

Scottish Child Abuse Inquiry

Witness Statement of

FGO [REDACTED]

Support person present: No

1. My name is FGO [REDACTED] My date of birth is [REDACTED] 1960. My contact details are known to the Inquiry.

Life before going into care

2. My parents, [REDACTED] met in Singapore. My dad was in the [REDACTED] and my mum was in the Royal Air Force. I was born in Berlin in an army camp. We lived in a number of different places, such as Berlin, Aden, Knaresborough, Edinburgh and Galashiels, before I was taken into care. My mum's home town was Knaresborough and my dad was from Edinburgh.
3. I have an older brother, [REDACTED] and two younger sisters, [REDACTED] and [REDACTED]. [REDACTED] is two years younger than me and [REDACTED] is five years younger. [REDACTED] caught polio in Aden and has been in a wheelchair since.
4. We were living in Burdiehouse in Edinburgh when my dad came out of the army. That's when my mum and dad's marriage broke up. I was about seven at the time. My dad kind of disappeared off the scene and then remarried. We never saw him again.
5. We left the house in Burdiehouse and went to live in a flat in Sighthill when I was about eight. It was just a new development then so it wasn't as bad an area as it

subsequently became. For the most part, it was just me, my mum and two sisters in that flat, as my brother [REDACTED] was in Trefoil Residential School and only came home in the holidays.

6. My mother sort of derailed after she and my dad divorced. She became very bitter and angry and she didn't look after us very well. She hit the bottle and went out drinking a lot, leaving me and my two sisters on our own in the flat a lot of the time, including overnight. I think we were just left to run wild. I ended up having a bad fall and broke my leg. Looking back, I think my mum had mental health issues and she was using alcohol to self-medicate.
7. We ended up being evicted because my mum didn't pay the rent and I think that's when we were put into care. The actual circumstances leading up to us going into care are hazy. My mother wasn't a particularly good communicator, especially at that time when she was drinking a lot, so it was difficult for us as children to get any sense out of her. All I remember is that my mother took me and my sisters on a bus and dumped us in what must have been a social work office in Edinburgh. I think I was nine at the time.
8. I remember my mother leaving us in that office and I remember being given some juice with straws. Little things like that stick in your mind. My mother hadn't explained anything to us so we didn't know what was happening and we were really scared. We were basically just dumped on social services and they didn't know what to do with us. I don't remember them having any involvement with us before that day.
9. We were taken by the social worker to a house to stay overnight. I can't remember where the house was or the names of the people we stayed with. I do remember that it was a beautiful house and the people were really kind and lovely. We wanted to stay there, but it was obviously just an interim place for us to stay overnight.
10. We were taken the next day to foster carers, but I don't remember going there. I can only assume that the social workers had been trying to find somewhere to keep the three of us together and they came up with these people.

11. My impression is that we were voluntarily placed into care. My mother didn't want to talk about it in later life. She was a very poor historian. She would embellish things and blamed others, so I never got a straight answer on anything, but I am pretty sure that we were in care on a voluntary basis.

Foster care – FGK-FGL ██████████, ██████████

12. The FGK-FGL lived in an apartment above ██████████ golf course. FGK ██████████ was the caretaker of the golf course and FGL ██████████ was a stay-at-home wife. I don't know how old they were. I would guess they were in their thirties. I think we called them Auntie FGL ██████████ and Uncle FGK ██████████ They had a young son, also ██████████ who I think was about eighteen months old.
13. The apartment they lived in must have come with the job. There was a golf clubhouse and the golf course itself, and I think FGK ██████████ was tasked with looking after the golf course and maintaining it. I don't think he was involved in running the clubhouse bar or anything like that.
14. My only memory of our first day there is of the FGK-FGL asking us to go to the shops for something, and we all ran to the shop trying to do the errand speedily to please them. I don't really remember much else about that day, except my impression of them was that they seemed to be okay people.

Routine in foster care

Mornings and bedtime

15. I remember there being two bedrooms for us, but I think I slept in the same room as my sisters most of the time. I think I had a room of my own at first and then,

depending on what was going on, I would go in with my sisters. Other foster children used to come and stay and I would go in with my sisters then.

