

# Statement Addendum

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**Client Name:** Linda Salmond  
**Date of Birth:** 02/10/1971  
**Care Setting:** Snowdon in Stirling  
**Dates:** 1984- 1986  
**Persons Involved:**

## Full Statement

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When I first arrived there, I was given no comfort, no explanation, and no compassion at all. From the moment I got there, I felt confused, frightened, and completely alone. Nobody took the time to explain properly why I was there, what was going to happen, or to reassure me in any way. Instead, it felt like I had just been placed there without any care or understanding. That experience stayed with me because I remember feeling extremely vulnerable and unsure about everything around me. It made the situation even more overwhelming, as I was already struggling and needed support rather than feeling abandoned and frightened.

The staff there spoke horribly to everyone. The way they spoke to us was often harsh, degrading, and disrespectful. It did not matter who you were — most of the young people there were spoken to in the same negative and aggressive way. Instead of being treated like children or young people who needed help and guidance, we were treated as if we were problems or burdens. Being spoken to like that every day made me feel worthless and ashamed. Over time it had a serious impact on my confidence and self-esteem, and it contributed to feelings of anxiety and distress that I still struggle with.

I was secluded a lot of the time while I was there. Being isolated like that made me feel extremely lonely and cut off from everyone and everything. Spending long periods alone without proper support or reassurance made my thoughts worse and made me feel trapped. Instead of helping me calm down or improve, the isolation made my mental state deteriorate further. I often felt helpless and overwhelmed, and it increased my feelings of sadness and fear.

I was placed there because I had not been going to school. Looking back, I needed understanding and support to help me deal with the reasons why I was struggling with school. Instead, it felt like I was being punished for it. The environment I was placed in did not feel supportive or educational. Instead, it felt strict, controlling, and intimidating. Rather than helping me move forward, it made me feel even more defeated and hopeless about my situation.

The punishments that happened there were extremely humiliating and distressing. At times, people would

be stripped down naked as part of punishment and made to go around to members of staff. Although staff were not physically violent towards me personally, I witnessed physical treatment happening to other people. Seeing these things happen to others was extremely upsetting and frightening for me. Even when it was not happening directly to me, being in that environment and witnessing those situations made me feel constantly on edge and unsafe.

I tried to run away as much as I could because I felt desperate to get away from the environment I was in. I felt like I had no control over my situation and running away was the only way I could try to escape it. Even when I went to the toilet, staff would stand at the doors or follow me. This made me feel like I had no privacy or dignity at all. It was humiliating to feel constantly watched and monitored in such a personal situation.

The other children there would push me around and bully me. I never retaliated or fought back because I was scared and did not want things to get worse for me. What made it even harder was that the staff allowed this behaviour to happen and did not properly step in to protect me. Feeling bullied and unsupported made me feel powerless and alone. It added to my fear and anxiety and made me feel like nobody there cared about my safety or wellbeing.

Visits on the weekends were sometimes stopped as a punishment. Those visits meant a lot to me because they were one of the only connections I had with the outside world and with people who cared about me. When those visits were taken away, it made me feel even more isolated and cut off. It was extremely upsetting because it felt like my only support system was being removed from me.

Sometimes, as punishment, they would take my clothes away. This was extremely humiliating and degrading. It made me feel like I had no dignity and no control over anything in my life. Experiences like that are very difficult to forget and have stayed with me for a long time.

Once a month we all had to sit in a circle together in a group meeting. The head person or the second in charge would lead these meetings. During these meetings they would point people out and speak about them in front of everyone else. This was done in a way that embarrassed and humiliated us. Being singled out in front of everyone made me feel ashamed and exposed. It felt like they were making an example of us and trying to embarrass us rather than help us. The atmosphere often felt like they were laughing at us or mocking us, which made the experience even more humiliating and distressing.

There were three rooms there that were supposed to be used as classrooms for school. However, we never actually received any proper education while we were there. Despite the fact that I had been placed there because I was not attending school, there was no real effort made to educate us or help us catch up. This meant that my education suffered even more during the time I spent there. Instead of being supported to improve my situation, I felt like I had been placed somewhere where my needs were ignored.

All of these experiences had a very serious and lasting impact on my mental health. The constant humiliation, fear, isolation, and lack of compassion deeply affected me. At the time, I often felt anxious, distressed, and powerless. Those feelings did not simply disappear after I left. Even now, these memories still affect me and have had long-term effects on my confidence, my trust in others, and my overall mental wellbeing. The way I was treated there made me feel like I did not matter and that my feelings were not

important. These experiences have stayed with me and continue to affect my life today. i ALSO WASNT EATIGN HERE I WAS STARVING ALOT , I WAS ALSO SUICUIDAL AT A YOUNG AGE , the dinner was run as a schedule they would make food we wouldn't like knowing we wouldn't eat ti sometimes we would have 1 slice of bread and butter all day , and the kitchen people would sometimes sneak us food once a month , apart from that i was starved all the time , I was bullied here and traumatized