

Anstruther Medical Practice

Date 25/08/2026

Skeith Centre

Anstruther

KY103FF

Our Ref: DSAR-20260825-C8B23B

Client Ref: 101228

Subject: Data Subject Access Request - Full GP Medical Records - Our Reference:101228

Client Name: Mr William Cowan

Client Reference: 101228

Client Address: 38 East Street, St Monans, Anstruther, Scotland, KY10 2AT

Date of Birth: 16/11/1969

Name in Care:

Previous Address: Fife, Scotland

NHS Number:

Dear Sir/Madam,

We act on behalf of the above-named individual and submit this request under Article 15 of the UK General Data Protection Regulation and the Data Protection Act 2018.

Scope of Request

We request a complete copy of the patient's full medical records, including all data held in electronic, paper, and archived formats.

This specifically includes:

Full GP records (not a summary printout)

Consultation notes and free-text entries

Historical paper records (including Lloyd George records where applicable)

Coded clinical data

Correspondence to and from hospitals, specialists, and external providers

Mental health records held within the GP file

Safeguarding concerns or alerts

Referral records and outcomes

Medication and prescription history
Any scanned documents or attachments

Format Requirement

We require a full record extract, not a patient summary or abbreviated report.

Where possible, please provide a complete system export including consultation notes and attachments.

Historical Records

Please ensure searches include:

Archived and legacy systems

Paper and scanned records

Records transferred from previous GP practices

Enclosures

We enclose:

Signed authority

Proof of identity

Should you require any further information to process this request, please advise promptly.

Statutory Timeframe

We expect a response within one calendar month. If an extension is required, please confirm with reasons in writing.

Non-Holding of Data

If you do not hold a complete record, please confirm:

The dates of records held

Details of any previous GP practices

Service of Documents

We only accept service of documents via email at evidence@inslaw.co.uk. Should you for any reason be unable to send documents to the above email, please notify us via the same email imminently.

Yours faithfully,

James Taylor

Investigations Team

INS Law

E: evidence@inslaw.co.uk

T: +441618880834

Mr William Cowan
38 East Street
St. Monans
ANSTRUTHER
KY10 2AT

1/000402

Date:
05 August 2026

Reference:
BG/PAYG/FFSTOP/NC

An update on how you pay for your energy

Hello William

We've been trying to set up your gas meter as a prepayment meter. We're unable to do this at the moment.

We wanted to reassure you that this won't affect your energy supply in the short term. For now, it's important that we tell you a bit more about what this means.

What happens now



Letter of Authority

Autorisation to Act in Relation to Data Subject Access Requests

Full Name	William Cowan
Date of Birth	16/11/1969
Previous Names (if any)	
Current Address	38 East Street St Monans, Anstruther Scotland KY10 2AT
Previous Address (relevant to care placements)	Fife Scotland
Mothers Name:	Ann Jordan
Fathers Name:	William Cowan

Authorised Representative

Firm Name	INS Law
Address	Building B, 23 Goodlass Road, Speke, Liverpool, England, L24 9HJ
Email	evidence@inslaw.co.uk
Telephone	0161 888 0830
Matter Reference	101228

Dear Sir/Madam,

I, William Cowan , confirm that I have instructed INS Law to act on my behalf in relation to the exercise of my data protection rights, including my right of access under the UK General Data Protection Regulations and the Data Protection Act 2018. This authority is provided specifically in relation to my application to The Scottish Redress Scheme, providing authority to INS Law to obtain any and all information they deem necessary to progress my application.

I authorise INS Law, including its partners, directions, employees, consultants, agents, and authorised representatives, to:

1. Prepare, submit, and pursue Data Subject Access Requests on my behalf;
2. Correspond with you and communicate with you on my behalf in relation to any Data Subject Access Request or associated data protection matter;
3. Request confirmation as to whether you process my personal data;
4. Request access to, and copies of, my personal data and any supplementary information to which I am entitled under applicable data protection law;
5. Request information concerning the purposes of processing, categories of personal data processed, recipients or categories of recipients, retention periods, sources of data, and any automated decision-making or profiling, where applicable;
6. Provide, confirm, or clarify information reasonably required to identify me and locate my personal data;
7. Receive correspondence, disclosures, copies of personal data, explanations, schedules, electronic files, paper records, and any other response or material provided in connection with the request;
8. Correspondence with you regarding the scope, timing, format, completeness, or adequacy of any response;
9. Raise queries, challenge omissions, request clarification, request further searches, and pursue follow-up correspondence where necessary; and
10. Where appropriate, assist me in making complaints or representations to the Information Commissioner's Office or in taking any further steps arising from your response or failure to respond.

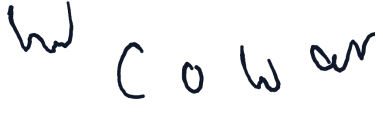
This authority applies to personal data held by you in any form, including paper records, electronic records, correspondence notes, call recordings, account records, internal records, case files, databases, emails, messages, audio recordings, CCTV footage, and any other records containing my personal data.

This authority extends to all personal data concerning me that you hold.

I request all correspondence and disclosure materials relating to any Data Subject Access Request be sent directly to INS Law using the contact details above, quoting reference

I further authorise INS Law to disclose any records, personal data, special category personal data, witness statements and application materials obtained on my behalf to independent Scottish solicitors or legal advisers where reasonably required for the purpose of advising me on any offer, award, review, reconsideration or statutory waiver under the Scottish Redress Scheme.

This authority remains valid from the date of signature, unless revoked by me in writing.

Signature	
Print Name	William Cowan
Date	05/08/2026

Certificate of Authenticity

Fintrixor — electronic signature record



Certificate ID	01KZ8Q2AHH3NYYJ1D8JB9KWWEP
Document ID	01KZ8P0XKBZDRD0Y9AEXAV9N2H
SHA-256 Document Hash	9ec941accac67d5a5b0a5f62ee59a13e5e55a624f1e499e34d6f0dd2396f50fe
Recipient Name	Mr William Cowan
Recipient Email	wulliecowan556@gmail.com
Signing Timestamp (UTC)	2026-08-05 10:21:21
IP Address	86.143.110.250
Browser	Chrome on Android

Signing Consent & Review

Document opened	2026-08-05 10:17:10 UTC
Document reviewed (scrolled through)	2026-08-05 10:21:07 UTC
Consent confirmed	2026-08-05 10:21:21 UTC from 86.143.110.250

Statement confirmed: "I confirm that my electronic signature is legally binding and has the same legal effect as a handwritten signature."

Audit Trail

Event	Timestamp (UTC)	IP Address	Browser
Document created	2026-08-05 10:03:07	45.145.101.64	Unknown browser
Document sent to recipient	2026-08-05 10:03:15	45.145.101.64	Unknown browser
Document opened by recipient	2026-08-05 10:17:10	86.143.110.250	Chrome
Document reviewed (scrolled through)	2026-08-05 10:21:07	86.143.110.250	Chrome
Legally-binding consent confirmed	2026-08-05 10:21:21	86.143.110.250	Chrome
Document signed	2026-08-05 10:21:21	86.143.110.250	Chrome

Verify this certificate at <https://esign.fintrixor.co.uk/verify/01KZ8Q2AHH3NYYJ1D8JB9KWWEP>