16. The layout of the apartment is a bit hazy. I remember there was a kitchen and a lounge and the [FGK-FGL] must have had their own bedroom as well. I don't know whether their son had his own room, or whether he was in with them.
17. We didn't sleep very well there. We never seemed to have enough blankets and we were always freezing. I'm guessing [FGL] woke us up in the morning and then we'd get a slice of toast for breakfast and go off to school.
18. I don't remember there being a particular routine around bedtime. We probably just decided ourselves when to go to bed at night. We would already be in our room anyway. It's not like we were padding around the house in the evening. If we were making any noise in our room, the [FGK-FGL] would come in and tell us to go to sleep.

Food

19. We got the tiniest amount of food and we were literally starving all the time. It was so hard for me to see my little sisters so hungry. We got a bit of toast in the morning and then we'd get a little bit of pasta with some weird, little sauce for dinner. I'm surprised we didn't get rickets or anything like that because we never got any fresh fruit. We got free school dinners at lunchtime.
20. We weren't allowed to take anything out of the pantry or cupboards. If you so much as took a slice of bread or a biscuit, that was classed as stealing and you would be hammered. You daren't touch anything in the cupboards because [FGL] would go completely nuts if you did. We were never given any treats.

Schooling

21. I think the name of the school we went to was [REDACTED]. I don't think we wore a uniform. I had been at a different school before we went into care. I can only

remember [REDACTED] and I going to school. [REDACTED] must have gone too, but I don't remember her being there.

22. We had to walk to school and back on our own. I don't remember the [REDACTED] ever taking us there. I couldn't say exactly how far the school was from the flat, but it was quite a bit away. The walk felt like a real trudge.
23. My middle sister, [REDACTED] was very badly bullied by other children at the school. I remember seeing her having her head hit against the walls. It was terrible. I think I was happier at the school than [REDACTED] was, but it wasn't what you would call a holistic sort of school where you could talk to people. I think schools at that time were very different places from how they are now. I don't remember making any relationships with teachers or feeling that I could speak to anybody about how I was, or how things were at home.
24. I don't remember the [REDACTED] ever encouraging us to do our homework or looking at books or anything with us.

Washing/bathing

25. I don't remember how often we were allowed to get washed. I know that we could only have a bath when the [REDACTED] said we could, which wasn't very often. The thing that mostly sticks out about the washing regime is that we had to use really old, worn towels. The [REDACTED] had separate towels and face cloths and we weren't allowed to touch them.

Clothing

26. [REDACTED] used to buy us clothes and shoes from jumble sales. She was always dragging us to jumble sales. She'd get us shoes that were hanging off us. We never got any new shoes or shoes that actually fitted us.

Leisure time

27. There was a green bit in front of the golf course where you could play, but we never got the chance to play there very often. We were never allowed in the lounge and we weren't allowed to watch television or anything like that. I don't remember us having any toys either. We weren't allowed to do any of the normal things that children at that age do. We basically had to just sit in our bedrooms in the evenings after we had done the housework. I think there were books, because I was a bookworm and I read a lot. I would sit in the room with my sisters and try to help them with their homework, and I'd read to them and make up stories.
28. We were never taken out on any trips or on any holidays. We were left to our own devices most weekends. The FGK-FGL used to take their son out for a nice day somewhere, or go off and do whatever else they did, and we were put outside to roam the streets. We never got any pocket money, so we never had any money to spend when we were out.
29. We were never taken to any clubs or anything like that after school. I had a friend from school, ██████████ and I went to her house for tea sometimes, so they didn't stop me visiting my friend.

Chores

30. We were basically used as unpaid slaves. FGL ██████████ was always finding chores for us to do when we came home from school. For instance, if the dog had diarrhoea, which happened quite often, she would wait until we came home from school and make us clean it up with newspapers. She would never do it herself. She would also make us sweep up and clean the floors. We had to do whatever she decided we should do, basically all the general household chores.
31. One of the worst things she did was to make us go for the shopping. At the weekend, or whenever there was any shopping to be done, she would send all three of us on our own to Leith. She would give us a shopping list and she'd make us walk all the

way into Leith and get everything off the shopping list. The bags were so heavy and we were just little girls, so we had to stop all the time and put the bags down. Our wrists and hands were always bleeding by the time we got back. It was terrible. We were terrified as well, because we'd get hammered if we didn't get something or we got something wrong. Even if she'd kept my youngest sister at home, it wouldn't have been so bad. It wasn't just my own suffering I had to put up with, I had to see my little sisters suffer too and it was awful. We were so hungry but not allowed to eat any of the food we had bought on the way back which was awful.

