

Fw: DSAR for Valerie McAlpine

FR fife rothesadmin

To: 📧 Fife rothessecretaries

😊 ⏪ ⏩ 📄 ...

Mon 01/12/2025 12:40 PM

📄 Medical Mandate.pdf
127 KB



📄 Signature Certificate.pdf
304 KB



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From: Michelle Sherratt <MichelleS@aikerlegal.org>

Sent: 27 November 2025 13:41

To: fife rothesadmin <fife.rothesadmin@nhs.scot>

Cc: Support - Aiker Legal <support@aikerlegal.org>; DSAR-ATMR <DSAR-ATMR@aikerlegal.org>

Subject: DSAR for Valerie McAlpine

You don't often get email from michelles@aikerlegal.org. [Learn why this is important](#)

To whom it may concern

We are writing to make a Data Subject Access Request under the UK GDPR and the Data Protection Act 2018. As part of our client's application to the Redress Scheme Scotland.

We request access to records that you hold for our client.

Please see details below:

Client: Valerie McAlpine

Date of Birth: 07/11/73

Address: 59 Main Street, Kirkcaldy, KY1 4AG

Valerie has informed us, that she suffers from mental health, in particular PTSD and depression arising from her time in the care system. We would particularly appreciate records pertaining to this.

Please find attached a signed mandate on behalf of our client authorising the release of this information. If you require any further information, please do not hesitate to contact our office.

Yours faithfully,



MEDICAL MANDATE

I, Valerie McAlpine

date of birth, 0711/1973

residing at, 59 Main St KY1 4AG

hereby authorise the release of all medical records/documents relating to me to my solicitors,

Aiker Legal Ltd, 4a Edison Court, Elice Way, Technology Park, Wrexham, LL13 7YT

SIGNED: *Valerie McAlpine*

DATED: 19/10/2025

Signature Certificate

Reference number: 951A0C08-56D2-467F-9EB6-7C7FFBAD774B

Sent on October 19, 2025 6:53 PM UTC

Signed By

Signature

Valerie McAlpine

plainjane2006@gmail.com

Viewed: October 19, 2025 6:53 PM UTC

Signed: October 19, 2025 6:56 PM UTC



IP address: 82.43.147.22

Location: London, GB

Document completed by all parties on
October 19, 2025 6:56 PM UTC

Whyteman's Brae Hospital

Whyteman's Brae
Kirkcaldy
Fife
KY1 2ND

Mental Health
Tel: 01592 643355 23931
<http://www.nhsfife.scot.nhs.uk>



Dr L McGourty
Wallsgreen Medical Practice
The Health Centre
Wallsgreen Road
Cardenden
KY5 9JE

CLINIC LETTER



CHI: 0711733066
Hospital ID: SF5229986A

Letter ID: 901847

Dear Dr McGourty

Clinic Date: 04/02/2014

Date: 10/02/2014

Valerie Mcalpine, 43 Denfield Drive, Cardenden, Lochgelly, Fife, KY5 0DF

Date of Birth: 07/11/1973

Just a note to let you know I saw Valerie for review at my clinic at Whyteman's Brae.

Presenting Complaint

Low mood and anxiety symptoms.

Following my initial assessment it seems that Valerie and her family have been targeted and victimised by a local family. She informed me that there has been a further charge made against her. This relates to bogus claims by the O'Hagan family who according to Valerie have made statements indicating that Valerie had threatened to kill them. According to Valerie there had been a chance meeting and in fact she said that it was the O'Hagans that had threatened them. She said that she and her son were arrested by the police and taken to the police station and that they have been charged. She said the police were rather sceptical about the charges.

There seems to be an ongoing "tit for tat" situation going on here. I suggested to Valerie that maybe she and the family needed to try and rise above these people and not react to situations when they might be drawn into some kind of clash.

When I met with Valerie today again I reviewed her mood state. She certainly is anxious and has low mood, but I do not think she is actually depressed. She seems to be benefitting from Citalopram 30mgs. She has been on the increased dose for 3 weeks. She denies any side-effects.

Valerie's situation seems to me situational. I have reassured her that I do not think that she has "a psychiatric illness" but that she is reacting normally to a very stressful situation. I do not think it would be helpful for her to continue attending a clinic. I think she knows what she needs to do.

Plan

I would suggest she continues on the Citalopram 30mgs. I suggest we discharge her from the clinic today on the understanding that if you feel that she requires further psychiatric assessment we could do so, but at the present time I do not think this would be particularly helpful.

