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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 Aitken

**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](mailto: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](https://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).

Milton Childrens Home

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.

1985-1990

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 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).

Cecil Street Childrens

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.

1990-1991

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](http://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).

The Good Shepherd In Bishopton

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.

1991-1993

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](http://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 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](https://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)

# Statement Addendum

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**Client Name:** Helen Aitken  
**Date of Birth:** 03/11/1976  
**Care Setting:** Milton Childrens Home  
**Dates:** 1985-1990  
**Persons Involved:**

## Full Statement

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From the age of five, I was in and out of care. My mother left when I was two, and my father struggled to cope. We were placed in homes for short periods until my father came to collect us. As he began drinking

heavily, he became violent, and at the age of nine I was sent to Milton Children's Home. I was separated from all my siblings, who were placed in different homes and foster families.

I spent five years at Milton before being moved to a children's home in Airdrie at the age of ten. My time in Airdrie was positive, and I experienced no abuse there. After a year, I was sent to Cecil Street Children's Home, and later returned to Milton. At fourteen, I was placed in the Good Shepherd Centre, where I remained for two years.

Milton Children's Home At Milton, punishments were harsh. My mattress was taken away, forcing me to sleep on a wooden base. I was frequently restrained with force, often by two or three staff members at once. My arms were twisted painfully up my back, my face forced to the ground, and I was locked in my room for hours. My wrists were often bruised.

One staff member, Matt Divers, took me and other children to his house under the pretence of buying us food. Instead, he gave us a biscuit and then took the boys upstairs. While they were gone, his wife sat beside me, stroked my hair, touched my breasts, and commented that I was "grown up" and "well endowed." I told her to stop. When the boys returned, they were pale and silent. Later, one of them, Graham, said Matt had touched him inappropriately. After that, Graham often lashed out at Matt and called him a pervert. On another occasion, Matt put his hands down my top and grabbed my breasts. When I screamed at him to stop, he slapped me on the back of the head. He slapped me often.

During my time at Milton, I occasionally saw my father, sister, and brother, but I did not see my other siblings for years.

Cecil Street Children's Home At Cecil Street, I was also restrained with force. I was locked out of the home from 9 a.m. to 3 p.m., regardless of the weather, even if I was not at school. My mattress was taken away as punishment. Staff threatened me with other children if they believed I had misbehaved. An older boy, around seventeen, visited a girl named Heidi in the home. He was allowed into her room. On one occasion, I opened the fire escape and he came in, trying to teach me how to kiss. Bullying was common at Cecil Street, and I was often targeted.

The Good Shepherd Centre At the Good Shepherd, I was forced to participate in Catholic practices despite being Protestant. If I refused to bless myself or pray, Sister Andrea dragged me by the hair into her office and made me say, "God help me today."

One day, I accidentally knocked over a plant pot. Sister Andrea rubbed my face in the soil and then struck my face against a filing cabinet, leaving scratches.

We were allowed four cigarettes a day. If someone was caught smoking more, an assembly was called, and the child was named publicly. Other children would then turn on them, becoming aggressive and spitting, because their cigarettes were removed.

Cold showers were used as punishment if I swore or stepped out of line. Sister Andrea watched me while I showered. When I tried to run away, the nuns dragged me back by the hair into the minibus.

Food was limited. We received three meals a day but nothing in between, so I often stole food and hid it because I was hungry.

Impact on My Life My time in care has affected me massively. I have suffered from anxiety and depression throughout my life. I am anxious about being touched or hugged and struggle to trust people. I have experienced severe psychosis and suffered a nervous breakdown. For years, I turned to alcohol to block out the memories, which led me into trouble. Drinking was my way of trying to forget what I endured in care.

# Statement Addendum

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**Client Name:** Helen Aitken  
**Date of Birth:** 03/11/1976  
**Care Setting:** Cecil Street Childrens  
**Dates:** 1990-1991  
**Persons Involved:**

## Full Statement

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From the age of five, I was in and out of care. My mother left when I was two, and my father struggled to cope. We were placed in homes for short periods until my father came to collect us. As he began drinking

heavily, he became violent, and at the age of nine I was sent to Milton Children's Home. I was separated from all my siblings, who were placed in different homes and foster families.

