

Scottish Child Abuse Inquiry

Witness Statement of

PTR

Support person present: No

1. My name is PTR and my maiden name was PTR. My date of birth is 1957. My contact details are known to the Inquiry.

Life before going into care

2. I was born in and initially stayed in , Maryhill, Glasgow with my dad, , my mum and my two brothers and . is two years older but is known by his middle name . who is known as is two years younger than me.
3. My memory from then is hazy but I think we lived there in a ground floor tenement which had a room and a kitchen with an outside toilet until I was about five years old.
4. My dad was an accountant and had several jobs and my mum worked in an office. My dad was middle class and I think had another big house that went to him when his parents died. I have no real information on that other than he lost it due to drinking and gambling debts and that was how we ended up in .
5. We moved around a few houses but my mum hasn't spoken much about my early life. We moved around a lot of houses because of my dad's behaviour. We moved to Blackburn in West Lothian and then back to Glasgow where we stayed in Govanhill. I think we had about five houses but these are the ones I remember.

6. My first school was in Maryhill when I was five and then when I was six I went to school in Blackburn before going to Cuthbertson Primary, Govanhill when I was seven or eight. I have quite a few memories from there.
7. Family life was happy when it was just my mum and my brothers. My mum was a very kind lady. She never shouted at me and she did her best to keep the family together but my dad had drink and gambling issues and he brought that into the home. When he was around, home was very unstable, there were beatings and all sorts of abuse. Not sexual abuse but physical and verbal. I've come to understand now why that was.
8. We had to hide when he was coming in and if he was in a good mood we could come out but if he was in a bad mood we would stay put. If one of us was naughty that meant to him all of us were naughty. It was one of those authoritarian homes when he was there but when he wasn't there it was much more peaceful.
9. We didn't have any luxuries or money and my mum really struggled so had to work once my dad wasn't there. From a very young age we were coming in and lighting the fire, getting the meal ready, tidying up and being responsible as children.
10. Dad wasn't around a lot. He was in and out and there were always men at the door looking for money because he would be gambling. I don't want to be disrespectful to my dad but there was always another venture, another scheme, always something. I can see now that he had suffered as he was very intelligent, probably spoiled but then had his parents taken from him with no brothers and sisters. There was nobody to look after his emotional needs. Him and my mum were together from when my mum was sixteen. He was so wounded and he was a very angry man and very sadly that was what was brought into the home.
11. I didn't get on very well at school. I was bullied and never felt safe, never felt that I was achieving. I think that was probably down to the disruption of being in so many different places. I can just remember being taken out of school and ending up somewhere else. It wasn't stable and I think my education was just disrupted. The only thing I did enjoy

about school was Christmas because I loved to sing. I got to sing at Christmas in the little choir but out in the playground it wasn't very nice.

12. I'm not sure if we moved about so much because my dad was due money but I do know my mum had suffered so much trauma from him. He used to beat her and I can remember getting between them and telling him to leave mum alone as she was getting pinned up against the wall. When dad came back on the scene which he did a lot it would be just living fear. It just wasn't safe and I don't think I felt safe so I think that is why I was how I was at school.
13. A few weeks before I went to Fornethy I was actually raped by a neighbour, my friend's father who I later found out was a paedophile.
14. In the house where this man assaulted me there was that occasion and there was another part to it as well. I don't know if that was straight after it but there were other children being abused as well and the man's brother was there at the time. I remember I went home and said something about it to my mum. She put me in the sink, washed me down and it wasn't spoken about again. I don't remember the police ever coming to the door or being involved, nor me giving a statement. I was never asked to talk about it and I didn't feel believed by my mum.
15. It's only later on when you look back, it's like a jigsaw really. Maybe we had to leave there because my dad was going to kill him. You don't know what has happened at the time, you just know that you are having to do things because your parents tell you. It's only later I think you realise how much danger you were in and how your body was violated. At the time you didn't know what it means and maybe that was a blessing at the time.
16. I only actually found out recently why I ended up going to Fornethy. My aunt who is dead now would come out with things because my mum wouldn't speak about things. I'd ask my aunt questions and she would be honest with me. When we moved to Govanhill and went to school there we got evicted from that house and Auntie ■■■ has confirmed that.

17. I can't imagine that any decent council would put children out their home. I can't fathom that and I even questioned whether it was true. It just seemed so wrong but my Auntie [REDACTED], who was my mum's older sister worked in Social Services in Glasgow and it was confirmed recently that she facilitated me going to Fornethy and my older brother to another home in Fife. He had a very happy time there. My younger brother went to live with my Aunt [REDACTED].
18. At the time you don't know what's happening, nobody sits down with you and says you're not going to be living here anymore, this is what is going on. I think children now are a lot more in the picture and hope they are told.
19. This was when I was about eight and half or nine years old and I remember being told I was going on a little holiday and that it would be lovely. I remember going for my medical to the doctor's which was in Govanhill and being in my vest and pants but not knowing why I was there.
20. On the day I went to Fornethy, I remember going on the train on my own from Queen Street station with my little case. I remember that feeling of total abandonment, that I wasn't going on a holiday and this feels terrible. The reason for that was due to being raped and at the time you don't know what you feel because you are just eight or nine but there was a terrible amount of shame. I remember thinking I have been a bad girl and that is why I am going here.
21. I don't know where the train went to but it but it landed somewhere and I got picked up from there. It's a bit of a blur. I think there were other girls there but I don't remember any of them. I have no idea how long the journey was, just that it was a long journey. I felt if I was in a wee universe of my own and don't remember anybody being on the train. It is maybe a disassociated state, I don't know.