Yours sincerely

Dr Joan Galloway
Associate Specialist

Authorised on 11/02/2014 08:54:19 by Joan Galloway.

Whyteman's Brae Hospital
Whyteman's Brae
Kirkcaldy
Fife
KY1 2ND

Mental Health
Tel: 01592 643355 23931
<http://www.nhsfife.scot.nhs.uk>



Dr L McGourty
Wallsgreen Medical Practice
The Health Centre
Wallsgreen Road
Cardenden
KY5 9JE

CLINIC LETTER



CHI: 0711733066
Hospital ID: SF5229986A

Letter ID: 870428

Dear Dr McGourty

Clinic Date: 14/01/2014

Date: 24/01/2014

Valerie McAlpine, 43 Denfield Drive, Cardenden, Lochgelly, Fife, KY5 0DF

Date of Birth: 07/11/1973

Thank you for re-referring this 40 year old lady for assessment.

Presenting Complaint

Low mood and anxiety symptoms.

History of Presenting Complaint

This lady describes a sequence of events starting in August 2013 when a chance meeting with a local woman has led to a series of events where she feels targeted and victimised by this woman's family. According to Valerie this other family is well known in the town. She describes being assaulted by this woman on at least 2 occasions and then told me that her son Keaton had been abducted by this woman and another 6 people. During this incident he was driven about Cardenden being threatened by these individuals. She has felt unsupported by the police and is now seeking support from the police complaints body. Throughout this period there have been various events where she feels that her children have been threatened and she now feels on edge whenever they are outwith the home.

She lives with her partner Christopher. They have been together for 10 years. He is a full time carer for his father who had a stroke many years ago. Between them they have 4 children. Christopher's son Rhuaridh 17, from a previous relationship is a student studying engineering at college. Valerie has 2 sons Keiran age 17 who is currently at school. Her younger son Keaton is 14. She describes him as a nightmare. He is dyslexic and has behaviour problems and learning difficulties. Unfortunately at the age of 9 he was injured in an accident. He was hit in the face by a metal cable attached to a zip wire. He has had significant damage to both his upper and lower jaw. She has to take him to London for dental treatment on a regular basis. This accident is currently being investigated and they are seeking damage claims. Keaton has been seen by the Child and Family Services. He currently sees Chris Ward from the CAMHS team. Keaton has had long standing difficulties with behaviour and she is regularly called to the school and asked to take him home.

This interview ran over time. She was clearly needing to be heard. I have little information about her history or upbringing. She did tell me that she born in Greenock and brought up in care.

Past Psychiatric History

It is interesting to note that she has been referred in the past. In 2005 she was urgently referred because of low mood. This related to social problems, difficulty since the house move and the fact that her children were being bullied. At that time she again seemed to have got into an altercation with someone. She was being charged by the police for attacking someone with a knife, although she does deny the whole situation. Again she was scared to leave her home and feeling threatened.

Impression

Valerie was casually dressed. She was clean and tidy. She was clearly pressured in her talk and at times quite distressed. She gave a very full and detailed account of her various troubles and clearly described feeling victimised by locals and unsupported by the police. Her symptoms are more in keeping with anxiety and stress rather than major mental illness.

Formulation

This lady lives with her partner and 4 children. Her son Keaton has learning difficulties and behavioural problems. The family are currently according to Valerie being targeted by local people which is making their life a misery. It was not my impression that she was mentally ill, but she is clearly very anxious.

She has been on –

Citalopram – 20mgs daily.

She has noted an improvement with the medication. I think she would benefit from a further increase to –

Citalopram – 30mgs daily.

I have arranged to see her in a months time at the clinic.

Yours sincerely

Dr Joan Galloway
Associate Specialist

Authorised on 30/01/2014 16:39:06 by Val Hargreaves.

DR. JOAN GALLOWAY
DUNNIKLER DAY UNIT
WHYTEMANS BRAE HOSPITAL
KIRKCALDY KY1 2ND
MBCHE, MRCPsych

13/1/14.

Dear Dr McQuarrie

MCALPINE SF5229986A
VALERIE
43 Denfield Drive
Cardenden
LOCHGELLY 07/11/1973
KYS ODF 0711733066

I have seen her today. I suggest increasing
medication — CITALOPRAM 30mg /day.
I shall see her in 1 month.