Healthcare

32. You got routine health checks at school in those days, so I remember seeing a doctor when these were being carried out. I was healthy, so I don't remember ever having to see a GP. My sister [REDACTED] struggled with her health. She had problems with her kidneys and she suffered with ulcers and headaches. I've got a feeling she might have been in hospital whilst we were with the [REDACTED]. The school doctor identified that we were all very underweight. He seemed quite concerned about this, however, it was never followed up.

Visits/inspections

33. We saw our mum sporadically. I can't say how often it was, maybe once every couple of months or something like that. She had a flat in Edinburgh by this time. I really don't remember where we saw her. I think she came to the [REDACTED] to see us. I just have vague memories of seeing her and I know it wasn't very often.
34. My brother was in Trefoil School right through our time with the [REDACTED] so we didn't see him at all while we were there.
35. I remember speaking to a female social worker on one occasion after we had told our mum how the [REDACTED] were treating us. I don't remember building up a relationship or feeling like I could speak to any social worker, so I don't think we saw a social worker on a frequent basis.

36. I remember the [FGK-FGL] had some visitors who had a little girl. I think the [FGK-FGL] liked to make themselves look like they were really great people who fostered children, because I remember we were allowed in the lounge when these people visited. We weren't usually allowed in the lounge so we didn't know what to do with ourselves. They were kind of parading us, boasting that they fostered children and had taken in the three of us.
37. I don't remember seeing any other visitors, official or otherwise, and I don't remember ever going to see anybody for our placement with the [FGK-FGL] to be reviewed. We didn't attend children's panels.

Birthdays/Christmas

38. I must have been there for my tenth birthday. I don't remember getting a birthday present or anything like that. I can't remember it being a special day. We were there at Christmas and I seem to remember my mother visiting us around that time because she said that social services had given money to the [FGK-FGL] to buy us Christmas presents. I think we got some second-hand toys, just a load of rubbish basically.

Other foster children

39. I got the impression that foster caring was a money-making exercise for the [FGK-FGL]. I remember a boy and girl coming to stay. They were siblings. I can't remember their names. I would guess that the boy was about eight and the girl was about nine. She had dark hair. I don't think they were with us for very long. I think they only stayed for a few weeks while their mum was in hospital. They hated being there too. I didn't see them being hit, but they were given the same tiny food portions that we got and were basically treated the same way as us. The only other thing I remember about them is that the girl had a fall and impaled herself on some railings.

Abuse in foster care

40. FGL [REDACTED] was a really horrible person. She showed us no affection whatsoever. She had the most terrible temper and used to scream at us all the time. We weren't bad kids. We were nice children and we were scared stiff, so we would never have played up. The slightest thing would set her off and she'd go completely insane and beat us. She would put us over her knee, pull our knickers down and hammer us with her hands. She did this mostly, but FGK [REDACTED] did it as well. It was literally any excuse and they would have us over their knee. When we missed something from the shopping list, got the wrong thing or dared to drop something, she'd put us over her knee and hammer us.
41. It wasn't just the pain that hurt, it was the humiliation of having your knickers taken down by these strangers and them slapping the hell out of you, really viciously too. It seemed to go on forever. My sister [REDACTED] is convinced that FGK [REDACTED] got a sexual pleasure out of it, and maybe FGL [REDACTED] did too, because they did it so often. I don't know whether that's true.
42. Another time I was viciously beaten by FGL [REDACTED] was when I was taken back to them after running away. I ran away and turned up at my friend [REDACTED] house. I didn't know where else to go. I just knew that I couldn't bear to be in that house any longer. [REDACTED] parents must have called the police because they turned up at [REDACTED] house and made me go back. I don't remember the police asking me why I had run away. I think they just took me back. When I got back, FGL [REDACTED] pulled my knickers down and slapped the hell out of me. I remember her shouting things like, 'how dare you cause all this trouble' and 'no wonder I don't like you'.
43. She always told us how much she hated us. We were treated like we were infected. We weren't allowed in the lounge or the kitchen, unless we were eating or cleaning up after them, and we weren't allowed to touch any of their things. We had to use the really old, worn towels in the bathroom and the nice towels that the family used were kept separate. We weren't allowed to use their plates either. They fed us in tiny, round, plastic margarine tubs. We got the tiniest amount of food and we were all

severely undernourished and underweight. We used to get medical examinations at school in those days and I think FGL must have been with us for an examination one time, because I remember the doctor saying to her that we were very underweight.

