

Table of contents

Section 1: Personal details	page 2
Section 2: Your statement of abuse	page 3
Section 3: Supporting documents	page 12
Section 4: Declaration and privacy notice	page 13
Next steps	page 14

Section 1: Personal details

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

Name

Joseph Cunningham

Date of birth

Day Month Year

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).

Green Gykes

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.

Jimmy

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. 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.

When I look back on my childhood, one of the things that affected me most was the mental abuse I experienced. I was made to feel as though everything that had happened to me was my own fault. I was told, directly and indirectly, that the reason I was in care was because nobody wanted me. Hearing that as a child, and feeling it repeated through people's actions and attitudes, shaped the way I saw myself for years. Instead of feeling supported or protected, I grew up believing I was the problem, that I was unwanted, and that I somehow deserved the situation I was in.

Being made to feel responsible for things that were never my fault created a deep sense of shame in me. I carried that shame into my teenage years and adulthood without even realizing how much it was influencing my thoughts and behavior. When you are repeatedly told that you are unwanted, it becomes something you start to believe. I internalized those messages, and they became part of how I understood my place in the world. I felt like I had to prove myself constantly, yet at the same time I doubted whether I was worth anything at all.

This had a massive knock on effect in my adult life. Trust became something incredibly difficult for me. I found it hard to believe that people genuinely cared or that their intentions were sincere. Even when someone showed kindness, there was a part of me that questioned it, wondering if it was temporary or if they would eventually leave like I had been led to believe everyone would. That constant fear of being abandoned or rejected made it difficult for me to open up or rely on anyone.

My relationships were affected as well. I struggled to let people get close to me because I was always preparing myself for the possibility that they would walk away. I often kept my guard up, even when I didn't want to. The emotional impact of being made to feel unwanted as a child followed me into every stage of my life, shaping how I connected with others and how I saw myself.

Speaking about this now helps me acknowledge the truth of what I went through. It allows me to recognize that the blame I carried for so long was never mine to hold. Understanding that has been an important step in trying to rebuild my sense of self and learning, slowly, that I deserved better than the way I was made to feel.

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).

Foster care

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.

2002 -2013

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.

Gary Skinner & Ruth Skinner

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. 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.

When I think about my time in foster care, one of the most damaging parts of my childhood was the abuse I experienced from my foster father. He was abusive sexually, mentally, and physically. Even now, it is difficult to fully express the impact this had on me, because it affected every part of who I became. As a child, I didn't understand why it was happening or why someone who was supposed to care for me could treat me that way. I only knew that I felt unsafe, confused, and constantly on edge. Those experiences left deep emotional wounds that I have carried into adulthood.

The mental abuse made me question my worth and my place in the world. I was made to feel small, powerless, and undeserving of kindness. The physical abuse reinforced that fear, teaching me to expect pain rather than protection. The sexual abuse created a level of trauma that I struggled to even acknowledge for many years. It left me feeling ashamed and isolated, as though I had to carry the burden alone. These experiences were not isolated moments — they became part of my daily reality, shaping how I saw myself and how I understood relationships.

The impact on my adult life has been massive. I experience flashbacks that bring me right back to those moments, as if I am reliving them all over again. These flashbacks can come without warning, triggered by something small, and they leave me feeling overwhelmed and disconnected from the present. It is difficult to explain how exhausting it is to carry memories that you never asked for and never wanted, yet cannot escape.

The trauma has affected my ability to trust people. I often find myself questioning people's intentions, even when they have done nothing wrong. I struggle to feel safe, even in situations where I know logically that I am not in danger. Relationships have been affected too. Letting people get close to me feels risky, and I sometimes pull away without meaning to. The fear of being hurt again sits in the background of my life, influencing decisions and reactions in ways I don't always recognize until afterwards.

Speaking about this now is painful, but it is also part of acknowledging the truth of what I went through. It helps me recognize that the long term effects I live with are not weaknesses — they are the result of surviving something no child should ever have experienced. Putting this into words is a step toward understanding the impact and continuing to move forward.

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.

A large, empty rectangular box with a thin blue border, intended for the user to write their statement for Care setting 3. The box occupies most of the page's vertical space below the header.

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

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)