

Statement Addendum

Client Name: Karen Mccabe
Date of Birth: 10/06/1976
Care Setting: Cardross Childrens Home
Dates: 1990
Persons Involved:

Full Statement

I was very shaken up when I arrived here because of what I had already experienced in the previous place. I was already frightened, vulnerable, and in need of care and reassurance. However, when I arrived, there was again no empathy or understanding shown to me by the staff. I was given no comfort, no explanation, and no support. Instead, I was left to cope on my own, and I was locked away, which made my fear and confusion even worse.

It was here that the physical abuse began to escalate severely. The staff themselves would hit me and push me around. I was punched in the stomach and slapped around the head on multiple occasions. I remember curling up on the floor, crying in pain and distress, while staff stood over me and laughed. This treatment made me feel completely powerless and dehumanised.

The atmosphere in this place was one of fear. All of us children were scared of the staff. There were older children who were treated differently, and they appeared to have a relationship with the staff. These older children were allowed to bully and physically hurt us, and it often felt like this was done for the entertainment or approval of the staff. There was no protection for us, and no consequences for those who harmed us.

Food was also used as a form of control and punishment. There were times when we were not provided with food at all, and other times when we were force-fed food we did not like in a way that was painful and distressing. It felt degrading and cruel. Punishments were severe and inhumane. I was locked in my room for days at a time without food. During these periods, I was completely isolated, hungry, and frightened.

The staff would also physically assault me during punishments. I was beaten and dragged around by my hair. I remember my mum bringing me a small suitcase of clothes, which meant a lot to me, but the staff tried to take it away. I was constantly in pain, and my body was always sore from the repeated beatings. I was small and physically weak compared to the adults and older children, which made it impossible for me to defend myself.

On one occasion, when I was crying because of the bullying from the older children, I was punished by

being pushed into the showers. The staff laughed as they forced me, fully clothed, into a cold shower. This was humiliating, frightening, and physically shocking.

It was also in this place that the sexual abuse began. A staff member would come into my room at night, lock the door, and abuse me. This happened repeatedly and left me feeling terrified, trapped, and completely alone. I had no one to turn to, and I felt unable to speak out because of the fear of further punishment or not being believed.

I will never forget my time here. The experiences I went through have had a profound and lasting impact on my life. I feel that it has ruined my life in many ways. I struggle deeply with trust, both in other people and in myself. I find it extremely difficult to form and maintain relationships, as I constantly feel unsafe and guarded.

I suffer from severe anxiety, post-traumatic stress disorder (PTSD), and depression. These conditions affect my daily life in a significant way. I continue to take antidepressants to manage my mental health, and I still experience frequent nightmares related to what happened to me. Sleep is often disturbed, and I relive these experiences in ways that feel very real.

In addition to the psychological impact, I also suffer from various physical health issues which I believe are connected to the abuse I endured. The trauma I experienced has stayed with me for life it has ruined my whole life