

Scottish Child Abuse Inquiry

Witness Statement of

EXJ

Support person present: Yes

1. My full name is EXJ My name on my birth certificate was EXJ EXJ and growing up, my name was EXJ. My date of birth is 1968. My contact details are known to the Inquiry.

Life before going into care

2. I was born in Cawdor Park House Hospital. My mother's name is My father's name was and he was known as I have two brothers who are a lot older than me. is the oldest, and was born on 1959. would be 55 years old now, but he died in 2013. I was in contact with him until his death.
3. I lived on in Maryhill, Glasgow, when I was very young, with my mother and two brothers. My parents were not together. I don't remember much about living on
4. When I was about three years old, we moved to a tenement on in Drumchapel. My mum didn't work, but she did some part time cleaning of stairwells. Sometimes she would take me with her and sometimes family members would look after me. My mum worked to get extra money for the family. She wasn't getting enough to live on.

5. I went to nursery and then to Cleddens Primary School when I was five years old. [REDACTED] went to a special needs placement at Northland School and [REDACTED] went to Kingsbridge Secondary School. I didn't like school. I got battered and beaten up by some of the other kids so I started to truant when I was six or seven years old to avoid them.
6. I recall being run over by a van. I remember being taken in an ambulance and getting stitches in my face. I still have a scar on my upper lip.
7. I had an accident when I was seven years old. I was playing on the monkey bars in Katewell Park, and I fell and broke my elbow. My mum's best friend, [REDACTED] was there so I ran up to her crying. She got one of her boys to run home to [REDACTED] and get my mum. Mrs [REDACTED]'s other boy called an ambulance. My mum came to the hospital and was crying. I told her that it wasn't her fault. After that everything went downhill.
8. My father showed up at the house. He did things to me that I do not want to talk about. My brother [REDACTED] also did things to me. I had to hide in the coal bunker next to the front door. I also had to hide in the roof. I was hiding to keep them away from me.
9. Living at home was hell. We lived on the top floor of a tenement building. I was so little and these bad things were happening to me. I would look at the front window and want to jump.
10. On one occasion when I was seven years old, my father abused me. My mum was in the kitchen while it was happening. I shouted to my mum that he had touched me. The next thing I know, everything went chaotic. My mum went down to the phone box and called the police.
11. The police came and took me into a separate room to interview me. There was one male officer and one female officer. They asked me who had touched me and I said that [REDACTED] had. They asked me where he had touched me, and I pointed and said "down there." My mum was hysterical and in tears.

12. The next thing I knew, I was being dragged off. I was taken away the same night. It was like being abducted. I was taken away by a social worker called Sister Paula. She was a nun and based at Drumchapel social work department. I think she lived at Knightswood. My mum had had dealings with her before.
13. Sister Paula drove me straight to a foster family in Clydebank. I had no belongings and just had the clothes on my back. Nobody explained to me what was happening.

Foster care - the [REDACTED] or [REDACTED]

14. The foster parents were called the [REDACTED] or the [REDACTED]. I can't remember exactly. They were in their forties. I don't know if they had other jobs. They lived in a two bedroom semi-detached house with an upstairs and downstairs. It was on [REDACTED] in Clydebank. They had two sons called [REDACTED] and [REDACTED]. I think [REDACTED] was their biological son and [REDACTED] was fostered by them on a permanent basis. They were both older than me. I was only seven years old.
15. The house was clean enough. When you came in through the front door, the living room was to the left, and the kitchen was to the side. There was a living room on the left on the ground floor, and the kitchen was through the living room. My bedroom was also on the ground floor. There were stairs leading up from the hallway, but I was not allowed upstairs.
16. My first impression of the foster parents were that they were obnoxious. If I asked for a cup of tea, the foster father would say tell me to make it myself. I was only young and I didn't know where anything was. I ended up putting salt instead of sugar into my cup.