Yours sincerely

Joan Galloway

Whyteman's Brae Hospital
Whyteman's Brae
Kirkcaldy
Fife
KY1 2ND

Mental Health
Tel: 01592 643355 23931
Fax: 01592 643790
e-mail: mmutch1@nhs.net
<http://www.nhsfife.scot.nhs.uk>



Dr L McGourty
Wallsgreen Medical Practice
The Health Centre
Wallsgreen Road
Cardenden
KY5 9JE

CLINIC LETTER



CHI: 0711733066
Hospital ID: SF5229986A

Letter ID: 802709

Dear Dr McGourty

Clinic Date: 18/11/2013

Date: 19/11/2013

Valerie McAlpine, 43 Denfield Drive, Cardenden, Lochgelly, Fife, KY5 0DF

Thank you for referring this lady for assessment. I note the complaint is one of low mood, altered behaviour.

You wrote to say that you had seen this patient in response to concern raised by the police. This lady has had long standing problems with another family member. Her 12 year old son has been taken into care. The referral followed an argument she had with her husband when she walked for 3 hours along the A92.

I note she has been started on Citalopram and that she is struggling and that you would like her seen urgently. There is nothing in the referral that would suggest psychiatric illness. I note she was referred in 2005 and failed to attend. She was referred again in October 2005. When seen on that occasion there was no evidence of mental illness. She was in fact referred on to the Dunnikier Day Hospital, but failed to attend. She also failed to attend appointments in 2006.

I would be grateful if you would reassess this patient. If she does in fact have psychiatric symptoms and is not responding to Citalopram, then please re-refer her, but with the information that I have to hand, I do not think that she warrants a psychiatric assessment at this time.

Yours sincerely

Dr Joan Galloway
Associate Specialist

Authorised on 20/11/2013 16:27:54 by Joan Galloway.

Whytemans Brae Hospital
Whyteman's Brae
Kirkcaldy
Fife
KY1 2ND

Mental Health
Tel: 01592 643355 23931
<http://www.nhsfife.scot.nhs.uk>



Dr L McGourty
Wallsgreen Medical Practice
The Health Centre
Wallsgreen Road
Cardenden
KY5 9JE

ADMINISTRATIVE LETTER



CHI: 0711733066
Hospital ID: SF5229986.A

Letter ID: 100024834

Dear Dr McGourty

Date: 19/12/2013

Valerie Mcalpine, 43 Denfield Drive, Cardenden, Lochgelly, Fife, KY5 0DF

Date of Birth: 07/11/1973

We would like to acknowledge receipt of your referral of the above named person to our Service.

Following discussion at the Allocations Meeting on 18th December 2013, this referral has been directed for the attention of Dr Joan Galloway, Associate Specialist in Psychiatry, who will be forwarding an appointment in due course.

Yours sincerely

Gill McNeil, Secretary
Kirkcaldy Locality Mental Health Team

Authorised on 19/12/2013 09:49:58 by Typist Gill McNeil, not verified by Consultant.



**Dunfermline & West Fife
Community Health Partnership
West Fife Locality**

Norma Brown
Mental Health Nurse Practitioner
All Round Care
Lynebank Hospital
Halbeath Road
Dunfermline
KY11 4UW

Date 04 November 2010
Your Ref
Our Ref NB/DH
Enquiries to Norma Brown
Direct Line 01383 565100

PRIVATE & CONFIDENTIAL

Dr Jelal
Cardenden Health Centre
Cardenden

Dear Dr Jelal

Re: Ms Valerie McAlpine, 43 Denfield Drive, Cardenden. DOB 7/11/1973 CHI NO 0711733066

Following your referral Valerie attended for a few appointments. We looked at reducing her stress level and to a cognitive approach to challenge some of her negative thinking patterns.

Valerie cancelled her appointment in July and has since defaulted from a further appointment which was offered. I have therefore discharged her but would be happy to see her again in the future, if you had the need to re-refer.

Yours sincerely

Norma Brown

NORMA BROWN
MENTAL HEALTH NURSE PRACTITIONER





All Round Care
Lynebank Hospital
Halbeath Road
DUNFERMLINE
Fife KY11 4UW
Tel 01383 565100
www.moodcafe.co.uk

Private and Confidential
Dr Jelal
Cardenden Health Centre
Wallsgreen Road
Cardenden

Date	9 th June 2010
Your Ref	
Our Ref	
Enquiries to	Diane Hynd
Tel	01383 565100

Dear Dr Jelal

Re: Ms Valerie McAlpine 43 Denfield Drive Cardenden KY5 0DF
D.O.B 07/11/1973 CHI NO 0711733066

I met with Ms McAlpine for her 1st appointment and will keep you informed of further developments.

