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10th August 2026

Redress Scotland

apply@redress-scheme.scot

By email/post: Email

Our Ref: 100006

Re: Scottish Redress Application - Mrs Amanda Golabeck

DOB: 12 Nov 1979

Application Reference: APP461845

Dear Sir/Madam,

Covering Letter - Witness Statement and Supporting Exhibits

We write in connection with the above Scottish Redress application. Please find enclosed the Witness Statement of Mrs Amanda Golabeck, together with the supporting exhibits referred to within the statement.

The purpose of the witness statement is to provide Mrs Golabeck's own account of her childhood care placements, the abuse and neglect she describes experiencing while in care, and the impact this has had upon her childhood and adult life. The statement is submitted in support of her application to the Scottish Redress Scheme and should be considered alongside the application form and supporting evidence bundle.

The statement explains that Mrs Golabeck was placed into care in Scotland at approximately 9 years old. She records her background before care, the circumstances surrounding her entry into care, her separation from her siblings and her subsequent placements with foster carers and within residential children's homes. Her placements included the Frasers in Alness, a brief foster placement in Fern, a foster placement in Invergordon, Culpark Children's Centre, Ferintosh Children's Centre and Rossie School. The exhibited records provide supporting evidence concerning a number of these placements and their dates.

In summary, the statement describes Mrs Golabeck's account of physical, verbal, emotional and sexual abuse, inappropriate sexual behaviour, bullying, neglect and exposure to alcohol, drugs and violence during her time in care. She describes inappropriate behaviour during a foster placement, abusive and intimidating behaviour within another foster placement, bullying and unwanted sexual touching by other children at Ferintosh, and both staff abuse and sexual abuse by another young person during her placement at Rossie School. She also describes occasions where she attempted to report matters to staff but felt that her concerns were not taken seriously.

The statement further sets out the effect of these experiences upon Mrs Golabeck throughout her life. She describes difficulties with confidence, relationships, socialising, parenting and employment, together with continuing mental health difficulties and treatment.

The enclosed exhibits include records confirming aspects of Mrs Golabeck's care history and placements, together with medical evidence relevant to the impact described in her statement. The placement evidence includes records relating to her admission into care and placement with the Frasers, Coulpark, Ferintosh and Rossie School, together with evidence concerning her later return to Ferintosh.

The medical evidence includes records relating to Mrs Golabeck's mental health diagnoses and treatment. Her statement records that she has experienced generalised anxiety disorder and complex PTSD, continues to receive therapy and medication, and has been prescribed Propranolol and antidepressant medication. The exhibited medical records also contain evidence relating to Complex PTSD, Citalopram and Propranolol, together with records relevant to the mental health impact she describes

Mrs Golabeck also explains that some records may be incomplete or unavailable due to the passage of time and that trauma has affected her ability to recall certain dates, names and details. She confirms that she has provided her account honestly and to the best of her recollection and has, with the assistance of her legal representative, sought to obtain and provide as much supporting evidence as possible.

We respectfully request that Redress Scotland considers the enclosed witness statement, exhibits, application documents and wider evidence bundle when determining Mrs Golabeck's application.

Brief overview of enclosed document

Section / document part	Brief contents
Cover Letter	A cover letter from us addressing key issues in support of our client's Scottish Redress application.
Witness Statement	Mrs Golabeck's personal account in support of her Scottish Redress application.
Background and entry into care	Personal background, life before care, entry into care and separation from siblings.
Care placement account	Account of foster placements, Coulpark Children's Centre, Ferintosh Children's Centre and Rossie School, including dates, daily life, staff/peer conduct and care arrangements.
Abuse, neglect and reporting	Description of alleged physical, verbal, emotional and sexual abuse, inappropriate sexual behaviour, bullying, neglect, exposure to alcohol/drugs and difficulties reporting concerns.
Impact evidence	Effect upon childhood and adult life, including mental health, relationships, parenting, socialising and employment.
Supporting exhibits	Placement confirmation and supporting medical records referred to within the statement, including Exhibits 1-9.
Payment Authority Form	A letter setting out reasons for us as the client's legal representative to receive payment on their behalf together with their authority, if enclosed.