44. I remember I was so hungry one night and I sneaked into the kitchen and took a slice of bread and put vinegar on it to make it taste of something. FGL caught me and slapped me so hard on the face that I literally went flying across the kitchen. She shouted and bawled at me, calling me a thieving, little bitch and screeching how dare I steal food from them.
45. At weekends, they used to give us a couple of sandwiches and put us out the door, usually at ten o'clock in the morning, and tell us to go down to beachfront. They'd take their son out for a nice day somewhere and we were left to literally roam the streets on our own. We would wander around crying. God knows what people must have thought of us three little girls walking around the streets crying. I remember a woman coming out of her house one time and giving us some chocolate, like we were refugees or something like that. She obviously felt sorry for us.
46. We weren't allowed back to the house until about four or five o'clock. We used to just sit on a bench down at the beachfront. We were really scared because there were some really strange people around. We'd just sit there crying. And we'd be starving. Once those sandwiches had gone, which was usually by about half past ten because we were so hungry, we had nothing else to eat or drink. We had no money to buy anything. When I look back now, must have been only four or five, I was only nine and must have been only seven. It was so dangerous for us to be out on our own. I remember being really frightened and trying to keep my sisters close.

Reporting of abuse in foster care

47. We told our mother about how we were being treated by the FGK-FGL and she told a social worker. A female social worker came to speak to us but she spoke to us in the house when the FGK-FGL were there. We were too petrified of FGL to say anything. I think we were always in such a state of terror that we were too frightened to speak to anybody other than our mum. The school must have had concerns, though, because we were malnourished and that was noted by the doctor but it didn't seem to get followed up.
48. I don't remember this, but my sister said that FGL used to say to us that she had microphones in our pockets and we should never think that we could get away with saying anything without her getting to know about it. I do remember her saying to us that whatever we said to social workers was always discussed with her afterwards.
49. The only other person I remember discussing it with is my friend ██████. That time when I ran away, I was really upset and I spoke of how unhappy I was living there and how the FGK-FGL were really horrible people. I don't imagine I would have told her the whole story.

Leaving foster care

50. We were with the FGK-FGL for just over a year. My mum had gone back to live in Knaresborough with my grandma, and then she got a council house of her own and decided she would have us all back.
51. I think the FGK-FGL told us that we were going back to our mum. We were so happy to be told this. This was something that I had kept promising my sisters throughout our time there, that one day we would leave and go back to our mum. I don't remember much about the day we left. All we had in the way of belongings were jumble sale

clothes and other rubbish, so I don't remember wanting to pack up anything to take away with me.

52. I think it was a social worker who took us to Edinburgh, and we met my mum at Waverley station and then we all went down by train to Yorkshire.

Life after being in care

53. Unfortunately, my mother didn't suddenly turn into a great mother. She was still drinking heavily and she still went out and left us, but we were happy to be with living with her and it was one hundred times better than living with those people.
54. My brother used to come home again in the school holidays and then he changed school when he was a teenager and came back to live with us.
55. We didn't have a great life. My mum never cleaned up and the house was a tip. She wasn't horrible like the FGK-FGL, but we didn't have a lot of supervision, discipline or any sort of secure childhood. My grandma was a really lovely woman and we saw her occasionally, but she was very old and she died not long after we moved back.
56. I think we were all very shell-shocked having gone through the experience of living with foster carers. My sisters, in particular, were very withdrawn and distrustful of people and they found it very hard to make friends and settle back into life at home. They were very jumpy and were terrified that they would be taken back to the FGK-FGL. That was their biggest fear, especially █████ she was always petrified that if anything happened, we would be taken back to that horrible place.
57. We only went back into care one time and that was for a couple of weeks when my mum had to go into hospital. █████ and I went into a children's home somewhere in Shipley and my aunt took █████ The children's home was fine by comparison to foster care. They looked after us and it was actually quite nice.