Daily Routine in foster care

17. I had to share a room with [REDACTED] and [REDACTED] and didn't like that I had to share with boys. The room was a four by four and had a double bed crammed in. I had to share the bed with [REDACTED] and [REDACTED] and slept in the middle of them. It was horrendous.
18. The foster mother would come downstairs stark naked to wake us up. She would walk into our room with no clothes on at all and shout at us to get up and dressed. I remember looking at her naked and wondering if this was for real.
19. Once we were up she would drive us to school. I went to Clydebank Primary School.
20. The foster mother's manner suggested that she preferred the boys to me. I went numb and became totally withdrawn. I didn't speak to her at all.
21. Bed time was at 9 pm. The foster mother was strict and would just shout at me, saying: "You! To bed. Now!" We would all go to bed together at the same time. It was difficult to sleep with two boys' smelly feet in my face all night.
22. There was inappropriate nakedness in that house. [REDACTED] would come into the room stark naked too, sometimes.

Food

23. We would have normal food like fish and chips or fish fingers and peas. I never saw a pudding. The food was ok.
24. I would eat food in the living room. I didn't like eating in front of people. I would sit behind everyone else. I felt like an outcast, and a caged animal so I wanted to hide.

Visits and inspections

25. A few days after I had been there, my mum came to visit me with my eldest brother, [REDACTED] I said that I didn't want to see her and walked back in to the house. It wasn't because I didn't want to see my mum, but because I didn't want to see [REDACTED] because of the things he had done to me when I lived at home. I didn't feel safe around him. I didn't want him near me.
26. My mum had a nervous breakdown during this period and was sectioned.
27. My social worker, Sister Paula, came to visit me once. She brought [REDACTED] with her and took us for Chinese food.

Review of care

28. The foster mother didn't care at all about me or the children under her care. There was no washing or bathing in her house. She just didn't provide it. There was a toilet and bathroom upstairs but I wasn't allowed upstairs. I never used the toilet or bathroom. I went to the toilet at school. I never had a bath whilst living there. I was never shown around the house.
29. The foster parents were paid by the social work department. I would say that it was a money-making racket for them.

Leaving foster care

30. I was in foster care for a few weeks. The social work were discussing where they were going to send me. During that time, I ran away more than once. I didn't feel safe there and had to share a bed with two boys. I had never done that before. I had only shared a bed with my mum but I had felt safe with my mum.

31. I wrote a letter to my best friend [REDACTED]. I asked her to help me. I was trying to get back to my mum. I was scared and frightened. The only way for a child to get away from an environment like that is to run away.
32. I ran away and went to my mum's house. The door opened and I saw my brother, [REDACTED] so I bolted down the stairs away from him. I ended up going to my mum's best friend, [REDACTED] house. She must have called the police or the social work and told them that I was there.
33. Sister Paula came in a car and picked me up. She took me and [REDACTED] to Maxwell House Children's Home. I can't remember if [REDACTED] came too.

Maxwell House Children's Home, Glasgow

34. Secondary Institutions - to be published later
- 35.
- 36.
- 37.
38. Secondary Institutions - to be published later We were only there for one or two days, then we were moved again.

Children's Home in Helensburgh, Glasgow

39. I can't remember the actual name of the home, but I remember that it was in Helensburgh. Secondary Institutions - to be published later

40. Secondary Institutions - to be published later

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Leaving Helensburgh Children's Home

69. I was taken out of Helensburgh after a few weeks and I don't know why. Secondary Institutions - to be published later
70. I got a new social worker called Anne Robertson who probably decided to move me on. She just turned up one day to take me away. When I left the home I had to leave everything that had been given to us. Everything was on loan until we left. I had to leave the dolly I had been given for Christmas.
71. Anne Robertson took me to live with my Aunty [REDACTED] for a week. I then went to live with my Aunty [REDACTED] in Maryport in Cumbria for a few weeks. After that I went to my Aunty [REDACTED] which I didn't like because she was an alcoholic. I was then taken to my mum's house.
72. Anne Robertson picked me up from my mum's house after a few days and took me to stay at her own house for a night in Kelvinbridge, until all of the paperwork went through. She didn't think that I was safe at home and wanted to get me away to a place of safety.