Fornethy House Residential School, Angus

22. I remember arriving at Fornethy on the first day, seeing the staircases that went up to the bedrooms, discovering that would be where I would be sleeping and that's all I can remember of arriving. I've got snapshots of memories, good and bad of the place but there is a lot I can't remember or have blanked out.
23. I can't really remember the layout of the building but I know my dorm window looked down onto the main pathway.

Routine at Fornethy House Residential School

First day

24. You would think the feelings would be there but I think I have blocked so much out. What I do remember is the first night because it was absolutely horrendous. It was time for bed and I went into my dorm and pulled my bed sheet back to get into bed and it seems horrible saying it but there was a massive poo in my bed.

Mornings and bedtime

25. I can't remember what a typical day was like there. We slept in dorms and my bed was first on the right when you went in with several other beds and other girls in it. I had no friends in there and nobody to console with. It was such a lonely place.

Bed Wetting

26. There were children who wet the bed. It was usually discovered in the morning but sometimes the child would be crying through the night and it would be discovered then. The staff discovering this would drag them out their bed and punish them. So that the staff knew who the bed wetters were they had a chair at the end of their bed that was

turned around and they were made to get out of bed at night. They had to sleep on rubber sheets.

Mealtimes / Food

27. We got porridge for breakfast and I remember getting force fed it and peach blancmange as well as other foods. I remember there was a tuck shop and getting sweets but I don't know what day it was. I think the money came from home but again I don't remember. There is so much of the day to day life that I cannot remember.

Washing / Bathing

28. I remember getting scrubbed in the bath when I first arrived. There were also showers in a different block and it had that carbolic soap. I remember getting sent on my own in the dark to have a shower and I had to go down dark creepy stairs to get to them. I was terrified and I am still scared of the dark and scared to stay on my own.
29. I don't remember how often we had a bath but I do remember there not being privacy. Other girls would be there with no clothes on and there would be a scrubbing session. That doesn't seem to be too big a thing in my head but saying that I don't like my scalp being touched. I don't know if that is from the bathing or having my head pulled back when I was force fed.

Leisure time

30. I do have a memory of going up into the hills and we used to go on five mile walks. I loved them because to me that was an escape, even although you might get your legs hit if you weren't walking fast enough so that made you walk fast. I remember getting up to the top and it being all white and chalky and I think that's very healing in a way. Even now I prefer to be outdoors, I love walking and I love hiking.
31. There was a little record player. I loved to dance and that was another way to be free. I remember dancing to the song 'My Boy Lollipop.' We didn't have a television.

School

32. We would have lessons in the morning and the afternoons was spent outdoors. At the lessons we drew things and copied things from the blackboard. We did have jotters that we wrote stories in. I don't remember much about that and that disturbs me because surely if I had been there for longer than eight weeks I would have known.

Religious Instruction

33. If you were very good you got to go to church on a Sunday but you had to be absolutely pristine. I can remember cleaning my shoes and getting to go to church. I remember being there, singing certain hymns and it was so comforting. I felt there was somebody there who cares for me, somebody who loves me. As a young child these things mean a lot. I really connected to this and the prospect of faith. This is where my faith began because I was safe in that church.

Visits / Family Contact

34. I never got any visits from my mum and had no way of contacting her other than by letter. There was no phone that you could call home and no way of letting mums or dads know you were unhappy. You were just there and that was it. I do remember seeing one girls parents arrive late at night and her going away but that is the only time I remember anything like that. We did wonder why she got to go home and questioned why we didn't get to.
35. Tuesday morning every fortnight was letters day so everybody was eager to get their letters. My mum would send these cut out paper dollies and would send me outfits to put on them. I can see myself sitting in that classroom now writing back saying 'dear mummy this is terrible please come and get me.' The staff would see it and rip the letter up in front of me. The teacher would then tell me to copy the words that were on the blackboard. That's been confirmed time and again by the other women that I am now in the Fornethy [REDACTED] Group with.

