

## **Scottish Child Abuse Inquiry**

Witness Statement of

KXW

Support person present: counsellor Linda

1. My name is KXW though I am now known as KXW. My date of birth is 1980. My contact details are known to the Inquiry.

### **Background**

2. I was born in Dumfries. Although my official name is KXW, I am now known as KXW. I do not want to disclose any of my background to the Inquiry. This is mostly because I do not remember very much but also because I do not want to talk about it.

### **Life before going into care**

3. I had an eating disorder and was suicidal from a fairly young age. I went through this for a long time before I went to see a Dr Hukin who was a psychologist in Dumfries. I saw her as an outpatient at Crichton hospital which shared the same grounds as Ladyfield hospital where I later was admitted to. I do not know who referred me to her. I used to see her alone. I only saw her for a short time when she admitted me to Ladyfield Hospital, Dumfries. I was fourteen years old.

### **Ladyfield West Children's Hospital, Glencaple Road, Dumfries**

4. There must have been parental consent for me to be sent to Ladyfield but I do not know anything about that. There was no social work involvement. I was sent there in approximately or 1994.

5. What I do recall is that I was terrified of going into the building at Ladyfield. I just knew I didn't want to be there. I had previously been in there to get weighed with the doctor when I saw her at outpatients.
6. Ladyfield was a two storey building with a meeting room, lounge, office and smoking room on the ground floor. A medical room and the kitchen and dining room were down a few stairs but not as many to make it a basement. There was a basement which was for art therapy sessions. All of the bedrooms were on the first floor. The bedrooms were separated by an office where staff were during the night. I'm not sure how many rooms there were. It also had an attic but wasn't generally used, however there were times I would go there to use the sitting scales. Separate and next door was a stone annexe which was the school. It only had one or two classrooms.
7. When I was there, there were about ten patients in total. There were boys and girls and we were all around the same age, from about thirteen to fifteen years old. I shared a room with two other girls. I remember there were boys in a room opposite us.
8. I was there until [REDACTED] 1995.

### **Routine at Ladyfield Hospital**

#### *First day*

9. I entered Ladyfield that day by the back door, this was normal. This was the way I would go in with the doctor when I got weighed. The doors at the hospital weren't locked.
10. I remember when I first arrived I didn't know who anyone was as none of the staff wore uniforms. I know [REDACTED] SNR [REDACTED] KCN [REDACTED] had a lot to do with me on the very first day. I remember him being on the telephone a lot trying to organise things. Dr Huken stayed for a while but I don't know how long. I think it would have been [REDACTED] KCN [REDACTED]

that would have told me about the routine of the place but I don't remember and I don't think I took anything in.

11. I recall the day was overwhelming for me. I wasn't screaming and shouting but I felt I shouldn't have been there. I know I was there for one of two reasons, either because of my weight or because of suicidal feelings I was having.
12. I know I got shown upstairs to where the bedrooms were. I don't remember much more.

#### *Staff*

13. I remember quite a lot of the staff. There was **KCN** who I believe was **SNR** **SNR** and had been there for quite a while. There was a nurse named Roberta who everyone called Rab. Vanda a night nurse. **KCL** Lynne, Yvonne and **KCM** who were nurses. An art therapy teacher from Cornwall. Phyllis, a nurse who was called Phil, she lived near to the hospital. There was Dr Powell and his wife, who was also a doctor. He was American and she was Scottish. Then there was the GP who examined me in the first few days. I do not recall his name but he had blonde hair. The teachers were Anna, Dotty and Andrina. It was really strange because I met Andrina in later years as she trained to be a counsellor. She recognised me but I didn't recognise her. There was also a lovely cleaner, I remember what she looked like but I don't remember her name. She was always chatting, she was young too.
14. Most of the nurses were really nice but you did know they were the nurses.
15. There were consultants who worked there as well. I remember seeing the blonde haired doctor early on, he was a GP, I'm not sure if it was the first day. He was brought in as he didn't work there all of the time. He gave me a full medical. That was awful. When I used to see Dr Huiken, there would be problems with me getting undressed for her. She would want me to take everything off to my underwear to get my true weight but I was reluctant. When I saw this first doctor in there I had to get

down to my underwear and it was just awful. I was alone in the room with just him. He didn't do anything wrong.

