philip's List D School

72. I remember a social worker came to see me towards the end of my time at St Philip's. He was a Mr Kelly. That didn't turn out well because he met my father and they started drinking together. Even after I left St Philip's he carried on his drinking with my dad. I think Mr Kelly's purpose was to get me out of St Philip's and he succeeded.
73. St Philip's let me down in the respect that they didn't really prepare me for leaving care. They didn't help me but neither did the social worker Mr Kelly.

Reporting abuse

74. In Larchgrove there wasn't an atmosphere that you could really report anything. The staff had an element of control, but they couldn't stop one boy punching another.

There was no humanity from the staff in Larchgrove so there was no one I would speak to.

75. I think the first person I really disclosed what happened to me as a child was when I was in Frankland prison in 1992. I discussed it with the psychologist and we started to address these issues. The next time was in 1999. It came on the radio that there was an investigation into Nazareth House. After I heard that I got in touch with Cameron Fyfe at Ross Harper and Murphy Solicitors.
76. Ross Harper Solicitors told me that I should report what happened to me to the police. I went to Kingston police station in London and I gave a statement there. That may have been in 2007. They really weren't interested and I never heard any more about the report I made.

Life after care

77. In 1978 I turned sixteen years of age. By that age I was too old to be cared for and too young to care for myself. I was sent to live at a bed and breakfast in Maryhill. Mr Chalmers took me to the bed and breakfast although he didn't like taking me there. It was an older couple that ran it. He was concerned about leaving me there.
78. I had already arranged to sign on to get my unemployment benefit. When I got it I had to give all the money to the woman from the couple, and then she gave me some money from it to keep me going. I had to leave the house by 8am and be back in by 5pm. I lasted under this regime for about a week and I left.
79. I slept rough in Maryhill. I got a job in a shopping centre. My boss realised that I was sleeping rough. I then met a trainee social worker Michael Brosnahan by chance in the railway station. He lived in St Philip's home in a staff bungalow with his new wife and new child. I broke down in front of him and he took me back to his house. I stayed there for a short time. He was trying to find me somewhere to stay and he found somewhere called Gilshochill School in Maryhill. It was an open home. I had

been there for a week at some point before but not sure exactly when. They took me in because Michael begged for me.

80. I went to Gilshochill for a couple of nights but my boss from my work got me a flat in Pollokshields. Within a week I applied for employment with all the armed forces. I subsequently joined the navy and left Glasgow. I did my training at HMS Raleigh in Plymouth and was then based at various locations and on several ships. I left the navy after about 18 months. I started drinking in the navy and got into a lot of fights and received more prison sentences.
81. I started studying psychology when I was in prison because I was trying to find myself. I took exams in Frankland prison and got a couple of GCSEs. Enfield University accepted me to do a major in psychology and a minor in writing and publishing. I only did that first semester which lasted six months around 1994. I didn't finish the course.

Impact

82. Sister **LFB** at Nazareth House taught me fear, paranoia, and violence. Because of the way I was being treated at Nazareth House in Aberdeen I became more and more violent. I started kicking, fighting back, screaming and biting.
83. When I was at St Peter's School when I was at Nazareth House, Aberdeen I know that I was a disturbed child. I discovered that negative attention was better than no attention. I began to expose myself by pulling my trousers down and I also threatened to pee in the school desk. I know now that this was a manifestation of being sexually molested in Nazareth House.
84. A couple of times when I was at Nazareth House, Aberdeen I was told that my sisters were getting punished because of my behaviour so I think I knew to stop trying to contact them. We were growing up apart and had our own lives. I was separated from my sisters and wasn't allowed to speak to them. I think I was

resentful of the fact they were together and I was on my own. I think we were losing our attachment as a family. This affected my relationship with them and they just became other children.

