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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**

Theresa Sinclair

**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).

Calder Park, Belntyre

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.

1975

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 was taken from my parents at the age of 12 and placed into the care of Calder Park. I was told that I would only be there for three weeks, but this ended up turning into a stay of several months. From the moment I arrived, I did not settle. Nobody took the time to explain to me what was happening or why I had been taken from my home, and this left me feeling confused, frightened, and completely unsupported. I did not feel safe in this environment at all.

Although I knew a few people there, which slightly reduced how overwhelming it was, it did not take away the deep emotional distress I felt from being removed from my family. I was extremely upset and struggled to cope with the sudden change. I felt isolated, abandoned, and unsure of who I could trust.

I was placed in a dormitory, and the daily routine there was harsh and distressing. In the mornings, staff would wake us by shouting and screaming, which was very intimidating and unsettling, especially at such a young age. One male staff member in particular made me feel deeply uncomfortable. He would look through the door while we were getting changed, invading our privacy in a way that felt completely wrong and inappropriate.

This same staff member would force me to do handstands while wearing only a nightie. This was humiliating and degrading, and I felt exposed and powerless. When I tried to refuse, he punished me by making me polish around 20 pairs of boots. I was kept awake all night doing this, which was exhausting both physically and mentally. I felt I had no choice but to comply out of fear of further punishment.

Although there may not have been as much physical violence in this place, the emotional and psychological impact on me was severe. I was made to feel unsafe, ashamed, and powerless from a very young age. These experiences have stayed with me and have had a lasting effect on my mental health. I struggle with trust, anxiety, and feelings of vulnerability, which I can trace back to how I was treated during this time. The lack of care, the inappropriate behaviour, and the punishments I experienced have affected how I see myself and others, and continue to impact my life today. They also would force me to take my towel off and show them my privates to prove I was on my period

## 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).

childrens house edinburgh road

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.

1975

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.

WAS IN PERTH

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 2 continued

When I arrived at this placement, I was immediately struck by the complete lack of empathy shown towards me. No one offered reassurance or tried to help me understand what was happening. I felt scared, anxious, and alone from the very beginning, and those feelings only intensified as time went on.

There was a male staff member who physically assaulted me by slapping me across the face. The force of the slap left visible red marks, and I remember screaming and crying in shock and pain. I was terrified and did not feel safe at all. I later told my dad about this during a phone call, hoping that he would be able to help me. When my dad contacted the headmaster to raise concerns, the situation became even worse for me. Instead of being protected, I was punished. The staff beat me for speaking out, which made me feel completely powerless and afraid to ever report anything again.

During my time there, I felt so desperate and unsafe that I ran away with two other girls. We managed to get as far as the airport. This shows just how frightened and distressed I was, that I felt escaping was my only option. I was only at this placement for around two weeks, but the experiences I had there have stayed with me ever since.

While I was there, I was often locked in my room and kept in isolation. This seclusion was extremely distressing and made me feel like I was being punished simply for existing. It increased my anxiety and made me feel completely cut off from any form of support or comfort.

The food provided was very poor. Although we were given meals, the food was often cold, stale, and unappealing, and I struggled to eat it. This added to my sense of neglect and lack of care.

Staff would also restrain us with excessive force. These restraints were frightening and painful, and I felt like I was being treated more like a problem than a child in need of care and protection. The way they handled us left me feeling dehumanised and traumatised.

There were also other children in the placement who bullied me. I remember one older girl in particular targeting me, and the staff would stand by and watch without intervening or protecting me. This made me feel completely helpless and unsupported, as the very people who were supposed to keep me safe allowed the bullying to continue.

All of these experiences had a deep and lasting impact on me. I felt constantly unsafe, anxious, and afraid during my time there. Being physically assaulted, punished for speaking out, isolated, and ignored when being bullied has affected my ability to trust others and feel secure in relationships. Even now, I struggle with anxiety, fear, and emotional distress as a result of what I went through. These experiences have had a significant impact on my mental health and continue to affect my life today.

this place was in Edinburgh road in Perth

## 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).

Aberdeen 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.

1975

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 continued

During my time at this placement, I was subjected to further mistreatment that caused me significant fear and distress. I was threatened with being stripped naked as a form of punishment after I became frightened upon seeing a leech. This threat was humiliating and degrading, and it made me feel completely powerless and exposed. It added to the constant fear I was already living with.

I was allowed to attend school while I was there, and this was the only part of my time in that placement that I found any sense of relief in. The school was run by a church. However, even in relation to religion, I was not respected. I am a Roman Catholic, but staff refused to take me to a Catholic school or chapel. Instead, I was forced to attend a different church against my wishes. This made me feel disrespected and disregarded, as my beliefs and identity were not acknowledged or supported.

