

Scottish Child Abuse Inquiry

Witness Statement of

GRB

Support person present: No

1. My name is GRB. My date of birth is 1964. My contact details are known to the Inquiry.

Life before going into care

2. I was born in West Germany, my dad, was in the army and was stationed there when I was born. My mum was and I have an older brother who is three years older than me.
3. When I was about three and a half the family returned to Scotland when my dad was posted to the fighting in Ireland. We then settled and lived in Renfrew. Family life was absolutely disgustingly terrible because my dad wasn't there. My mother was like something from a Charles Dickens novel, she had sharp features and was very sharp tongued. She was very strict and very quick with her hands and other implements like canes or belts.
4. She would hit me, belt me and cane me, I suffered a lot of abuse at home from my mum. I wet the bed every single night and she would rub my face in my wet sheets, in the morning, then take me to the bathroom to throw the sheets in the sink. That happened every morning.
5. I don't remember any birthdays or Christmas's that were ever any good for me. I really have no fond memories of my mum.

6. I had a group of friends, who weren't really friends, they were bullies, but I still used to mess around with them all the time. I was like a punch bag for these guys, they would beat me and bully me every day but, as I knew nobody else, I would keep going back to them. One of the reasons I kept going back to them was because I didn't want to be at home with my mum. I can't describe how bad she was.
7. When I was eight years old my mum and dad divorced. I wanted to live with my dad and that's what was agreed initially but then when it got to the time for me to go to my dad, my mum said no. The reason she gave was apparently because of my dad moving about in the army so I wouldn't have a stable place to live. I then had to live with my mum and I didn't see my dad again until I was about seventeen or eighteen.
8. Not being able to stay with my dad really upset me, in fact I was so upset that I harmed myself. I was eight years old and I tried to kill myself, I actually tried more than once. Once was when I was on my way home from school one day, I went to Moorpark Primary School. I just hated staying with my mum and I wanted to kill myself. I was so unhappy living with her. I do remember being seen by a child psychologist at that time.
9. I was also running away from home constantly, I was running away every day or every couple of days. I was thumbing lifts on motorways or main roads and it seemed like every single time I was picked up it was by a male and I was being assaulted.
10. I would also get on trains and back in the day that wasn't an easy thing to do because you had to get from the concourse onto the platform. To do that you needed a ticket and there was always a guard on duty.
11. I remember I was once trying to get on a train to London and this dirty old horrible guard sexually abused me. I'll never forget him, I can still see him and smell what he smelt like. It was an oily diesel smell. He was like a tramp with horrible dark messed up hair, his clothes were all shabby and dirty and that was a uniform. He took me to this little alley way just behind the station and forced me to commit oral sex on him. He then gave me a ticket for the train. I actually got off at Carlisle and I remember

sitting in the station in the middle of the night. I got picked up by the police and taken home.

12. Sometimes I would run away for a whole day and I'd get picked up by the police but sometimes I didn't know where I was, I would get lost and start knocking on peoples doors and say I was lost and I would ask if they could help me. I was only a child so nine times out of ten people would take me in, give me a cup of tea or something and either phone the police or take me home.
13. Running away led to me getting picked up by males in the street and getting sexually assaulted. It seemed as if every male I came into contact with turned out to be a sexual predator. The thing is, I didn't know any different. I was just trying to survive and do what I thought people needed me to do in order not to be assaulted. I didn't ask for any of the abuse to happen I was just looking for help and it wasn't there.
14. One of the worst times was when I didn't go to school and ran away into the town centre in Paisley. I met this guy who was emptying a big furniture lorry. I was fascinated by this big lorry and I asked him if I could help him. He agreed and I helped him empty the furniture into a shop. I asked him where he was going next and if I could help him and he agreed to that so I got into the lorry with him and off we went.
15. I spent about five or six days travelling around with him. He lived in the cabin of the lorry and I stayed in there with him. He sexually abused me virtually every day in that cabin.
16. I look back at that and do think how ridiculous the situation was, a young boy in a school uniform getting into a lorry in the middle of Paisley town centre and nobody said anything, nothing happened.
17. After we'd finished all the deliveries the guy took me to his home in Ipswich. He took me to meet his family. I don't know how he explained it all to his family but I stayed with them for about two nights. Then he gave me some money, took me to the train station and put me on a train back home. He lived with his wife and a daughter. I got

off that train at Carlisle and eventually the police picked me up and brought me back home. That was when the decision was made to send me to Bellfield Assessment Centre.