Yours sincerely

pp *Diane Hynd* (Secretary)

Norma Brown
Mental Health Nurse Practitioner
All Round Care

Dunfermline & West Fife CHP



Lynbank Hospital
All Round Care
Halbeath Road
DUNFERMLINE
Fife KY11 4UW
Tel 01383 565100



Private & Confidential
Ms Valerie McAlpine
43 Denfield Drive
Cardenden
KY5 0DF

Date	18 th February 2010
Your Ref	
Our Ref	wait list/DH
Enquiries to	Mrs D Hynd
Extension	5100
Direct Line	01383 565100
Email Address	

Dear Ms McAlpine

Dr Jelal has requested an appointment for you from the All Round Care Service. Unfortunately, due to the large number of Patients referred to our Service, we operate a waiting list at the present time. Unfortunately our waiting list is two months long at the moment. Your name has been put on our waiting list and you will receive an appointment as soon as we can arrange it.

In the meantime, you may wish to have a look at the psychology department website moodcafe.co.uk as this has some self help material and information about local and national resources. If you do not have access to a computer you will be able to get access to one at your local library.

If you feel you need to be seen sooner, please contact your GP who will expedite an earlier appointment with the All Round Care Service.

Yours sincerely,

pp *Diane Hynd*

Norma Brown
Mental Health Practitioner
All Round Care Service

Cc Dr Jelal, Cardenden Health Centre, Cardenden. ✓

HH

*rec'd
22/2/10*

Dunfermline & West Fife CHP



Lyncbank Hospital
All Round Care
Halbeath Road
DUNFERMLINE
Fife KY11 4UW
Tel 01383 565100



~~Private & Confidential~~
~~Ms Valerie McAlpine~~
~~43 Denfield Drive~~
~~Cardenden~~
~~KY5 0DF~~

Date	18 th February 2010
Your Ref	
Our Ref	wait list/DH
Enquiries to	Mrs D Hynd
Extension	5100
Direct Line	01383 565100
Email Address	

Dear Ms McAlpine

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In the meantime, you may wish to have a look at the psychology department website moodcafe.co.uk as this has some self help material and information about local and national resources. If you do not have access to a computer you will be able to get access to one at your local library.

If you feel you need to be seen sooner, please contact your GP who will expedite an earlier appointment with the All Round Care Service.

Yours sincerely,

pp *Diane Hynd*

Norma Brown
Mental Health Practitioner
All Round Care Service

Cc Dr Jelal, Cardenden Health Centre, Cardenden. ✓

HH

*rec'd
22/2/10*

1/3

291436



Fife

Mental Health Directorate

Rowan House
Whyteman's Brae Hospital
Whyteman's Brae
Kirkcaldy
Fife KY1 2ND

Telephone 01592 643355
Fax 01592 643790

Dr G Campbell
Path House
7 Nether Street
KIRKCALDY
KY1 2PG

Date: 7 October 2005
Our Ref: JV/FMY/FS229986
Your Ref:
Enquiries to: Ext 2023
E-Mail: Evelyn.Young@fife-pci.scot.nhs.uk

Dear Dr Campbell

Valerie McAlpine, 161 West Torbain, Kirkcaldy
DO B: 7 11 73 - 3066

Valerie was referred for assessment of low mood. Valerie attended 20 minutes late for her appointment on 26 September. I was therefore unable to take a full history in the time allotted.

She describes a low mood dating back 6 years ago when her partner left her. She had been with her partner for 11 years and had at this point 2 children, one 3 and one 4 weeks old. He left Valerie and has subsequently become an IV drug abuser. Valerie was given an anti-smoking tablet, ? nicotine patch or ? Zyban, she was unable to remember which. She noticed a mood improvement on this medication and continued it for 2 years. On returning to her GP she reported an improved mood. She was then started on Lustral 50 mg for one year. This had some effect on her mood. She subsequently developed more social problems in the form of a neighbour being anti-social. She described a previously good relationship with this neighbour and she would visit him after her kids had gone to bed a night. He then became unhappy when his own partner left him and began banging on her roof when her alarm clock went off or the kids made a small noise. This contributed to Valerie's low mood and her Sertraline was increased to 100 mg in November. She then moved house from Dysart to West Torbain. She found this a stressful experience and her Sertraline was increased to 150 mg. This was when her initial contact was made with the psychiatric services - in April 2005. She missed her first appointment and was re-referred.