Abuse at Fornethy House Residential School

36. That first night when somebody had pooped in my bed, I remember thinking back it was huge and it must have been an adult that had done it because of the size. Maybe it just looked big because I was a little girl but looking back now I think it was probably an adult.
37. I went and told a member of staff and she came in, pushed my head and said it was me that had done it. I hadn't done it and I remember feeling really aggrieved that I had been blamed for this. As the years went by I started to wonder did I do it. By this time I had no sense of who I was and was thinking maybe I did do it. So you start to doubt and I knew my initial feeling at the time was no I didn't do it and I protested and I got belted by the woman with her hand. She changed the bed and I went in to it and was crying. I wanted my mummy and was sobbing.
38. That was the first night and that just set the scene. I cried every night as I was so homesick. I was worrying about what was happening to my mum. I was her caretaker from a very young age, always worried about her and was very close to her and probably anxiously close. The staff would regularly say things like 'If you don't stop crying you will never see your mummy again.' To me that was the most terrible thing in the world.
39. Some of the other things they would say really frightened us like telling us there were ghosts in the fireplace but definitely the threat of not seeing my mum again was the worst. I honestly believed I was never going home and would never see my mum again.
40. It was a common occurrence that if you were crying or upset you would be hit and taken to the corridor. When I got hit it was on the side of the head, arms anywhere just like how my dad would hit us. It wasn't beatings like my dad would put us over his knee and spank us, more slaps. Other girls were crying and the staff would regularly come into the room and yank you, tell you to shut up and take you out into the corridor in your vest and pants. You were made to stand in the corridor because you were

crying. There was no sense of these little girls are away from home and they need to be comforted.

41. The next snapshot of memory is me being force fed. I didn't like milk and never had. Even as a baby I would spew and project it out. My mum had to try different things because I just couldn't tolerate milk. I couldn't even smell it without feeling sick. I remember from the next again morning after that first night it was porridge for breakfast and it had milk on the top. I just couldn't touch it and they would say right you are going to eat this. One would come behind you and pull your head back whilst another would force your mouth open whilst they shoved everything in. They were force feeding me this milky substance and I would be gagging and then they would be holding my clothes.
42. This happened loads of times. They had this peach blancmange pudding, it was milky and again it would be forced down your throat. We got milk before bed and I would do all sorts of things to try and get out of having that. Again it was as quick as you could get it down but of course it didn't agree with me and gave me tummy pains.
43. It was an utter nightmare and It was a horrible, horrible place. It was during that time that I used to have this recurring nightmare about home at Govanhill in a red brick tenement and seeing this giraffe's neck on a wall and it was all blood where it's head had been cut off. I now know through my therapy that it was down to the abuse in that house in Govanhill that there was some kind of penis. It was so horrible. So I had these night terrors and I would scream out and I think that wasn't from Fornethy but probably from what happened before. I would get told off and told not to cry and I would get hit.
44. I don't think it was all the staff that abused us. It was a couple of women and I didn't know any names until I joined the [REDACTED] group. I remember the ladies that stand out in my mind as the ones who hit me but I didn't know their names. I can remember their faces and I've since seen pictures of their faces and I know who they are. I know there was one with purple hair but I don't know who the other one was. I remember the name LBD [REDACTED] now but I couldn't remember it before but I don't know which one of the two

she was. I was really disassociated a lot of the time. The other name that has been mentioned in the [REDACTED] group is Fletcher.

45. The other names have gone out my mind again. It's almost like my memory plays tricks on me. I do have a very clear memory of what happened to me but when my mum didn't believe me I started to doubt myself.
46. I remember the lady with the curly bluey purple hair was a large lady and she was the one that force fed me. It was her and another woman who were sort of in charge and when you went to classes they were the ones who were teaching you. It worries me that I can't recall all these things because all that memory must have been there. I've been to hypnotherapy and I'm just so disassociated.
47. The other staff would see all the abusive behaviour and be aware of what was going on.
48. I also witnessed other children getting abused. It was similar to me in that they were force fed and gagging and choking. I still choke now at certain foods and it was distressing to see this happening to the others as well. I saw other children being forced out their beds. Children that wet their beds being punished and having to sleep on the rubber bedsheets and they were all crying. I knew at the time who the bed wetters were but I can't remember their names now.

Leaving Fornethy House Residential School

49. I am not sure how long I was there for. My Aunt [REDACTED] told me that I was there for a year, yet the other women I have now spoken to and I am in contact with who were at Fornethy say that we all only went for six to eight weeks. That's really baffling because if I was there for a year that is a long time and how have I not got any memories of it because my memory is a blur. It was meant to be a short term place for respite. Others have suggested it was for poorly girls but I don't remember being poorly.

50. I remember it snowing and I also remember going up to the stones at the top of the hill and it being hot and that's my only memory of longitude from there. That suggests I was there over different seasons. I would just love to know if I was there for a year. Where was I, who was I and what happened that I have not many memories? My Auntie [REDACTED] was lovely and I trusted her so why would she say a year if it wasn't?
51. When I came out of that place and my mum met me at Queen Street Station I believed that I wasn't ever going to see my mum again. When my mum got me I let out a sound like a wounded animal. It was just pure relief. We were sat on a little bench. I can see myself sitting there shaking and telling her all about it. She didn't believe me. That was so terrible because who do you tell? Your mum and then your mum doesn't believe you.