73. In the morning, Anne Robertson put me on a bus at 8.30 am. She said I was going on a sort of holiday. That was always how social workers described it when they sent me somewhere.
74. The bus was full of girls from the age of nine to fifteen, from different areas of Glasgow. No support was given and we were not told where we were going. I was just wondering what was happening to me now. I knew my mum wasn't well, but I didn't know how long I would be away for. I remember feeling sick on the bus because I had travel sickness.

Abernethy Residential Home, Perthshire

75. I was nine or ten years old when I was taken to Abernethy. Secondary Institutions - to be published later
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118. Secondary Institutions - to be published later

119. I was in Abernethy for about eight weeks.

120. I was told that I was going to be leaving, but then I had to wait a few weeks before I left. I was put on a bus with a bunch of girls going back to Glasgow. Anne Robertson picked me up. I didn't speak to her.

Life back at home

121. I had to stay with my mum and both my brothers for a few weeks at [REDACTED] I didn't want to go to that house. [REDACTED] was still there but he was trying to get his own place. He was about eighteen years old by then.

122. [REDACTED] was still coming to the house now and again. He abused his son and me. He tried to slit my mother's throat.

123. We lived at [REDACTED] for a few weeks and then we moved to another house around the corner. It was number [REDACTED]

124. I got a new social worker called Margaret Kiernan when I was about twelve years old who was based at Drumchapel. Margaret Kiernan remained my social worker until I was sixteen years old. I knew my mum hated her, so that made me dislike her too. I had also, by this point, lost all trust in social workers in general.

125. Margaret Kiernan decided that I should be taken away from my mother. I went to a children's panel when I was about twelve years old and the decision was taken that I would be sent to St Euphrasia's. There had been a discussion with my mum about this

whilst I was at Abernethy. I had already been to visit St Euphrasia's when I was eleven years old.

St Euphrasia's Children's Home

126. I was taken to St Euphrasia's when I was twelve years old. It was a crumbling old building, which was run by nuns, and it had a school within it.
127. I was the youngest there when I went in at twelve years old. The ages of the girls went up to sixteen.
128. We were greeted by Sister **GWJ** on the first day, who was **SNR** the home.
129. There were four houses that made up the convent and each house had fifteen to twenty girls in it. The houses were called St Margaret's House, St Claire's House, St Goretti House and Shalom House. They were four separate households within the same building.
130. Another staff member then showed us around the building. We were shown the dining room, recreation room and dormitories. We were also shown the school which was upstairs. There was a separate section at the back of the building for the nuns.
131. There was a place called St Gerard's across the hill, which was for unwedded mothers. They were kept in a separate building. The lassies who were there, did the washing for the home.
132. I was put into St Margaret's House to begin with. I was there for less than a year, then I was moved to Shalom because I absconded. I was only in Shalom for a few weeks, then I absconded again and was moved to St Goretti house, where I stayed for the rest of my time.

Staff

133. Sister **GWJ** was new at St Euphrasia's and was **SNR** If there was a problem, it would go to her. She was strict but fair. Mr **EXN** was **SNR** of the staff.
134. Mrs Gallagher was in charge of St Margaret's house and Linda Love was a member of staff there. Sister **EXI** was in charge of Shalom House, and Miss McNair was a member of staff there. Miss **KPR** was in charge of St Goretti's.
135. The staff left at 5.30 in the evening. They didn't stay the night. There were two separate night staff who would come and stay for the night.
136. There was a little old lady called Miss **EJK**. She had lived on there after being in the home herself, because she had no family. She had been there since she was about twelve years old and was now in her seventies, and rang the bell every day. The lassies all loved her to bits. She was nice.
137. There was a member of staff called Mr Harold who took kids to panel hearings and worked within the home.
138. Within the school, I remember Mrs Montgomery who was the head teacher, Father Christopher who was the music teacher, and Miss Brysland who was the P.E. teacher.