At the time of this interview she tells me she has not had her latest prescription. She has felt that her increases in Sertraline has not particularly helped her mood. She describes amotivation and finds it difficult to do anything, particularly leaving the house. She has found increased difficulty in looking after her children. She describes initial insomnia where she will lie awake until 3 or 4 in the morning. She then will fall asleep and have to get up at 8.00 am to send her children to school. She spends most of the day sitting in her house and will have a nap between the hours of 3 and 5 pm. After the children have gone to school she dozes from 9 - 10.30 am. She will then lie in bed until 1 or 2 pm. She feels exhausted when she eventually gets up. Her concentration she describes as poor. /..



CHP Interim General Manager: Irene R. Souter

2

She said her appetite has improved somewhat and she has putting some weight back on. She says it is still not a great appetite however. She described increased irritability and feels guilty about this especially as it results in her snapping at the children. She has many social problems and social events indeed seem to be the trigger for her low mood. She described a problem with her brother's ex-girlfriend who for some reason feels she had something to do with the break-up. She has met this girl in Asda and feels threatened. She also describes a recent problem with another girl and her mother who live in the Kirkcaldy area. Recently whilst attending for a sunbed with her cousin she bumped into this girl and her mother in the restaurant. They began to speak loudly about her and in the end confronted Valerie. She describes being unable to make any witty retorts and instead punched this girl in the eye. She returned home and thought no more of the matter until the police turned up at the door and asked her to reveal the hiding place of the bladed weapon. It transpired that Valerie's adversary had informed the police that she had attacked her with a knife. She denies this and is very upset and angry about the whole situation. She has a court case on 25 10 05 to determine the outcome of this. Because of these social issues she is scared to leave her house and feels threatened despite having moved to a different area. She has a history of one panic attack which she experienced in February and nil else since then. She feels worthless and stuck in a rut and feels she has no future plans. She is weepy and becomes upset over small matters, etc her lack of contact numbers to put on the children's school forms. She has had vague suicidal ideation and has no plans. Her recent house move has been very difficult, particularly as there has been much physical moving of furniture to do and she has no one to help her with this.

Past medical history:

I could not determine Valerie's past medical history at this assessment.

Current medication:

Sertraline 100 mg stopped 4 weeks ago.

Personal history:

Valerie's father currently lives in Australia and her mother lives in Greenock. She recently moved to West Torbain from Dysart. She worked in Kings Curry, the takeaway restaurant for 4 years however had to quit due to social disturbances involving harassment from various girls. She currently has no partner.

Social history:

As previously documented, Valerie has an out-standing court case on 25 10 05 for assault using a bladed weapon. She denies this. Her partner left her 6 years ago and she has had to cope with 2 young children since then.

Mental state examination:

Valerie presented as a small thin woman with long dark hair. She was timid and very weepy. She spoke spontaneously, much about her social circumstances. Her speech was normal in rhythm, rate and volume. There was no abnormalities of thoughts or perceptions. She had vague suicidal ideation and subjectively and objectively her mood was low and reactive. She was orientated to time, person and place. /..

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I discussed this case with Dr Jaigirdar, Consultant Psychiatrist. He feels that we continue with the discontinued SSRI and introduce Mirtazepine 15 mg for one week. This is to be increased to 30 mg. I will discuss Valerie's case with the Sister at the Dunniker Day Hospital with a view to referring her for anxiety management and depression group. I will send her a follow-up appointment at my next available clinic.

Yours sincerely



Dr Julie Vorencamp
SHO in Psychiatry

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Psychiatric Clinic

PATH HOUSE MEDICAL PRACTICE
7 NETHER STREET
KIRKCALDY
KY1 2PG
Tel No: Kirkcaldy 644533

Ref Date: 21.04.2005

Our Ref: 291436/106
Prov Case Ref: V476716

Dear Doctor

Re: MISS VALERIE MCALPINE
161 West Torbain, Kirkcaldy, Fife, KY2 6QE
CHI: 0711733066 DoB: 07.11.1973 Tel: 07970453515

Ref Type : U Urgent
Specialty: Psychiatry

I wonder if you could see this lady urgently. I have been seeing her for some time regarding low moods, a lot of which has been because of her social circumstances. She is currently on SERTRALINE 100mgs once a day which she feels numbs the problems away. However, she is spending most of the day in bed and is continually tearful. She is having suicidal thoughts but only does not act on them because of her two young boys.

