

# Scotland's Redress Scheme

## Application form **Part 3**

### Additional statement pages

Name

Thomas Tarbett

Date of birth

Day  Month  Year

## Your statement for additional care settings

Please read page 32 of the “Help to apply” guidance before you begin.

In Part 1, you will have already provided information about the care settings you were abused in. By providing this information here, your case worker can join together the name of the care setting with your statement of abuse.

**Q1 | What is the name or location of the relevant care setting you were abused in?**

(For example, the name of the care home, or the city or region where you lived in foster care or while boarded out).

Carlina House

Do not worry if you are uncertain about dates or time. Please provide your best estimate.

**Q2 | When were you abused?**

For example: a single date, an age, or an approximate time or time range.

1982-1991

You do not have to provide names, if you cannot remember or do not feel comfortable doing so. If you do provide a name it will be passed to Police Scotland.

**Q3 | Who was involved in your abuse?**

For example: a member of staff, a peer or someone outside the care setting.

The information you provide will be used by Redress Scotland to make a decision about your application. Redress Scotland will use the “Assessment framework” to help them do this, available on [gov.scot](https://www.gov.scot). Please be aware that it contains graphic descriptions of abuse.

**Q4 | On the next page, please provide as much information as you can about:**

- the abuse you experienced while living in this care setting
- what life was like for you during this time
- how the people responsible for your care and welfare failed to carry out that duty (within or beyond your care setting)

You can continue on additional pages if you need to.

Please read page 36 of “Help to apply” to find out more about what information you may want to include.

## Your statement for additional care settings

9 years old, I was placed in Carlina House, which first operated from Broughty Ferry Road in Dundee, and later moved to Strathmore Avenue. I remained within this care system until around 17 or 18 years old.

From my very first night at Carlina House, I knew it was worse. I was locked in my dorm on arrival. Although there was slightly more freedom to move around the building, this only exposed me to more abuse. Older children were allowed to prey on younger ones, and staff did nothing to stop it. I was threatened constantly by other children, who used fear, fists, and violence to control me. They would drag me out of bed, punch and kick me, and try to control everything I did. If I didn't obey, the beatings would start.

I was known as "the little one", and I was targeted purely for entertainment. Staff often laughed at me instead of protecting me. One child who practiced karate used me as a punching dummy, practicing his moves on me while staff stood by and watched. I was forced to endure this abuse.

Punishments were severe and unfair. My pocket money was often taken, I was sent to bed very early and locked away, and sometimes I was sent to bed without dinner. Family contact was again stopped, and I was told it was my fault, even though my only "crime" was being beaten by others.

Showers were always supervised by staff under the excuse that they needed to check we had washed properly. This made me extremely uncomfortable and confused. Food was again forced on us, and if we did not eat it, we were left hungry. I never felt safe or comfortable. Other children were allowed to smoke and drink, and their behavior was ignored or encouraged.

Later, I was moved to Strathmore Avenue, where the setup involved individual units and shared cooking responsibilities. I preferred this only because I could make my own food. However, staff left us alone far too often, and the bullying and violence continued unchecked. I was constantly bruised and injured, often black and blue.

During this time, my sister was also in care, but we were deliberately separated. This damaged and ultimately ruined our relationship. We were prevented from seeing each other, despite being siblings. I was a good child, but the more aggressive and violent children were treated better than me, praised daily, and rewarded. This encouraged them to continue abusing me.

My worker showed no interest in my life or wellbeing. He even encouraged me to misbehave so he could take me out for food, which went against my nature. My education suffered severely. I was never supported, encouraged, or guided. I was effectively left to raise myself. I was not taught basic self-care, hygiene, or life skills, and I received no emotional support at all.

Throughout my entire time in care, I was bullied, picked on, neglected, and physically assaulted on a daily basis. I struggled with my mental health from a very young age, with no guidance, no protection, and no one to turn to.

After leaving school, I stayed on longer in an attempt to get help with my education, as I was struggling badly. I had no support other than my sister, but by then our relationship had already been damaged by the care system. I do not have friendships or close relationships. Even my own children have noticed that I do not speak to or stay in touch with people. I struggle to communicate, to trust others, and to speak up for myself.

As a result of my experiences in care, I now suffer from severe PTSD, anxiety, and depression. These conditions have affected every aspect of my adult life, including my relationships, confidence, self-worth, and ability to function socially. I have recently been diagnosed with cancer, and this has forced me to reflect on my life. I feel that my life has been defined by trauma, neglect, and abuse, starting in childhood and continuing to affect me to this day.