Yours faithfully,

Leah Pearson – Claims Handler

Investigations Team
MMA Legal

WITNESS STATEMENT OF AMANDA GOLABECK

Application to The Scottish Redress Scheme

Applicant: Mrs Amanda Golabeck

Date of Birth: 12 Nov 1979

Application Reference: APP461845

Support Person Present: No

Background

1. My name is Amanda Golabeck. My name as a child was also Amanda Golabeck.
2. My address is 61 Highfield Circle, Muir Of Ord, IV6 7TF.
3. I make this statement in support of my application to the Scottish Redress Scheme.
4. The contents of this statement are true to the best of my knowledge and belief.
5. Where I cannot remember exact dates or details, I have made this clear. I confirm that I have provided as much detail as I am able to recall.
6. I understand that this statement will be considered as part of my application, together with my application forms and any supporting documents or records provided.
7. Where necessary, I have exhibited extracts of supporting documents to this statement in support of my application.
8. I am happy for this statement to be submitted to the Scottish Redress Inquiry.
9. I do not need any support to give this statement today, and I do not need anybody with me to complete it.
10. I understand the purpose of this statement and that it supports my Scottish Redress application.
11. I do not have, and have never had, any criminal convictions.
12. I was placed in care while I was under the age of 16.
13. The care setting was in Scotland.

14. At the time, I was living in a care setting as part of the care arrangements. I was approximately 9 years old when I went into care.

15. I am aware it was Highland Council who placed me into care and why I was placed into care.

16. I was placed into care due to violence and drinking by my Mum. It was my Mum's decision to go into care. I think social work stepped in. I wasn't told by my parents why.

17. My placements were in children's homes.

Life Before Care

18. I grew up in Edinburgh in a flat with my Dad, Sister and 2 of my Brothers. The rest lived with my Mum.

19. My dad took us to live in the highlands where he married another woman who put me and my sister through mental physical abuse and neglect. I was around 4 years old.

20. My dad took me to live with my mum in Dingwall, he was aware of the abuse and removed me. I lived with mum for a short time, there was a lot of drinking, fighting violence.

Entry Into Care

21. When I first went into care I was placed with a Foster Family.

22. I was approximately 9 years old.

23. I have 5 brothers and a sister. My sister lived with my Dad. My brothers lived with my Mum.

24. We were separated when we got into care. We were all in care but separated.

25. Myself and 3 younger brothers went into care together for a couple days but the main care was separated.

26. I remember feeling alone and abandoned. I was just left.

Detailed Account of Each Placement

Foster Family- The Frasers, June 1989, Highland Council

27. As shown in “**EXHIBIT 1**” I was Admitted into care June 1989 and placed with the Frasers in Alness. I was here until 1993.

28. We initially were placed here for a Weekend, me and my 2 youngest brothers.

29. My brothers went home while I was placed with a separate family for a couple of weeks before I returned to the Frasers alone.

30. It was the most normality I ever had. When I first went to live with the Frasers.

31. We lived quite a normal family life.

32. The food was fine, we had home cooked meals

33. I was given clothing by the family.

34. I had no contact with my family but this was my choice.

35. It was only a short-term placement, they couldn't keep me full time.

36. I did leave the Frasers and return again.

37. When I returned things had changed.

38. Billy Fraser, the dad, had alcohol problems.

39. I would come home from school and find him unconscious on the floor. I'd come home and think that he was lying there dead. It wasn't nice.

40. Another girl who lived there told social workers about Billy. I'm not sure if anything was done about it.

41. I told my friends and my sister.

42. The majority of the time, before the alcohol problems, it was safe. It was a nice place to live.

Brief Foster Placement in Fern, Highland Council

43. they were an older couple, it was just me that was there.

44. I just remember being on edge living there, like feeling that something wasn't right.

45. His name was Dan, and he used to come into my room in his dressing gown and get under the covers and rub my belly and stuff like that.

46. He was naked under this dressing gown.

47. if I walked past him, he would grab a hold of me in a kind of joking way and like he was tickling me, but it was like all over my body and it was just inappropriate.

48. It makes you feel like I didn't want to be there.

Brief Foster Placement in Invergordon, Highland Council

- 49. I was there for a very short time, but they sat and drank alcohol every night.
- 50. The man was really abusive towards me and his own children.
- 51. Especially when he was drunk.
- 52. He would scream at us.
- 53. He screamed and swore in my face because I knocked a picture off the wall.
- 54. He called me a little fucking asshole
- 55. I always dreaded him. I dreaded going down the stairs because I knew he'd be there
- 56. I started running away from home because of the drinking.