Daily Routine

139. We slept in dormitories upstairs. I shared a dorm with six other girls, aged between thirteen to sixteen.
140. The dormitories had grey curtains. We had single beds. We didn't have quilts on the bed, just a blanket and two sheets. We had a little chest of drawers by the bed to put our socks, underwear and toiletries in. There was a little sink opposite the bed.

141. The staff came to wake us up in the morning at 7 am. We got up, got dressed, brushed our teeth at the sink in the dorm. There were bathrooms that we could use to get washed as well. We then went downstairs for breakfast. After breakfast, we had assembly in the assembly hall for all four houses.
142. The assembly was at 9 am in the morning, and lasted for about ten minutes. There would usually be a short prayer and talk. Then we went to the school upstairs. I initially went to that school for a few weeks before being sent to an outside school.
143. School lasted until about 2.45 and then we would get sent to the recreation room.
144. Girls could integrate with girls from different houses. They could play volleyball outside and mix during the afternoon. I didn't have friends from other houses. After being there a while, we went back to our own houses.
145. The night staff would sit outside the dormitories through the night. The staff in the dormitory were always women.

Mealtimes and food

146. All four houses would eat at the same time, but they had their own dining rooms in their own households. The girls set the tables and prepared the breakfast.
147. There were cooks who prepared the food for lunch and dinner.

Other children

148. There was a girl called [REDACTED] who passed away aged fourteen. We were told she went home, and she never came back. She was murdered and buried in Stirling. She had been in St Margaret's with me. She was a bit older and looked out for me.
149. I was the youngest when I started at St Euphrasia's. [REDACTED] and another girl called [REDACTED] looked out for me.

Washing/bathing

- 150. We had baths in the bathroom. I never saw a shower. You could have a bath but other girls and female staff members would be walking about.
- 151. We could also just wash ourselves down in a cubicle in the bathroom, instead of having a bath. A lot of girls did this because they didn't want to have a bath in the open plan bathroom. I did that too because I didn't want to have a bath in front of everyone.

Clothing/uniform

- 152. The home provided toiletries and clothes. We had to wear uniforms in St Euphrasia's and the four different houses wore different colours. I know Goretti House had a brown uniform but I don't remember what colours the other houses were. One was brown and one was green.
- 153. We had to wear the uniform every day.

School

- 154. I went to the school within the home for a few weeks. There were teachers from outside who came in to teach, organised by the council.
- 155. Miss Brysland was the P.E teacher in the school at St Euphrasia's. She was a nice woman and I got on with her. Miss Montgomery was the art teacher, Father Christopher was the religious education teacher.
- 156. I was sent to an outside school, Park Mains High School in Erskine, because it was thought that I had potential. I think it was one of the teachers in the home who recognised that. The school was about two miles away from the home, and I had to catch a bus to school on my own.

157. The bus from outside the home was only every hour, so if I missed it, I had to walk down to the main road, which was about a mile away, to get another school bus going to Park Mains High.
158. I struggled at school. I felt like I was dealing with two separate things, the school and then the home.
159. When I went back to the home, I got no help with my homework. I don't remember sitting any exams when I was at school.
160. Going out to school was still better than staying in the home for school because you got to get out and meet other kids and even boys, which you didn't have in the home. I think it was good not to be cooped up in one place.
161. There were fairs and gala days in Park Mains School. There were also school discos and we didn't have any of that in St Euphrasia's. I also got to take part in sport, which I was good at, which I wouldn't have had in St Euphrasia's.
162. I got treated differently in Park Mains because I was from the home. I think kids from homes get a bad name. Some of the girls were nice to me.
163. I had a friend at school who I could sometimes go and stay with when I didn't want to go home to see my family at the weekends.

Healthcare

164. Linda Love would tell you to go to her if you needed things like sanitary towels. She was ok.
165. I never once saw a dentist or a doctor in the whole five years I was in there. I was unwell quite a few times and nothing was done about it.

166. When I was ill in St Margaret's house with a cold or fever, I was kept in a dorm, all day and night, by myself. I was by myself for three days and nights without seeing anybody. A member of staff would come and check on me and give me meals. I wasn't given any medical treatment.
167. I don't think there was any medically trained staff in the home.