She recently moved house which may be causing the exacerbation of her problems, but she is also having problems with her children who are being bullied at school. She sees no hope in life and is continually struggling. She is very tearful and does not smile.

I wonder if you could see her urgently to advise on further treatment.

Thank you for your help.

Information from this patient's record is shown below:

Priority Data	
Asthma	2000
Summary Data	
Pregnancy confirmed	2000
Miscarriage	2000
D&C products of conceptio	2000
Chest X-ray normal	2001 normal
Anxiety with depression	2003
Asthma	2003
Knee X-ray	2004 right normal

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291436-

1/2-

Fife Primary Care
NHS TRUST

Your ref:
Our ref: SW/JC
Enquiries to: Extn 2033

25 January 2000

ROWAN HOUSE
28-32 WILLOW DRIVE
WHYTEMAN'S BRAE
KIRKCALDY
KY1 2LF

TEL: - 01592 643785
FAX: - 01592 643790

Dr Campbell
Path House Medical Practice
7 Nether Street
KIRKCALDY
KY1 2PG

27 JAN 2000

CONTACT PATIENT	MC	JB	EM	LS	MP	AB
	TO NURSE	CHANGE COMP. FILE	NOTES	SCRIPT	NORMAL	FILE

Dear Dr Campbell

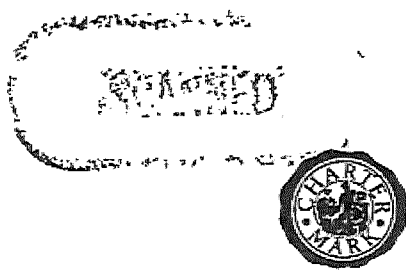
Valerie McAlpine, 42 Howard Place, Dysart
D O B - 7.11.73

The above patient has been seen by my colleague, Marian Jamieson, who unfortunately is off sick at present. Valerie contacted our office some time ago to say that in Marian's absence she would like to be seen by someone else. I visited on the 21st January 2000. Valerie presented as clean, tidy, fashionably dressed and as her sister was present in the house, Valerie took me through to the bedroom where we could talk quietly. Valerie has clearly very little space in this flat and although clean enough, there was not much room to move and there were clothes and ironing everywhere.

Valerie maintained good eye contact, conversation was appropriate with reasonable rate and rhythm, there were no signs of anxiety or distress. Valerie described her main problems that day as having been charged with assault following an incident in Asda's on 29th December 1999. According to Valerie she came across her ex-partner and his new girl-friend in one of the shopping aisles and a fight instigated by Valerie took place between the two women. The police were called and although no action was taken at the time, Valerie was charged with assault some days later. She became very angry when talking about the fight and expressed real hate towards this female and a strong desire for somebody to seriously physically harm her. She cursed and swore about this woman and given that they only live across the road, I suggested an alternative might be that Valerie move out of the area. Valerie did not think that moving from the area would help as she felt her ex-boyfriend would follow her. Unfortunately I rather got the impression that Valerie was hoping that CPN involvement might influence the outcome of her court case if indeed it came to that.

Her other main problem appeared to be in regard to her youngest son's future. As you are aware her four month old son is presently residing in Greenock with Valerie's father and her step-mother. On the one hand Valerie says that they would be happy to keep the

Contd/.....



Awarded for excellence
to Nutrition and Dietetic Department

291436

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- 2 -

child but she feels she should make a decision regarding his future care. Valerie is very ambivalent about the responsibility of another child. She described her day as getting up out of bed, never before mid-day, hurriedly getting her other son ready for nursery which he attends five afternoons a week. The rest of the day she says she occupies by doing shopping and socialising with her friends.

Her sleep pattern is very good and her appetite is OK. She denied any thoughts of self harm and although unsure of her future, did not wish to move from Dysart.

Valerie informed me that she had been commenced on Lustrol 50mg two days ago but on my visit did not appear particularly depressed or anxious. I was unsure how appropriate CPN involvement was with this girl and her present situation and told her this. I asked her what way she felt a CPN could help and she replied she didn't know and felt there was not much I could do which I had to agree with. However I did suggest some brief intervention-looking-specifically-at-solving-some-of-her-present-difficulties. I also suggested while she has so much free time she might wish to look at some further education. Unfortunately neither course of action met with any enthusiasm from Valerie. I left Valerie to consider her own future and will keep my colleague, Marian, informed on her return to work. Should Valerie change her mind and want to actively look at what is going on in her life, I would be only too happy to assist her with this. She has my contact number.