Coulpark Children's Centre - February 1993, Highland Council

- 57. See “**EXHIBIT 2**” where it shows i entered Coulpark in February 1993 and was here until April 1993.
- 58. Though I was only here for a short period of time, I was exposed to horrific things.
- 59. I was only 12 years old and being introduced to alcohol and drugs.
- 60. I used to run away every chance I got. Whenever I could , I would just run.
- 61. I remember there was a girl called Andrea Bennett and her sister was called Deborah Bennett.
- 62. It was the children that provided me with the alcohol and drugs.
- 63. during my time there as well, there was a girl raped in her bedroom by one of the other children.
- 64. I didn't see it, but we knew about it.
- 65. The boy that did it was actually put into prison at 14 years old.
- 66. It was like back then, everybody knew what was going on, but it was different times,
- 67. It's just not anything you would see now.
- 68. because I kept running away from Coulpark, they took me to Ferintosh.

Ferintosh Children's Centre - April 1993, Highland Council

- 69. I was placed here in April 1993 as shown in “**EXHIBIT 3**” and was here for around 1 year.

70. The main thing that I remember from Ferintosh was how different the children there were.
71. They were a lot more kind of disturbed children.
72. There was a lot of drugs, a lot of drinking, smoking, and it was mostly boys.
73. I was always bullied because I was always the only girl, and the staff never took anything seriously if I went to tell them things that were happening to me.
74. It was like they saw it as a joke.
75. they used to gather all the boys, and if I walked past, like on the way into the schoolroom or anything, they had this joke where they would grab my chest because I was really big chested when I was younger.
76. they would like to grab a hold of me and touch my chest and think it was funny.
77. I remember trying to tell the staff what was going on, um, And because I did that, they found out that I had obviously complained, and they all trapped me one day and pelted me with snowballs until I was in tears, and nothing was done about it.
78. There was one member of staff that used to take a step back when other people were getting bullied, and his name was Keith.
79. I think he finds it entertaining, to be honest.
80. He was just like a staff day worker.
81. He walked past me and another girl in the children's home and he called us a pair of fat fags, and we were only like 14.
82. He kind of said he found it entertaining when they were bullying, and then he, I guess, he joined in
83. It happened a lot, um, and that was when I started running away again
84. They placed me in Rossie School after here because they said I was a danger to myself.

Rossie School - 25 May 1994, Highland Council

85. I was placed into Rossie in May 1994 by Highland Council as shown in “**EXHIBIT 4**” and was here until March 1995.
86. I was placed here under a Secure Order as they believed I was a danger to myself because I kept running away.
87. I was abused by a staff member.

88. I was sexually abused by one of the other kids.
89. There was a lot of violence.
90. I was verbally and physically abused.
91. I can remember her name. Her name was Grace Carlton.
92. she told me one night to that she hoped for me to rot in hell, and she says, actually, just go and kill yourself, and she slammed the door shut.
93. In another incident she grabbed me by my arm and flung me into my room and I bounced off the wall.
94. It went on for a couple of months.
95. I tried to approach her about what was happening with the boy in the unit, and she basically said to me that I was buying crocodile tears, and she would not listen to me.
96. For a couple of months he would come wherever I was in the unit.
97. He would come in and sit beside me and he would put his hands down his trousers and pull out his penis and tell me to touch it.
98. I was always saying no, you know, I thought it was strange behaviour but then he started to put his hands down my trousers in the classroom when the teachers weren't looking, in the unit.
99. He scared me and when he found out that I had reported what he was doing to me.
100. He picked the chair up and flung it at me
101. Then there was a man called Ray who was watching what was going on, and when the chair got flung, he restrained him on the floor.
102. Grace also used to lock me in what was called cells for hours upon hours because I didn't want to interact with that boy in the gym hall.
103. She'd lock me in my room and leave me there for hours.
104. They weren't called rooms, they were called cells because they were like, they're like jail cells.
105. I was left there without food.
106. I'm not going to say it was fine because it was never fine.

107. I was placed in a unit where there was kids that were in there for raping children and people that had done armed robberies and it was just so bizarre.