85. Larchgrove was the road which led me into the criminal world. At that age I needed guidance and education but because I didn't get any I went the other way. The violence became more and more serious, and I would even wait until someone was asleep and then I would hurt them. I received a lot of violence but I gave a lot out too.
86. It was when I was at Larchgrove that I learned that there was a level below poor. When you see other people getting visits you realise that you are alone, with no money and no status. I got no visits and had nothing. I just wanted to be one of the gang. I would rather have been in Larchgrove for a criminal offence rather than been there for care and protection.
87. In Larchgrove there became more and more intelligence to my violence. It started to become more premeditated and I would picture what was going to happen. I was calm and would plan it all out. If I was being bullied I would work it out that I hit them in front of the staff. That way the fight would get broken up quickly by the staff. The bully would get the burst nose and I would get put into the Chokey where I was safe. I wanted to be a hard man, a fighter.
88. In Larchgrove there were two occasions when I self-harmed. People started doing homemade tattoos and I had [REDACTED] put on my forearm. I regret having that done and I have since covered it over. It felt like an institutional stamp. Another time I slashed my forearm [REDACTED]. I was just so unhappy and lonely in there. I probably just wanted to get back to the Chokey where I felt safe.
89. The choice you had to make in Larchgrove was either to hit or be hit. You were better off, got status, were safer but most importantly you were left alone. By the time I left Larchgrove I was no longer being bullied, and I was capable of looking after myself, and by then had the potential of becoming a full on bully myself.

90. A lot of my violence was based on fear; my own fear of being hurt. It became quite calculated and I was no longer volatile. I would plan my violence. No one can see how frightened or anxious you actually are. I am a very emotional person and if I get into a situation where my emotions start to show, and if I am feeling threatened, I will become violent.
91. At fourteen years of age, just as I was about to leave Larchgrove, I didn't trust anybody. I learned that the third blow was no worse than the first. I was able to take it. I was no longer scared if someone was going to be violent towards me. I learned that violence was really about how far you were willing to take it, and not to care what happened to yourself or anyone in the process. To be psychotic in Larchgrove was an asset. The more mental you were, or made yourself out to be, the less the older boys would bully you.
92. Throughout my life I have been in 24 institutions which include children's homes, remand centres and adult prisons. Some were just short-term. There was no difference between the ones that were meant to care for me and the ones that were meant to punish me. Each one that I overcame just prepared me for the inevitable progression into the next. It is only in the last seven years since I started seeing ██████ that the cycle broke for me. I have even stopped drinking. It is only the fact that my life is stable now and I have sorted myself out that I am able to speak to you and give you all this information.
93. All my life I have been made responsible and accountable for all the violent acts that I have committed. I was told by the prison governor in the corridor at Stocken Prison in Leicester around 1993 that I looked aggressive, sounded aggressive, and my mannerisms were aggressive. He told me that the essence of my personality was violent. He added that I would always return to prison and that I had a personality disorder. He never told me why he thought that.
94. From leaving Nazareth House I never saw any of my sisters for about forty years. We ceased to be a family. We grew up separately and we were strangers. We are

trying to get together again, but it isn't easy. I regret that this happened. I would have loved to have had a different, normal relationship with my sisters.

95. We all have the potential to be violent but the vast majority of us choose not to. This choice is based on what you learn to be right and wrong as a child. In Nazareth House, Aberdeen I was taught that violence was normal and acceptable. **Sec**
Secondary Institutions - to be published later In Larchgrove I learned that violence was instrumental in getting what you wanted and very sadly, I think I was very good at it. Most of all the institutions left me with, what I consider to be, a violent personality disorder. Whatever innate characteristics I may have had, because my father was a violent man, it is of no measure in comparison to being slapped, kicked and punched most days of the week. I was a frightened child who learned to anticipate violence and overcame it by using violence myself.
96. I have been diagnosed as having a personality disorder and chronic rage by Dr Kahtan. I know that if I get into a fight I lose the fear of the consequences. I am not afraid for what happens to myself or the other person. I think that if I don't care what happens to me that indicates that there is something wrong.
97. There have been times in my life when everything has been going good for me and I had a good job and my life couldn't have been better. I have to avoid confrontational situations because I know I won't back down and I am scared things could change for me in a flash. I know that in the wrong situation I will react so I have to be careful.
98. It happened to me once when I had a good well-paid job. I head-butted a supervisor. I was sober at the time too. He was bullying me and I reacted. I woke up the next morning wondering what had I done. It is then that you realise that the moment my supervisor was standing in front of me was the most important few seconds in my life. It isn't, but you don't think about the impact and it happens.
99. I am always hyper-vigilant, and the idea of avoiding conflict is the worst thing for me. I have to address any issue immediately. It stems back to my time at Larchgrove. The more you try to avoid a situation the worse it will become. If you try to avoid a

fight then you are letting your opponent know that you are afraid and you are weaker than them. Other children would see that you are afraid and they would see you backing down. If I am frightened of something I just go for it head on. It is often the fear that pushes me into fighting. This is the worst thing about me. I sometimes wish I could have somebody else's personality.