16. I must have had a keyworker at the hospital but I'm not sure who that was.

*Mornings/bedtime*

17. I'm not sure what time we got up. I know we showered, had breakfast and then got our medication. I was on antidepressants, possibly Prozac.
18. After breakfast all of the staff and all of the patients would go to the meeting room. This happened every day. I think the purpose was to get patients talking. It might be about changes in the unit, new patients and there were other topics but I can't remember. I guess it was supposed to be therapeutic but I basically sat there thinking I didn't want to be there. I didn't relate to what other patients were talking about. It was very much up to patients what they spoke about, staff didn't pressurise anyone. I remember one girl telling a story about how she had overdosed and was sick all over her schoolbooks.
19. I used to do some art therapy during the day. I recall clay making. In the afternoons the patients would go over to Crichton Hospital swimming pool for swimming. I didn't go in but would watch them.
20. There was a television we could watch but I don't think I ever watched it. I genuinely don't know what I did during the day in the hospital.

*Mealtimes/food*

21. At mealtimes a member of staff would sit beside me to encourage me to eat food and to drink. It felt like everyone was watching me when I was eating but I'm sure they weren't. They tried everything to encourage me to eat and drink. Time constraints would be put on me as to when I had to finish. It was always to help me

and I would eat some of it. I don't know what the food itself was like, there just seemed to be a huge amount of it on the tables.

22. They never punished me or anything if I didn't eat food, it wasn't like that.

*Washing and bathing*

23. Showers in the morning was just the done thing. I don't remember them saying you had to. Showering however was something I struggled with. I had no idea about showering. It hadn't been up to me before. Showering and bathing was something that was previously done to me and for me.
24. I think they probably helped me in hospital a bit but only at the start. I think they would have supervised showering though because there would have been patients there who may have tried to self-injure. They didn't watch you, I know that.

*Clothing*

25. They must have given me clothes but I don't remember

*Schooling*

26. There was a school at the unit but I was barely there. I was possibly only there about five times in total. I don't recall being encouraged to go.
27. I didn't get on particularly well at school before hospital. I don't have any qualifications as I haven't sat any exams.

*Work/chores*

28. We didn't have to do any chores in the unit.



### *Healthcare*

- 29. I used to get weighed about once a week by a doctor to check how I was doing.
- 30. I got therapy while I was there. I think the idea of the hospital was that the stay itself was therapeutic as opposed to going to therapy sessions all day, every day.

### *Smoking*

- 31. Very soon after I was admitted, in my mind it may have been the first day but I'm not sure. I remember that's where I met KZV and he gave me a cigarette. All patients and staff smoked in there. I don't think I had previously smoked before but that's where I started. The kids got the cigarettes from the staff. I did think it was so weird at the time, people in the hospital giving us cigarettes, but everyone did it.

### *Personal possessions*

- 32. I had very little with me in the hospital. I really didn't care. I had a little cupboard beside my bed where I could keep things if I wanted.

### *Visits/inspections*

- 33. I had very limited access to my family during my stay but I did not want to see them.

### **Abuse at Ladyfield Hospital**

- 34. The reason I phoned the Inquiry was because last year I was in a physiotherapy session for my shoulder when the physiotherapist touched me on my back and I completely freaked out. I couldn't speak to her and I couldn't move. She was asking me what was wrong but I couldn't say anything. I was in a flashback to what KZV did to me at the hospital. At that time, I could physically feel his hands there. I had to get straight home after it. I wanted to pull my skin off. It wasn't something new or that I suddenly remembered it. It was something I had experienced in the past. It was just

at that time I was in a lot of pain and I couldn't get the physio because of him. This was what made me phone the Inquiry.

