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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

Mary Menzies

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).

rimbleton house glenrothes

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.

1976-1976

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.

I remember feeling terrified and completely confused the day I was taken into care. I was still a child. I did not understand why I was being taken away from my family. I was allowed to see my mum at weekends, so in my mind there was no reason why I could not just go and live with her. Instead, I was taken from my dad without warning. They came to my school and removed me without even allowing me to say goodbye to him. That moment has stayed with me all my life. I felt powerless, frightened, and abandoned.

I was placed into Rimpleton House, which was described as a short-term emergency unit in Glenrothes. I stayed there for approximately 12 weeks.

From the very beginning, I felt scared and alone. No one properly explained to me what was happening or why I was there. I was a child in crisis, and instead of comfort or reassurance, I experienced neglect and cruelty.

Rimpleton House felt like a jail. We were locked in most of the time and only allowed out with staff supervision. I was often left alone with my thoughts, panicking and crying, with no emotional support. I was picked on by staff members who seemed to target me. One staff member in particular, a man called Robin, would restrain me. He would force me to the ground, sit on me, and pin me down so tightly that I could not breathe properly. I could not move. My body would ache afterwards, and I was unable to get myself up off the floor. I remember the fear of not being able to breathe and thinking I might die. These restraints were not calming interventions — they were violent and frightening.

I was heartbroken because they stopped me from seeing my dad. I was already traumatised from being taken without warning, and then contact was restricted. I constantly worried about him and felt completely cut off from the only security I had known. I was treated as if I had done something wrong simply by being upset and confused

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).

petruca 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.

1976-1978

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.

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 area 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)

Statement Addendum

Client Name: Mary Menzies
Date of Birth: 29/06/1964
Care Setting: petruca childrens home
Dates: 1976-1978
Persons Involved:

Full Statement

I was moved to Petruca Children's Home. I spent approximately two years there. Again, I did not know anyone. No one made me feel welcome. I felt unwanted, invisible, and different. The emotional neglect was overwhelming.

The staff there were aggressive in their tone and manner. We were spoken to harshly and sometimes called nasty names. It felt like we were treated like animals rather than children who needed care and support. While we were given food and basic necessities, that was the bare minimum. There was no warmth, no nurturing, no guidance. The way staff communicated with us was demeaning and dismissive.

At that time, I was struggling deeply with my emotions. I was a child who had been uprooted and traumatised, but instead of understanding, I was picked at daily. I was bullied, both emotionally and verbally. There was no one to confide in. I began to internalise the belief that I was unwanted and unworthy.

At around 14 years old, I was placed back into Rimpleton House, this time in the long-term unit. The second placement was worse than the first. By then, I was older, but I felt even more broken.

The long-term unit had its own school on the grounds. We were rarely allowed out. It felt like being imprisoned. I had no normal teenage life. I was isolated from the outside world. The teachers and some of the other children bullied me. They would make comments that no one wanted me. Hearing that repeatedly reinforced the deep sense of rejection I already carried.

Eventually, I was placed in a locked unit — a room on its own with just a table — where I would be kept until 3pm. During this time, I received no education. I would only be let out after school hours. I felt like I was being punished simply for existing. Being locked alone for hours intensified my anxiety and distress. I felt forgotten and worthless.

The physical restraints became more frequent and more aggressive. Staff would bend our arms back painfully and force us to the ground. They would sit on us to stop us moving. The pain in my arms, back, and body was constant. The restraints were daily at times. It was humiliating and terrifying.

Staff would stand outside the showers waiting for us to come out and call us names. There was no privacy or dignity. At night, staff would sit outside my bedroom door, which felt intimidating and threatening. I never felt safe enough to properly sleep.

We were also put into what was called "Brent," where we would be locked in all day and only let out once a day. I was placed in there regularly during school time. It was isolating and traumatic. Being confined like

that made me feel like I was being punished in a prison, not cared for in a children's home.

If we did not eat the food provided, we were sent to bed hungry. There was no understanding or support around food or emotions. It was control and punishment.

By the time I was 16–17 years old, I could not cope anymore. I had endured years of emotional abuse, physical restraint, neglect, isolation, and humiliation. I was told I could not leave until I was 18, but I had reached breaking point. I went to stay with a friend from school and their parents. Instead of supporting me properly, they simply allowed me to go and left it at that. After years of control, suddenly there was no guidance at all. I had never been taught life skills, emotional regulation, or how to feel safe.

The impact of my time in care has been severe and lifelong.

As a child and teenager, I developed extreme anxiety. I lived in constant fear — fear of being restrained, fear of being locked away, fear of being humiliated. I struggled to sleep because night times reminded me of staff sitting outside my door. I felt constantly on edge.

As an adult, I continue to suffer from severe anxiety and symptoms of PTSD. I struggle to sleep properly. I am hyper-aware of my surroundings and easily overwhelmed. I can become very emotional, and situations that remind me of being controlled or trapped trigger intense panic.

One of the deepest impacts has been my fear around my own children. Because I was taken from my parents without understanding why, I have lived with a constant fear that my children could be taken from me. This fear has followed me throughout my life and has caused significant distress. It affects how I parent and how I trust authorities.

I was never given proper emotional support, therapy, or guidance to process what happened to me. Instead, I was left to carry trauma that began in childhood and continues into adulthood.

Being restrained, humiliated, isolated, and told in different ways that I was unwanted has shaped my self-worth. I have struggled with confidence, relationships, and trusting people. The physical abuse caused pain at the time, but the psychological abuse has lasted far longer.

I entered care as a frightened child who did not understand what was happening. Instead of being protected and supported, I experienced neglect, emotional cruelty, physical force, isolation, and punishment. The trauma from those years continues to affect my mental health, my sleep, my relationships, and my sense of safety in the world.