Life after being in care

52. After mum had picked me up we went straight to my Auntie [REDACTED]'s house. By then the whole family was split up. I didn't know where my dad was and I didn't get any explanation. Nobody sat down and told me and it was a case of children should be seen and not heard. I do think I got to see my brothers.
53. The family was scattered for about two years with my brother staying with my gran and the other with another aunt. I don't know what happened and nobody has confirmed this but I think my mum had some sort of mental breakdown. My Aunt [REDACTED] said she never knew what had happened to her at that time. There was so many mysteries and secrets from that time. I have so much memory that I have totally blocked out. There is a couple of years where I have got very little at all and that was the time I was at my Aunt [REDACTED]'s.
54. When I came out Fornethy I went to school in Cardonald but I can't even tell you what it looked like. I think I was very traumatised. I was doing naughty things and my mum was always getting called to come to the school to talk about my behaviour which was

bad. I can't remember any of that but it wasn't until I was in my forties that my aunties told me about it.

55. As time went on I always felt confused what came first, that assault on me by my friend's dad or Fornethy. I know that it was rape then Fornethy because when I came out I didn't go back to that house in Govanhill where I had stayed when he did that to me. I went to stay with my Aunt [REDACTED].
56. My memories become much more clear from the time we moved down to Corby just before my eleventh birthday. My dad went there ahead of us as he was working in the steelworks. We were all going to Corby and it would be a new start for us there. He had got us a three storey house with a garage and I had my own bedroom.
57. I just shut the door on Glasgow and started at a new school where I met a boy called [REDACTED]. He asked me if I had any friends and when I said no he asked if could be my friend. He took me under his wing and we are still great friends today.
58. I just felt so much happier and the teacher Mr Thomas was quite amazing. He also took me under his wing and he asked me if I would mind doing the paint boxes after class. He would give me fifty pence, he would chat to me and be kind to me. Much later when I was about thirty five I went back to work in that school as a [REDACTED] and we had a reunion. He came and I pulled him aside and told him he was part of my healing because when I had come to that school I was actually very broken but didn't realise it at the time. He said he knew I was broken. It was just amazing that he recognised that there was something broken, brought me under his wing and looked after me. That was a lovely moment in time.
59. In Corby we lived in a brand new estate and we were very happy there but within three weeks my dad was gone again. My mum was left with three children in a strange place trying to find work which she did in a plastics company. We were very happy, we had just enough money, I had a room, my brothers shared a room and my mum had a room. In that three weeks that my dad was there we witnessed a lot of violence. He

was beating her, the neighbours were calling the police, I was hanging out my bedroom window shouting for help and it was very traumatic.

60. Once he was gone we were very happy. I was in my last year of junior school and I was happy there. I wasn't very clever but I think I started to feel happy. I was getting on with my life.
61. One Sunday morning I just took off and walked into a church not far from my home. There was a lovely group of young people who were about thirteen to fifteen years old. There was a youth worker and I started going there a lot. There was a choir, we went camping and we did everything. Unbeknown to me my brother [REDACTED] was already there and it was good.
62. It wasn't just a salvation of me in transit and I wanted to be a Christian. It actually saved me from that environment of what might have been had I stayed in Glasgow. I was in a different environment with better housing, welcomed by lovely mothers and fathers. We had meetings at houses and did loads of things together. When I look back I was happy.
63. My brother's best friend who was always in our house later became my husband. He actually lived in Maryhill at the same time as me but that's another story. He was like a brother to me and then we got together and I felt incredibly safe with him. He was kind, he was respectful and he had a good upbringing albeit he was in poverty. He had two parents that lived together which was completely different to me and he was always around. We grew up in this church and we wanted nothing more than to have a Christian marriage. I wanted to marry someone who had the same ideals as me. We got married when I was twenty one and I had two girls.
64. When I got to my early forties I started looking at self-help books. I had already had counselling and I found this thing about a guy Jack Black from Glasgow who is a motivational speaker. He was doing a Mindstore Event in the Glasgow concert hall and I really wanted to go. I had never been back to Glasgow since the day I left so I made the decision I had to face my demons and went back on a four day trip.

65. I went on my own. I hadn't been anywhere on my own but felt I had to do it and booked a hotel. The two days with Jack were phenomenal. It was all about how your brain works and how stress affects you. I had a little bit of a cry during one of the meditations and a lot of the stuff was coming out. That was really hard because I was on my own but it felt right as well and I thought I've got to do this.
66. On the third day I took a bus out to Govanhill. I felt I had to go and see the place and face my demons. It was different as they had sandblasted all the buildings and in my mind it had been different because when I left they were all black from the smoke. The sun was shining and I looked at my house and thought it was beautiful. Then I went round the corner to where the abuser's house was. I remember thinking this feels different now because I've changed and I remember looking up, thinking and saying I forgive you. Being able to give up that pain, it was just wonderful to be back there as an adult. Obviously I hadn't let it go but I was trying my best to deal with it.
67. I went to a few more Jack Black's seminars in London and other motivational speakers to build my confidence. I did the fire walk experience. I came back and told my husband I had set myself a goal that I was going to climb Kilimanjaro. My mum said I couldn't but I insisted I was going to do it and do it on my own. I did it and I got to the top. There were only five of us out of the seventy who went who got to the top and I felt invincible. I felt I could do anything I wanted to do, nothing was going to stop me.
68. Then I came back and I realised that people used to come to me with their problems and it seemed they saw something in me that they felt they could speak to me. I thought it would be really good to do some counselling training. I wanted to be a people helper so I did a six year degree. I didn't realise I was going to do that but I started with the diploma and just went on from there. I had only got two 'o' levels and thought how can I possibly do a degree but I got an award for most improved student and got a first. I don't say that to brag but for somebody who came from the slums of Glasgow to now having a first degree, I just think if I had been in a different situation and a different environment what could I have made of myself.