Chores

168. There was a rota for chores, which we did after school. Every house had two days that they did chores on. All the chores were done between Monday and Thursday, so that the home could get the girls to do all the housework before they went home for the weekend.
169. Two girls every week would be responsible for washing all the uniforms. Another two girls would be making the breakfast, and so on. Even the young twelve year old girls had to do chores.
170. Mrs Gallagher and Miss Love had us doing chores in St Margaret's every day.
171. On Mondays and Wednesdays, we had to move the furniture in one of the rooms with a hard floor. The staff would sit on their arses while we used to clean the floors with big, old fashioned bumpers.
172. The tables had to be set up for breakfast the night before. This meant that whoever was on the rota, had to set the tables for breakfast with cereal bowls and cutlery. This would have to be done after the tables had been cleared after dinner the night before.
173. At breakfast time, the cereal all had to be put out. About twenty eggs would have to be boiled for breakfast in the morning. Whoever was on breakfast duty had to get up early to do all of this and serve the breakfast as well. After breakfast, they would have tidy up, and put the chairs on the tables, clean the floors, and put the chairs back. This was all before the school day started.

174. I remember being on breakfast duty. I had to get up early, before everyone else, to boil the eggs and prepare breakfast. There was no adult supervision and I was only thirteen years old. A girl called [REDACTED] was supposed to be helping me, but she went away and didn't help.
175. I remember one day, after preparing the breakfast, it all got too much and I [REDACTED] and cut my left wrist. There was blood everywhere. [REDACTED] came back and saw it, and told me that I should [REDACTED]
[REDACTED]
176. I went to the toilet and cleaned and wrapped my wound myself. Nobody saw it because we wore long sleeves. That was the first and last time I self-harmed.
177. I don't think girls from the age of twelve should have been doing all those chores. We were used as skivvies. I blame the council for that.

Birthdays and Christmas

178. Nothing was done to acknowledge birthdays in St Euphrasia's.
179. A Christmas tree was put up at Christmas, but that was about it. The staff would make chicken for Christmas dinner.
180. Leading up to Christmas, they had boys come down from Ardrossan to put on a disco.
181. The only Christmas present I ever got in St Euphrasia's was a diary which a priest brought in for the girls. He later became Cardinal Winning.

Visits and review of placement

182. When I was twelve or thirteen years old, I was taken to a Children's panel by Mr Harold. I told the panel that I didn't want to go home for visits because [REDACTED] and my brother were there. I also said I didn't want to go back to St Euphrasia's.

183. The panel sent me back to St Euphrasia's and also decided that I would go home for visits at the weekend.
184. I had no trust in the panel or my social worker after that. They ordered for me to go home at weekends when they knew I was being abused by my dad and brother. It had been reported to the police.
185. Margaret Kiernan did come to visit me in the home, but hardly ever. She would tell me that my mum was still in hospital. She gave me reasons to be mad at her. I couldn't be bothered with her.
186. The last time I saw Margaret Kiernan was when she came to tell me that my uncle had died. That was when I was fourteen years old.

Religious Instruction

187. The religion in the convent wore off on us. When you live in that sort of environment you tend not to lie. We were living "under God's roof," and he was always watching us, as we were always told by the nuns.
188. The staff didn't force us to follow the religion. We were not marched to Chapel every day. The nuns didn't throw it down your throat, but we did have religious education as a subject in school.

Family contact

189. We could go home at the weekends. Miss KPR would pick up about twelve girls in a white mini bus on a Friday afternoon, and drive us to Anderson bus terminal in Glasgow city centre. She would drive really badly. She would dump us there with about two pounds each for us to make our own way home, and then leave us to our own devices.

