

Scotland's Redress Scheme

Application form **Part 3**

For individually assessed payment applicants

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Section 1: Personal details

This information will be used to join together Part 1 and Part 3 of your application forms.

Name

Helen Martin

Date of birth

Day

31

Month

10

Year

1990

The next section asks you to write your statement of abuse.

Section 2: Your statement of abuse

Please refer to page 32 of the “Help to apply” guidance when filling in this form.

Please make sure that whatever way you provide your statement, you include all the information Redress Scotland needs to make a decision. You can find out more on page 35 of “Help to apply”.

You may find that writing this brings up feelings or memories. If you need support you can speak to a case worker who can refer you to further help:

- **Telephone:** 0808 175 0808 (freephone)
- **International:** +44 131 297 6500
Lines are open Monday to Thursday, from 10am to 4pm (except Scottish public holidays)
- **Email:** apply@redress-scheme.scot

Providing your statement of abuse

In Part 1, you will have provided information about any relevant care settings you were abused in.

In Part 3, you need to provide a statement about your abuse. You can choose how you want to provide your statement. You can complete Q1, Q2, Q3 and Q4. Or you can:

- submit a previous statement (for example, a copy of a statement given to the police)
- write your statement in another format that is better suited to you

How to complete this section

You may have been abused in one relevant care setting, or in several different ones.

For this part of the application form, please provide a statement about each care setting you were abused in.

For example, if you were abused in 3 relevant care settings, please provide 3 statements.

You can do this in any order that makes sense to you.

There are pages for 4 care settings included in this form. If you need more copies, you can:

- contact a case worker
- make a copy yourself
- print additional pages from mygov.scot/redress

Please remember:

- there are no wrong answers - if Redress Scotland needs more or different information, your case worker will get in touch with you and let you know
- do not worry about your spelling
- use as much or as little space as you need to give your information - you can continue on additional pages if you want to

Your statement for Care setting 1

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).

Castle Douglas Foster parent Mary Garvy- Dumfries

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.

2001

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 Care setting 1 continued

I was placed from the previous home back into the care of my dad where I was failed again by the systems due to him assaulting me and having drug issues. I was around the age of 12 when I was taken from home due to not attending school. At that time, I was already vulnerable and struggling, and I needed care, understanding, and protection. Instead, I was taken and placed into foster care with a foster parent called Mary Garvy.

From the moment I arrived there, I never felt any empathy or reassurance that everything was going to be okay. I was often left feeling secluded and isolated. I would be sent to my room and kept out of the loop about what was happening around me. I was not included in conversations or decisions, which made me feel powerless and confused about my situation.

I was not allowed out, and I was not given the chance to have a normal childhood. I felt restricted and controlled, and this had a significant impact on my mental health. Although I was not physically hit, there were times when I was restrained, which I found distressing and frightening. It made me feel like I had no control over my own body or circumstances.

Food was always available, so my basic physical needs were met in that sense, but emotionally I was struggling. The environment was mentally frustrating, and I felt unsupported and misunderstood.

The most serious issue during my time there was when I met a boyfriend through a friend. His name was James. I would meet him in Castle Douglas, and I was allowed to travel from school to meet him. I would go with him in his car and be alone with him. During this time, he was grooming me and sexually abusing me.

I was very young and did not fully understand what was happening to me. Looking back, I believe that those responsible for my care were aware, or should have been aware, of what was happening, yet I was still allowed to go with him. I was not protected, and no one stepped in to stop it. This has stayed with me as a deep sense of being let down and unprotected at a time when I needed safeguarding the most.

I was in this placement for around three to six months, and during that time my mental health deteriorated significantly. I remember one night in particular when I felt suicidal. I was taken to A&E, and it was clear that my mental health was not in a good place. Despite this, and despite what I was going through with the sexual abuse, no effective action was taken to protect me or to stop me from seeing this man.

These experiences have had a very serious and lasting impact on my mental health. I have struggled with anxiety, trauma, and ongoing emotional distress as a result. The fact that I was so young, so vulnerable, and not protected has affected how I view trust, relationships, and my own

Your statement for Care setting 2

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).

Mary Culbert- Galoway - Foster Family

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.

2001-2002

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.

See Attached

Your statement for Care setting 3

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).

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.

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 Care setting 4

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).

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.

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.

Do you want help
with this section?

If you want help before sending in the form, you can:

- read page 32 of the “Help to apply” guidance
- contact a case worker

The next section has questions about your supporting documents.

Section 3: Supporting documents

Please provide any supporting documents you have related to your abuse in care.

You can find out more about these types of documents on page 33 of the “Help to apply” guidance.

In some cases, it may be difficult to find supporting documents. To help with this part of the application, you can:

- include supporting documents when you send this part of the form, if you already have them
- send in your form without any supporting documents – your case worker will get in touch with you and have a conversation about what you can provide

Please tick which option you have chosen:

- ☐ I am including supporting documents with my form
- ☐ I am not including supporting documents
(if you tick this, a case worker will contact you)
- ☒ I am collecting my documents and will submit them a later date

Do you want help
with this section?