35. It was on my fifteenth birthday in [REDACTED] 1995. I was allowed out from the hospital. It was the first time I had been allowed out on my own. I went to the shop and bought [REDACTED] and a can of diet coke. I tried to take my own life that night. I genuinely thought I wouldn't waken up the following morning.
36. It didn't work like that. I remember being in my room with the girl I shared with and us talking. I don't know what we spoke about but I still thought I wasn't waking up in the morning. That night I started being sick. I don't know how many times I was up to the bathroom which was just down from my room.
37. [KZV] who was one of the nurses on duty that night came to help me in the bathroom. He put his arm around my shoulder. At one point it moved from him holding my long hair back while I was being sick, to something else. He was holding my chin. I remember being in the shower cubicle, throwing up and his hands were everywhere. I remember his hands were awful. The skin on his fingers was really rough and he had stains on his fingers from the smoking. He was wearing a ring. He was touching me sexually. I don't know what order anything happened. His hand was under my left arm and his other hand was around my body. He put his penis inside of me, he did it a lot. He also put his penis in my mouth I remember his underwear was blue with little dots on them. He had very hairy legs, bottom and tummy. I was vomiting nonstop. I thought I was going to die so I didn't care what was happening to me. I didn't care his hands were in my knickers. I didn't try to stop him or move away. I know I couldn't have anyway due to the state I was in. I just didn't care because I thought I was going to die by the morning anyway.
38. At some point he hugged me outside the bathroom in the corridor. I hugged him back. I remember I stood in the corridor, my legs could hardly hold me up. I was thinking I can't tell anyone, they can't know. I still kept thinking I was going to die anyway.

39. I always disliked him even before that. Everything about him. He wasn't a nice person. It was the way he looked, I know it sounds awful. He had hunched over shoulders, he may have had a disability. He smelled. He looked dirty, I don't know if he was. I thought he was old, he might have been in his fifties. He had a local accent. I don't know his surname. He used to wear horrible jumpers and jeans. His nails and fingers were awful. He smoked a brand of cigarettes that he had more than twenty in the packet. I remember him wearing a watch.
40. He used to say that the photo on the wall in the office was of him. It had adults and children in it and he would say one of the children was him. I know it wasn't him but I do think he had worked there for years.
41. I know he knew me before I was admitted. He told me that. He asked me if I remembered him, I told him I didn't. He told me he knew someone who was an abuser. I didn't think anyone knew about that. He said this to me after what he had done to me.
42. There would have been another staff member on that night and it would have been a female. She may have been in the office between the bedrooms on the first floor where I was or she may have been downstairs. I never saw her.
43. No one got medical assistance for me that night but then they wouldn't have known I had [REDACTED]
44. The vomiting continued for a day or so after the overdose and I just don't understand how staff never realised or never asked me about it.
45. It wasn't until about two or three days later when staff took me to hospital following the overdose. I was lying on the lounge floor, I don't know why I was lying on the floor, I wasn't ill. I told a member of staff what I had done and I was taken to Dumfries Infirmary. I stayed there for a few days. I don't remember anyone asking me anything about the overdose. Why I had taken one. I think they probably spoke about me but not to me. They maybe did.



46. I remember in hospital I was put in a bed that prevented me from getting pressure sores, I had an intravenous drip in. I thought I was in so much trouble. I didn't understand why I wasn't dead and couldn't get my head round that. At times I thought I maybe was. I don't remember being discharged but I was and I went back to Ladyfield.