69. I went to work for the National Mental Health Charity when I was training and I became the [REDACTED]. It was a service that was failing and when I started running it, it brought in a lot of money for the charity. We provided therapy, interventions, mindfulness and talk groups. Sometimes I thought is this really me because inside you still feel damaged, that you are somehow playing a game and no-one notices you. Then you think no this is you, this is where you have come.
70. I am now self-employed and work two days a week with my own therapy business. A lot of my work now is like myself, working on the wounded inner child. That's how I do a lot of my work with traumas, on how the inner child shows up in the day to day experience and if you can understand what the child needs, you can start to heal the traumas.
71. It has very much been my journey and still is as I haven't fully healed yet. I still have nightmares, I still wake up in the night screaming. Even with therapy I know I have still to get there. I am still very frightened. It's like I'm back to being a little girl and I have to talk to myself and say you're safe now. That's the legacy of the trauma that has not yet healed, not that it ever will be.
72. Fornethy is a huge part of my trauma because I was not with my mum but other parts where I was witnessing violence I was with my mum and I had her love and support because she was a very loving mother.
73. It is only in the last couple of years that I have really appreciated there was so much more to speak to her about. About how I couldn't eat porridge and we've talked about the violence, the drinking and we've talked about everything but she has always stayed away from Fornethy. I have never been able to speak to her about the sexual abuse.
74. Over the years, until very recently when I have asked mum about Fornethy she has said just leave it and never talked to me about it. When I was going through therapy I got sent pictures of Fornethy and recognised it and thought, I was definitely there, I have not imagined it. I showed mum the pictures and said this is where I was at. She

wasn't interested. It must have been too painful for her. She couldn't look at the pictures and I felt betrayed all over again.

75. Strangely enough in the last few months because she has got dementia I couldn't hurt her or show her the photos but we were talking about Glasgow and my dad and the places we had stayed. I said do you remember I had to go to Fornethy and she said 'oh god you had a terrible time there. That was the worst thing that I ever did.'
76. I'm sixty five now and that was her just saying now, that she knew what I went through. It must have been hell for her that we had to go away, that her little girl had gone, had suffered and she wasn't there to look after me. She couldn't own it with me up until then and when she said that, I could let it go and I changed the subject. I didn't want her to be hurt by that. It was a wonderful moment for me.
77. In 1995 I was [REDACTED] Glasgow [REDACTED] and [REDACTED] Fornethy [REDACTED]. There were [REDACTED] about other girls who had been at Fornethy. There was a lot of discussion confirming each other's stories and this one girl [REDACTED] said that she remembered me and that I loved to dance and have fun. Years and years later she tried to contact me and it was from there that I learned about the Fornethy [REDACTED] Group.
78. The group's not easy because I am so much further along and so many of them are still breathing it. I was lucky that I got lifted out that place and came to Corby and am surrounded by people who are loving with a moral compass.
79. I had a crisis of faith in my forties wondering how god could let that happen. I asked all these questions and I think I have worked through a lot of that now. It's something that makes me happy and gives me purpose.
80. I've lived a lot of shame and guilt because I felt I was a bad girl and had not been able to get it out. I feel bad now saying how bad it was with my Dad. When he was ill after having a stroke and ended up with kidney cancer I brought him up from London to look after him until his dying day. My mum would say why do you bother with him and why

do you have anything to do with him. I said he has got nobody else and it was that strong Christian faith and I forgave him.

81. He asked me if he hurt me and I told him that he was the one who was hurting. I should have said actually yes you did hurt me but I forgive you but at that time I couldn't make him feel bad. I think throughout my life I have had this attitude of helping other people and want to rescue others because I was the one that needed rescued. That's part of my personality.

Impact

82. Not at the time but looking back after I always felt like a bad girl and that I had been abandoned and sent to Fornethy as a punishment. After that I always did everything I could to try and show that I was a good girl and that I wasn't bad.
83. After I came out of Fornethy and was staying with my aunt I became a very naughty and disturbed child. My aunties have told me I was terrible, I was this and I was that and that I had been lovely before I went to Fornethy. My mum would say they're telling lies don't believe them so I never really got to the bottom of all that.
84. Over the last years my Auntie told me about some things I got up to. She came home from work one day and found me in the back garden. I had stolen a big tray full of bread like the delivery men have and I'd stolen the whole lot. I was so hungry I was eating it all. She never told me off as she thought it was funny. I had a little memory of that but she filled it all in.
85. The other little memory I've got is stealing all the leaflets from the train station in Cardonald and I had dropped them so the police were able to follow me to the house because of them. I got told off for that.
86. If I hadn't gone to Fornethy I don't think I would have turned into that naughty and disturbed child.