190. Even the girls who were as young as twelve were left alone with no help to get home. That first happened to me when I was thirteen years old and I just had to find out which bus to get on to go home. I remember feeling scared and vulnerable.
191. It was a known red light district around the bus station. There would be weird guys walking about at the bus terminal trying to pick up the lassies. That happened to me once and I bolted around the corner. I was panicking. I saw another girl, [REDACTED] and she told me to get the number nine bus to get home.
192. I didn't go home to my mum every weekend. Sometimes, I went to see friends or other family members.
193. [REDACTED] was back on the scene by that stage. I would find out from family members if he was home, and if he was I wouldn't go. I couldn't phone home to check first so sometimes I would go home and see him in the house. If that happened I would leave and go to stay with a friend or "rough it" by sleeping in a close.
194. If girls didn't want to go home at the weekend, they would do something bad in the home so that they would be kept back at the weekends as a punishment. Some girls went to the extent of putting their hand through a window in the home, so that they would get punished and kept in the home at the weekend.
195. Girls could also walk out the home when they wanted to because it wasn't locked up, and that would be classed as absconding. That would be punished by not being allowed to go home at the weekend, but that was why girls were doing it. I did that a few times.
196. I had warned the panel not to send me home. I didn't want to go home so I don't know why they were sending me home at the weekends.
197. I never saw my brother [REDACTED] or had any contact with him for the whole four years I was in St Euphrasia's. He wouldn't be at my mum's whenever I was there. I didn't

even write to him. I don't know where he was. I wanted to see him, but there was nobody I could even ask because I didn't trust anyone.

Running away

198. I ran away when I was twelve or thirteen years old. I went to Clydebank and ended up in the police station. Margaret Kiernan had to come and pick me up and take me back. It would be noted that I had absconded and then I wouldn't be allowed home at the weekend, but that was what I wanted.
199. I absconded within the first year of being in the home, when I was in St Margaret's House. Sister **GWJ** was told and she decided to move me to Shalom House because St Margaret's couldn't handle me.

Discipline

200. Mrs Gallagher was responsible for discipline in St Margaret's House, or whichever staff was there. In Shalom, it would be down to Sister **EXI** or Miss McNair. In Goretti house, it would be down to Miss **KPR**.
201. A common form of discipline was to not allow kids to go home at the weekends, but most of the time girls were getting into trouble on purpose because they didn't want to go home at the weekends.
202. I remember Miss Gallagher always telling me off for saying "thingamybob," which was what I would say when I couldn't think of the word I was after. I just went quiet after that.

Abuse at St Euphrasia's

203. Mr Harold took me to a Children's panel. My mum, my social worker and council people were there. My mum was in tears. She said that she could see I had put on weight.

204. I told the panel that I didn't want to go home. They asked me why and I told them that I fought with my brothers and [REDACTED] was there. I told them that I didn't want to go back to St Euphrasia's either. Mr Harold was there when I said that. He had a beard.
205. When I went back to the home, a member of staff called Mr EXN [REDACTED] was in the office. He stood up from his chair and said "How dare you do that to Mr Harold. You are not supposed to do that to one of our staff". He put both of his hands on my shoulders and shook me. He used quite a bit of force. He shook me around like a rag-doll. I didn't know why or what I had done wrong.
206. Mr EXN [REDACTED] was in his mid-forties, and didn't have a beard.

Emotional abuse

207. If you didn't fit into a house you would be punished by being moved to a different house.
208. Whilst I was in Shalom House, I received a card from Sister EXI [REDACTED] I think it was a Christmas card, which she handed to me directly. I couldn't read so I handed it to Mrs Gallagher. She said it was just a card and took it away.
209. In the card, Sister EXI [REDACTED] was calling me names and said that I was a demonic little monster. It said nasty things about her not liking me. Mrs Gallagher showed Sister GWJ [REDACTED] the card, who then decided to move me to Goretti House that same night
210. I was good at knitting so I knitted a wee bag, and gave it to Mrs Gallagher to give to Sister EXI [REDACTED] to apologise for whatever I had done to her. I didn't know what I had done.
211. Goretti House was even worse than St Margaret's. I developed depression and that was where I was when I cut my wrist after being on breakfast duty.

212. Some of the staff had favourites and would treat their favourites differently. They would speak to their favourites in a nicer way, and give them extra cigarettes and give them the easiest chores. The staff favouritism would cause friction between the children. I wasn't one of the favourites.

