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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**

Colin Couper

**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).

Rimlinden House

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.

1981 - 1982

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.

Cant recall names

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.

The mental and sexual abuse I went through happened on a few occasions, but even those few incidents were enough to leave a lasting mark on my life. At the time, I didn't fully understand why it was happening or how deeply it would affect me later on. What I do know is that those moments changed the way I see myself, the way I trust people, and the way I move through the world.

The mental abuse made me feel small, confused, and constantly on edge. Being spoken to or treated in ways that made me doubt myself became something I carried inside, even long after the incidents stopped. It created a sense of fear and uncertainty that I still struggle with today. The sexual abuse added another layer of trauma — something that no one should ever have to experience. Even though it happened on a few occasions, the impact has been long term. Those moments left me feeling exposed, powerless, and unsure of my own safety.

These experiences have affected my life massively. I suffer from flashbacks that bring me right back to those moments, sometimes without warning. It can feel like I'm reliving it, even though I know I'm not there anymore. The anxiety that comes with these memories makes day to day life difficult at times. Simple things can become overwhelming, and there are days when just getting through feels like a challenge.

I struggle with this every day. The emotional weight of what happened doesn't just disappear — it stays with me, shaping how I think, how I react, and how I cope. It gets me down, and it affects my confidence and my ability to feel safe around others. Even though the abuse happened years ago, the effects are still very real in my life now.

Talking about this is not easy, but it is part of acknowledging what I went through and how it continues to affect me. These experiences were not minor or forgettable — they were traumatic, and they have had a significant impact on my mental health and my daily life. This is my reality, and I am still learning how to manage the long term consequences of what was done to me.

## 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).

Wellington farm

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.

1982 - 1984

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.

Cant recall

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.

The mental and sexual abuse I experienced at this place went on for years, for as long as I was there. It wasn't just a single incident or something that happened occasionally — it was a constant part of my life during that time. Looking back, I can see how deeply it affected me, but at the time I was just trying to survive each day and make sense of why the people who were supposed to care for me were the ones causing me harm.

The mental abuse wore me down slowly. It made me question myself, my worth, and whether I deserved any better. Being spoken to in ways that belittled me, intimidated me, or made me feel powerless became normal. Over time, it chipped away at my confidence and left me feeling small and unsure of myself. Even now, I still struggle with the impact of those words and the way they made me feel. It's something that has stayed with me into adulthood, affecting how I see myself and how I interact with others.

Alongside the mental abuse, I also suffered sexual abuse that continued over a long period. The inappropriate behaviour, the comments, and the way I was treated left me feeling exposed and unsafe. It wasn't just the physical actions — it was the constant fear, the sense of being watched, and the knowledge that there was no real protection for me. Living with that kind of fear at such a young age changes you. It affects how you trust people, how you form relationships, and how you feel in your own body.

These experiences have had a massive impact on my life. They still get me down, even now. I carry the emotional weight of what happened, and there are days when it feels overwhelming. The long term effects of the abuse have shaped my mental health, my confidence, and my ability to feel safe around others. It's difficult to explain how something from so long ago can still feel so present, but the truth is that the trauma doesn't just disappear. It becomes part of you, and you have to learn how to live with it.

Speaking about this is painful, but it's also important. Acknowledging what happened helps me understand why I feel the way I do and why certain things are still so hard for me. This wasn't just a difficult period — it was years of abuse that changed the course of my life, and I am still dealing with the consequences today.

## 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.

A large, empty rectangular box with a thin blue border, intended for the user to write their statement for Care setting 3. The box occupies most of the page area below the header.

## 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](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.



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)