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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

Michelle Kimmet

### 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).

Cardros residential school sterling

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 - 1993

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.

During my time in this home, I experienced things that no person should ever have to go through, and the impact of what happened there has stayed with me long after I left.

From the very beginning, the environment felt less like a place of care and more like a place of confinement. Every single night, without fail, I was locked in my room from 8pm until 7am. The windows had bars on them. I want people to truly understand what that feels like — to be a young person, lying in the dark, unable to leave, unable to get help if you needed it, staring at barred windows as if you were in a prison. It was isolating, frightening, and deeply dehumanising.

The fear did not stop there. There was a member of staff who attempted to get into my room. The fact that this person was eventually dismissed does not erase the terror I felt during that time, or the fact that I was placed in a situation where I ever had to feel unsafe in what was supposed to be my home. I should never have been put in that position. No child or young person should.

Because I felt so unsafe, I would push a chair up against the door at night just to protect myself. That is not something a person does when they feel cared for — that is something a person does when they are scared and have no one to turn to.

The staff regularly used physical restraint on me, and it was not done gently or proportionately. I was left with bruises. Being restrained in that way, that forcefully, caused me real physical pain, but the emotional damage ran even deeper. It made me feel powerless, like my body was not my own and that the people responsible for my wellbeing saw me as something to be controlled rather than someone to be supported.

The way staff spoke to me was also completely unacceptable. The language used towards me was disrespectful and unkind, and over time it wore me down. When the people who are meant to care for you speak to you badly, it affects how you see yourself.

It is no wonder that I was always running away. Running away was not me being difficult — it was me trying to survive. It was the only way I knew how to cope with an environment that felt dangerous, oppressive, and completely devoid of the compassion I so desperately needed.

I am sharing this because what happened to me was wrong, and it matters.

## 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).

Claredon drive children's home great western road scotland

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 -1994

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.

I was trying to hit staff a lot during my time in this home. I want to be clear about why — it was because of the way they were treating me. I was not a violent person by nature. I was a young person who was being mistreated and had no other way to express how desperate and trapped I felt. I was simply trying to stick up for myself, but instead of being understood, I was made to feel like I was the problem. I was labelled as a difficult child, and that label has stayed with me. But looking back now, I know that is not who I was. I was a child who was not being protected.

The home had a system around weekend visits — I was allowed to go home at weekends, but only if I had been considered "good." If staff decided they did not want me to go, they would call the police to stop it from happening. That felt like punishment. Going home was not a treat — it was something I needed. Being denied that, and having the police used as a tool against me, made me feel completely powerless and controlled.

The restraints were a regular part of life in that home, and they were brutal. Staff would put their knee on my back to pin me to the floor, and they would force my arm behind my back. It was really sore. It was physically painful in the moment, but the humiliation of being held down like that, over and over again, caused a much deeper kind of damage. I was a child. Nobody should have been putting their knee on my back.

I believe I was also hit with objects during my time there, though I have tried to block a lot of it out. And that is the reality of what this place did to me — I have spent years trying not to remember it. I used to sniff Tipp-Ex, aerosols, and other things to block it all out. I have also drunk heavily to cope with the memories. These were not choices made out of recklessness. They were the coping mechanisms of someone who had been through something deeply traumatic and had no support to process it.

The most painful part of all of this is that, at the time, I genuinely thought it was all normal. I thought this was just how things were. I thought it was my fault. That is what happens when abuse is consistent and unchallenged — you internalise it. You stop questioning whether you deserve better, because nobody around you is telling you that you do.

I did not deserve what happened to me in that home. None of it was my fault.

## 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).

Ailsa care home Hyland road Glasgow

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.

1994-1996

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

I would get into of fights in this one with other people who were also in care but the staff actually treated me quite well

## 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](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)