*Returning to Ladyfield*

47. It was back to how it was when I went back. Nothing changed, I got no additional support. I used to pinch myself, not in a self-harm way, just to check I was alive.
48. I didn't feel like I could talk to anyone about the overdose. I felt they would get in trouble for letting me out in the first place. That I would be in more trouble for doing it. I may have answered questions but did not bring it up. I actually thought there was something defective in me that I had not died.
49. In terms of interaction with **KZV**, nothing changed. I think he was aware of how dissociative I was, though there was no diagnosis at that time. Apparently its quite easy to see on another person and I think he could. I think he knew I had no idea and wouldn't say anything to anyone about what had happened. He didn't have to tell me not to tell. I didn't know what words to say and I still don't. All these years later I still can't name these body parts. I couldn't actually say what happened.
50. In hospital, both at Ladyfield and the unit, where I later went, there were many patients in there who spoke openly about abuse and body parts but I couldn't do it. I guess being teenagers there was chat about sex and was probably normal but I had no idea. I didn't understand that that's what had happened with him that night. I knew it was wrong but I didn't know it was sex. It was penetrative. I didn't understand what a blow job was until I heard patients talking about it and then realised that that was what I had done that night. There were certain acts that happened that night that only from hearing others talk about such acts that I understood what I had done. I still have that problem of no understanding of my own body.

### **Reporting of abuse whilst at Ladyfield Hospital**

51. I never reported what happened with KZV to anyone.

### **Leaving Ladyfield Hospital**

52. In [REDACTED] 1995 I was transferred to an unknown unit in Scotland. I stayed there for about nine months until around my sixteenth birthday.

### **Unknown Unit in Scotland**

53. I wasn't abused in the unit itself. I was abused while I was there when I used to go out of the hospital.
54. It felt really different at the unit it was more like a hospital. Ladyfield felt to me like a home. You couldn't come and go at the unit. You had to pass a reception to go out of the front door. There was a big drive and there was a high fence. I didn't share a room with anyone. I was in a room next to a fire escape that was alarmed.
55. There were less patients in there. The routine was pretty much the same as Ladyfield. I remember the patients better in there. Most of the patients were between thirteen and sixteen and there was the occasional older or younger person. If they were older they were still at school.
56. Sometimes at weekends if there weren't enough staff I would go to an adult psychiatric ward at Ninewells and stay there over the weekend. I didn't like that.

### ***Bathing***

57. I didn't realise until I had been in there for a while, and it was pointed out to me by another patient, but in the toilet there was a mirror which reflected back into the staff

office from where staff could watch you when you were on the toilet or in the bath. I hadn't realised. I used to prefer the bathroom as it was lighter but when I realised that, I tried not to use it. I understand in a way why it was there as there would be patients, including me who would be vomiting, exercising or self-injuring in there. To be honest I would have preferred if they had just come in with me instead of this mirror.

### *Running away*

58. I used to run away quite a lot. Probably about twenty to thirty times. Often there would be a car at the end of the drive waiting on me. I would end up in cars with various people and had sex with lots of those people. I didn't care. I was questioned by the police about it. I don't know what I said, very little I think.
59. Other times I would walk into town. I went to Perth and Edinburgh a lot. One of the times I was in Edinburgh, I was with another girl. She had gone away with a guy and I was sitting in the car with this man and we were getting stoned. Nothing was said and there was no conversation but I knew he was going to have sex with me. The two guys took us back to the unit. The police were contacted by the unit. I didn't tell them much, if anything. I thought it was normal, that's what everyone expected of me, that's what I do, that's what everyone thinks of me.
60. The girl who I was with was older, seventeen, but she was still a patient. It had been her idea to go that night. She was discharged a few days after it, probably because of what had happened.
61. I never had a phone in there so I'm not sure how the lifts were organised.
62. On reflection I was being trafficked and exploited. I hadn't thought of it at the time but it wasn't until a few years ago a counsellor said those words to me and I realised. I would be passed about it wasn't just one man it could be five or ten,

63. I remember I used to write in the white board in the unit in the living room 'KXW is a slut'. The staff must have known what I was involved in, they did, but I wasn't getting pregnant and their concern was I was nearly sixteen so I would be leaving. They didn't know what to do with me. They would have seen me getting into the cars or vans outside of the unit. They would chase me so for sure they did.
64. My behaviour was to shock but even when I came back from running away they wouldn't sit me down to try to understand what kind of life I was living. I think they would have seen it as rewarding me if they gave me attention. I think they thought I was dramatic but I was really unwell. I actually needed attention from them and to be looked after. That stuff was all ignored.