Yours sincerely

Sylvia Watson

Sylvia Watson
Community Psychiatric Nursing Service

SEARCHED

291436 sm.
1/2

Fife Primary Care

Your ref:
Our ref: MJJC
Enquiries to: Extn 2031

30 November 1999

Dr Campbell
Path House Medical Practice
7 Nether Street
KIRKCALDY
KY1 2PG

- 2 DEC 1999

Dear Dr Campbell

Valerie McAlpine, 42 Howard Place, Dysart
D O B - 7.11.73

AB	FILE	THIS LIST
MP	NORMAL	<input checked="" type="checkbox"/>
DS	SCRIPT	<input type="checkbox"/>
EM	NOTES	<input type="checkbox"/>
JB	CHANGE COMP. FILE	<input type="checkbox"/>
IC	TO NURSE	<input type="checkbox"/>
CONTACT PATIENT		<input type="checkbox"/>

ROWAN HOUSE
23-32 WILLOW DRIVE
WHYTEMAN'S BRAE
KIRKCALDY
KY1 2LF
TEL: - 01592 643785
FAX: - 01592 643790

Thank you for referring this lady to the CPN service. My colleague, Dory Grubb, and myself visited her on the 25th November for an initial assessment.

On this visit both Valerie and her sister were present. Valerie gave a very fragmented account of what is presently happening to her. It would appear to be based around her separation from her boyfriend who is now staying with her ex sister-in-law. As you are aware she has been having some hassle from them, however nothing can be done due to lack of proof.

There appeared to be no overt depressive symptoms during this interview, however Valerie was very agitated and appeared frightened about what could happen to herself and her property.

Valerie was very hostile towards her ex-partner and reiterated to myself that she would attack him if she saw him. Her sister stated that this behaviour was not normal for Valerie.

At this time I do not think that there is anything the CPN service can offer Valerie to help her cope with her anxiety and agitation as this is a situational problem and she is too agitated at this time to commence an anxiety management programme.

However I will offer Valerie some support over the next few weeks. She stated yesterday that she was going to be seeing a solicitor regarding the position she is in with her ex-partner and she is also going to approach the housing department with the hope of being re-homed. Unfortunately both Valerie and her sister appear to be slightly unrealistic in what can be provided for her.

Contd/.....



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Her children continue to be looked after by members of her family, however I am unsure how long this will be provided and her sister will be returning to Greenock in the near future.

If you require any further information please do not hesitate to contact me on the above number.

Yours sincerely



Marian Jamieson
Community Psychiatric Nursing Service

***** URGENT *****

Whyteman's Brae Hospital
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PATH HOUSE MEDICAL PRACTICE
7 NETHER STREET
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Tel No: Kirkcaldy 644533
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Your Ref:

Our Ref: 291436

Spec'lty:

Date: 23.11.99

Dear Sir/Madam,

MISS VALERIE MCALPINE

DOB: 07.11.1973

TEL: 654361

42 HOWARD PL
DYSART
KIRKCALDY
FIFE
KY1 2UP

This is the lady whom I discussed on the telephone this morning.

She has been seen by several people over the last week, including the Health Visitor and my partner, and myself. Her long term relationship has recently broken up and her ex-partner is now living across the road with her ex-sister-in-law. He appears to be harrassing her and she has contact the police about this but they have told her that they can do nothing without proof.

Most of her family live in Greenock and she has little or no support in Kirkcaldy. She has 2 children, a 3 year old and a baby, who at present are being looked after by members of her family.

She is tearful, angry and depressed. She was frightened that she might harm her children.

Her sister accompanied her when she came to see me yesterday. Her sister felt that she was out of control and violent. She had been smashing things in her house and threatening to hurt people. She said that if she saw her ex-partner she would attack him with a hammer. She is tearful and angry, and very agitated.

She had been started on Fluoxetine by Dr Patton and yesterday I added Trifluoperazine.

I feel that she needs to see someone urgently, and would be grateful if you could see her as soon as possible.

At present, her sister from Greenock is living with her but has to return to Greenock tomorrow. I am not sure how long the family are able to continue to look after the children.

Thank you for your help.