I spent five years at Milton before being moved to a children's home in Airdrie at the age of ten. My time in Airdrie was positive, and I experienced no abuse there. After a year, I was sent to Cecil Street Children's Home, and later returned to Milton. At fourteen, I was placed in the Good Shepherd Centre, where I remained for two years.

Milton Children's Home At Milton, punishments were harsh. My mattress was taken away, forcing me to sleep on a wooden base. I was frequently restrained with force, often by two or three staff members at once. My arms were twisted painfully up my back, my face forced to the ground, and I was locked in my room for hours. My wrists were often bruised.

One staff member, Matt Divers, took me and other children to his house under the pretence of buying us food. Instead, he gave us a biscuit and then took the boys upstairs. While they were gone, his wife sat beside me, stroked my hair, touched my breasts, and commented that I was "grown up" and "well endowed." I told her to stop. When the boys returned, they were pale and silent. Later, one of them, Graham, said Matt had touched him inappropriately. After that, Graham often lashed out at Matt and called him a pervert. On another occasion, Matt put his hands down my top and grabbed my breasts. When I screamed at him to stop, he slapped me on the back of the head. He slapped me often.

During my time at Milton, I occasionally saw my father, sister, and brother, but I did not see my other siblings for years.

Cecil Street Children's Home At Cecil Street, I was also restrained with force. I was locked out of the home from 9 a.m. to 3 p.m., regardless of the weather, even if I was not at school. My mattress was taken away as punishment. Staff threatened me with other children if they believed I had misbehaved. An older boy, around seventeen, visited a girl named Heidi in the home. He was allowed into her room. On one occasion, I opened the fire escape and he came in, trying to teach me how to kiss. Bullying was common at Cecil Street, and I was often targeted.

The Good Shepherd Centre At the Good Shepherd, I was forced to participate in Catholic practices despite being Protestant. If I refused to bless myself or pray, Sister Andrea dragged me by the hair into her office and made me say, "God help me today."

One day, I accidentally knocked over a plant pot. Sister Andrea rubbed my face in the soil and then struck my face against a filing cabinet, leaving scratches.

We were allowed four cigarettes a day. If someone was caught smoking more, an assembly was called, and the child was named publicly. Other children would then turn on them, becoming aggressive and spitting, because their cigarettes were removed.

Cold showers were used as punishment if I swore or stepped out of line. Sister Andrea watched me while I showered. When I tried to run away, the nuns dragged me back by the hair into the minibus.

Food was limited. We received three meals a day but nothing in between, so I often stole food and hid it because I was hungry.

Impact on My Life My time in care has affected me massively. I have suffered from anxiety and depression throughout my life. I am anxious about being touched or hugged and struggle to trust people. I have experienced severe psychosis and suffered a nervous breakdown. For years, I turned to alcohol to block out the memories, which led me into trouble. Drinking was my way of trying to forget what I endured in care.

# Statement Addendum

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**Client Name:** Helen Aitken  
**Date of Birth:** 03/11/1976  
**Care Setting:** The Good Shepherd In Bishopton  
**Dates:** 1991-1993  
**Persons Involved:**

## Full Statement

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From the age of five, I was in and out of care. My mother left when I was two, and my father struggled to cope. We were placed in homes for short periods until my father came to collect us. As he began drinking

heavily, he became violent, and at the age of nine I was sent to Milton Children's Home. I was separated from all my siblings, who were placed in different homes and foster families.

I spent five years at Milton before being moved to a children's home in Airdrie at the age of ten. My time in Airdrie was positive, and I experienced no abuse there. After a year, I was sent to Cecil Street Children's Home, and later returned to Milton. At fourteen, I was placed in the Good Shepherd Centre, where I remained for two years.

Milton Children's Home At Milton, punishments were harsh. My mattress was taken away, forcing me to sleep on a wooden base. I was frequently restrained with force, often by two or three staff members at once. My arms were twisted painfully up my back, my face forced to the ground, and I was locked in my room for hours. My wrists were often bruised.

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