18. I kind of remember having a conversation in the car with the police when they were taking me home but I didn't tell them about the abuse, I kept that to myself. I remember them saying not to worry and things would be okay. I was flinching whenever they touched me, I remember that as well.
19. I've no idea if there was any investigation or police enquiry into any of that. I do think that I didn't know how to talk to people, I wasn't able to talk to people. When I try and talk I get physically choked and I can't say anything. I couldn't remember the guy's name or where we went at the time.
20. That was also the first time there was any social work involvement with me and the family. Social workers were at my house waiting for me when I got back. I have a memory of some kind of Children's Panel but I don't know when that was or what happened. All I remember is that after that incident I ended up being sent to Bellfield Assessment Centre.

Bellfield Remand Home, Dumbarton

General

21. I went to Bellfield Assessment Centre in Dumbarton when I was about twelve or thirteen years old. It was a small house that catered for young boys and also girls. I think I was only at Bellfield for a period of months.
22. I can recall being in a small dormitory with four or five other boys. There were also single rooms. There was a garden area at the back of the building which had a caged area where we could play football. I remember playing out there a lot and whenever the ball was kicked over the fence somebody would have to go and get it. I always

looked at that as an opportunity to escape and get away from the constant beatings and bullying.

23. The days were mainly taken up by being in what would be called the livingroom in a normal house. I remember we were allowed to smoke four cigarettes a day.
24. I do remember having a visit from my mother, I think just the once, when I was at Bellfield. She brought me some food and that food was taken from me by staff and I never saw it again. Apart from that my mother never came to see me in any of the places I stayed.

Abuse at Bellfield

25. At that time, when I was at Bellfield I was a small quiet boy and it seemed as though I had a sign on my head saying come and do whatever you want to me and they did. I sometimes think now that the beatings and mental abuse were far worse than the sexual abuse I went on to encounter.
26. For me it was just the brutality of the place. I talked about running away and when I did the first time I got caught and brought back. I was taken to a room and I had the shit kicked out of me by a couple of staff, I don't know who they were. After that I was put back upstairs and then it was like every opportunity I would get a beating. It wasn't just me, that happened to everyone. I just had to get away from there and that's why I ran away.
27. They had girls in Bellfield and they would get slapped around as well, it was disgusting. I can't describe it, as much as I want to, I just can't talk about that. I was only there for a short period of time as well.

Reporting of abuse at Bellfield

28. I didn't speak to anyone about the abuse I suffered at Bellfield.

Leaving Bellfield

29. I don't have a memory of leaving Bellfield, as I've said I wasn't there for very long.

Thornly Park School, Paisley

General

30. I think I went to Thornly Park when I was about twelve or thirteen. I wasn't there for very long either, just a matter of months, I can't say for sure exactly how long.

31. I feel there are some huge gaps in what I want to say about Thornly Park. I struggle to write or speak about the place because it was such a terrible place to be and it was in a terrible state of repair as well. I think that was because it was in the process of being shut down.

32. There was only four or five boys resident at the place at the time. The rest of the boys were all day care. A van used to go out and pick them up then bring them to Thornly Park. We were just all left to our own devices there was nothing organised for us there at all.

33. The only buildings that were open were some portacabins, the swimming pool and a TV room which was upstairs by the education block. All other out buildings, like the education block, were all locked up and not in use. There was a dining room but that was a long way down the road.

34. The boys stayed in the little portacabins, there were four beds in each one and I stayed in one with another boy so there was just the two of us in our portacabin.