The staff were often aggressive and abrupt in the way they spoke to me. They would shout and be very short-tempered, which made me feel constantly on edge. I was also physically mistreated. Staff would push me around, hit me, and bully me. On multiple occasions, they would restrain me by forcing my arms behind my back in a way that caused pain and fear. These incidents made me feel unsafe and helpless, as I had no way to defend myself or seek protection.

I was frequently locked in my room, and this became a normal part of daily life there. Most of the time, we were kept in isolation. When I was allowed out, I could hear other children crying out for help, which made it clear that I was not the only one being mistreated. This created an atmosphere of fear and distress throughout the entire place, and it was deeply upsetting to witness and experience.

Although I was sometimes allowed to leave the premises to attend school, which I valued greatly, the conditions within the placement itself were very poor. The food provided was often cold and stale, and it felt like our basic needs were not properly cared for.

As punishment, I was often made to sit in a very small room where I would be locked in for long periods of time. This isolation was extremely difficult to cope with. On one occasion, I tried to open the door, and as a result, I was punished further by being forced to stay in the room for even longer. This made me feel trapped and completely without control over my situation.

I remained in this placement for a few weeks, and during that time I suffered both mentally and physically. The ongoing abuse, neglect, and isolation had a serious impact on my wellbeing. I felt constantly anxious, frightened, and alone. These experiences have had a lasting effect on my mental health, contributing to ongoing struggles with anxiety, trust, and emotional distress. Even now, I continue to feel the impact of what I went through during that time, and it has affected many areas of my life.

## 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).

Cardross Park -

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.

1975-1979

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.

By the time I arrived at this placement, I felt like a complete shell of myself. Everything I had already been through had taken such a toll on me that I was emotionally exhausted, withdrawn, and struggling deeply with my mental health. When I first arrived, I was flung into the office and then quickly put into my dorm without any care, reassurance, or explanation. It felt cold and abrupt, as though I was just being processed rather than cared for.

I was placed in a dorm with four other children. Even in this environment, I did not feel equal or fairly treated. By this point, I had already become a smoker, and the staff would deliberately deprive me of cigarettes while allowing the other children to smoke. This made me feel singled out and targeted, and it caused me additional stress and agitation. It may seem small to others, but at that time it felt like another way I was being controlled and treated differently, adding to my anxiety and sense of unfairness.

I was frequently locked in my room as a form of punishment, often for long periods of time. This isolation was something I had already experienced in previous placements, and it continued to have a damaging effect on me. Being alone for so long with my thoughts increased my anxiety, made me feel trapped, and reinforced the feeling that I was being punished simply for existing.

On one occasion, a staff member threatened to take my clothes off me. I remember telling her that she wouldn't, trying to stand up for myself, but instead of being heard, I was punished for speaking back. This made me feel completely powerless. Every time I tried to assert myself or protect my dignity, it resulted in further punishment. It taught me that I had no voice and no control over what was happening to me.

I was allowed to see my family while I was there, which was one of the few positives during this time. Compared to some of the other places I had been, this was not the worst environment, and I ended up spending the last three years of my time in care there. However, by this stage, the damage from my previous experiences had already deeply affected me.

What I needed most at that point was understanding, empathy, and guidance, but none of that was provided. There was no emotional support, no effort to help me process what I had been through, and no one took the time to understand how much I was struggling. I was left to deal with overwhelming anxiety and emotional distress on my own.

As a result of everything I experienced, both in this placement and the ones before it, I have struggled for years with my mental health. I find it very difficult to build relationships and to trust people. I often feel guarded, anxious, and unable to let others get close to me. The repeated lack of care and protection made me feel like I did not matter, and that has stayed with me.

I have carried a deep sense of being unwanted and unsupported throughout my life. I felt pushed aside, left alone, and as though no one truly cared about my wellbeing. I never received the support or guidance I needed as a child,

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)

# Completion Certificate

Reference ID: 0569ad43-0b74-46bf-af9a-443801fe1300

## Document Details

**Document Name(s):** part-1, part-3, cfa, loa, fee-clarity  
**Total Pages:** 14  
**Sent By:** Billie Tyrie (85.255.232.203)  
**Completed Date:** Mar 31, 2026 11:55:22 UTC

## Signer Information

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**Email:** theresasinclair95@gmail.com  
**Telephone:** 07754676886  
**IP Address:** 92.26.245.217



Verified Electronic Signature

## Audit Trail

Action	Timestamp	IP Address
Created	2026-03-31 11:54:12	System
Document link sent to client by sms	2026-03-31 11:54:13	System
Document link sent to client by email	2026-03-31 11:54:13	System
Document link opened by client	2026-03-31 11:54:19	66.249.81.36
Document electronically signed	2026-03-31 11:55:22	92.26.245.217

## Security Verification

SHA-256 Checksum: 946221d0799db9b70ce0ede6ab0be6dd49c421540a0e4cd022b2bdf954c3fa25

*This document is a legally binding record of the e-signature process.*