58. My sisters were Catholic, because my mum was Catholic, so they went to Catholic school. I didn't because I was christened in the Church of Scotland. My sisters were treated quite badly by the nuns and that didn't help them. I was okay at school. I used to skive a lot. I didn't settle down because my home life wasn't great and possibly also because I was a bit damaged. I made friends and dropped friends a lot, and I didn't achieve as much at school as I could have done.
59. While I was at school, I went to college one day a week for a nursing course and thought that I would maybe fancy doing that as a job. I then left school at sixteen and worked in a library for six months. I took a job in a local factory after that, but I had already been for an interview at Harrogate Hospital to start my nurse training and I was successful. I had to do the enrolled nurse training at first because I hadn't stayed on at school and done my exams. I started my nurse training about four weeks after my eighteenth birthday and did really well.
60. I left home and shared a flat with my friend while I was doing my nurse training. I came down here on holiday to a friend's parents' beach house and I met my first husband. That how I ended up moving down here. I have been married twice.
61. As an adult, the only people I spoke to about my time in foster care were my sisters. I occasionally spoke to them because they had been through the same thing and they understood. I never told either of my husbands, nor any of my friends, because I didn't want people judging me. I felt, and still do now, that people would judge me and look at me differently. I never wanted anyone to look at me differently or pity me.

Impact

62. I think my time in foster care has had a massive negative impact on me, and the impact is ongoing for life. When we went to live with the **FGK-FGL**, we were already vulnerable because my parents had split up and we'd been chucked out of our house. So it was a very difficult time anyway. To then be taken in by those people,

who we thought were going to look after us, and to be treated so badly was just awful.

63. When I first got married and had children, I tried to pretend it hadn't happened because I didn't want to think about those things and wanted to have a nice life. I tried to bury it and not think about it, but it has always been there in the back of my mind. I just concentrated on giving my children all the things that I never had and making sure that they were safe and given lots of love, attention and security. There was always an element of irrational terror that my children would be taken away from me and put somewhere like the ██████████. There was no reason for this to happen to my children, and it didn't happen, but I always had this terror.
64. Being treated by the ██████████ as if we weren't good enough to be in their lounge or touch their things completely destroyed mine and my sisters' self-esteem. Regardless of how much I may have achieved, I have spent my whole life thinking that I'm not good enough. I have really struggled in a way that I probably wouldn't have if I hadn't been fostered by them. I didn't have a very good mother, but being treated as if we were infected is the thing that sticks in my mind as the most traumatic experience of my childhood.
65. It affects every aspect of your life. It's difficult to hold down relationships and friendships with people. It affects your relationships with everybody. I've ended up in bad relationships and not recognised that they were bad until much later when I looked back. And when I've been in a good relationship, I've not recognised at the time that it was good, or how good it was to be in a relationship like that. I don't know whether it's subconscious, but I've been in a perfectly happy relationship and somehow managed to sabotage it because it doesn't seem right. That's what I did with my first marriage. My first husband was a really good man. We had a beautiful house, I didn't have to work, he had really good job and he was lovely to me. Our first child was born severely handicapped and that put a big strain on us, but we had a good marriage. Despite all of that, I ended up leaving my husband for someone who was a violent alcoholic. I gave up that wonderful existence, the security and stability, which is something I had always wanted, and I ended up marrying

somebody else, who was basically a monster, and ruining my life. I don't know what possesses me to act in certain ways. I feel so stupid to have destroyed what I had.

66. I think the fact that I was in a situation as a child where I was so helpless and had no control over any aspect of what was happening to me and my sisters, has made me a bit controlling as an adult. I couldn't eat when I wanted to eat, or have a drink, and I had to live with those horrible people. The result of this is that you grow up and try to control your surroundings and relationships, and that's not always healthy.
67. I have been treated for depression in the past but I feel better now and find that I can manage it. I didn't speak to my GP about my childhood when I was diagnosed with depression. It leaves you never really feeling safe again or able to trust.
68. In terms of impact on physical health, it's hard to tell what the long-term effects of being malnourished are. It certainly didn't do us any good. I am really surprised that we didn't get rickets. One of my sisters has arthritis and we all have achy joints, which I think could be caused by a number of things, but my sister blames this on all the times we were expected to walk to the shops and roam the streets in the freezing cold and rain. My teeth were really bad as my mother didn't take us to the dentist either. Before I started my nurse training, I went to the dentist and almost every tooth required a filling.
69. I think my education suffered too. I didn't have the option to do the RGN training when I started nursing and I had to start off doing the enrolled nurse training. I did do the RGN training subsequently and also obtained degrees. I am happy with my career, but I think I would have done a lot better if I'd had more self-esteem. There are things that I have not gone for, or tried to do, because I haven't got the self-esteem to do it.
70. It's also very hard for me to see my sisters suffer the way they do. It has affected them really badly. They have no self-esteem whatsoever. My younger sister, in particular, is massively traumatised by the whole experience. She is now an alcoholic. Even the mention of those people sets her off. It is so hard for her to have

a clear conversation about it, but it has obviously affected her really badly. I don't think she has the words to talk about it because she was so young. Like myself, she has also had bad relationships.