#### *Case review*

65. They had a normal case review for me one day in the unit. It was all of the staff who had any involvement with me. My social worker, PKQ, teachers from there, but I didn't go to school anyway. There was none of my family there. They had these case reviews fairly often it's just this one sticks in my mind because of a word they used about me.
66. I could go if I wanted to but this day I didn't go in. I watched it from another room with a screen so I could hear and see everything. I listened and I didn't understand what a word meant that was being said about me. It was 'very promiscuous', I didn't know what that meant. I think it was my psychiatrist Dr Smith that said it. I asked the nurse who was with me what it meant. I can't remember how he explained it but he did. At that time, I remember thinking 'they think I'm a slag anyway, so I won't be talking about it anymore'.
67. When they said about me being promiscuous they shouldn't have used that word. Whether I said it was consensual or not, it wasn't. I didn't know what I was consenting to. No one asked me, do you want to do this? I just did it.

68. Because that word was used they should have spoken to me after it to discuss and ask me if I understood what it meant. It would have given them a chance to tell me why they used it. Even if they had said they knew I was having sex with a lot of men, rather than speaking about me. That may have prompted a conversation and an understanding by me as to what I was doing and things may have been different.

#### *Involvement with professionals*

69. At that time Dr Smith said I had PTSD, it wasn't a diagnosis. I had no idea what trauma was. I thought PTSD was for soldiers. I didn't really listen to her, especially because of the promiscuous thing. I felt done with them.
70. Doctors were there most of the days in the unit. I saw PKQ my social worker, now and then, he would come and take me out.
71. I know there had been conversations about me and around pregnancy. I wasn't having periods then so it wasn't. No one had a conversation with me about sex, my attitude to sex or safe sex.
72. I probably learnt more from hearing other patients talking. Whether it was from normal teenage chat or through what they had experienced as part of their abuse.

#### **Abuse by social worker**

73. I had been allocated to PKQ around two months or so after I arrived in the unit. My understanding was he was there to support me once I was due to leave there. I would have been fifteen or sixteen years old. He was in his forties, maybe fifties.
74. I frequently went to pubs during the day with PKQ. He would come to the unit and pick me up in a car. He would take me to various pubs in the area. We would only go out for an hour or so. I do feel he was there to support and to talk to me about where



I should go next. The conversations wouldn't be about abuse or anything< more around the next steps for me.

75. As soon as he started taking me to pubs he would buy me alcohol. The first time I didn't know what I wanted to drink . I had drunk in the past but I didn't know what to order. It was him that got me into Southern Comfort and lemonade, it was a drink I drunk for a number of years. I would have maybe one or two drinks. I remember he did have a drink once himself but generally I don't think he did.
76. He would often give me cash to tide me over for a few days. My understanding was that this was social work funds and not his own.
77. There were times when I was with him that he would make comment about my knickers. It was in the context of the fact that my clothes were too big for me and sometimes my jogging bottoms would fall down. He would say things like 'I can see your knickers'. On reflection those comments were inappropriate.
78. He took me to the cinema once, that was the first time I had been to the cinema. I fell asleep during the film and when I woke up my hand was on his crotch area and his zip was down. I have no idea what happened, it could be my dissociative disorder but I think something must have happened. When I think about it now, I maybe did not fall asleep I have dissociated from whatever happened. We did not speak about it afterwards, he just wanted me to drink up my coke that he had bought for me. It was never discussed and I never told anyone.
79. As an adult now I know that his behaviour was wrong. He would have been the age I am now. He should never have been buying me alcohol. If I was using sexualised language he should have told me to stop. He did know what was going on with me in terms of abuse and he certainly should not have been behaving as he did.

