

Statement Addendum

Client Name: Nicola Alexander
Date of Birth: 01/12/1979
Care Setting: ADOPTED BY MR AND MRS ADAM AND EVE ALEXANDER -
Dates: 1982
Persons Involved: 11 Merksworth Way Paisley PA3 2QZ

Full Statement

I was taken from my parents due to neglect at home. My mum had left as she was suffering with her mental health, and my dad was very young at the time. I remember being taken to and from different panels with social workers for a period of time. As far as I was aware, I was then placed with my dad's side of the family, my grandparents, Adam and Eve Alexander, where I lived along with my younger sibling.

I was very young when the abuse started. The abuse I suffered was sexual abuse carried out by my grandfather. This began when I was around 5 years old and continued repeatedly daily until I was around 13 years old, when he later committed suicide. This abuse happened over many years and has had a profound and lasting impact on my life.

During this time, my grandparents would also manipulate and bully me on a daily basis. I strongly believe that my grandmother was aware of what was happening, although I cannot say with certainty. Despite this, no one helped me or protected me. I was left to deal with the abuse alone.

The abuse caused me both physical pain and severe emotional distress. I remember specific situations where I was particularly vulnerable. For example, when we were in the bath, he would make me sit on his knee. When I suffered from headaches as a child, he would make me sleep on the sofa, and I would wake up to him abusing me. These experiences were repeated over and over again for years.

My grandmother was often not present when these things happened, but I believe she knew or should have known. Although she provided for us in terms of food and routine — for example, dinner was always on the table at the same time each evening — the abuse was never addressed. They were strict with us and manipulative in their behaviour, but the main issue was that they failed to protect me from the ongoing abuse.

Every night was frightening for me. I lived in constant fear and had to bottle everything up. I felt unable to speak out because I was scared of what might happen if I did. My grandfather would manipulate and bully me, and I felt that speaking up would only make things worse. I had no one to turn to and no one I felt safe enough to tell. I suffered in silence for years.

By the time the abuse ended following his suicide, the damage to my mental health had already been done.

I had been suffering for years, and I was left with long-term trauma.

As a result of what I went through, I now suffer from severe PTSD. I struggle with my emotions and experience ongoing anxiety. I find it very difficult to build relationships or trust people. I often feel unable to control my emotions, and I suffer from frequent nightmares. I also struggle with day-to-day activities and coping with normal life.

The memories of what happened to me are still very clear. I can replay different scenarios in my mind over and over again, which causes ongoing distress. I have developed a deep mistrust of others and an awareness of how people can manipulate and harm you. These experiences have changed my entire life and continue to affect me every day.

I feel that I was completely failed as a child. I was not protected, I was not listened to, and I was left to endure years of abuse on my own. The impact of this has been severe, long-lasting, and life-changing.

As a result of everything I experienced throughout my childhood, the impact on my mental health has been severe, long-lasting, and life-changing. I did not have a safe or stable environment growing up, and I was repeatedly exposed to abuse, neglect, fear, and rejection. Because of this, I have never felt truly safe, even as an adult.

I suffer from severe anxiety on a daily basis. I am constantly on edge, and I find it difficult to relax or feel comfortable in normal situations. I often expect something bad to happen, even when there is no immediate danger. This affects my ability to cope with everyday life, including simple tasks and social situations.

I also suffer from PTSD as a result of the trauma I experienced. I have recurring memories and flashbacks of what happened to me, which I cannot control. These memories can be triggered at any time and cause me to feel as though I am reliving those experiences. I also suffer from nightmares, which affect my sleep and leave me feeling exhausted and distressed.

Depression is something I have struggled with for a long time. I often feel low, hopeless, and emotionally drained. There are times where I feel overwhelmed by everything I have been through, and it affects my motivation and ability to function. I have also experienced suicidal thoughts, which shows how deeply this has affected me.

One of the biggest impacts on my life has been my inability to trust people. Because of the abuse and betrayal I experienced from people who were supposed to care for me, I find it extremely difficult to build relationships. I struggle to let people get close to me, and I often feel guarded and anxious around others. This has affected my friendships, relationships, and overall ability to connect with people.

I also struggle with controlling my emotions. I can feel overwhelmed very quickly, and I sometimes experience anger, fear, or sadness that I cannot manage. This has affected my day-to-day life and how I respond to situations. I often feel like I am still dealing with the emotional impact of what happened to me as a child.

My confidence and self-esteem have been deeply affected. I was made to feel worthless, unwanted, and different for many years, and this has stayed with me. I often doubt myself and struggle with feelings of rejection. I feel like I missed out on a normal childhood, and that has affected the person I have become.

I also find day-to-day activities difficult at times. Things that others may find simple can feel overwhelming to me. My mental health impacts my ability to work, maintain routines, and cope with stress. I feel like I am constantly trying to manage the effects of my past rather than living a normal life.

Overall, I feel that my life has been shaped and limited by the abuse and neglect I experienced. It has affected my mental health, my relationships, my confidence, and my ability to live a normal and stable life. I feel that my childhood was taken from me, and I have had to carry the impact of that ever since.