87. I look at what happened in Govanhill and its like I am on a high building looking down and I can't get any more. From my training I know that I have certain body memories. I know that some of the other women were sexually abused at Fornethy but I can't make that judgement for myself because of what happened before at Govanhill.
88. I know that in my body I've got certain things and flashbacks that I can't place anywhere. I have one flashback that keeps coming back of being taken to what seemed like a tenement building, going upstairs, being put in a room on my own and there was a party going on outside. I've got that but I don't know why I was there or who even took me.
89. When you wake up in the middle of the night screaming from it and your husband asks what's going on, you don't know and you lose trust in yourself. The memory is not concrete enough.
90. I still gag on certain food because of being force fed at Fornethy and I have been to see if there is anything medically wrong with me. They put a camera down my throat but there was no diagnosis. I'm sure it's somatic. I can be eating and enjoying my meal and suddenly I am choking and can't breathe and there is nothing stuck in my throat. It takes me to calm my body in order to stop it. I steer away from milk or anything creamy. My body just rejects it.
91. I still get a gagging reflex when I brush my teeth, when I use a tongue scraper or when the dentist puts an instrument in my mouth.
92. It is amazing how the experience of being force fed in the way they did has stayed with me throughout my life and it is only since I have done my trauma and counselling training that I have realised why.
93. Now I know why I have had to sit at the back of restaurant or anywhere I go so that I can see everybody. I've got this sense of visceral trigger that if somebody came up behind me I would be jumping out my skin. It was amazing to learn why that memory

was in my body and I had to keep myself safe and not let anybody come up behind me.

94. When I was twenty nine and my oldest girl was eight I had a bit of a breakdown and had a big black cloud over me. I had had several miscarriages which I coped with, had gone into an early menopause and went to Victim Support with my husband. I explained to them I didn't know what had happened but told them I thought it had something to do with me when I was my daughter's age and I couldn't imagine anybody hurting her the way that I'd been hurt.
95. That was the start of my counselling journey. I realised what was happening to me and so that was the start of me awakening to my own trauma. Up until then although I had had a few difficulties I was happy, felt great and was so happy with my husband who was just so brilliant.
96. I had some more counselling and then more problems came because I wouldn't let the girls go on sleepovers. I just kept them close and if they went out I just wouldn't do anything other than look out the window making sure that nobody would steal them.
97. Its only now my younger daughter is thirty seven and training to be a counsellor that we talk very openly. My older daughter says she has had to unlearn so many of the behaviours that I taught her. We've talked about it, how it was through the eyes of fear and how that affected her and how I brought her up. She said she had an amazing childhood but my fears were projected onto the girls. My views affected their views of the world not being safe which is very sad.
98. Even through my counselling I felt that Fornethy was buried and I would say to my husband after counselling that still needed to get it out. My husband offered to take me up there to visit it, I wanted to go but I never went but now I feel I don't need to. It was the last bit, the missing piece, I need to sort it out and it was so painful.
99. There has been a big impact on my husband as he married somebody that he thought was okay. My intimate life has been affected but I'm in charge so it's okay. He's had

to deal with my times of rejection when I've said don't touch me I don't want anybody to touch me, get away from me. Things like that, I need to feel that I am totally safe. I do understand that this is a child state and then the adult state can work out what is happening and I can resolve it quite quickly. That's a testament to my training and knowing what is going on. I can observe it and regulate it a lot better. I can use my training on myself.

100. I tell [REDACTED] he needs to go out and do these things that he wants to do and not worry about me at home. He needs to do them but I do feel abandoned. He has to deal with my irrational feelings around what's going to happen to me if he's not there. I am still scared of the dark and staying on my own. When he is away I am shaking and terrified. I am scared to go to bed. That is me not as an adult but is me being back to being a child and that has to be from the past when I was scared of the dark when sent for a shower at Fornethy.
101. When dealing with the children he has had to deal with them and say to me let me deal with that because you are not able to think straight about the children. That's not very nice because I'm a good mum and my children are very close but he has had to say yes you can go for a sleepover and let's talk about what happens when you are there, whereas I'm just like no, no and he said let's think about it, let's take a positive route about a sleepover.
102. So he has been really good for me and for grounding and that's not been easy for him. He's not been able to help me when I'm screaming in the night and he doesn't know what to do. That's a big impact on him.
103. I do have flashbacks. It's not very often I have these but since the Fornethy Group has come into my life it has re-ignited things in my head. You know it's terror and I have these fantasies that he will ask what it is that I am really afraid of. I say I'm afraid that somebody is going to come in and cut me into lots of little pieces. I actually visualise wounds full of blood, violence, violent images and I'm being cut up and that's awful isn't it. I don't know why I have them because I've not had anybody attack me with a knife.