#### **Leaving the unknown unit**

80. I left there around [REDACTED] 1996, I was sixteen. I went to live elsewhere for a while. I do not want to speak about that in detail.
81. I hung around different people. I was in and out of people's flats drinking and smoking. Pretty much the same life I led in the unit but I didn't have an address.
82. I think there may have been chat about what I was going to do when I left there. I do recall college or school was mentioned. I went to college to register one day. I was signed up to do Highers but I never got there.
83. I do feel I was left to work my own way around stuff after I left the unit and I couldn't cope. I had no life skills and in many ways it's still the same. I'm not sure what I did about money, I have no idea and no recollection.
84. During that time, I think PKQ [REDACTED] did make appointments with me but I never went. I didn't have any idea of the day of the week or the time during that period or even where I was. He did seem to be there at times. During that time, I remember him taking me to a clinic and said I should get tested. I didn't know what he meant by that. I spoke to a doctor and she was asking me questions. I didn't know what to say to her. I did have an HIV test but I wouldn't let them do anymore. I never got the results, I don't remember anyway. He would sometimes take me to the pub for a drink and a chat.
85. At one point, within a few months of leaving there I was in homeless accommodation in Dundee. I was extremely drunk one night and I phoned a friend in Dumfries who in turn contacted my social worker in Dundee. The next day PKQ [REDACTED] gave me train tickets and took me to the train station so I could get back to Dumfries. That was probably the last time I saw PKQ [REDACTED].

#### **Returning to Ladyfield for a second time**

86. Around [REDACTED] 1997, when I was sixteen and in Dumfries I was in a really bad way. Doctors at A and E told me I had to go into hospital there and then. I had the choice of where I could go to, either Crichton or Ladyfield again. I chose Ladyfield as its where I knew.
87. I was only in Ladyfield for a short time, around one to two months. Everything was the same except the patients. I had changed a lot in that time.
88. My weight was low but not dangerously so. I think there were other things going on that they were considering in respect of my mental health. I think it would have made it easier for them if they had a definitive diagnosis of something. I now know if you diagnose someone with dissociative identity disorder then you don't need to help them. Medical professionals are of the opinion that it's the patient's own choice and they can learn to get over it. Its easier than say PTSD because I am led to believe you need to treat that.
89. Thinking back, I think there was a difficulty for them as to what to do with me as I was over sixteen. I don't think I got any treatment as such. It was just a case of having me there and looking back as if they just had to put up with me. I felt at the time the staff were just done with me and didn't want to be around me.
90. I remember spending a lot of time with the cleaner lady who was still there, the one who had been there the first time. I would spend time with her outside chatting. It was probably the most therapy I ever had. What I mean by that is that I felt she accepted what was in front of her. She wasn't trying to fix me, she didn't ask questions. I'm pretty sure she doesn't know how much she helped me, in ways that she would never have known. She would take my hands at times and help me calm down.

#### **Abuse at Ladyfield on second stay**

91. The second time in Ladyfield I met a girl from Earl, which is just outside Dundee. She was fifteen. There was something about us that we both got each other. We got on so well and we looked a bit alike. I know [KZV] sexually abused her because he did it in the room in full view of me and then he did it to me in full view of her. We both know it happened. It happened in the meeting room, during the day. I remember it was sunny. I know we had sex. We had a Nirvana song on and we were both bouncing, he came in during that. He came in and he looked pissed off. It might have been because of the music. That's when it happened.
92. She ran away with a boy from the unit after it happened. I couldn't get out of the unit at the same time as them, they left through the fire escape. Her face was on the television that night. They had police dogs looking for her. She did come back and he was still there when I was discharged.

### **Leaving Ladyfield**

93. I was discharged after only about a month or two. I was just about to turn seventeen. I had very little possessions.
94. An arrangement was made by a combination of social workers and a charity and I was sent to a woman's aid hostel in Dundee. I think it was Dundee because I had already been living there. That was the end of my time in care.
95. A member of staff in Ladyfield gave me a little notebook, she told me to write whatever I liked in it and I did. On reflection I was so grateful she gave it to me. I used to write so many things in that book. I don't have it now. I would write about the fact that I couldn't make sense about the world around me or what I was doing. I would write things down and look back. I did not recognise the handwriting. I understand it now as I have a dissociative disorder but then I couldn't understand it at all. I wouldn't remember having done the things I had written about.
96. It was similar to the times I would look at my arms and see I had self harmed but couldn't remember having done it.