71. My middle sister suffers hugely from depression. We have all suffered from depression at one time or another, but my middle sister in particular really struggles with it. She has attempted suicide. She has also been unable to have good relationships with family or partners. She has had violent partners and she doesn't have very good relationships with her own children. She has found it difficult to nurture them. She is very angry and has been very unhappy.
72. I try to keep a relationship with my sisters, but it's very hard seeing them suffer and also seeing the impact it's had on their children. Because of what my sisters have been through, they've not been able to look after their children properly and my nieces and nephews have suffered as a result. It's horrible to witness this.

Treatment and support

73. I was in a bad relationship years ago and I had some counselling when I was going through the break-up. I did speak briefly about my childhood, because I wanted to talk at that point and knew instinctively that that was what was pre-empting my bad choices, but the counsellor just focused on the relationship itself and didn't look at causes. I had a feeling that if could talk about my childhood, it would help me understand how I had managed to walk into a relationship like that, but the counsellor just concentrated on the relationship, which was irrelevant by then because it was already over.
74. I think the counselling experience would be different now as there is so much more known about the impact of child abuse. I haven't tried counselling again because I think as you get older you can look back yourself and work out why you've done certain things, why you've let yourself be exposed to bad relationships and bad

friendships. I could kick myself when I look back, but at the time I just felt drawn to these relationships and I didn't know why.

Reporting of abuse to the police

75. I was contacted by the police after I got in touch with the Inquiry. I got a phone call from a female police officer, who I think was from the local police office, Hampshire. She said they think that they've identified [FGK-FGL] and found where they are living now. That shocked me because I didn't think they would still be alive. She said that I might not hear from them again for a while but they will be working on it in the background and they will get back in touch with me to advise of progress.
76. It had never occurred to me to report it to the police, but I am glad that they are looking into it now. Those people were so bad, and I want them to realise how bad they were to us as kids and how we have been affected. I want them to know that they are bad people and that they can't pretend to be good people. They probably wouldn't care anyway, as I doubt they'll have a conscience. But I would like for them to be made to feel uncomfortable for even just five minutes, and that might happen when the police go to speak to them.

Records

77. I didn't know that I could obtain my records. I have mixed emotions about seeing them. I think it would help to clarify some things for me. Maybe I'd get a better impression of exactly what happened, but I think it would be painful to see some things, like how unwanted we were, in black and white.

Lessons to be learned

78. I think one of the most important things is that children in care should have proper mentors. The mentors should be in contact regularly with the children so that they can build a good relationship with them. They should speak to the children in a safe place, away from the care situation they are in. Children should be made aware that the mentor's primary concern is to make sure they are happy in their environment and that there's an out for them if they are not happy. They need to know that if they are not happy with their carers, they won't be made to go back, even for a second, and that somewhere else will be found for them to live. They shouldn't even have to go back to collect their belongings. Children should also be assured that whatever they tell the mentor, it won't be discussed with the carers. These are the kind of things that need to be said to children at the start of any conversation so that they're aware of the ground rules and they feel safe. Children need this kind of reassurance to enable them to speak out about how they are being treated.
79. It might actually be better to have more than one mentor for a child, as my fear would be that some of the people carrying out the role would be more for the establishment or on the side of the foster carers.
80. In my situation, we were terrified to say anything for two reasons. One was that the foster carer would know if we did say something, and the other was that they probably wouldn't have put us somewhere else straight away and we would have been left there until they found another place for us. If we had been given the reassurances I've suggested, we would have said straight away that we didn't want to live with those people. If that had meant us sleeping on the floor of an office somewhere for a week, we would have been happy to do it as that would have been better than where we were.
81. I think also that children in care should be properly monitored. One of the worst things for me was seeing the deterioration of my sisters' mental and physical states. This would have been obvious to anyone that took an interest in us.

82. I also think that children should be given counselling immediately whenever they leave foster care, regardless of the situation they're going into. This would help them to unload and would enable any issues to be identified and treated. If we had been able to speak to someone, had counselling or any sort of assistance of this kind, it would have helped enormously. I think we would have had a better stab at having a normal life.

Other information

83. I have no objection to my witness statement being published as part of the evidence to the Inquiry. I believe the facts stated in this witness statement are true.

Signed..... FGO [Redacted Signature]

Dated..... 4-9-19,