104. There has been an impact on day to day life. People looking in from outside see you have a lovely home, a car, a husband, lovely children but yet they don't see the real struggles that go on each day to be happy and joyful. It takes a lot of energy.
105. The relationship with my mum and not being able to speak to her about my time in Fornethy is another impact of my time there. I'm very, very close with my mum but sometimes when I realise what I've not had I can be a little bit angry with her. I have that feeling of why wasn't she there when I needed her?
106. If nothing had happened there I wouldn't have had to tell her what happened then not be believed by her and wouldn't have that feeling of betrayal from her. She obviously felt really guilty about me being sent there by what she said about it being the worst thing she had done. I do feel ashamed saying this because my mum had a really hard life, paying off debtors at the door and being physically beaten.
107. In my head I've spoken to my dad about this and told him I love him but in my mind I've got to do this. I'm not betraying the narrative and the story has to be told because it's my story and I've not had the place to tell it. My voice hasn't been believed or listened to but now it is and it's all there. I have to do it for me now and it's powerful and it's precious. The positive impact has been the church, the people there and maybe my moral compass. I've been broken but I have been put back together again and it is phenomenal. These experiences have shaped my brain.
108. A positive which I took from Fornethy was walking and hiking which was new to me when I went there. I love the outdoors but I suffer from claustrophobia. I think that came from the sexual abuse because the man was on top of me and I couldn't breathe. I actually feel safer when I am outdoors, safer than when I am in the house. It's crazy as your home should be your safe place.

Reporting of Abuse

109. I never reported the abuse to any of the authorities after I left Fornethy.

Treatment / support

110. I've had time to deal with the shame that I've suffered. I've had a lot of counselling, I've had hypnotherapy, reiki, I've had it all and I've changed. If you have the right environment you can heal the scars and make something of your life. I spent thousands of pounds on myself on opportunities to learn and to grow as therapy is not cheap. I've been very lucky to have a husband who has said we'll achieve what we want to achieve and we'll make it happen so that I do what I want to do in life, we'll be a team so that the past doesn't equal your future.

Records

111. I have not officially asked for my records. Thompsons solicitors, who have my statement and have taken my case on, are supposed to be trying to get my records.
112. As the Fornethy ██████████ Group we have approached the Mitchell Library with an official request and we've requested through the Scottish Government. We are writing to Glasgow Council looking for records and looking to be included in redress scheme so that's very positive.

Compensation

113. I am conflicted about compensation, I'll be honest because it's this whole thing about redress, it's about entitlement and there is a passion in my body and mind that says this is a way for people to be heard and to be listened to.
114. Personally I don't feel entitled to anything about it. I feel I've been a lucky one and I don't feel I'm entitled to an apology, nothing because I have forgiven the people who did this to me.

115. I'm probably never going to be fully healed but I am as healed as I can be at this moment. There is no hate in me and that might be difficult for some people to read because they have a lot of hate but I've never felt hate. Maybe that's an emotion that has never been explored in me.
116. I feel blessed that I'm here and I've grown and I'm using my experiences to help out. To me that's my purpose if I can use that word. Maybe everything that happened was to bring me here and I know that might sound a bit of a funny expression but I feel like it is my destiny so I can help people.
117. Fornethy Survivors were denied access to the redress system which I felt was not very fair because when you look at the criteria, really there's no difference in what we suffered from what people in foster homes suffered and some of them were even shorter term than our six to eight weeks.
118. I feel really passionate about whether people who want redress or not should at least have a choice and that's why I took [REDACTED] and I'm working with others. I am not an admin in the Fornethy Group but they have formed a very tiny sub-committee in the group with others who have experience of dealing with the government. As a counsellor and survivor I feel I can do good work there. The [REDACTED] was accepted and the government's [REDACTED] committee at Holyrood are listening to the cause.
119. We are waiting to hear if we are going to be allowed to apply for redress but the [REDACTED] committee have all agreed that they don't know why there was such a narrow criteria, that it should be wider and that's what we've asked for with the [REDACTED] document that was put together.
120. Abuse is abuse and it's as if we are the lucky ones that don't deserve redress. There's a test court case going forward and if that is successful then people will be able to go through the court system.
121. My view is I don't want to go to court. That is a horrible place. I believe in redress because it saves the victim having to go back through these horrible places. Redress

is there so that you don't have to go through all of that. If the court case fails for any reason then people can go for redress, so they need that choice.

Lessons to be Learned

122. I think there should be robust safeguarding procedures so staff are police checked and have to have DBS (Disclosure Barring Service) in place.
123. Mistakes keep getting made. You just need to turn on the TV to see that people were allowed to be placed back in care. People that were taken out of an environment to get them help but were then put in another place of care where they were being exposed to the same things. That is just absolutely crazy. There was a young girl who was on TV who had been clean after ten months after drug issues but was put into a home where there was a known drug user and within days she was back using.
124. I think there has to be a lot more common sense around placing people. Especially in respect of young people in care where they are put into an environment where there is nurturing, love, real genuine care and concern and put in a good foster home. There are cases where they have gone into these foster homes and done well because they have had a good experience, they've had a good environment and the environment is so important.
125. Maybe where there is problems they should look at what kind of environment are they in and what happens in these environments is really important.
126. I know from Fornethy that parents complained but was anything done? Was it inspected, was there controls in place to allow children to be interviewed in confidential spaces for them? Nobody came to Fornethy and nobody asked about your experience. So communication, talking, collaboration to see if it is fit for purpose is vital.
127. Fornethy was not fit for purpose. If it was a holiday, it was a holiday from hell. To me I really feel that my experience has taught me that environment shapes the brain of a

child and that's really important how that nurturing shapes growth, connections and a healthy brain.

