

Scotland's Redress Scheme

Application form **Part 3**

For individually assessed payment applicants

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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

Sara Aitchison

Date of birth

Day

17

Month

07

Year

1984

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).

Grangemouth 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.

1993 -1997

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.

During my time in foster care, I experienced neglect and abuse that has never left me. Not a day goes by where I do not carry the weight of what happened in that house.

The woman who was supposed to care for me, Jean, would not feed me properly. She herself only ate one meal a day and expected us to eat at school, as though that was sufficient. At home, the most we would ever receive was a bowl of soup or horrible frozen meat. To this day, I still suffer with stomach problems that I believe are a direct result of that time in my life. I remember telling Jean that I did not want turkey soup, and yet she forced me to eat it anyway. I was a child with no voice and no choice, and that feeling of being completely powerless in a place that was supposed to be my home is something that has never truly left me.

What happened with Bob, Jean's husband, was far worse and far more damaging. He would deliberately walk past the bathroom while I was bathing and watch me. I was a child. I felt exposed and frightened, and I did not fully understand why. He would also come into my bedroom at night, and Jean knew he did this. There came a time when I woke up believing I had wet the bed. The shame I felt in that moment was overwhelming. It was only later that I came to understand that Bob had placed something in my bed to make me think that. The fact that Jean knew what was happening and did nothing makes it even harder to process, even now.

Jean once accused me of dropping gravy on the floor and physically forced me to get down and search under the table. I was humiliated and degraded in a place where I should have felt safe. She never bought us proper clothing either. The only time anything was purchased was through vouchers, and even then, what I received were old hand-me-downs from her daughter — clothes that were around ten years out of date. I truly believe she dressed me that way deliberately, to make me feel worthless.

The trauma I carried from those years became unbearable. I turned to drugs because I desperately needed something, anything, to numb the pain and silence the memories. I am still on methadone today as a result of that. What was done to me in that house did not just steal my childhood. It followed me into my adult life, and I am still fighting the consequences of it every single day.

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).

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.

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.

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

30/03/2026

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)