If you want help before sending in the form, you can:

- read page 33 of the “Help to apply” guidance
- contact a case worker

The next section has a declaration you must sign and details about how your information is kept and shared.

Section 4: Declaration and privacy notice

In this section, you must sign your form.

For information about how Scotland's Redress Scheme will record and protect your personal information, please read the Privacy Notice for Scotland's Redress Scheme. You can find this on mygov.scot/redress.

Before you send your application you must agree to these statements:

I confirm that the details and information I have given in this application form are true and accurate to the best of my knowledge and belief.

I understand that I must notify Scotland's Redress Scheme of changes in my circumstances that may affect my application.

I confirm that if any of the information I gave in Part 1, Section 8 (related to previous payments and convictions) changes, I must let my case worker know.

I confirm that any documents I have provided in support of my application are genuine and any copy is a true copy of the original. I understand that if I provide a document which is not genuine, I may be subject to court proceedings.

I understand that if I give false or misleading information in support of my application or make a fraudulent application I may:

- be subject to court proceedings
- have to re-pay any money I was not entitled to

I confirm I have read and understood the Privacy Notice for Scotland's Redress Scheme which explains how the information I provide will be lawfully used and stored.

Your signature

Date

25/03/2026

Next steps

This is the end of Part 3. You do not need to submit your forms all at once. Once you are ready, you can submit your forms by email.

Afterwards, a case worker will contact you to confirm:

- they have received your application
- if they have any follow up questions
- next steps

By email

Please submit your application and any relevant documents to:

[**apply@redress-scheme.scot**](mailto:apply@redress-scheme.scot)

If you would like to contact a case worker

Please use these details to contact a case worker:

- **Telephone:** 0808 175 0808 (freephone)
- **International:** +44 131 297 6500
Lines are open Monday to Thursday, from 10am to 4pm
(except Scottish public holidays)
- **Email:** [**apply@redress-scheme.scot**](mailto:apply@redress-scheme.scot)

Statement Addendum

Client Name: Helen Martin
Date of Birth: 31/10/1990
Care Setting: Mary Culbert- Galoway - Foster Family
Dates: 2001-2002
Persons Involved:

Full Statement

I felt that I was failed again by the system due to what was happening to me, including being assaulted and the issues I was experiencing at the time. I was not in that placement for long before I was moved to a new foster home with a foster parent called Mary Culbert. She was aware of my past and everything I had already been through, but I did not feel that she cared.

From the beginning, I was made to feel isolated. I was often sent to my room and left there, feeling secluded, suicidal, and struggling badly with my mental health. No one took the time to check on me properly or ask what was going on. I felt completely alone and unsupported at a time when I needed care the most.

At the same time, I was still being groomed and sexually abused by a man called James. I felt blindsided and manipulated by him, and I did not fully understand what was happening to me. Despite this, I was allowed to go straight back out to meet him, including after school on my way home. No one properly questioned where I was going or who I was with. It felt as though everyone knew what was happening, yet nothing was done to stop it.

Staff and carers would see me being picked up and brought home in his car, but there was no meaningful intervention. I was not given guidance, and no one explained to me that what was happening was wrong or unacceptable. Although I was sometimes questioned, I was never asked if I was okay, and no one took the time to protect me or put safeguards in place.

I believe they were aware of serious concerns about him, including that he had been charged with kidnapping, yet I was still allowed to have contact with him. This made me feel like everything was being ignored and that I was being let down repeatedly. There was no proper safeguarding, and no one even attempted to speak to him or intervene when he was bringing me home.

There are social work reports that show what was happening at the time, and I feel strongly that I was failed by the safeguarding systems that were supposed to protect me.

From my experience with Mary Culbert, I felt that she was very abrupt and dismissive towards me. She made me feel like she did not care about me at all. All I wanted during that time was to feel loved, safe, and cared for, but instead I felt rejected and unsupported.

I remained in this situation, struggling significantly with my mental health, until I was around 15 years old. The relationship and abuse continued throughout that time. Years later, around six years ago, I saw a picture of him on social media with a child sitting on his lap. This made me feel physically sick and extremely worried that he was doing the same thing to other children.

I spoke to a friend, who disclosed that he had done similar things to her. Together, we made the decision to go to the police and report what had happened. I went on to file complaints against him, including charges of assault, rape, and grooming. He has since been convicted and sent to prison.

Although there has been some justice, the damage caused to me had already been done. I was failed by both foster placements and by the systems around them that were meant to safeguard me.

As a result of everything I experienced, my mental health has been severely affected over the years. I have been diagnosed with ongoing mental health conditions and have been on medication for a long time. I have made multiple suicide attempts and have struggled with significant self-harm, which has left lasting marks.

I have been diagnosed with borderline personality disorder, and I continue to suffer from severe anxiety and post-traumatic stress disorder (PTSD). These conditions affect every aspect of my life,