128. I think preparation for children going into places like Fornethy should happen. It should be explained what you are going to and why. Children should be listened to and people with experience should be involved in that.
129. One of the things that I mentioned in the Fornethy appeal thing is that Fornethy girls were never even part of the redress consultation process. The research I did suggested that other redress schemes around the world made the survivors part of the process and how their voices were heard and listened to. They were allowed to talk about what they would have liked and what would have been helpful but the Scottish government with the forming of this redress scheme have not included them. Fornethy survivors weren't allowed a voice before and by not being included they still don't have a voice now. So it is a double whammy of traumatising that we were not listened to as children and now are not listened to as adults. Nobody wants to know what we feel about it this.
130. If you read petitions document the position is it's like you are traumatised all over again as an adult because you are not that important to them and I think that is where the point comes from. So I say to the government don't do it again in another way because we need to be believed.
131. We need our records and especially for me because I can't speak for the other girls but I have bits of the jigsaw now in place where I can say I was there. I've got my doctor's records but nothing from before the age of twelve. There's no records. So I've already been through situations where you just want to make sense of your past and I think that is important to heal and to know that you are not going mad. That is another big focus of this group and the impact the group has had on me, both positive and negative. We were all there, we all had similar experiences, some more than others and for the future of children going forward that is the big thing that they need to listen to our voices now about these situations.

132. The Scottish Government have 'The Bairns Hoose', a 'Fair and Equal Scotland' and its wonderful but they need to be able to listen to the voices from the past to make that justice for us now. We have still got children from the past inside of us.
133. I think it will be easier now to get and keep records because we have the internet and everything is digitized. Children now have mobile phones and a tracking system where you can have a message that is sent to your mum that said you were unhappy. There is much more available now to tell people if something is wrong whereas back then you didn't have that.
134. My motivation for coming forward to the Inquiry is firstly a selfish reason. I am doing it for me because I think my story is worth telling. It really clearly demonstrates about a better environment. If you have better environment, better housing, communities that are supportive, that can be supportive and make a big difference and that is my message. It is important that people get the opportunity to thrive and go to university and I am an example of that as I have had that opportunity after moving away from Glasgow to that environment and it has paid off.
135. It's really important that they sort Glasgow out and get it back to scratch in terms of community and getting housing sorted. We need to sort poverty out. This might be a judgement but not much has changed in fifty years that I can see. Glasgow is still very much behind and people are suffering and struggling because of that.
136. My other reason for coming forward is that my story, once it does go public will be good information for those that are in power to be able to say that this works. This is what we need to do in communities. We need to put in community centres, things for the children to do after school, all things that binds people together.
137. When I went back to Govanhill there was a whole different race of people, a whole different community and we need to learn to integrate people, the rich and the poor. We need to look at the very fabric of our society and give them back the things that matter. We need less consumerism and more cohesion. They are the things that matter. I think we know that but how do we make it happen?

138. When I look at the outcomes for a lot of children who have been in care and haven't had the opportunity to move on they have been so bad. When I look at my outcome it has been so good. I have still got the scars, I've still got the pain but it made that difference. For myself knowing how naughty I was and being told how bad I was it took me to come out of that environment to almost kind of re-invent myself and I think that's what I did. I could say that was in the past and I can be a good girl and I've done some really inspirational things in my time and maybe I am a good person.

Other information

139. I have always wanted to report the sexual assault that happened to me but every time I have had counselling they said not to go there and discouraged me from doing so. One of my counsellor's husband was a policeman and I said can we tell your husband but she really put me off. I've always felt ashamed that I've never done it because he is still out there and other little girls will be getting abused and I've carried that shame, so I have now reported it to the police.

140. The police have it on the system and I just wanted to know if he was caught because a really strange thing happened one day. I was in between jobs, it was a sunny day and my husband said go to the shops and get some cake and a paper and sit in the garden. We don't usually buy newspapers but I thought okay and did that day.

141. I think it was the Daily Mail and it was at the time they were starting to name and shame abusers. There was a whole two pages, a montage of mugshots of paedophiles and there in the middle was [REDACTED] and his brother. I couldn't believe it and I was in such shock as it said they had been caught. I said to my husband that's him and that's his brother because they must have been late twenties, early thirties at the time he did that to me and this was a much older picture. I recognised him and his name. That was a complete coincidence that we don't buy papers and on the day we did, that was in it. I think this was about 2011.

142. 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..... PTR [Redacted Signature]

Dated..... 15th November 2022