### **Life after leaving care**

97. I moved into the Women's Aid hostel and then got a bed sit. I think I was signing on. A boy who I knew from Dumfries came up to stay with me, he wasn't a boyfriend. Many people stayed in the bedsit at that time with me.
98. I saw Mental Health services but I couldn't keep appointments, I didn't know where places were or what day it was. I was drinking a lot and there were a lot of drugs around me. I was getting stoned a lot. My life was pretty chaotic. I could not cook, I couldn't go to a cashline, withdraw money and go to a shop. I didn't know how to do anything and ultimately could not function.
99. I was in hospital for a year, around [REDACTED] 1997. A violent incident happened when I was seventeen which was awful and I then tried to take my own life. I don't have any recollection of the time. It was a long time before I was able to understand why I was there. It was a combination of a brain injury and lots of psychiatric problems.
100. I was discharged at eighteen and went back to live at my bed sit. I was on a section for my mental health for three months and I was under a CPN. I had to get injections from my CPN every few days. I was supposed to take medication but I didn't. I'm not sure what diagnosis I had then, if any. I do know I was unwell mentally as I had tried to take my life in the hospital.
101. I had a psychologist who visited every day, this was because I was under the section. The intensive treatment carried on like that for three months. I stopped getting the injections. I continued my life for years and it was grim. I stopped going to all appointments and I then got discharged from all services.
102. At twenty five I was admitted back to hospital to the Priory in Glasgow. The reason I was sent there was because Dundee didn't have its own eating disorder unit. I wasn't in there long because I lost weight and self-harmed so I was discharged.



103. Between twenty five and thirty three I was in and out of services but I didn't really engage with them.
104. In 2013 I saw a counsellor called Carol Kubecki, she was working with Rape Crisis but specialised in self-injury. She put up with stuff with me. I was probably one of the worst patients to be around. She stuck with me and suggested EMPR (Eye movement desensitisation and reprocessing). She identified things around self-injury, where I was unable to tell her about it because I couldn't remember. We would have conversations in appointments and she would try to pick up on them at the next one but couldn't. She thought I may have disassociation issues. I then saw someone privately about the trauma that I had gone through in life. My counsellor came to that appointment and I was finally diagnosed with Dissociative Identity Disorder (DID).
105. Eventually it helped me to make sense of things.
106. At that time, I got an assessment and diagnosis for the DID at Manor Hall but it closed down. I then started going to see a specialist in Dundee and that continued until during one of the lockdowns. That ended. I have now been seeing Linda, my current counsellor, since Summer 2022.

### **Reporting of abuse**

107. I have spoken to the Police about other issues and abuse but not about what I have told the Inquiry

### **Impact**

108. It's really difficult to tell because there has been a lot of trauma in my life. I think if there had been a one off event in my life it would have been easier to draw a line and say how things have affected me in one way or another. Because it hasn't been like that, I can't.

109. I don't think about my time in hospital much, but it can be intrusive at times. I try not to think about it but I do. The experiences I have had have made me not want to go to hospitals for treatment and in fact has prevented me from getting medical care.
110. I've had times when my eating disorder has rebounded pretty badly and I've really struggled eating at all. There are things which are massive triggers for me and there are times when I get flashbacks of KZV and of what happened in the bathroom. When that happens, I hear him and smell him. The last thing I then want to be doing is chewing food.
111. I find doing things in and around the bathroom really difficult. I don't know if it was because of him as there was abuse before that and after him.
112. There are certain things that remind me about him, like the physio incident. That was horrendous because I could feel him, everything about him, his breath. I haven't seen the physio since, but she was really helpful about it. I've had another physio since then and I had to say to them about not touching certain parts of my back and shoulder. That's then difficult because I need the treatment to sort the issue.
113. Looking back, I treated all members of staff and men in general, the same. I thought that what he, KZV, was doing and what he wanted was what all men wanted. Even if they said they didn't. I saw them all in that way. No other staff treated me like him though.
114. I wasn't great around females either. I didn't have a great thought of woman. I thought they were like me, awful. Or they were perfect woman who were better than me. I didn't really have a great relationship with anyone.
115. I have used the name KXW for a long time. Probably since I was fourteen and since that incident happened.
116. I cannot say any body parts out loud. I can use it in a casual way but not in a medical way. I have disconnected from them due to the trauma.