100. I think I am basically a good person but someone who has been brought up badly. The best thing that has ever happened to me is starting to see [REDACTED]. It has made me a softer person. The Scottish child care system has formed a major part of my personality, and it is something I have always tried to overcome. Every time I came out of prison I felt that I was more dangerous than when I went in.
101. I probably drank too much for a while, and it changed my personality and made me a depressive drunk. I drank to forget and not to care, and erase from my mind what had happened to me in the past. A few years ago when things were happening in the court I thought about what happened to me almost all the time. I think about it less now and have let it go a bit.

Treatment / support

102. I now know that it was when I was at St Peter's School that they sent me to see a child consultant psychologist at the Royal Aberdeen Children's Hospital. I learned this as an adult from a psychiatrist. He told me that in their report I am described as "extremely restless and confrontational with other children. He tried to be good and helpful but always got himself into trouble". I was said to be clumsy with restless distractibility. I was becoming increasingly aggressive towards other children and staff at Nazareth House. I was poor at writing and drawing activities and did not want to get involved. The report concluded by saying that "I was a messy eater and couldn't tie my shoelaces". It went on to say that there was "Scapegoating" going on and that I was being used as a scapegoat. I have no recollection of being assessed when I was at Nazareth House.

103. As an adult I went to see a psychiatrist and we spoke about the time I was fondled in the toilet at Nazareth House, Aberdeen. He asked if I had an erection but I told him I couldn't remember. I just remember that it felt better than getting battered.
104. I saw a psychologist for about twelve months when I was in Frankland prison. I saw a forensic psychiatrist, Dr Kahtan after I was released from prison for about four or five years. With the psychologist we were looking at anger management issues. We looked at reducing perceptions I had like; what are the implications of walking away, or to avoid conflict or not fight back. The two therapists I saw were Dr Jackie Wolstenholme who was a psychologist at HMP Frankland in Durham and Dr N Kahtan. I visited Dr Kahtan weekly at the Three Bridges Unit Ealing Hospital, Uxbridge Road, Southall, Middlesex.
105. I subsequently got into more bother and went back to see a psychiatrist and we looked again at anger management. I went to some anger management group therapy sessions, sometimes twice every week. These sessions were good and some people that went were very intelligent but it doesn't help in the real world. If you are in a situation and someone calls you a derogatory name it is difficult not to react.
106. I am currently on medication for anxiety and depression. I have taken that for quite a long time. I am also on other medication for my heart which is a separate matter. I have never been a good sleeper. It takes me a good couple of hours before I can go to sleep to clear my mind and calm my brain down. I regularly have bad dreams and shout out in my sleep. Often it is about my time in prison or in some about the care homes or institutions.

Other actions taken

107. I applied for criminal injuries compensation but never received anything.

108. It has only really been within the last year that I have been in touch with my sisters. It was only then that I found out that at some point my supervision order had run out when I was at Auldhouse and that is why I had to leave.

Lessons to be learned

109. When my time at Auldhouse came to the end I was put back to live with my dad who was a violent alcoholic. It seems ironic and completely wrong that I was put back with the man who I had been put into care to be protected from in the first place.
110. Leaving the care system is the most important thing to me. To come to the end of your time, regardless of how good or bad your time was in care. If you leave at sixteen without any support and living in a bed and breakfast you are lost. There are a lot of consequences for the lack of after care for me. If someone had looked after me when I was sixteen I think things could have turned out better for me. Even if there was some sort of safe, half-way house to help children who leave the care system. This will help them work into society and get a job.
111. People who work in care establishments have to be the right people and doing it with a heart to do the job. The professionals, like the social workers or trained staff must be trained properly and have the interests of the child first.

Hopes for the Inquiry

112. I hope that this Inquiry will close everything for me and that I will be believed. It has always angered me when people turn round and say it didn't happen.

Records

- 113. I know that my sister ^{AAK} [REDACTED] has obtained her social work records and I am mentioned in some of them. I have never tried to get my records. I have a couple of the psychiatric reports.

- 114. I have no objection to my witness statement being published as part of the evidence to the Inquiry. I am happy for the Inquiry to share my details with other agencies and people I have named in my statement. I believe the facts stated in this witness statement are true.

Signed. ^{LCF} [REDACTED]

Dated. *19/7/2017*