Abuse at Thornly Park

35. The abuse began for me after only a few days at Thornly Park. It came firstly from one or two older boys who were engaging me in sexual activity. That was in my room, my portacabin and it included touching and masturbation. They were about sixteen or seventeen, I don't know their names. I can see a tall slim guy with black hair, that's about it I've just blocked everything out.
36. That abuse went side by side with some bullying from the same boys. I couldn't fight back because of my age, I didn't know how to fight back and I was scared. It was one of those things that I just had to accept.
37. The abuse continued and then involved one of the carers who should have been looking after me. He forced me to commit sexual acts on him, oral sex and masturbation. At times he also buggered me.
38. I felt like this was normal behaviour due to my experiences with other men who picked me up when I was running away from home.
39. The member of staff that abused me was a short fat guy with dark hair. I don't remember his name but he used to look after the swimming pool. When we all went to the swimming pool he would be there and abuse us there. I say us because he abused other boys who were at Thornly Park at the same time.
40. He forced us to do things to each other, together, while he would watch. He would get two of the older boys to come to the portacabin I was in and he would force us to take part in sexual activities. With me it was mainly touching, masturbation and oral sex.
41. That staff member and another staff member once took a small group of us, about four or five boys, on an outing to the Cairngorms. We did a lot of walking and stayed in tents. There was a bit of abuse going on during that trip as well.

42. Thankfully I wasn't at Thornly Park for that long but it was long enough to impact on my wellbeing. That obviously went on to impact on my development as a child. I had no guidance or help at Thornly Park because every male I had contact with had only one thing on their mind and that was to abuse me in some form or another.
43. I contemplated suicide many times at Thornly Park but I didn't ever go through with it. I did make a serious attempt to kill myself some years later though, while I was in prison.

Reporting of abuse at Thornly Park

44. As I said the place was in the process of being shut down and you never really saw any members of staff, so there was no one to speak to. The only time we saw anyone was when we went swimming and that was the staff member who was abusing us.
45. We did see some other staff when we went to the dining room which was a long way down the road.

Leaving Thornly Park

46. I had to leave Thornly Park because it was being closed down. I went from Thornly Park straight to Kibble School.

Kibble School, Paisley

General

47. I was a resident at Kibble, which is in Paisley in Scotland. I was about thirteen or fourteen when I went to Kibble. I can remember we all slept in large dorms upstairs.

Abuse at Kibble

48. The abuse that took place at Kibble was physical and was in the form of beatings and bullying, intimidation and humiliation. There was also a small amount of sexual abuse which took the form of touching, masturbation and oral sex.
49. The staff at Kibble were brutal and would slap punch and kick you for any reason. Those beatings and the bullying were non-stop, just constant. People were always getting slapped or kicked as a punishment. That was done by various members of staff.
50. I remember being put in a room on my own when I had chicken pox and that's when I was sexually assaulted by a particular member of staff. I was forced to perform oral sex on him during the night. I don't remember the staff members name, he was male, a general worker at Kibble and he was the only staff member who sexually abused me there.
51. The boys spent all day long in a sort of gymnasium area playing games and what not. There was a single room just outside the gymnasium and the staff member who abused me when I was in the room on my own went on to take me into that room to read or chat and then he sexually abused me in that room as well. It was only ever me and that staff member no one else was ever present in either room.
52. After a while I was removed from the main housing unit into a smaller housing area. This area was split into two rooms of four, one single room and there was a separate shower area. There was nine boys in that area and they were looked after by a housemaster, I don't remember his name. Sexual abuse took place in this smaller housing area with some of the older boys. That was in the form of touching and masturbation and sometimes oral sex. I was made to feel totally dominated, humiliated and frightened.

53. I don't remember the names of any of the boys who abused me but I have a memory of one boy who was quite tall I'm not sure how he looked, who made me touch him and perform masturbation on him in the communal shower area. It was just me and that older boy in the shower at that time.
54. I couldn't see any way out of the abuse I was suffering so I had to comply with what was going on.