108. And we were basically forced to sit and have dinner with kids that raped their little sisters and stuff, you know.

109. I should never have been there.

110. I've had PTSD all my life.

111. It started well before I went there, but that just added to it.

112. It's affected me my whole life, the amount of sexual abuse that I've gone through at a young age.

People Involved, Reporting and Institutional Knowledge

113. I can't really remember any other staff members being cruel to me other than Grace but it was mainly the children that were in there that did the most damage.

114. I witnessed a staff member feeling a 13-year-old girl's chest in the schoolroom.

115. Her name was Julie. And his name was Ali.

116. They should have been aware, they should have known what was going on, but they acted like they didn't.

117. I never told anybody anything.

118. I was very quiet and I had a wall up when I was, when I was younger.

119. I never used to speak to reviews or panels or social workers.

120. I've just kept it all to myself.

Exit From Care

121. I left Rossie when i was 16 and was returned back to Ferintosh as seen in **"EXHIBIT 5"**

122. I was back in Ferintosh until I was 17 when I was told I couldn't stay because of my age.

123. A girl offered me a place to stay.

124. I left with nothing.

125. I've been left with her.

Impact on My Life: Past, Present and Future

126. When I left Ferintosh, I was alone.
127. I felt abandoned.
128. I was starving, I had no money.
129. I met an older man.
130. He took me to live with him, got me pregnant.
131. He was a heroin dealer.
132. I just had a life of drugs and violence.
133. My time in care affected me in every way.
134. I never had confidence.
135. It affected my whole life because I had to leave the Highlands and start a new life with no family, no friends.
136. I've always been very anti-drugs, so when that was going on around me, it was really, really hard for me because of my anxiety.
137. I used to come home from shopping with my son and there'd be people in my house injecting heroin.
138. You're in your own space, absolutely traumatised.
139. I've struggled with parenting, I've struggled with and still struggle to this day with intimate relationships.
140. It's just something that's never going to go away.
141. It has affected my lifetime experiences and opportunities.
142. If I had had the help that I needed after I left care, I think I would have had a chance of a normal life.
143. I am not very good with socialising.
144. I struggle with work because I can't focus.
- Support and Treatment**
145. I struggle massively with relationships.
146. I've also had a lot of help from Women's Aid.

147. I've always been back and forth with psychiatrists, there's not a lot of help up here for mental health.

148. They have tried to refer me to groups, but I can't do the whole socialising with big groups.

149. I have generalised anxiety disorder, complex PTSD, and I'm still on medication to this day. This is shown in **"EXHIBIT 6"**

150. I'm still getting therapy.

151. I've tried to take my own life twice. One incident can be seen in **"EXHIBIT 7"**

152. I've been taking Propranolol since I was a teenager. This can be seen in **"EXHIBIT 8"**

153. I didn't start taking antidepressants and getting help until I was 31. This is shown in **"EXHIBIT 9"**

Supporting Evidence and Records

154. I understand that records and documents may be considered alongside this statement. I have exhibited documents to this statement where necessary. I have also provided a bundle of evidence in addition to this statement.

155. It contains all the relevant documents that my legal representatives have been able to obtain on my behalf from relevant institutions, local authorities and medical practices.

156. Some records may be incomplete, missing or unavailable due to the passage of time. Where records are missing, I ask that my own account still be considered carefully.

157. I have done all in my power, with the assistance of my legal representative, to obtain and provide as much evidence as possible. I have asked my legal representative to redact any information that is not relevant to my Scottish Redress application.

Difficulties with Memory and Gaps in Evidence

158. The events described happened many years ago. Some dates, names and details are difficult for me to remember.

159. My memory has also been affected by the trauma of what happened to me.

160. Where I have used approximate dates or descriptions, I have done so honestly and to the best of my recollection.

161. I have not intentionally exaggerated or included anything that I do not believe to be true.

Previous Claims, Applications or Payments

162. I have not previously made any civil claim, criminal injury claim, Redress application, complaint, police report, inquiry statement or claim to another scheme about this abuse.

163. I have not received any payment, apology, settlement or decision, or signed any waiver or discharge.

Final Statement

164. I have never made a previous civil claim, criminal injury claim, Redress application, advance payment application, complaint, police report, inquiry statement, or claim to another scheme about this abuse.

165. I have never received any payment, apology, response or settlement in respect of my Scottish Redress claim or the abuse.

166. I have never signed any waiver, settlement agreement, discharge or acceptance form in respect of my Scottish Redress claim or the abuse.