117. I smoked all of the time in hospital and I didn't before I was admitted. Every patient in every psychiatric hospital I have been in, smoke. The staff give them cigarettes. They would stop your cigarette breaks if you had lost weight. It was used as a reward. I didn't choose to smoke but I did smoke. I gave up in 2018. I went from forty a day to none. That then had implications for my weight as I lost a lot following it. People die younger because of smoking and they should not have been encouraging it in the hospital.
118. I was grateful for some of the time in hospital I was not the best patient but I put that down to my disorder. I knew I had the eating disorder but I knew there was something else wrong.
119. Prior to going into hospital, I didn't have any life skills and I didn't learn any while I was in hospital. I couldn't do day to day things. The more complex things I didn't need to do as I was living in hospital.
120. Fitting in around other people has also been difficult as I don't have a normal background to speak to other people about. I cannot speak about school, university or work.
121. I am not on any medication now. In the days when I phoned the Inquiry for the first time I was having horrendous flashbacks. My GP put me on antidepressants, they didn't work and he then referred me to mental health services. I'm still waiting to hear. I was also referred to the eating disorder clinic in Dundee but they refused to treat me.

## **Records**

122. I have never obtained my records from hospital and I wouldn't want to.
123. I haven't claimed for compensation or anything.

124. I have contacted future pathways. I'm hoping they can help with additional counselling around specifics for trauma.

### **Revisit to places**

125. I revisited the unit in the last few days and noticed a brick chair outside of the building that I and some patients were involved in building. [REDACTED]  
[REDACTED] The unit was a really bad time for me but I was curious to see it again.

### **Lessons to be learned**

126. I think the hospitals and units did have things in place to keep me safe. Someone else was working that night with the incident with [REDACTED] KZV. I don't know if they knew what was happening, they maybe didn't. The amount of time he spent in the bathroom with me, that other member of staff should have checked up on me and him. They should have at least knocked on the door. I don't know how long it went on but it was only him the whole time.
127. The next day when new staff came on shift, I guess they would have been told I had been sick. I don't remember anyone asking me about it or anyone making any comment to me. I hope that would not happen now.
128. I understand if services are seeing a person with anorexia they treat the anorexia, but I was ill in so many other ways. It seemed to be they focused on that. I thought I was going to be locked up forever. I always thought they didn't know what to do with me, certainly in adult services.
129. I think there's a thing with girls who are anorexic where people don't see them in that way of being sexually active. People, professionals, are not thinking that an anorexic girl is going to be involved in things like sex. It seems like it's not a concern then and therefore not spoken about. I didn't speak about boys and crushes. I didn't think about it.

130. Being informed about my own body and boundaries may have helped. It's difficult in a hospital setting especially with eating disorders because staff are forcing you to eat and they have to cross boundaries and be physical to save your life. I don't really know how they could do it in a way to help me. I had no boundaries, physically, emotionally or any way. If they were going to feed me they were going to feed me. If someone wanted sex with me they were going to have sex with me and that's just the way it was.
131. Working consistently with one person may have helped me, I'm not sure. If someone had been with me through the time they would have seen what was going on with my life in general. An external adult looking in may have helped.
132. There must be a way that people can stop what happened with **KZV**. I think they did have things in place then but it happened anyway. There are rules in place but it doesn't mean that staff are prevented from doing what they want.

#### **Other Information**

133. 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.. **KXW** .....

Dated.. 21.03.23 .....