Reporting of abuse at Kibble

55. I didn't speak about the abuse and I didn't report it to anyone, I was too scared and I didn't know any better.

Redheugh Adolescent Unit, Kilbirnie

General

56. I was a resident at Redheugh Hostel when I was about fourteen or fifteen, it was during the late 1970's. At that time Redheugh was run by the Salvation Army.
57. I was taken to Redheugh by a social worker who took me there from home. I remember that on my initial reception I was met by the matron and one other member of staff. I want to say there was a Salvation Army staff member called **HDF**, he wasn't an abuser, but he is the only name I can remember from any of the staff at Redheugh.
58. I was subjected to humiliation and intimidation from the outset at Redheugh. The staff forced me to strip naked and shower in front of them. I was taken to the big wash area at the back of the house with sinks and baths and showers. I had to shower in front of the matron, a member of staff and the social worker that took me there. I was made to strip and they were all pointing and laughing at me. I was scared, humiliated and

bullied. Then they gave me their clothes to wear, we had to wear their clothes all the time we were there.

59. I spent the first part of my stay in a dormitory upstairs. There were about fourteen or fifteen boys in the dormitory who were of varying ages, from about eleven to seventeen.
60. When I was at Redheugh we would all go to the local school from the hostel but I never went to the school. I would go off sniffing glue and solvents with some of the other younger boys. For me it was all about trying to numb what was going on at the time, that was the only reason I was doing all that.
61. I do remember we got into trouble for that. It was plain to see what we had been doing, you could smell the solvents for one but it would also be all around our fingers as well so the staff would know.

Abuse at Redheugh

62. Some of the older boys in my dorm took it upon themselves to beat me regularly and force me into committing sexual acts. The sexual acts included touching, masturbation and oral sex. This happened to me every night for the four to eight months I was at Redheugh, unless the boys were bothering somebody else. It was the same boys that abused me all the time. Some were about my age, but most of them were older than me, about sixteen or seventeen. There was a group of about five or six of them.
63. The same boys would also sometimes force me to fight other boys but then, and I don't know what it was, but something happened within me and after a period of time I was able to just completely disassociate and not be there. I would be able to take a beating without knowing about it or being hurt I'd just take it and it wouldn't mean anything to me.

64. I don't have any memory of any of the names of those boys now. That's so frustrating for me as I feel that's the most important part. I feel that if I could name just one person, it would kind of validate it, but I've been running away from these problems for forty years and I've done my level best not to think about it. Whenever I do think about it I get all these ideas so I don't want to think about it. I get afraid something else might happen. I do rack my brains all the time trying to find names but it's just not happening.
65. I wasn't the only one being beaten and sexually assaulted by those boys. I saw other things going on. There was regular fighting and beating in the snooker room downstairs. If I wasn't being sexually abused I would be getting beaten or someone would be getting beaten and it was always the same group of boys from my dorm that were responsible.
66. There was also one member of staff who took a particular interest in me. He would often give me treats like sweets, chocolate and crisps. That member of staff told me he would be able to keep me safe from the bullies and the beatings. I did feel a bit safer after that but I was still bullied, the bullying didn't stop.
67. I was eventually moved from the dormitory I was in, up into one of the smaller rooms up in the attic and things did become a bit easier then. My room only had two beds and I was alone in that room.
68. That member of staff I told you about would come into my room when he was on duty and sexually assault me. That abuse took various forms, I was forced into committing oral sex on him and swallow his sperm. I was buggered on many occasions by him and he would constantly threaten me with violence or I would be returned to the dormitories, if I didn't do what he wanted me to do. I don't feel it's appropriate to use the kind of language he used to threaten me with, but I do have it in my head. After abusing me he always gave me sweets, chocolate and crisps. There was absolutely nothing I could do about the abuse. He threatened me not to tell anybody about the abuse and I didn't, I lived in constant fear of repercussions. I was abused by him at least two or three times a week throughout my whole time at Redheugh.

69. I don't remember the name of that staff member, he was just a civilian carer or worker, not a Salvation Army worker. I can remember he had blonde hair, he wasn't too tall or short, just average stature and height. Looking back I'd say he was probably in his mid to late thirties then. He worked different shifts but when he came to see me it was always in the evening. I had tonsillitis at the time and he made it clear to me that he was visiting to try and look after me and that he was trying to keep me safe from being bullied daily. I didn't see anyone else being abused by that staff member.
70. The Salvation Army always wore uniforms and they used to live in a house at the bottom of the driveway. Other people would come in and work on a daily basis. The guy that abused me didn't wear a uniform or live in the house at the bottom of the driveway, which makes me think he wasn't Salvation Army.
71. I was left with this black mass which grew inside of me. I now know that mass was the trauma caused to me which affected me then and later in life.
72. The fear I felt at Redheugh was indescribable, I never knew what was going to happen to me from one day to the next. That man and those boys totally violated me when I was at my most vulnerable state.
73. I was not cared for in any sense of the word and the very people who had been charged with my care were the ones who deemed it correct to sexually, mentally and physically abuse me .