Leaving St Euphrasia's

213. I was given a leaving date when I turned sixteen, and I left St Euphrasia's soon after I turned sixteen. I had been there for five years. I also left school at the same time.
214. I was basically told my time was up and it was time to go. Even if you had no stable home to go to, you were just sent home. I wasn't given any guidance or support for leaving. I had no social work involvement. I was just on my own.

Life after being in care

215. I went back to my mum's when I left care. She was living at [REDACTED] She was threatened by the neighbours so she moved in with my Auntie [REDACTED] at her house in Charing Cross.
216. I was with my mum for a few weeks. [REDACTED] and [REDACTED] weren't there. I went into a hostel on [REDACTED] in Glasgow after a few weeks. I didn't have any financial support. I didn't even know that I could get support. I just did odd jobs to get money. Then the social worker, Margaret Kiernan, helped to get me a flat when I was seventeen years old.
217. I went to Anniesland college when I was seventeen years old, and did painting and decorating.
218. [REDACTED] was getting into trouble with the police. He got lifted for shoplifting and stupid things. My mum got cancer a few months after I was out of care. I looked after her,

and she passed away a few years later. I then had to help out my brother [REDACTED] who was later diagnosed with autism. He died a few years ago as well.

219. I had my first child when I was 21 years old, and I had to grow up really fast. I learned to take care of bills and my child. I did it all myself.
220. I now have four kids, and I have brought my children up differently to how I was brought up. I have never forced them to do anything, like dishes or clean floors. I tell them to see the doctor if they are stressed, and encourage them to see the doctor. I have been very supportive of my kids. I see them as individuals and have always been there for them.
221. I have never reported anything that happened to me in care, to the police or to anyone else.

Impact

222. I didn't like wearing dresses; I was a tom-boy. It was probably because of what happened to me at home with my dad and brother. I had it in my head that I shouldn't wear a skirt. I felt more comfortable in denims and dungarees. My mum used to put me in dresses and I would take them off and put on trousers. My mum didn't understand how bad the abuse was and how it affected me.
223. I had suicidal thoughts as a child because of what was happening at home with my family. I was put into care, but I never got any psychological help or counselling. I was failed by the system.
224. Then what happened in care also affected my mental health. My mental health has suffered from childhood and throughout my adult life.
225. I have had problems with food ever since the age of three. I have always found eating difficult. My mum would put food down for me but I couldn't eat it. I just refused. It had

nothing to do with neglect or my mother. It was a psychological problem that stemmed from my abuse at home. That was never addressed when I went into care.

226. At various homes I used to hide food in hankies. I don't know how I got away with it. I would hide the hankie and then throw it in the bin. The staff didn't see. Some of us kids had to be fly and I was fly. I should have been put in hospital as I was quite underweight. I had so many illnesses and ear infections. My issues with food have stayed with me throughout my life.
227. My education has suffered because of my time in care. I was moved around and not given proper schooling. When I did get to go to school, I never got the support from the home. I was just left to my own devices.

Current treatment and support

228. I have been prescribed and taken Flouxetine and other anti-depressants from the age of nineteen upwards. I still take them, as well as other medication.
229. I have seen a psychologist and psychiatrist for the last couple of years. I was recently referred to Glasgow Association of Mental Health through Future Pathways. I also see a counsellor now.

Records

230. I got my social work records in 2018. It was an organisation called Birth Link who helped me get my records.
231. I have read my records and what is written in them is crap.

Final Thoughts

232. Social workers need to tell the truth to kids or kids won't trust them. They need proper training and need to believe kids when kids they tell them what is happening.
233. When it is recognised that a child has been abused, whether by their family or in an institution, they should be removed from that situation. Then they should get counselling at the time, as a child, so that it can be dealt with.
234. I have no objection to my witness statement being published as part of the evidence to the Inquiry. I believe the facts stated in this witness statement are true.

Signed..... EXJ [REDACTED]

Dated..... 02/08/2019.....