167. Going through this again has been triggering. I want it to disappear when this is over. I am done with it all now. I have tried to provide a full and honest account of my experiences to the best of my knowledge and belief. I ask that Redress Scotland consider this statement, my application forms and the supporting evidence I have submitted when determining my application.

Statement of Truth

I believe that the facts stated in this witness statement are true.

Name: Mrs Amanda Golabeck

Signed:

Dated:

EXHIBIT 1

Date	Event
June 1989	Admission to Care, placement with Frasers
[REDACTED]	

EXHIBIT 2

Date	Event
[REDACTED]	[REDACTED]
Feb. 1993	Supervision named place at Coulpark

EXHIBIT 3

Date	Event
[REDACTED]	[REDACTED]
April 1993	Moved to Ferintosh under Section 44 (6)
May 1993	Supervision named placement at Ferintosh

EXHIBIT 4

Date	Event
May 1994	Secure Order made. Rossie School, Montrose.

EXHIBIT 5

Date	Event
March 1995	Placement with Community Carers (short term) moved to Ferintosh

EXHIBIT 6

Amanda Golabek DOB: 12/11/1979 CHI: 1211799123
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

Diagnoses: Complex PTSD
Harmful Use of alcohol

Current Psychotropic Medication: Citalopram 20mgs mane
Propranolol



Amanda continues on her medication as above. She had previously been prescribed prazosin for PTSD-related nightmares but said that she had never taken this medication because of concerns about its effects.

EXHIBIT 7

Emergency Department Discharge Letter



Regarding: **Amanda Golabek** Patient CHI: **1211799123**
Who attended: **RAIGMORE HOSPITAL** Patient **61 HIGHFIELD CIRCLE**
Address: **OLD PERTH ROAD**
INVERNESS
IV2 3UJ
01463 704444
Discharged: **23/01/2022 11:30:00**
Presenting complaint: **AMB - OD**
Triage Information: **MIXED OD**
Primary A&E Diagnosis: **SELF HARM - POISONING (SUICIDE) BY AND EXPOSURE TO DRUGS, MEDICAMENTS, OR BIOLOGICAL SUBSTANCES**



Investigations carried out: **None**
Treatment given: **None**
At conclusion patient was: **HOME**
Follow-up: **DISCHARGED TO OWN GP**
Additional Information: **Intentional mixed overdose of propranolol, paracetamol, flu tablets, ibuprofen, penV and diazepam with alcohol.**



EXHIBIT 8

Surname	Golabek	Hospital	Southern General
First Name	Amanda	Clinic	Psychology
Address	25 Hardridge Road,		
	Glasgow	Hospital No	465048
Post Code	G52 1RG	Urgency	
Date of Birth	12 11 79	Prev. Attendance	Gyn
CHI	9123	Previous Year	October 97
Previous Address		Previous Clinic	
Date	19.10.98	Ref:	GH/LG (Locum)

Dear Doctor,

I would be grateful if you could see this 18 year old girl who complains of panic attacks, not related to any specific trigger, since the age of 14. [REDACTED]

[REDACTED] At the present time she is on Half Inderal LA one capsule daily and Microgynon oral contraceptive.

EXHIBIT 9

Full Report

Miss Amanda Golabek	12/11/1979	Female	Transferred Out
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Acute and Repeat Issue Therapy

10/09/2014	issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET DAILY
10/09/2014	issued	Ketoconazole 2% cream	Supply: (15) gram	1 APP THREE TIMES A DAY
[REDACTED]				
FOR 21 DAYS FOLLOWED BY 7 TABLET FREE DAYS.				
21/07/2014	issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET DAILY
09/06/2014	issued	Rigevidon tablets (Consilient Health Ltd)	Supply: (63) tablet	1 TABLET ONCE A DAY
FOR 21 DAYS FOLLOWED BY 7 TABLET FREE DAYS.				
09/06/2014	issued	Citalopram 20mg tablets	Supply: (28) tablet	1 TABLET DAILY
08/05/2014	issued	Microgynon 30 tablets (Bayer Plc)	Supply: (21) tablet	1 TABLET ONCE A DAY
FOR 21 DAYS FOLLOWED BY 7 TABLET FREE DAYS.				
08/05/2014	issued	Citalopram 20mg tablets	Supply: (28) tablet	1 TABLET DAILY