Reporting of abuse at Redheugh

74. There was no one I could talk to at the time I was being abused because of the fear that had been instilled in me, with threats of violence from the older boys who were abusing me.
75. Sitting here thinking about it logically now, somebody else must have known something was going on. I feel it's impossible that no one else wouldn't have known.

The way I must have been presenting, I was presenting as a beaten child, I didn't speak, I didn't stand up for myself, I was the one sat in the corner cowering away, so it was absolutely obvious. That was never addressed at all, no one ever came and spoke to me, not once.

Leaving Redheugh

76. As a result of the abuse and the bullying I suffered at Redheugh, I eventually had to run away. I did run away to London and I remember saying I would never go back to Scotland, and I never did.

Life after being in care

77. I got on a train that took me to Euston train station in London. When I arrived there I was approached by a young kid who told me he could help me. I didn't know this then but I now know that there are people who are spotters that look for young kids coming off trains on their own with no baggage, stuff like that. They look for them and take advantage of them, but as I say I didn't know that back then.
78. The kid asked where I'd come from and if I had anywhere to live. I told him I didn't and he said he could help me out so I went with him to a house in Shepherds Bush. I remember there were a few other boys in there. I then found out it was something to do with a paedophile ring or the renting out of boys. That's basically what then happened, and I ended up doing that for about a year or so, until I was well into my sixteenth year. I also started taking drugs at that time to numb things for me.
79. I then said to myself that I was getting out of all that and would never do it again. I had reached the stage where I'd had enough of all these sexual abusers and I started using my fists against them. I started searching out people who I perceived to be sexual abusers and I would beat them up. I ended up getting caught and going to court for that. At first I got a couple of conditional discharges.

80. In the mid-eighties I met my first wife, we got married and had two lovely children. Our marriage didn't last very long in itself because I was only out of prison for very short period of time. At that point in time I was committing a lot of crime, almost daily. I was committing burglaries and stealing cars, things like that. I'd say I spent most of the eighties in and out of prison in England.
81. In 1989 I was sentenced to three years for a serious assault and during that sentence I was sent to Grendon Prison which is a therapeutic community based prison and I stayed there until 1992.
82. I came out of prison and I did look after myself for a while. I went to college and I met my second wife. We had a daughter together and then in 1996 I committed my index offence. I was sentenced to life in prison for that and I've been in prison ever since.
83. At that point I really was very violent, I felt it was the only option I had, and because of the nature of my crime I was graded as a category 'A' prisoner and I was sent to a high security prison. In prison I started seeking out sex offenders, and assaulting them. Anybody who was in prison for any sexual offences, I was assaulting them.
84. That led to the prison service saying they couldn't control me and I was sent to a special unit called a Close Supervision Centre (CSC), which is a prison within the prison. You are completely on your own there and have no contact with any other prisoners. It was pure brutality in the CSC, I was basically thrown in in a box and left there for hours at a time. There was no light, no windows, no toilet, no bed, no nothing.
85. After serving about five years bouncing around different Category 'A' prisons and CSC's I was eventually sent to a Special Supervision Unit (SSU) in Manchester. It was only then that officers from the SSU saw that I wasn't normal, something wasn't right, and they needed to be taking a closer look at me. As a result of that I started to see Linda Miena who a psychiatrist from the Oxford Clinic. All the time all I was doing was fighting, as soon as a cell door was opened I was going fighting and that wasn't normal. That was in 1999 after three years in prison.

