

# Statement Addendum

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**Client Name:** Tracy Adams  
**Date of Birth:** 14/02/1989  
**Care Setting:** The good Sheppard centre  
**Dates:** 2001  
**Persons Involved:**

## Full Statement

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When I arrived here, no one settled me in or helped me feel safe or welcome. I was left to adjust on my own without any guidance or support. I did meet a few of the other girls and eventually made some friends after a few days, but at the beginning I felt extremely uncomfortable, scared, and constantly worried. I already had trust issues, and being placed in an unfamiliar environment without care or reassurance made those feelings much worse.

The abuse started straight away from a lady called Catherine. She would dig her nails into my arms until I bled. This was extremely painful and distressing, and it left both physical and emotional marks on me. I felt frightened of her and completely powerless, and there was no one I could turn to for protection or help.

There was also a male care worker who took me and other girls to different car parks, including one that I understood to be a well-known dogging area. This made me feel extremely unsafe and exposed to serious danger. My school was within the facility, and this same man lifted me up and put me over his shoulder. I was abused in many ways, and it was clear to me that they were aware of what they were doing. They were pushing boundaries and touching me in ways that made me feel deeply uncomfortable and violated.

One night, I ran away from the care home. During that time, I was drugged and raped. This was an extremely traumatic and terrifying experience. I phoned the care home for help, but instead of supporting me or making sure I was safe, they told me to make my own way back to Bishopton. They did not listen to me, and they showed no care or concern for what had happened. I felt completely abandoned and as though my life did not matter.

Throughout my time there, they did not care where we were or what we were doing. There was no proper supervision or safeguarding in place. The staff would restrain me by sitting on me, which took my breath away, and they would slap me. This was physically and emotionally abusive, and it made me feel terrified and helpless.

The staff would also call me names, bully me, and speak to me like I was nothing. They would deliberately pick at me until I broke down crying. I felt humiliated, worthless, and completely dehumanised. At times, they would lock me in my room, isolating me further and making me feel trapped and alone.

At the same time, my mum did not care about me. I was also being abused at home, so I never had a safe place to go. I never felt protected, supported, or loved. I felt like I had no hope and no escape from what was happening to me.

Before I was 16, I fell pregnant, and instead of supporting me, they made me move back in with my mum, who was my abuser. She allowed people to sexually assault me, and I was left there pregnant and extremely vulnerable. I felt completely stranded and abandoned, with no one looking out for me or protecting me.

I was failed and abused badly, both in care and at home. These experiences have had a severe and lasting impact on my life. It has affected my ability to form relationships and trust people. I struggle with severe anxiety and PTSD, and my mental health has been deeply affected by everything I went through.

I suffer from attachment and abandonment issues, and I have never been the same since. I have never been able to work because my mental health prevents me from coping in everyday situations. I find it extremely difficult to leave the house, and even going outside feels overwhelming. I struggle to talk to people and to interact socially.

I am on medication to help manage my mental health, but I continue to struggle every day. The trauma I experienced has stayed with me, and it continues to affect every part of my life. I feel that I was completely failed by the people and the system that were supposed to protect me, and I am still living with the consequences of that failure today.