86. It was just a short time later that I started to Linda Miena. She was taken on just to see me and I continued seeing her for a year while I was in the SSU. I went through everything that I've spoken about today and I did schema therapy to see how I reacted and how my body reacted during certain situations and we looked at triggers and this that and the other. After that year the funding was stopped so I didn't see her anymore after that.
87. I was then sent to a special unit at Woodhill Prison where I saw a psychiatrist and a psychologist every week. They did what's called a PCL-R which is a psychopathy checklist to see if I'm a psychopath or not. I scored very high at the time, around 34 which was basically saying I was a psychopath.
88. I was also diagnosed with complex Post Traumatic Stress Disorder (PTSD) at Woodhill and they then sent me to Broadmoor Prison. I spent about three and a half years in there doing intensive Eye Movement Desensitisation and Reprocessing (EMDR) which is all about the processing of information.
89. I was then moved to Millfield, a Medium Secure Unit (MSU) which was a really corrupt place. There was alcohol and drugs in there and people having sexual relationships, the whole place was just mad. I ended up getting sent back to Broadmoor because I started taking drugs.
90. I then did intensive therapy for two years at Broadmoor and then I was allowed to come to Bethlem, which is where I am now.

Impact

91. I am now a 58 year old man and I feel the abuse just as if it happened yesterday. Not a day goes by when I am not thinking about it. There are triggers every day, sights, smells, comments, or whichever form they take. I could be set off by a story in the newspaper, a news article on the television or just seeing and hearing people talking

about abuse or relationships. Certain smells set me off as well, any greasy grimy dirty sort of smell or the smell of petrol, that makes me think of Redheugh because we used to sniff it there.

92. In a sense I am quite lucky to be where I am because I can gather the strength. Before when I was younger and triggers set me off I would become very violent but now thankfully with all the work I've done the violence has been parked up. I've had plenty opportunities to be violent and I haven't been. When it sets me off now as an adult it just sets off a chain of events in my head that makes me remember things again. I will think about it and I want to help somebody or save somebody if I can.
93. I have people who I can talk to but asking is the problem because most males in my life have had an agenda, which involved one sort of abuse or another. Finding help has therefore been difficult.
94. As a child I suffered the effects of violence in my family home and horrific sexual abuse when in care. I suffered hours of bullying, intimidation and manipulation. I was physically beaten and told over and over again how bad I was. It's affected every part of my adult life.
95. I was placed into the care of the local authority at an early age with only one purpose, to be taken care of by the institutions I found myself in. I was not taken into these care homes to have my body violated in any way, shape or form and yet that is what happened time and time again.
96. For over forty five years I have lived my life with trauma and it is only now that I am being listened to. That has only happened because I committed crimes that led to me being incarcerated. I am currently in a medium secure unit and the goal is to complete my therapy and eventually be returned to the love and support of my family who are out there waiting for me.
97. Sadly the effects, of the trauma I had to endure, have affected every relationship I have ever had and this has caused me problems throughout my life. I have not been

able to have proper loving relationships because my experiences of them has always been twisted. I can start a relationship and in the early days it's all nice and new like a honeymoon kind of thing but when things settle down I feel that I shouldn't be there, that I can't be there and that I'm getting bullied or intimidated by my partner. I end up messing it up by self-sabotage and that's what I've done with most of the relationships throughout my life. I feel I don't deserve to have the happiness or to have a wife and children. That's what was always drummed into me, that I didn't deserve things.

98. It's only recently through extensive therapy that I'm beginning to slowly understand how relationships work. It's a long slow process but I am beginning to see the benefits of the trauma therapy.
99. Looking back it is no wonder that the trauma had such a profound negative affect on my life. It is only now that I'm beginning to get an understanding of what happened, and I'm being reminded of it every day.
100. I grew up not knowing anything about my sexuality, that was the biggest thing for me. I had no idea if I was gay or straight, I didn't know, I just thought all the abuse was normal behaviour being with men. In order to find out my sexuality I had to check it out and I had a nightmare but I now know where my sexual orientation is. That was a main impact when it comes to sexual relations. I can now have sexual relations with women without a problem.
101. I've had no real education. I went to primary school when I was at home in Scotland and only a very short period of higher education before I was taken into care. There was schooling at the local school when I was in Redheugh but I didn't go, we were all always dogging school anyway. I have done quite a lot while I've been incarcerated, I did college courses and I've done some IT and other educational stuff.
102. I have had loads of different jobs outside but as I said about the self-sabotage thing, things just don't ever seem right. I don't know if that's because there's something missing or my brain's not working correctly but I can seem to go for jobs and get them

without a problem, but then things just fall apart. It's me that does it, it's the self-sabotage thing, but I've worked hard on that and feel I don't do it anymore.

103. You can't begin to understand how it has impacted on my life and I became totally insecure, insular and angry. I went on to commit crime and obviously ended up in prison. I became ill in prison and was moved to a hospital setting where I was diagnosed with mental personality disorders. It's only now that I've got the opportunity to tell my story with the help of the mental health team.
104. Before I received proper help in prison everyone was convinced I was schizophrenic as I was hearing voices but that was actually my own thoughts, they're called audible intrusive thoughts and that's what I was being plagued with. I had three people in my head, I had myself, I had the small child who'd been abused and I had this thing called the 'designer' who was looking after me in my head. I learnt from my psychiatrist that it was a break away in my brain to try and support myself.
105. It makes me so angry, what happened to me at the level it happened at Redheugh. I was taken from home, which was an absolutely terrible life anyway, and I was put into this place where I thought I was going to be looked after. I really thought my life was going to be put in order, I was starting to get older and I was under the impression that when I got to Redheugh that was it and it wasn't.
106. Redheugh was run by the Salvation Army and every Christmas I'm reminded of the place whenever I see the Salvation Army, who are out singing and collecting money. It makes me feel angry and sad and fills me with despair. It triggers those feelings inside of me, it's all part of what that institution means to me.
107. Back then I was upset and scared, but now I'm just raging about it. It causes so many problems, as I'm reminded of it every single day. The therapy that I do now has really brought it all to the front of my mind and I've done a hell of a lot of stuff to try and make some sense of it. It's so difficult and just the reaction I'm having now talking to you about it is showing me that it isn't really going away.

108. I've spoken about a black mass that I have in my stomach and that's a representation of trauma for me. It's caused me eating problems and I've been diagnosed with eating disorders as well as other things. I've been diagnosed as having a borderline personality disorder, anti-social and complex PTSD. It all angers me so much and I suppose in a way this is why I'm speaking to you now. I'm not expecting closure, I just want to be validated, I just want to be heard.
109. I get these strange bodily sensations sometimes whenever I smell oil or diesel, that same smell that reminds me of that guard at the train station.
110. I've been running away from home since I was about eight years old and I was constantly being picked up by men in cars and sexually assaulted. It's like I'd resigned myself to the fact that this was normal behaviour and was accepted. I'd say this was why I was bullied and beaten so much. It's as if it was all part of a game from the people in positions of power. They enjoyed beating me, enjoyed seeing me cry and enjoyed seeing me cower. There is no one should have had to put up with that behaviour at all.
111. It was as a result of the beatings that I started to disassociate, I would go into myself and just remove myself from a situation. It's like I'm sitting up in the corner of a room, looking down on what's happening. I just remove myself from the situation, it's a protective thing and it still happens to me today. It can happen when I'm in a session with my psychologist talking about the abuse. It only lasts a couple of minutes and then I come back.
112. It took a long time for the sexual abuse I was subjected to, to stop. I don't know what happened but it wasn't until something changed in my head and I started using my fists that it actually did stop. It never happened again after that but I'm paying the price for that now.
113. I'm no angel, I went on to commit some terrible crimes, which I am now paying for every day but I have blame. I can absolutely put that blame at the doorsteps of the institutions. That's not justifying what I've done, it's just giving an explanation.

114. I was in four institutions and my mum visited me once. I have no memory of any visits or contact by the social work or any keyworkers, there was nothing like that. I want to say that I was appointed a key worker but I honestly can't say that I was.
115. Around the time I was in Broadmoor undergoing treatment, I was dreaming of abuse and violence.
116. I'm just like anybody else, all I want when I finally get released is to be able to have a proper relationship with my children and hopefully form a proper relationship with a partner. I'm lonely and I want to experience having a partner again.
117. I saw my dad for a couple of days when I was about seventeen and it was very clear I wasn't welcome in his house, so I left. I didn't see him again after that, he died about three years ago. I have no idea if my mum is dead or alive and to be honest I don't really care. I haven't seen my brother since I was about fourteen I don't know where he is or what he's doing now.
118. What happened to me should not have been allowed to happen but it did and I have been made to suffer the effects of this abuse for over forty years. It's only now with the Scottish Child Abuse Inquiry and the Redress Scheme that my story is being told. Without it I would go to my grave knowing that my whole life had been stolen from me and who would be standing by my grave, no one.

Treatment/support

119. I mentioned seeing a child psychologist when I was younger. I don't remember much about what I said or what treatment I received. For some reason I only remember the focus being on the bed wetting. Why was I wetting my bed and were there psychological reasons for that, that's all I remember.

120. I've also told you about the treatment I received in prison, once it was realised I had a problem. I continue now to receive treatment on a daily basis. I do substance misuse work, I do one to one therapy and I'm waiting to do Violence Reduction Group therapy.
121. I did see my GP between 1992 and 1996 but I wasn't as forthcoming as I have been since, when speaking about my childhood. He put my behaviour down to depression and prescribed me anti-depressants but I wasn't depressed I was a very ill man. He didn't refer me for any mental health treatment or counselling, nothing like that.
122. I would say that all the mental health treatment I've received since then has been very helpful. I wouldn't be sitting here today without it, that's for sure.

Reporting of Abuse

123. I haven't reported any abuse to the police but I do now know more about that furniture delivery man from Ipswich who sexually abused me. I did a lot of searching online and I found out who he was. His name was [REDACTED] and he was delivering furniture for a company called [REDACTED] at the time. I searched on Google and I got some help from an ex-partner of mine. I did all that a few years ago now but he may be dead now.

Records

124. I have applied for my records for all the places I stayed. I only started doing that in October 2022 and that was with the assistance of BirthLink. This is to obtain supporting documents for my redress application.

Lessons to be Learned

125. I don't think things will ever change. I think that when you get an institution that can do whatever it wants then nothing is ever going to change. It's all right have me and thousands of other people coming forward and saying what was happening, but nothing ever changes. It just takes different forms. For instance, when I was at Millfield I always failed. That was because of the level of corruption in that institution. That had such a profound effect on me, that I had to go back to Broadmoor. If that corruption hadn't been there I would probably have been home by now.
126. Change has to come from the top, if you get high enough you will get to one person and that person has to pay the price. That person is allowing their institution to be used in not the way it should be getting used. It doesn't matter who works there, if people work there and know something isn't going to be tolerated then it won't be tolerated. That's how I feel and it still hurts me. I'm quite passionate about it and I want to do something when I get out, to try and change that. I feel I could work somewhere in mental health where I could use my experience to talk to adults or children, anybody, about mental health and child abuse. That's what I really want to do.
127. When I was in Broadmoor I got to the position where I was an expert by experience, and I would speak to college and university students and nurses in a Q&A type platform where I would give my experiences and answer their questions. I was told I did it really well and it was suggested I should think about doing something like that as a job when I got out. I would like that and I feel it isn't beyond the realms of possibility.
128. However, as bad as it sound, I don't think, personally, that it will ever change. People don't want to talk about child abuse, it's a big taboo even in this day and age when it really shouldn't be. I think it's the same with mental health, in fact the two of them are together, and people don't talk enough about either of them.
129. My mental health issues were never picked up on, for whatever reason, but they should have been. How many millions of other children feel the same way? I do feel I've been failed all along the way when it comes to my mental health support and treatment. When I was committing crime I had probation officers who knew how ill I

was or that I wasn't right and they did nothing. My doctor gave me anti-depressants and did nothing else. In his wisdom the judge sent me to prison for my index offence and I feel that would have been the time to send me to hospital. There was two independent psychiatric reports saying I wasn't well and needed to be in hospital.

Hopes for the Inquiry

130. I'm hoping something good might come of the Scottish Child Abuse Inquiry. The level of risk is up so hopefully something good does come from it.

Other information

131. 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... .....

Dated... 16/11/22